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The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant program with OSU, United States Department of Agriculture, Jefferson County and the Confederated Tribes of Warm Springs cooperating. The Extension Service offers its programs and materials equally to all people.



## The Clover speaks

by Sue Ryan

Our Cooking Class has filled, filled, filled! But, there is plenty of space in the SewEasy series set to start October 18th. You can sign up clear until the second class - on November 1st. This series is for 4th - 12th grades and will be held on Saturdays. In fact every other Saturday - which makes it stretch clear into DECEMBER! One of the skills that 4-H will

the edge at a uniform space and depth. OVERHAND and WHIPSTITCH are closer, tighter variations of overcasting. Both hold two finished edges together. The overhand stitch tends to be less conspicuous. For the overhand stitch, insert the needle at a diagonal through the back and front edges so the stitch itself is straight. For the whipstitch, insert the needle at a right angle so the stitches are slanted.

BLINDSTITCH hemming is inconspicuous from both the right side and the hem side of the garment. First, finish the raw edge of the hem or facing with out folding it. Then, 1/8" to 1/4" from the hem edge, alternate small, horizontal stitches in between the garment and the hem leaving about 1/4" to 1/2" between stitches. Do not pull the stitches tightly. The blindstitch is used with a non-stretchy, non-ravelly fabric.

We did not cover the Pickstitch, Hemming Stitch, and Catchstitch from the publication.



cover in the SewEasy series is handstitching. While a lot of sewing work today is done by machine or serger its still valuable to know basic handsewing.

These descriptions of basic stitches may be a help to you at home as you teach sewing to your youngsters. They come from OSU Publication EC 894 which is available at the Extension office.

### STITCHES

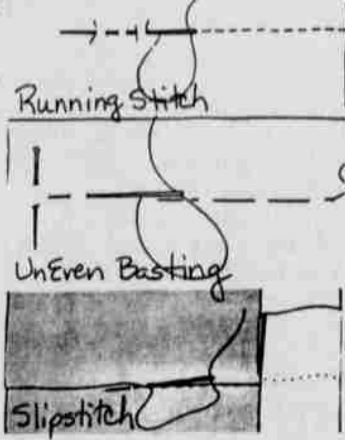
**RUNNING STITCH** is a basic stitch used for basting, easing, gathering, mending, and seams where there will be no strain. Take several stitches forward, weaving the needle in and out of the fabric.

**UNEVEN BASTING** differs from even basting in the length of the stitches. The top side has long stitches and the back side has short stitches.

**SLIPSTITCH** is used for invisible finishing when there is a folded or turned edge. Slip the needle through the edge of the fold then pick up a yarn of the under fabric. Space the stitches evenly, being sure that the thread does not show or cause an indentation on the right side.

**BACKSTITCHING** is a basic stitch with several variations. It is a strong handstitch useful for repairing seams and hard to reach areas. With the right sides of the fabric together, bring the needle up through the fabric layers. Insert the needle about 1/16" to 1/8" in back of where it came up, and bring it out again 1/16" to 1/8" forward. For each stitch, insert the needle at the end of the last stitch and bring it out ahead.

**OVERCASTING** is used to finish raw edges of delicate fabrics to prevent them from raveling. Take diagonal stitches over



## Classes to be held

The Jefferson County 4-H Home Economic Leaders are sponsoring "Creating Memories" classes to be held October and November. The classes are open to all adults and youth fourth grade and up. These classes will be held on Saturdays.

- October 25th : Halloween Mat 10:00 a.m. to noon. Instructor - Cindy Dubisar
- November 1st 1) Rubber Stamping 10:00 a.m. to noon. Instructor - Christy Abbey
- November 1st 2) Microwave Candy 1:00 - 3:00 p.m. Instructor - Liz Blann
- November 8th 1) Cross Stitch 9:00 - 11:00 a.m. Instructor - Jenny Wilcox
- November 8th 2) Paint Acrylic Pot 1:00 - 3:00 p.m. Instructor - Lori Binder
- November 15th 1) Fall Wreaths 9:00 - 11:00 Instructor - Andrea Gregg
- November 15th 2) Ribbon Angels 12:00 - 1:30 p.m. Instructor - Joan McFarland
- 3) Clay Beads 1:30 - 3:00 p.m. Instructor - Emily McFarland

Each class has a fee. For information on classes or to register contact Liz at 475-3808 or Jennifer Hatfield at Hatfield's Store.

## Natural Resource notables

### Value of Oregon Agriculture Levels Off at the Top

After a decade of slow but constant annual growth, Oregon agriculture has remained steady at a record high level set in 1995. Statistics for 1996 have now been tabulated and released by the Oregon Agricultural Statistics Service. They show the value of production last year matched the \$3.38 billion mark reported the previous year. Essentially, the all time high has been maintained.

Though agriculture's value did not grow, neither did it get any smaller. An industry of well over three billion dollars is nothing to scoff at.

Keep in mind that this is just the value of what is grown," says Bruce Andrews, director of the Oregon Department of Agriculture. "Much more value is added to these commodities through processing. Agriculture remains a leading industry in the State of Oregon and we don't think that is going to change."

After increasing in value ten of the previous eleven years, agriculture is doing well just to match it's best mark.

"A few of the top ten commodities had down years in 1996 and kept the overall value of agriculture from rising," says Homer Rowley, State Statistician.

Significant drops in the value of wheat as well as cattle and calves offset some big gains in the value of other commodities. In effect, the pluses and minuses canceled each other out. That has been the story of Oregon agriculture for years. Its tremendous diversity - some 250 different commodities - tends to even things out.

Last year's winners include Oregon's top two agricultural commodities. Greenhouse and nursery products remain the leading ag industry with a value of \$448 million - more than 12% higher than 1995. The state's number two commodity is grass seed, with a value of \$316 million - a 34% increase in value over 1995.

"This is the third consecutive year that greenhouse and nursery has claimed the top

spot," says Rowley. "Grass seed had a dramatic jump in value last year, going from fifth to second in Oregon's top ten."

The top ten list of Oregon agricultural commodities for 1996:

- (1) Greenhouse and Nursery Products \$448 million;
- (2) Grass Seed \$316 million;
- (3) Hay \$303 million;
- (4) Wheat \$273 million;
- (5) Cattle and Calves \$252 million;
- (6) Milk \$241 million;
- (7) Potatoes \$148 million;
- (8) Christmas Trees; \$ 89 million;
- (9) Pears; \$ 77 million;
- (10) Onions; \$72 million

While grass seed clearly had the biggest gains, milk, Christmas trees, and pears also increased in value. Looking at a top 40 list, there were also other significant changes from 1995. Mint and eggs, ranked 11th and 12th, dropped in value. Cherries, ranked 16th, showed large gains. It was an off year for hazelnuts but a near doubling in value of cranberries more than made up for the drop. Blueberries, watermelons, and mink cracked the top forty after missing out in 1995.

"Generally, 1995 was not a good year for fruit due to very poor pollination weather early in the spring," says Rowley. "The spring of 1996 was a lot better and many fruit crops bounced back."

The list of top ten agricultural counties in Oregon was nearly the same in 1996:

- (1) Marion County; \$441 million
- (2) Umatilla County; \$274 million
- (3) Clackamas County; \$243 million
- (4) Linn County; \$211 million
- (5) Malheur County; \$190 million
- (6) Washington County; \$187 million
- (7) Yamhill County; \$168 million
- (8) Lane County; \$128 million
- (9) Morrow County; \$117 million
- (10) Klamath County; \$103 million

Marion County increased its farm and ranch sales by nearly \$40 million last year. All other counties in the top ten, with the exception of Morrow and Klamath, also showed gains from 1995.

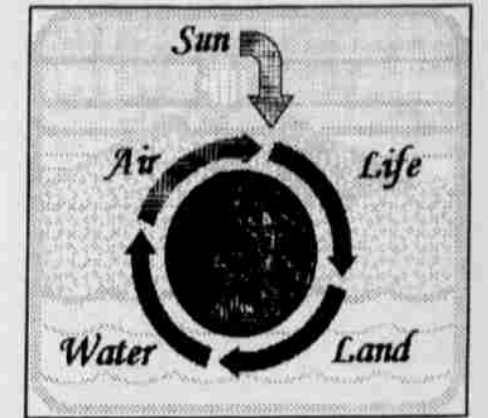
It may surprise people to learn that six of the top eight agricultural producing counties in the state are within an hour's drive of Portland and Eugene, the two largest cities in the state.

"Most of the value of agricultural production in Oregon is generated in the Willamette Valley," says Rowley. "The crops are diversified, the operations more intensive with higher capital investments, and they produce higher valued crops."

Other counties that showed significant gains in 1996 include Jackson (increase of \$32 million), Sherman (increase of \$12 million) and Jefferson (increase of \$8 million). On the flip side, Union County decreased by \$9 million, Hood River decreased by \$5 million, Multnomah County decreased by \$4 million, and Tillamook

County decreased by \$3 million due, in part, to last year's devastating flooding.

Final numbers for 1997 won't be tabulated until next year at this time. However, early



indications are that a majority of commodities are doing well, the weather has been cooperative, and the total value of production could very well hit another all time high.

Oregon agriculture, with its diversity as its strength, should continue to ride out any storms that may be in its future.

For more information, contact Bruce Pokarney at (503) 986-4559.

## Ways to Use Left-over Turkey

By Norma L. Simpson

Thursday, 5 p.m. October 23 will be the finale of cooking classes for me of the Healthy Cooking Classes at the Wellness Kitchen. That's in the north wing of the "clinic" here in Warm Springs. Usually I talk about getting ready for the holiday meals, but this time we'll talk about using left-over turkey for a nourishing meal with Turkey Broccoli Casserole.

Just writing about it makes my mouth water. This pasta dish includes wide noodles with fresh or frozen broccoli spears and sauce made from scratch. It will be ready to eat in about 35 minutes.

Come and join us, we'll wrap you in an apron if you want to get into the thick of things in the kitchen. As always, we'll talk about the nutritive value of the meal, and ways to lower the fat, salt and no sweetener in this one.

A recent study shows how and why foods of low income families do not meet the recommended Dietary Guidelines. Foods is so important for your health and your ability to do all the things that you want to do. Some find that the food stamps do not last to the end of the month because the families buy expensive convenience foods. Learning to make things from scratch and quickly, means that your family gets the nutrition that each family member needs and stays within the limited budget.

## ELDER ABUSE: PART 12 "Communicating with Older Persons with Disabilities"

by Norma L. Simpson and the Office of Victims of Crime Participant Manual

Abuse of the elderly has many reasons for happening. Frustration on the part of the older person, the caregiver, family members and also the police often come from poor communications. Ah yes, you hear that term "communications" once again. But even the training manual in Activity 5 of the Training Manual tended to find the older person responsible for the communications problems. Remember it takes all parties to make communications.

"Because many older people have communications impairments, it is essential for law enforcement officers (and caregivers) to develop skills that will optimize their effectiveness in interviewing victims, witnesses and suspects.

**Hearing-Impaired Persons**  
Many older people have a partial hearing loss. This means that they can hear some

sounds but not others. Most of the elderly with hearing loss do not learn sign language. Rather they depend on lip reading and hearing aids or other electronic devices to assist them.

If police suspect that an older person has a hearing loss, they should ask him or her if he or she is having difficulty understanding. Officer should not assume that he or she is having difficulty. [Lots of people mutter you know, but refuse to admit it. Or the sounds of their soft voices are smothered by the air conditioner noise. comment added.] Police should ask the person if he or she has a hearing aid (some older people who have hearing aids choose not to wear them all of the time). If the person is having difficulty hearing with the device, the police should make sure it is in proper working order and that the batteries have not run down.

There are numerous methods and devices for assisting individuals who have hearing

disabilities with communication. Some communities have agencies or associations (e.g. hearing societies or independent living resource centers) that can lend out special equipment or provide assistance with interviews.

Most people with hearing impairments compensate for the loss by paying more attention to visual cues. For that reason it is important that they can clearly see the speaker's lips, facial expressions, and hands.

### Effective Communication with Hearing-Impaired Adults

Ask the person if he or she would prefer to use written communication or an interpreter.

Arrange the room where communication will take place so that no speaker and listener are more than six feet apart, and all are completely visible.

Concentrate light (but be sure it is not glaring) on the speaker's face for greater visibility of lip movements, facial expres-

sions and gestures.

Position yourself directly in front of the person to whom you are speaking.

Do not stand in front of a light source such as a window.

Speak to the hearing-impaired person from a distance of no more than six feet, but less than three feet.

To get the person's attention, use a light touch on the arm or shoulder.

Establish eye contact before you begin to speak.

Speak slightly louder than you normally would.

Speak clearly at your normal rate, but not too quickly.

Use short, simple sentences. Keep language concrete (rather than abstract concepts).

Eliminate as much background noise as possible.

Never speak directly into the person's ear.

If the person does not appear to understand what's being said, rephrase the statement, rather than just repeating the same words.\*

Repeat key words and phrases. Ask the listener to repeat what you have said.

If you cannot understand the person's answer to your question him or her to repeat or rephrase the response. (\*That may be more easier said than done.)

Use open-ended questions, not questions requiring a "yes" or "no" answer. (\*If the person has "slow motion" understanding, you might try the Yes/No questions, which the victim might be able to answer with a nod or shake of the head. At least it would establish some form of communication.)

Do not over-articulate. Over-articulation distorts both the sound of speech and the face, making visual clues more difficult to understand.

Include the person in all discussions about him or her.

Avoid smoking, chewing gum, or covering your mouth while you speak.

Use visual aids whenever possible - drawings, diagrams.

Watch for signs of fatigue in your listener.

When using written communications, remember the following:

- Keep your message short and simple.
- Use short words and phrases.
- Face the person after you have written your message
- Use visual aids.
- Always treat the elderly person with dignity and respect.
- Avoid a condescending tone.

## STOCKMAN'S ROUNDUP: Cross breeding know-how



by Bob Pawelek  
OSU Livestock Agent

For years, commercial cowmen have used crossbreeding programs to combine the desirable traits of two or more breeds of cattle to produce a superior calf. Knowing a little about the mechanics of crossbreeding, coupled with good management, can help the producer reach this end.

### Benefits of Crossbreeding

Often, heterosis is considered to be the only benefit of crossbreeding. While this is true for the most part, another concern may also be to eliminate or reduce undesirable effects which might be found in a breed. If crossbreeding is to do a stockman any good, the total performance of crosses must be higher than that of the best parent. Otherwise, crossing is useless.

The basic benefit of crossbreeding is an

increase in productivity. Research and years of practical application have shown that a cross-bred cow is 25% more productive than a straight-bred.

Several crossbreeding programs are handy for commercial cowmen to tailor to their own herds. For example, at least 20% more pounds of calf per cow exposed could be weaned from cows in a three-breed cross, compared to straightbreds. This is due to:

- \* early puberty and conception as heifers,
- \* reduced postpartum interval,
- \* increased first estrus conception,
- \* lower embryonic mortality,
- \* reduced calf death losses from birth to weaning,
- \* faster calf growth weight, and
- \* greater longevity of the crossbred cow.

In addition to these advantages, crossbreeding is one of the only places (except for Body Condition Scoring) that you can get something for nothing.

### Heterosis and Heritability

They're not the same thing. Heritability is a proportion of a difference among animals for a specific trait that is transmitted to the offspring. Heterosis is the percent change in the performance of crossbreds and the average of their parent breeds. In other words, heterosis may be viewed as an effect of heritability. For every heritable trait, there is a pair of genes. Heterosis is produced by the fact that the dominant gene of a pair is usually more favorable than its recessive partner. That dominant gene is then exhibited in the cross.

For instance, two breeds, one with a weaning weight (a heritable trait) of 400 lbs and the

other with a weaning weight of 600 lbs have an average weaning weight of 500 lbs. If crosses between these breeds averaged 525 lbs, heterosis would be 25 lbs or 5%. Heterosis is highest when parents are the least related genetically.

### Considerations

Although productivity can pay for any additional costs of crossbreeding, it's important to remember that a higher level of management is required to capture the most benefit. Other practical considerations include:

- \* More fences may be required,
- \* More than one breed of bull must be purchased for some crossbreeding systems,
- \* Marketing discrimination may exist for your choice of crossbred calf,
- \* Replacement females may be a problem, and
- \* More pasture may be needed due to an increase in the size of calves.

Purebred sires are recommended for single-herd situations, as maternal heterosis is higher. It's always better to have the cross on the dam's side in this case.

Consider also biological type vs. the environment. For instance, Brahman x Hereford crosses will out perform any British cross here in the Southwest, but the former would fall apart in the Northwest without an intense level of management to make up for its subtropical biological type.

Crossbreeding can improve your herd's performance, but a herd strategy, wise selection of sires and female replacements, good management and common sense should be in place from the start.