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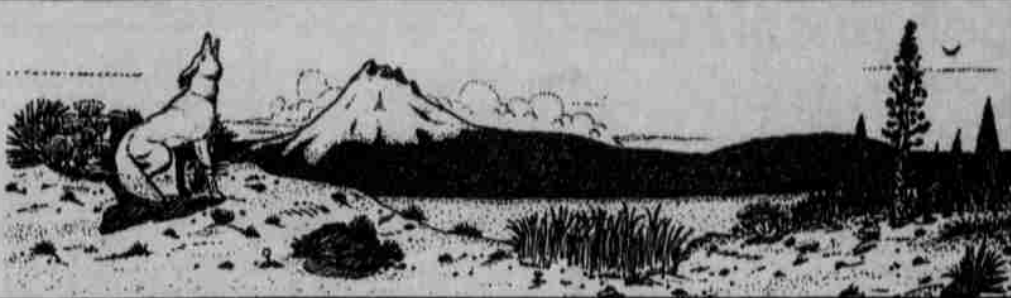
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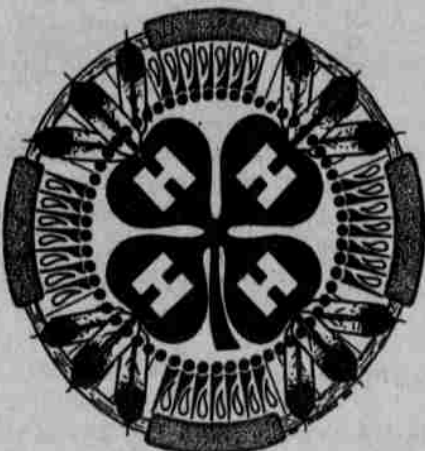
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The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant 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  
The date has been set for a 4-H Dog Day Clinic in Warm Springs. The Extension office will be holding this workshop on April 3rd. Further details will be announced in the next issue. There are many dogs in Warm Springs but often times they



don't all have owners. For those who do you should be aware that there is an excellent program through the IHS Sanitarian's office where you can get shots and spaying and neutering at a reduced cost. This includes the rabies shot, which is necessary for dogs to receive their dog licenses - a requirement on the Warm Springs Indian Reservation.

Care goes beyond just taking your dog to the vet or getting it formally registered. To keep your dog from harm, an owner should spend some time training their animal. Not everyone may care if their dog can sit or heel (follow the owner at their side) but training your dog to stay on your property is a valuable lesson.

The 4-H Dog Project covers this in Lesson 6 from the "Training Your Dog for Family Living" publication. These publications are available to the community at no cost. Keep in mind that we have a limited supply on hand but can order one for you from O.S.U. and have it within 3-4 weeks.

**Property Line Training**  
Every owner should train his dog to stay on the family property. It is not nearly so difficult as you may expect. With persistency and training, you will be able to teach your dog the boundaries of the lawn.

The following training methods may seem rather severe, but remember that you may be saving your dog's life. Many dogs are killed by automobiles in front of their homes or on a road at some distance. The owner is also responsible for the dog's actions and the dog should not be allowed on the neighbors property.

Look at your property and draw an imaginary line that forms a cross across the property. Place the training collar on your dog and attach a 20 foot piece of 3/8 or 1/2 inch rope, depending on the size of your dog. Walk around the property lines, staying about 10 feet from the imaginary line. Go very slowly and stop often so the dog has an opportunity to step over the line. Every time he does, say "No" in a strong voice and jerk him back rather roughly. Don't apologize or make up but continue around the perimeter of the lawn, continuing this procedure. Do this twice a day for a week. By this time the dog will be getting an idea of the location of the boundary lines. During the other part of the day, he must be tied or kept in a kennel run.

At this point in the training you are moving around the perimeter of the lawn, walk across the imaginary lawn and pretend to be examining something in the grass. The dog will be sure to follow. Quickly pick up the dog if he is small enough to pick up and dump him on the ground across the line and say, "No, stay" and give a passing motion with your hand in front of his nose. (This is a separate lesson on teaching your dog to Stay and it may help to learn it as well). Then quickly return to the place across the line and DO NOT let the dog cross it. If your dog is too large to pick up, take his

training collar and roughly take him back to the place where he should have stopped and say, "No, stay" and quickly leave him.

The next day return to the same place and repeat the training. Then move up the line 30 feet or more and repeat the training. After each of these exercises, move around the limits of the lawn as before. Spend a couple days on each boundary line before moving to the next. After you have worked each boundary line, remove the 20-foot leash. Stay with him for about 30 minutes to see if he should attempt to cross the line. If he does, scold him severely and put him in the sitting or a laying down position facing where he crossed the line and make him stay while you spend at least five minutes across the line. After he becomes trustworthy when you are on the lawn with him, step inside your house and watch through a window. He will likely make a mistake and leave the property. As soon as he makes the mistake, rush to him and slap several times under the chin. Tell him what an awful dog he is and with the training collar, walk him roughly back to the property, tie him up and don't speak to him for a half hour. Then make up to him and give him another try. If he again fails, be a bit more severe than the first time. The next day after you turn him loose, be standing at a window and if he acts as though he may cross the line, tap on the glass pane to warn him.

During the first year do not leave him untied for more than a 20 or 30 minute period, at which time you should keep a pretty close watch on him. By tapping on the window if he gets too close to the line, he will soon learn that he is always being observed. Give him more freedom as he gains your trust. As your dog gets older and better trained, you will be able to leave him loose even though no one is home.

After this training, you must not make any exceptions. Never walk him over these lines. To take him off the property you must take him in the automobile.

## Earned income credit can save

The Earned Income Credit Can Cut Your Tax Load

If You Qualify "The Earned Income Credit is a tax benefit for working people who earn low or moderate incomes. Workers who qualify must file a federal income tax return in order to get the credit

Single or married people who worked full-time or part-time in 1997 can qualify for the Earned Income Credit, depending on their income, said John Beal II, Oregon State University Extension home economist in Jefferson County.

For example, workers with one child in their home and a family income of less than \$25,760 in 1997 can get a credit of up to \$2,210.

Workers with more than one child in their home and a family income of less than \$29,290 in 1997 can get a credit of up to \$3,656. Workers who were not raising children in their home but were

between the ages 25 and 64 on December 31, 1997, and had income below \$9,770 can get a credit of up to \$332.

"Qualifying children" include sons, daughters, stepchildren, grandchildren and adopted children, as long as they lived with the taxpayer for more than half the year, according to Alice Mills Morrow, OSU Extension family economics specialist.

Nieces, nephews, children of a friend or foster children can be "qualifying children" if they lived with the taxpayer all year and were cared for as members of the family," Morrow said. "Qualifying children" must be under age 19, or under age 24 if they are full-time students. Totally and permanently disabled children of any age are considered "qualifying children." A valid Social Security number is required for any qualifying child.

## Unwanted calls can be stopped

Give Cold Calling the Cold Shoulder  
The telephone rings as you are sitting down to dinner, relaxing, or putting the kids to bed. A stranger is selling something. This sales approach is known as "cold calling."

If you find these calls annoying and if the calls are from securities firms, you can put a stop to them, according to John Beal II, Oregon State University Extension home economist in Jefferson County. "Every securities firm that sells such things as stocks and bonds must keep a "do not call" list," said Mr. Beal. "If you want to stop sales from that firm, tell the caller to put your name and tele-

phone on the firm's 'do not call' list."

If anyone from that firm calls you again, get the caller's name and telephone number, note the date and time of the call, and complain to the firm's compliance officer, the Securities and Exchange Commission, and the Oregon Department of Consumer and Business Services, Division of Corporate Securities, 350 Winter Street NE, Room 410, Salem, OR 97310.

For a publication containing more information on "cold calling," call 1-800-SEC-0330 and ask for "Investor Alert: Cold Calling."

## Have a safe and fun spring break March 23 to 27, 1998!

## My Favorite Recipe corner

My Favorite Recipe—Welcome to My Favorite Recipe. The staff decided we needed to keep a corner for Home Ec going on the page until our new home economist is hired. So, we have created this recipe corner. We are asking people in the community to send in their favorite recipes to the Extension Office to print in the paper. You can bring them in to the office on the 1st floor of the Education building or mail them to P.O. Box 430, Warm Springs, Or 97761. We do prefer to name our source so please include your name along with the recipe. If you have a history of how the recipe came to be or anecdotes to tell about it, go ahead and include them.

I'm Sue Ryan, the 4-H Program Assistant at OSU Extension and its my turn this time to share My Favorite Recipe. This recipe was one we tried out in our last 4-H Cooking Class and proved to be

very good. It is also a simple recipe that you can have your kids help you make.

- Gooney Rolls  
You'll need:  
2 Tablespoons sugar  
2 Tablespoons all-purpose flour  
2 Tablespoons softened butter or margarine  
2 Tablespoons honey  
6 brown and serve rolls  
Nut halves
1. Set the oven at 375 degrees. Put sugar, flour, butter, and the honey in a small bowl. Mix ingredients until blended.
  2. Put rolls on a baking sheet. Spread honey mixture on top of rolls. Then arrange nut halves on top of each roll
  3. Place baking sheet in oven. Bake about 15 minutes. Serve the rolls while hot. Don't worry about leftovers

## Use caution with packaged food, may cause illness

Packaging Materials Pose Food Safety Risks When Used to Heat Foods

According to a University of Illinois study, many consumers heat leftovers in plastic margarine tubs and other single serve containers. Although re-using the packaging in this way makes environmental sense, it may not be in the best interest of your health.

Most packaging materials are designed for only one use, according to John Beal II, Oregon State University Extension home economist in Jefferson County. When manufacturers design packaging, they consider factors such as the ingredients in the food and the amount of heat that will be used during processing.

"With the exception of glass jars, manufacturers assume that consumers will discuss or recycle most packaging after the food is eaten," said Mr. Beal. "Plastic and paperboard are designed to be recycled into new packaging that won't

come into contact with food."

The Food and Drug Administration assesses the safety of packaging for its intended use. However, re-using packaging in a different way could create a food safety concern. For example, additives that keep plastic flexible can migrate into food under some conditions. This is more likely to happen when the container is heated and when the food contains fat, acid, or alcohol.

Both chemicals and microorganisms can be concerns when food packaging is re-used. It's wise to take some precautions. Carolyn Rabb, OSU Extension foods and nutrition specialist, offers these tips:

-Don't use packages from non-food products, such as plastic laundry buckets, as food containers.

-Don't heat food packaging, such as plastic margarine containers, unless the

original package gives heating instructions. Many food products are filled into containers at low temperatures and are not designed to withstand higher heat.

Don't re-use microwave packaging that contains "heat susceptors" for browning or crisping. The adhesives that hold the susceptor to the package may be damaged by the original use and the material is more likely to migrate into the food if it's used again.

Unless packaging is labeled "microwave safe," don't use it in a microwave oven. Soft plastics are especially likely to flake, blister, deform and melt, which allows plastic polymer or additives to penetrate the food.

If you bring restaurant leftovers home in a plastic foam tray, transfer the food to a microwave safe container before heating it. If you're using plastic film to cover a container in the microwave, don't let it come into direct contact with the food.

Don't re-use porous packaging materials such as Styrofoam cups and foam meat trays. They have air spaces that can harbor food particles and microorganisms. If you're storing food in a flexible film bag like a bread wrapper use it with the printed side out. Printing inks may contain materials that are not meant for human consumption. If a film bag once held raw meat or unwashed fruits or vegetables, don't re-use it for food storage. Don't re-use egg cartons for storage of hard cooked eggs or for crafts. They could be a source of bacteria.

## STOCKMAN'S ROUNDUP: Stocking up at the bottom



by Bob Pawelek  
OSU Livestock Agent

Sometimes we get so bogged down in the situation at hand that we forget to look ahead, and plan for the future. Doing so causes us to miss out on many opportunities that lay before us. This applies to the cattle market and market cycle as well. When the cattle market is down our only concern is to get past it. Therefore, we are seldom able to capitalize on the rising market that follows. When the market is up we become overjoyed and tend to believe there will never be another bad day. This belief causes us to

have our pastures overstocked with rapidly depreciating cattle when the market takes its next nose dive. The cattle market cycle isn't that difficult to forecast. Every down is followed by an up, and every up is followed by a down. History teaches us that this market cycle will repeat itself approximately every ten years. We should not have to be afraid of the cattle cycle, instead we should capitalize on it. As cattlemen we tend to be somewhat shortsighted. We don't plan ahead. Success, however, is available to those who plan for it. Not only should we be positioning ourselves to capitalize on the upcoming "up" cycle, we should also be making some plans for the next "down" market. It doesn't take much of a genius to figure out that we should buy cattle during a down market, and destocking we the market is up. Some believe that the problem with this is knowing exactly when we are at the bottom or at the top. Usually the window of opportunity is much wider than perceived. In most cycles the bottom and the top will usually last for at least two years. Allan Nation, editor of "The Stockman Grass Farmer", suggests that we watch the fat cattle market. He says, "This is the engine that pulls the rest of the cattle train." When the fat cattle market has turned the

corner the other markets will soon follow. There is usually a significant lag time between the fat market and the cow market, so at this point you should still have plenty of time to take action. So what should we be doing now? Now is the time to start producing and saving some good replacement heifers. Heifer calves aren't worth much now, but in two or three years they may be raising some calves that are worth a lot. In 4 or 5 years, these heifers may be worth over \$1000 as young bred cows. If you can enter the "up" market with a herd full of young productive cows you should be in the driver's seat. Sell those high priced calves for a few years, and then sell the cow. When your cows are worth more than you'd be willing to pay for them, then it's time to sell most of them. Don't forget to destock at the top of the market! Put that money in the bank, and then you can sit back and eagerly wait for the next "down" market to start. Be assured that it will come again. While the market is on bottom, invest in cheap stockers. Last spring you could have purchased four head of 400 pound steers for the same money that you sold just one of those high priced cows for. If they gained 300 pounds through the grazing season, then you would have some 700 pound feeder steers

with a breakeven price of around \$40/cwt. If my calculations are correct, you could have received a 60% return on your investment, in just 6 months. Who would have thought that it was possible to make that kind of profit in a "down" market? I believe that the key to success is to take action before the rest of the industry catches on. If you wait until the "experts" tell you to buy or sell, it's probably too late. Sometimes it pays to actually do the opposite of what is being promoted. So, is it time to start producing and saving heifer calves? Should we be stocking from the bottom? Absolutely. If you haven't already done so.

## Clubs needed for clean-up

Opportunity Knocks  
The Warm Springs 4-H Program has an excellent opportunity for Jefferson County 4-h Clubs to fulfill a community Service Project. Our Program will be working on the Peter's Pasture camp site in order to prepare it for the upcoming camp season. This site is a former CCC Camp (known as Camp Shitike) that has fallen into disrepair over the years. We began our efforts last year but it will take several years to bring the camp up to par.

This Spring the Warm Springs 4-H office will be coordinating general cleanup along with two major projects. One will be to lay a new water line from a spring cistern down to the camp. The other will be to remove old flooring from a building at the site. Look for more details as the snow melts from The mountains. If you are interested in helping call Sue Ryan at 553-3238 with your club's name plus a contact number and person.