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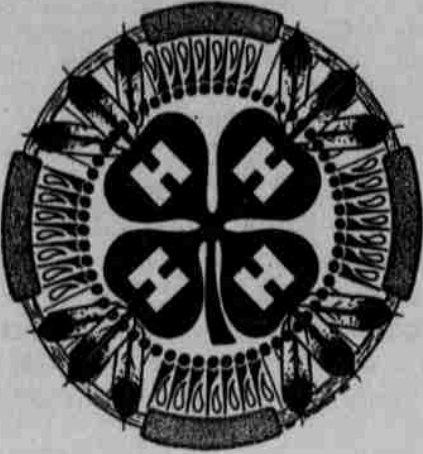
The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant program with OSU, United States Department of Agriculture, 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 recent violence that shook Thurston High School in Springfield has prompted a lot of people to ask the question "Why?" Why did it happen? Why didn't anyone do anything? Did no one notice that there was a youth who evidently expressed his anger through physical



rage?

A flyer sent out to Girl Scout parents addresses this issue by offering advice for perceiving troubled children before events spiral out of control. I felt it valuable enough to share in this column. This information is provided by the U.S. Department of Health and Human Services. It is a project of the Caring for Every Child's Mental Health campaign.

Indicators of a Troubled Child

- Rapid Change in behaviors and emotional energy
- Inability to interact socially in a fulfilling, positive way with friends, girlfriends, boyfriends, teachers, family, academics, etc.
- Thoughts or statements about suicide or homicide
- Dangerous risk-taking behavior
- Substance abuse (alcohol, drugs)
- Flashes of temper, poor impulse control related to feelings/emotions which include anger or frustration. Benign situations turn poten-

tially deadly and the child is sorry afterwards

- Fascination with weaponry: bullets, guns, gun powder, explosives, bombs and making bombs, knives, anything which could be used as a weapon against another or themselves
- Access to weapons, determination to have them, making statements about using them
- Interest in causing physical harm to people, themselves, animals, etc.
- Emotional unavailability. Child cannot connect with people
- Responds poorly or with anger to authority, rules and/or regulations.
- Parents Should Also Examine:
 - Peer groups: who are they? Current information suggests that today's children, even young children, are closer to their friends than to their family members. Know who are your children's friends and peers.
 - Their own temper. If you find yourself out of personal resources and losing your own temper, get help quickly from professionals.

Helping Children Express Anger

- Some young people turn to anger simply because they don't know how to endure what they are feeling at that moment. They don't know that they have non-violent options to cope with their feelings of rejection, hopelessness or animosity. Here's how to help.
 - Listen to what the child is saying about his or her feelings and be willing to talk about any subject. Today young people are dealing with adult problems such as love, sex, relationships, failure and rejection. Unfortunately their minds and bodies are simply not ready for these stresses.
 - Provide comfort and assurance. Tell the child that you are about his or her problems. Show confidence in his or her ability to tackle life's ups and downs.
 - Tell the child that everyone experiences anger. Tell him or her about the last time you felt really angry and how you dealt with that anger in a positive way.
 - Encourage the child to shift gears and spend time doing things he or she really likes to do - reading a book, playing sports, or walking someone's dog. Alternate activities can refocus thoughts and help alleviate some of the child's

angry feelings.

- Teach basic problem-solving skills. When upsetting situations arise the child who has practiced these skills is more likely to think consequences of their actions through and will ultimately make a better choice than violence.
- Examine how you handle your own anger. Are you setting a good example? Children who look up to you are likely to imitate you. If you fly into a rage when you get angry young people will come to believe that they should act the same way.
- Make sure the rules you set at home for your children are reinforced by other adults. Talk to your children's teachers and role models. They can support your efforts to provide constructive, fair, consistent discipline.
- Acknowledge good behavior. When a child deals with his or her anger in a positive way praise the positive choice. You may also want to reward good behavior...fix his or her favorite dinner, do something special like take him or her to the movie or allow him or her to invite a friend over.
- If the child continues to be angry or withdrawn for a long time and these approaches don't help seek professional help immediately. Talk to your family doctor or pediatrician about your child's feelings and behaviors. Together you may decide your child and family need help from someone with more mental health training.

For free information about mental health, including publications and referrals to local and national resources call 1-800-789-2647 or log on to <http://www.mentalhealth.org/>

Help wanted!!

Help needed for Warm Spring 4-H Culture Enrichment Camp
Boys counselors, teachers
July 15, 1998 is the deadline to enroll in 4-H Culture Camp
So come on in to the OSU Extension Office to enroll your camper as soon as you can at the Education Building
4-H Leaders needed for the 1998 fall 4-H Program, if you have a skill and many of you do, please call 553-3238 or better yet come on in to the OSU Extension Office and start your 4-H club Hurry!

Natural Resource notables

by Zach del Nero, Natural Resources Extension Agent

The Warm Springs Salmon Corps Have you heard of the Warm Springs Salmon Corps? Salmon Corps has been working here in the community for the past four years, with many successes. The Salmon Corps is a non-profit program supported by partnerships between the Confederated Tribes of the Warm Springs, the Earth Conservation Corps, AmeriCorps, and several private and public agencies.

So what does Salmon Corps do? Crew members, aged 18-25, are actively involved in watershed restoration, community service, skills training, and education.

On the watershed, crews are involved in riparian fencing, re-vegetation, and in stream cleanup efforts. Salmon Corps fences stretch for several miles along the Deschutes and Warm Springs Rivers, providing protection for these sensitive riparian areas. Popular fishing sites are maintained with "walk-throughs," which allow access but prevent livestock from entering. Alternative water sources such as solar jacks, spring-diversion troughs, and water gaps for livestock are developed in cooperation with the Range and Ag Department. These provide adequate water for animals while protecting the sensitive riparian zones from livestock damage. Riparian fencing is the primary work detail for Salmon Corps, but that's not all they do. This year, the crew planted several hundred oak trees in the Skookum Creek area and several thousand cottonwood and Ponderosa Pine in the Murderer's Creek area of John Day. Salmon Corps efforts are not limited to the reservation, but extend into ceded lands as well. As one crew member put it, "we do the (work) no one else wants to do."

Salmon Corps serves the community in many other ways also. During the school year,

Agents hired

We have two new faces here at the OSU Extension office
Zach del Nero the new Extension Faculty, Natural Resources and Agriculture Agent
And Bernadette Handley the new Home Economics Agent. We will have an open house on August 12, 1998 Time 1- 5 PM Refreshment will be served.

crew members actively support the SMART reading program at Warm Springs Elementary. Twice a week, crew members spend up to 1 hour reading books to individual school chil-



dren and reporting on the child's progress. In the fall and winter, the crew cuts, splits, and delivers firewood to community elders and needy individuals. The Salmon Corps is always available to support our Elders, providing assistance to the Senior Center whenever needed. Off reservation, one project sent the crew into northeast Portland to build a playground for community renovation, earning them a spot in the Oregonian newspaper.

Skills training and education are integral parts of the Salmon Corps program. Crew members receive training in First Aid and CPR, chainsaw use and safety, and on the job skills. GED certification is provided for individuals without a high school diploma. Crew members may serve up to two years, receiving a \$4,725 scholarship for each year completed. This scholarship may be applied toward higher education or vocational training.

Now that you know what they do, you may want to know who they are. Roland Kalama recently took over the Field Director supervisory position for Warm Springs Salmon Corps. Roland has a lot to offer his crew with his knowledge of fishing, strong moral character, work ethic, and good humor. Kate Caldwell, crew leader, "immigrated" from Summer Lake and has made a significant contribution to the crew and the community. James Arthur, Christopher "Tuffer" Chee, Wayne Eaglespeaker, Felix "Phil" George, Phillip "Jake" Johns, and Gerald Tufti make up what has been the most productive Salmon Corps crew yet. Many people begin this program, but not all complete it. These individuals continue to strive to improve themselves, their community, and the resources around them, which is worthy of our respect and attention.

Presbyope on rise

Yikes! Are you a "Presbyope?" Relax, it's Part of Life

If you're called a "presbyope", relax. Presbyopia isn't a dreaded fatal disease. It simply means your eyes are aging and less able to focus as you approach your 40s. As people in the "baby boom" generation moving into this age range, awareness of presbyopia is on the increase. Currently there are 76 million baby boomers. It is estimated that 21 percent of the population or 65 million people will be older than 65 in forty years.

The first symptoms are blurred near-vision, difficulty in reading small print or holding reading material at arm's length, according to a presbyopia specialist. As the eyes and their lenses change, they begin to lose their flexibility and ability to focus on objects at close range.

Here are some tips for all us presbyopes or presbyopes to be:

*Light up your life. Mature eyes need more light to see. Older adults should increase lighting levels, diffusing them evenly to reduce glare. A second lamp in a room will help spread out light and eliminate shadows.

*Rest your eyes. Periodically, look into the distance.

*Wear sunglasses. Sunglasses help eyes adapt more easily to evening light.

*Alter driving habits. Confine driving to speeds, places, and hours that are most comfortable.

*See an Eye Doctor. Don't let poor vision interfere with your ability to enjoy and see life. People over 40 should seek an eye examination by a licensed eyecare professional once a year.

-Edited from F.Y. Eyes News (10), Better Vision Institute.



Part two: Water, the ultimate drink

Water is the ultimate drink. The last Spilyay answered questions about how much water people need and the kinds of foods that supply water such as fruits and vegetables. Coffee, tea, and some soft drinks with caffeine can cause your body to lose water, so they are not the best choices.

People need to keep their fluid intake up even when they are not thirsty. This is especially true for the very active, the sick, the very young and for seniors. Thirst is one way to tell if you need water, but it is not always a good way. Other signs that your body needs more water include excess perspiration, constipation, dark yellow urine, fluid retention, and fatigue. Here's what eight glasses of water a day can do for you:

- *Regulate proper body temperature through perspiration.
- *Maintain proper blood pressure.
- *Aid digestion and carry nutrients to the cells.
- *Flush out bodily waste and impurities.
- *Reduce the amount of fluids held in the body. If this sounds contradictory to you, here's what happens: The body perceives inadequate water supply as a threat, so it starts retaining every drop; once the body gets enough water, it will release stored levels.
- *Prevent kidney stones.
- *Aid kidneys and liver in using stored body fat - this is an important factor in weight loss.
- *Moisturize your skin from the inside, preventing dryness.

Cold water is the "best buy" in terms of quenching your thirst and replenishing your body with fluids. Fruit juices such as tomato juice, apple juice, and unsweetened grapefruit juice contain salt that can replenish body salt lost in perspiration. Juice may quench your thirst better than plain water or highly sugared punch or soda pop. Don't forget that most punches and soda pops have 80-100 calories per 8 ounce glass. It is easy to consume up to 500 calories in one day drinking just a few servings of these beverages. Other thirst quenchers are fresh fruit, especially melons and cool, crispy vegetables such as carrots and celery stick.

Edited from "Friend to Friend Newsletter" 4th Issue: Seaside Wellness Team and OSU "The Balancing Act", a newsletter for working people.



Following is an example of a typical question received by the Hot Line:

Can you help me figure out the canning times and pressures for my altitude?

This is a good question. Altitude does affect canning times and pressures. Foods

Don't mix bacteria with back yard barbeques, use these safety tips

Taking a few precautions at this summer's backyard barbeques can prevent food poisoning and keep your family and friends healthy. Meat and poultry must be handled carefully and cooked properly to destroy bacteria, including E. coli, which occurs naturally in animals' intestinal tracts, says Carolyn Raab, Oregon State University Extension foods and nutrition specialist. Following are some food safety tips for your barbeque:

*Think: "Wash well!" Encourage adults and children to wash their hands if they are helping you handle food. Hands should be washed for at least 20 seconds with soap and water. Singing the "Happy Birthday" song while washing hands will help the time speed by for children. The song takes about 20 seconds to sing. Handwashing prevents the spread of bacteria.

*Think: "Well done!" Cook poultry and

ground meat until the pink color is gone. Partially pre-cooking poultry in the oven will reduce bar-b-que time.

*Practice: The 2 plate rule: Have a "raw" meat plate and a "cooked" meat plate. Don't put cooked meat and poultry back on the same plate used before cooking. The juices from the raw, uncooked meats can also be a source of bacteria.

*Practice: The 2 knives rule: Use differ-

ent knives and forks to cut and spear raw meat and other food. Consider this problem: What would happen if the same unwashed knife used to cut raw meat with bacteria is used to cut fruits and vegetables? The food safety risk is the transfer of the bacteria from the raw meat to the fruits and vegetables.

*Practice: The 2 hour rule: Food safety risks increase when perishable foods are unrefrigerated for more than 2 hours. Two hours includes preparation, (include driving time to a picnic), setting up, and serving. If there are leftovers refrigerate them as soon as possible. If you aren't sure perishable foods are safe, throw them out. The danger zone when bacteria multiply fastest is between 40 degrees and 140 degrees F.

*Practice: The 2 container rule: Large batches of leftovers should be divided into smaller portions in shallow containers so food can cool more quickly. Do not stack items cooling or freezing in order to allow air to circulate.

*Remember minimize food-related illness risks by keeping cold foods cold, and hot foods hot!

-Edited from OSU "We Wish You Well."

STOCKMAN'S ROUNDUP: Is a beef alliance in your future?



by Bob Pawelek
OSU Livestock Agent

In the 1970's, beef was the consumer's choice for dinner. Today, 25 years later, we have lost more than 25% of our market share to pork and poultry. This di-

lemma has beef producers asking, "How can we regain our market share while improving our bottom line?"

The answer to both questions, in a growing number of producers' minds, is a system where cattle are priced on their individual value, rather than average price. To help capture this individual value, many producers are forming marketing alliances.

These alliances are gaining popularity because producers know some cattle are better than others, so naturally they are worth more. Ranchers also know consumers are fed of with 25% of their own beef purchases resulting in a bad eating experience.

Some livestock producers join groups easily and others hold back. If this way of marketing is uncomfortable for you, rest assured most marketing alliances strive for common goals.

Feedlot performance

Producers are learning how their cattle perform in the feedlot and select sires that have carcass trait information.

Uniform cattle

Producers focus on short calving seasons, a genetically uniform herd and a sound health program.

Source verified

The cattle are source-verified. Ranchers are willing to stand behind their product. Most producers are becoming very comfortable with this concept and it inspires confidence with the consuming public.

The goals seem to be very do-able, and appear to have a lot of common sense, but are we looking at the whole picture. Feedlot operators claim there is more money laying out there for producers through improved feed conversion than there will ever be with carcass premiums.

The key to marketing profitable cattle is avoiding discounts. If that means a rancher has to participate in an alliance to learn how, then I'd recommend joining one. But in chasing a premium, don't lose sight of all the other advantages your own herd has to offer.



Mud & grass be gone!

Playing and working outdoors in summer-time can be hard on clothes. Here are two ways to get out mud and grass stains:

Mud: Let the mud dry, then brush it off. Rinse under cold water; pretreat with a paste of powdered detergent and water or a liquid laundry detergent. Let set a few minutes. Launder.

Grass: Pretreat or soak in warm water and a product containing enzymes. Soak about 4 hours. Launder with a detergent containing enzymes and bleach safe for the fabric.

-Edited from OSU Extension "The Balancing Act", a Newsletter for Working People.