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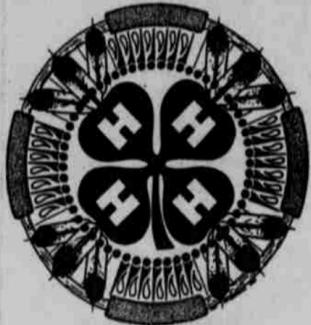
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 The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant 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 Bob Pawelek

Can you imagine a youth organization that spans all interests, all races and backgrounds, costs nothing to join, and is great fun? That's 4-H - more than you ever imagined!

4-H has projects for everyone; if you can imagine it, you can do it! At first, 4-



It was just for kids who lived on farms, but it has since then been expanded to include so much more. There are hundreds of clubs in urban areas that participate in various activities such as Computer Programming, Recycling, Archery,

Electric Projects, Public Speaking, and even Cloning! If you are interested in the far, 4-H also has many Agriculture and Animal related projects.

4-H clubs also take part in volunteering. Because helping others is so important, 4-H is part of a new advertising campaign that encourage kids to volunteer. Across the U.S., 4-H'ers are cleaning up trash in their communities, helping in literacy projects, and delivering food to hospice patients.

Call the OSU Extension office to find more about 4-H. They will be able to give you the scoop on all the exciting 4-H events that are going on in your community.

The 4-H Program was founded sometime between 1900 and 1910 to provide local educational clubs for rural youth from ages 9 to 19. It was designed to teach better home economics and agricultural techniques and to foster character development and good citizenship. The program, administered by the Cooperative Extension Service of the U.S. Department of Agriculture, state land grant universities, and county governments, emphasizes projects that improve the four H's: head, heart, hands, and health.

Natural Resource notables

by Zack DeNero

Forest Offerings : Food Uses of the Indigenous People of the Columbia Basin

The following is a summary of an article by Alanna Farrow, Department of Natural Resources, Confederated Tribes of the Umatilla Indian Reservation.

The forests of the Columbia plateau have offered indigenous people food, medicine, and other products since the beginning of time. Today, many of these products are in scarce quantities due to over-logging, over-grazing, over-harvesting of plants, and many other factors of today's modern civilization.

In the Indian society, the women are the gatherers. This is not a woman's only responsibility, but it is one she does most of her life. Girls are taught at a very young age where the family root grounds are, when to pick certain foods, how to care for them, and how to properly prepare them for her people.

Lichens are a moss that grows from many different trees year-round. There are many trees in the high elevations that grow lichen, and each may provide its own distinct flavor. Additional flavors may be added with berries, onions, and other forest offerings. When prepared properly, lichens can be made into a very tasty pudding.

Mature fungi or "puff balls" were used as a talcum powder for Indian babies. For severe rashes or sores, the puff balls were mixed with alumroot. Red ochre fungi was used to produce paint powder. Mushrooms have been part of the Indian diet in soups or eaten raw. Indian babies were sometimes bathed in mushroom broth for strength; just as the mushroom can push rocks aside as it comes up from the earth, the baby would carry that strength.

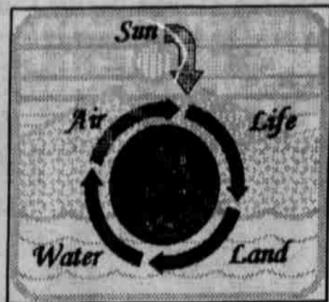
Horsetails or ferns were used as sandpaper to polish bone tools and soapstone pipes. The roots of the horsetail were used to imbricate (overlap pattern) woven bags and baskets.

Hardened larch sap can be eaten like candy, sweet and available all year. Stumps of burned out or fallen trees provide chewing gum and the sap, after careful preparation, makes a tasty syrup.

Death camas has been used to poison arrow tips. Learned gatherers know how to identify edible camas from its deadly relative. The arrows were said to kill the animal quickly, without adverse effects to human consumption. Prickly pear cactus can be picked year round, even under snow. This cactus had value as food source and in medicinal applications.

Many other plants are used as "indica-

tor species." When one plant blooms, it



is known that other plants may be ready for harvest. A healthy ecosystem was able to provide for the People year round in food, medicine, clothing, and any other needs including the spiritual.

This short list of offerings from the Columbia Plateau forests is a sample of a life that once was. Today, Indian people still rely on the forest for these blessings, as do many recent "immigrants." The restoration and protection of these forests is vital to the survival and quality of life for all peoples now and those yet to be born.



HOME SWEET HOME

By Bernadette Handley, OSU Extension Home Ec Agent



Summer can be lots of fun, but the hot, sticky days can also be dangerous for children if parents, teachers and care providers have not planned for ways to keep children from becoming dehydrated or overheated. Knowing the basics of coping with heat waves can help avoid life threatening situation and keep children feeling good and behaving well.

Heatstroke can occur when children overexert themselves in hot weather and become dehydrated. When this happens, the body's mechanism to control the temperature of the body stops working. In addition to hot, dry, flushed skin, symptoms include a high fever, dizziness, nausea, stomach cramps and rapid breathing. If a child experiences these symptoms, she should be moved out of the sun and placed in a cool bath. Contact a doctor immediately.

Being aware of the weather conditions and planning for extreme heat can help protect children from heatstroke. Some suggestions are: Impress upon children the importance of drinking plenty of fluids before they feel thirsty (water, juice, sports drink) especially while exercising. Keep liquids readily available for children. Keep children dressed in a minimal amount of loose-fitting clothing. Light colors are better than dark if they are out in the sun. Never leave children in the car, especially children under the age of 12, even for a few moments. The temperature inside a car soars quickly. Arrange for children to cool off with a bath or shower, a romp in the sprinkler or a dip in the pool. Be sure to place children's pools in the shade.

Spend some time in an air-conditioned environment, ever for a short while to

take a break from the heat. Heat waves are ideal days for a visit to the mall, or grocery store or theater. Avoid being in the sun, especially between 10 AM and 3 PM. Take plenty of fluids with you if venturing out into the heat or sun.

Be sure children are well covered with protective sunscreen. An SPF of 15 or higher is recommended and an even higher SPF number gives greater protection. Follow the directions on the container to see how often to re-apply it. Offer hats and sunglasses to wear while in the sun. Understand that children may feel irritable and uncomfortable, just as you do during a heat wave.

Summer is also a time when people spend time in or near water. Children should ALWAYS be supervised closely when they are around potential hazards such as ponds, rivers, lakes, swimming and kiddie pools, and even bathtubs, toilets and buckets. Water does not have to be deep to be dangerous.

Knowledge of infant and child CPR (cardiopulmonary resuscitation) will be valuable, so sign up for a course when it is available. Keep in mind that children should be provided with personal flotation devices when playing close to or in the water.

Whether swimming or engaged in any outdoor activity, ensure that everybody wears sunscreen to protect from sunburn and check children for insect bites periodically. Inspect playground equipment for hidden dangers, such as protruding bolts and jagged metal. Make it a habit to supervise all activities and check that they are safe. When children are playing on bikes, skates, or skateboards, insist that they wear helmets and protective

gear. With the many outdoor activities during the summer, basic first aid knowledge could prove to be useful. Posting emergency numbers at all telephones in your home will allow anyone to swiftly contact emergency services. Providing contact telephone numbers for sitters or other caretakers will ensure that you can be reached in case of a problem while you are away from home.

Need some new ideas to entertain children? Start a family calendar of events and use it to track the minutes that a child reads every day, or keep a diary of a child's funny sayings. Camp indoors! Children could build a camp by draping a blanket over a table. Furnish it with familiar items and a flashlight for scary stories. Try changing the order of things, such as eating dinner food for breakfast and breakfast food for dinner. Create bookmarks, gift-wrap or a scrapbook. Begin a family mural.

Whatever you do with your children, be safe, think COOL and CREATIVE!!

Master Food Preservers

Do you need an answer your food preservation questions? Call the Certified Master Food Preservers and Extension educators in Lane County on the OSU Extension Service "Food Preservation" Hotline. The hotline will be available from

July 15 - October 15. Phone calls may be directed to 1-800-354-7319 between the hours of 9 AM - 4 PM Monday-Friday (except holidays).

The cost of raising a child continues to rise for families living in the cities

The cost of raising a child continues to rise and is highest for families living in cities in the Western United States, according to the US Department of Agriculture.

In its annual report, "Expenditures on Children by Families", the USDA estimates a middle income (\$35,900 to \$60,400 a year before taxes), two-parent family in the urban West will spend \$169,440 to raise a child born in 1998 to age 18. Child raising costs in the urban West are

higher than the rest of the country primarily because housing is more expensive, according to Alice Mills Morrow, Oregon State University Extension family resource specialist.

Housing is the largest expense across all income groups and accounts for 36 to 38 percent of child-rearing expenses. Food is the second largest average expense, accounting for 15 to 20 percent.

The cost of food for a child rises steadily as

the child grows older, almost doubling by the teenage years, according to the report. A middle income family in the urban West spends an estimated \$1,090 per year on food for a child from birth to age two. The food budget will reach an estimated \$2,110 per year for the same child when she or he is between the ages 15-17.

Families with an income below \$35,900 will spend a higher percentage for their income for food expenses, 19.5 percent, compared to fami-

lies with an income above \$60,400, whose food costs will account for 15 percent.

Unlike food expenses, the cost of child care is highest during the first five years of life. Child care is the only expense that goes down as the child grows older.

Because single-parent households account for an increasing percentage of families with children the USDA prepared separate estimates

for those households

The estimates show that a single parent family with an income less than \$36,000 before taxes will spend \$109,350 to raise a child born in 1998 to age 18. The western two-parent counterpart will spend \$127,680. Although the actual expenditure is less for single-parent families, it represents a larger percentage of income.

"Single-parent families have lower average incomes and spend a larger percentage of their income on children," Morrow said.

Because the USDA estimates are based on averages, they are not useful in predicting what a particular family will spend. However, they do illustrate useful trends. For instance, the overall cost of raising a child increases as a child gets older, a signal for parents to continually find ways to add to their income.

"That's probably not good news for parents of pre-school children who think financial pressures will be less when day care is no longer required", Morrow said. "Unfortunately, the savings in child care as youngsters grow older is more than offset by increases in other expense categories."

The USDA estimates only apply to costs from birth through age 18. They do not include the cost of saving for college. While saving for college is encouraged, Morrow says people need to take care of immediate concerns first and get their current situation under control.

The USDA estimates are to put a variety of uses. Divorce attorneys and mediators employ them to provide a reality check for parents who think child support guidelines are unrealistic.

The estimates are also useful in estate planning to evaluate financial needs in case of a parent's death. And teachers use the estimates to help students to understand the financial changes that accompany parenthood. In addition, the estimates are useful in developing state child support guidelines and foster care payments.

To receive a copy of the 1998 estimates of raising a child, contact your local OSU Extension office.

STOCKMAN'S ROUNDUP: History of the Paint horse



by Bob Pawelek OSU Livestock Agent

Paints were recognized as an American breed in 1965. The American Paint Horse Association was formed in hopes of preserving and breeding more of these quality horses, which sometimes appeared in the Quarter Horse and (rarely) Thoroughbred breeds. Occasionally, 'cropout' babies were produced with too much white to be registered as Quarter Horses; flashy Thoroughbreds were and

are not discriminated against by the Jockey club, but in the past, these colorful foals weren't as marketable as solid foals. Thus, most cropouts were sold off as grade horses with little, if any value. On rare occasions, however, a cropout foal would be born with fabulous spots; my favorite example is the beautiful stallion, Our Sir Prize.

This 'loud' (lots of spots) overo's sire and dam were both registered Quarter Horses. Owners of such colorful babies wondered where their horses fit in. It was clear that an association needed to be formed to make a place for these beautiful horses. Cropouts occurred enough that a registry was formed in 1965 to preserve these wonderful "Quarter Horses with spots." The American Paint Horse Association was established in 1965, a merger of two earlier clubs formed in 1961 and 1962. The American Paint Stock Horse Association & The American Paint Quarter Horse Association.

Cropouts

Since many people are unaware of spotted pattern genetics, on that rare occasion that two apparently solid parents produce a spotted foal, it seems to hap-

pen without reason. (In fact, one or both of the parents were carriers of at least one type of spotting gene, which must be present to produce a spotted foal.) These horses are called 'cropouts' because of the extra white patches that appear on their bodies, faces and/or legs. Most have only minimal to moderate spotting, such as very high leg markings, excessive white on the face, and/or a spot or two on the belly. However, once in a great while a rare foal is born with 'loud', wild spotting, such as Our Sir Prize or Limited Edition. Although purebred Quarter Horses by pedigree, it's hard to believe by looking at these two!

Most cropouts occur when a stallion and mare are bred who both have excessive white, such as a blaze and four stockings. Resulting foals often have 'high whites', or markings too high on one or more legs than is considered ideal in the AQHA. In the past, this would have rendered the foal ineligible for registration, but recently the white restrictions were relaxed to include many of these horses.

Occasionally this sort of cross results in a foal with a patch of white on the belly ranging in size between a quarter and a dinner plate; these horses gener-

ally also have excessive white on the face, enveloping the muzzle or eyes. Sometimes the spot(s) appear on the barrel or neck, but producing a well-spotted cropout by breeding solid horses together is extremely rare. "Cropouts" occur in many breeds including Quarter Horses, Thoroughbreds, Arabians, Saddlebreds, Tennessee Walking Horses and many more (Note! Thoroughbreds and Arabians are not denied registration no matter how much white they have on their coats. However, owners may need to provide DNA proof that their horses are indeed purebred before registrations are accepted.)

