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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.



Join Warm Springs 4-H at Peter's Pasture this summer for camping, cultural experience and lots of fun!

There are two sessions:
Session One-Second through fifth grades is August 8th-14th
Session Two-Sixth through ninth grades is August 16th-22nd.

Cost is \$20. You must sign up by July 15 to get a Culture Camp T-shirt!

Absolute deadline sign-up is July 26th. Come by the 4-H office to register in the Education Building on Wasco Street.

How to survive a heart attack by yourself

CPR On Yourself

Let's say it's 4:17 p.m. and you're driving home - alone. All of a sudden you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only about five miles from the hospital nearest your home, unfortunately you don't know if you'll be able to make it that far. What can you do? You've been trained in CPR but the guy that taught the course neglected to tell you how to perform it on yourself.

Without help the person whose heart stops beating properly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously.

A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let up until help arrives, or the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a phone and, between breaths, call for help.

Tell as many other people as possible about this, it could save their lives!

From "Health Cares," Rochester General Hospital via Newsletter

Making your own cleaning products can save you \$\$

When you make your own cleaning products, you avoid chemicals harmful to your family and the environment and save money according to Co-Op America's National Green Pages. There are many chemicals in commercial cleaning products that can harm you and your children. Many of the chemicals in household cleaners and pesticides are not adequately tested, regulated or controlled. An estimated 2 to 5 million exposures to household poisons occur every year and a significant number of them involve household cleaners.

Some chemicals are restricted by the government and some quite dangerous ones are not. Hydrofluoric acid, an extremely dangerous chemical that can penetrate through flesh to the bone without any warning signs, is a completely legal chemical in a commercially sold rust remover. And many household cleaning products, such as furniture polish, oven cleaner, drain cleaner, even air fresheners, are considered hazardous wastes potentially harmful to fish and wildlife, as well as humans.

But you do have a choice. If you make your own cleaners, you'll know what is in them and save money. Over time, you'll save hundreds of dollars. For example, on a typical visit to the store, you might purchase \$20 worth of commercial cleaning products. Using an equivalent amount of homemade cleaners would probably cost you less

than \$5. The recipes that follow are nontoxic, safe and just plain fun to use. Their ingredients cost a lot less than store-bought cleaners and they really work. It really is possible to make cleaning safe and more enjoyable.

For tub and tile cleaning, you really need only a simple, pleasant cleaner. Mix 1 2/3 cups baking soda with 1/2 cup of liquid soap in a bowl. Using liquid soaps is best because liquid detergents make this scrub too time consuming to rinse off. Dilute with 1/2 cup water. Add 2 TBSP vinegar. Stir with a fork until the lumps are gone. Be as exact as you can, otherwise, your squirt will be too thin or thick. Keep the cap on, because this mixture will dry out. Shake well before using.

To use: Squirt the cleaner under the rim of the toilet, bathtub rings, sinks and countertops. Use a nylon white-backed sponge to prevent scratching. Rinse well. If you find you that you are leaving a baking soda residue, try using a little less scrub and/or rinse with a squirt of scented vinegar and water. The vinegar dissolves that bit of left over baking soda and soap right away.

You can use a little olive oil and vinegar to polish your furniture. Use one part white distilled vinegar and three parts olive oil. Add a little natural lemon oil and you have a great polish.

Most commercial glass cleaners contain ammonia, alcohol and detergents

Natural Resource notables

by Zach del Nero, Natural Resources Agent

Oregon Agriculture provides jobs - lots of them

The Oregon Department of Agriculture (ODA) recently reported that Oregon agriculture is responsible for about 8% of the state's total employment, according to a recent analysis by the ODA. A combination of full-time on-farm employees, seasonal workers, food processing workers, and other directly related positions add up to as many as 152,000 people each year.

Because the definition of agricultural employment is not always agreed upon by officials, the industry may not always get all the credit it deserves. The Oregon Department of Employment and the U.S. Department of Labor track jobs by assigning various codes to each general category of industry. Under those definitions, agriculture is generally confined to crop or livestock production and "on-farm" agricultural services. There are about 30,000 employees covered by the unemployment reporting system that fit this definition.

"There is anywhere up to 70,000 seasonal workers not covered by the unemployment rating system and another 15,000 or so farm and ranch operators in Oregon that claim agriculture as their primary occupation," says Brent Searle, ODA economist. "Then there are about 37,000 jobs that would not exist if the agriculture industry didn't exist. These are considered off-farm jobs."

Those jobs can be found in food processing, transportation, warehousing,

marketing, regulation, and other services. Food processing alone accounts for about 25,000 jobs. Also overlooked are the unpaid family members - including spouses, children, and older parents - who often contribute substantially to the operation of a farm or ranch.

Add up all the numbers according to ODA's interpretation of the data, and you get about 152,000 jobs directly tied to agriculture. Searle observes that agriculture and related employment is often hard to assess because of gaps in data coverage and reporting. However, his analysis has shown that agriculture is deeply entrenched in various aspects of Oregon's economy and is broader than generally recognized.

At \$3.6 billion is farmgate value,

agriculture is a big-time player in the



state's economy. With up to 152,000 jobs provided by agriculture, the industry also provides meaningful employment to a large sector of Oregonians.

OSU Animal Science faculty changes

by Bob Pawelek

We wanted to update you on some coming changes in the Department of Animal Science at OSU. We have offered and have acceptance from four new faculty members. They are:

Callan Ackerman - Callan will begin around August 1. A native of Nebraska, has just finished a Ph.D. at Oklahoma State. His research interest will be in beef cattle grazing and management systems. Callan will teach in the beef and nutrition areas and may have responsibility for the Steer a Year program.

Patrick French - Patrick is a Kentucky native with a VPI, Ph.D. degree and will begin around August 24. Patrick will be teaching in the Dairy Management area as well as some nutrition teaching. Patrick's research interests are in nutrient management and mineral nutrition.

Gita Cherian - Gita is a native of India and currently a Canadian citizen. She has a DVM from India and a Ph.D. from the University of Alberta. Her research interests are in lipids and the immune response in newly hatched chicks. Gita has an

interest in the development of functional foods through eggs and chicken. She will be teaching in monogastric nutrition area as well as poultry production.

Bruce Nisely - Bruce is the new Sherman County Livestock Agent with an academic home in Animal Sciences. Bruce is moving here from Montana where he has a MS degree from Montana State. Bruce will be starting around the middle of August.

Applications are being received for the Equine research and extension position. It appears that we will have a large pool of candidates.

We are also pleased to announce two promotions to existing department personnel.

Bill Bereskin has been promoted to an Accounting Technician. This has only taken most of twelve months to accomplish, but it is definitely richly deserved.

Bob Williams became a fixed term faculty member May 1, 1999. Bob's title is Farm Services Manager which puts the proper title on what he was already doing plus gives him the responsibility for supervising the Farm Services staff.

Horse hays: Grass and non-legume hays

by Bob Pawelek

I get a lot of calls about different types of grass hays for horses. Here's a quick note about them and their qualities for horses.

Grass hays yield less per acre and are lower in protein, calcium and vitamins, but they are less likely to be moldy and dusty than legumes. They are usually cut too late to yield quality hay and often are priced higher than their feeding value justifies.

Grass hays often are grown and harvested in mixtures with legumes, which produce an excellent combination suitable for almost any horse feeding program. Grass hays used in horse feeds include:

- * Timothy (46 to 52 percent TDN). No other hay has attained the lasting popularity of timothy. Its wide range of climatic adaptability, ease of curing, bright color and freedom from dust and mold make it the horse owner's favorite. Since it is low in protein, it is a better feed for mature work horses than for stallions, mares or young growing stock. If it is fed as the only

roughage, it should be supplemented with protein or be fed with a high protein grain such as oats instead of corn. Do not make special efforts to obtain timothy for horse rations because satisfactory substitutes can easily be found. Mature, late-cut timothy is a poor feed for any class of livestock.

* Prairie hay (46 to 50 percent TDN). Some horse owners satisfactorily substitute prairie hay for timothy. It is lower in protein, less bright in color and usually less palatable than timothy.

* Bromegrass hay (46 to 52 percent TDN). Bromegrass makes good horse hay. It is palatable when harvested in the bloom stage.

* Orchard grass hay (46 to 52 percent TDN). Orchard grass is much like bromegrass but not quite as satisfactory.

* Cereal hays (45 to 50 percent TDN). Cereals make good hays when cut early, but they are seldom cut early enough. Cut them in the soft-to-stiff dough stage.

* Oats, barley, wheat and rye hays are preferred, in that order.

STOCKMAN'S ROUNDUP: Livestock theft investigators make a difference



by Bob Pawelek
OSU Livestock Agent

June 23, 1999. . . The word is getting out on the street - or more accurately, the dirt and gravel back roads of Oregon's range land. The chances of getting away with the crime of livestock theft are much more difficult now that the Oregon Department of Agriculture has two retired police officers dedicated to investigating such crimes. Prosecution is now more likely as district attorneys are armed with solid evidence thanks to ODA investigators and local law enforcement officials.

Recent cases in which actual charges have

been filed demonstrate the resolve of officials to limit a crime that has lived in infamy since the days of the old west. "There are many examples of things that have happened that can't be simply attributed to coincidence," says Rodger Huffman, administrator of ODA's Animal Health and Identification Division. "We feel our program has made an impact."

The Umatilla County Sheriff is even more effusive in crediting ODA's investigators with making a difference.

"Without the ODA program, there would be no ability for local law enforcement agencies to successfully pursue these types of crimes," says John Trumbo. "Being able to pair up the investigative time and effort of someone like [ODA investigator] Bob Lund with the local knowledge of one of my deputies makes it all work."

The combined effort of Lund, the sheriff's office in both Umatilla and Union Counties, and the district attorneys in both counties has recently resulted in a multiple count indictment against a husband and wife team of alleged cattle rustlers from Milton-Freewater. Charges of theft and racketeering against Buck and Bobo McMillan have come about only after some long hours of painstaking investigation.

"Had it not been for Bob Lund and ODA,

this case would have never gotten nearly this far," says Sheriff Trumbo.

Lund's investigation started less than a year ago with Tiny Bellamy, an absentee cattle owner from Idaho, who had leased about 100 head of cattle to Buck McMillan in 1993. Agreeing to split with McMillan the profits of calves produced by the herd, Bellamy expected a return on his investment. It didn't happen. When Bellamy came to Eastern Oregon to check on the cattle, he claims McMillan consistently offered excuses why he could not see them. Where did they go? Only the McMillsans may know for sure. They are accused of stealing cattle and forging checks from cattle sales that should have gone to Bellamy but instead were deposited in their own account. Bellamy says he has lost about \$85,000 in his dealings with McMillan.

Since the alleged crime began long before Lund was ever hired by ODA, it has been a difficult case to crack.

"It was more complicated than anything I had done before," says Lund. "A lot of these animals had probably been turned into T-bones and Big Macs years before I started looking for them."

Lund relied on paperwork and a growing web of alleged victims of the McMillsans. Slowly but surely, the evidence mounted and the case grew to the point to where a grand

jury handed down several indictments.

All in all, Lund says several hundred head of cattle belonging to multiple owners had been "lost" while in the care of the McMillsans.

"We're talking about the livelihood of people involved in this thing," says Lund.

In the case of the McMillsans, everyone seemed to be perhaps too trusting.

"The victims were hesitant to come forward at an earlier date because they trusted the suspect completely with the management of their cattle," says Huffman. While the McMillan case awaits trial in Union County, ODA's livestock theft investigation program continues its effective run. Lund and Roy Hyder - two retired

Oregon State Police officers who now work part time exclusively on preventing and tracking down stolen animals - have been kept busy in the program's 18 months.

Not only has the program apparently nabbed rustlers, it seems to be working well as a deterrent - at least in some longtime trouble areas of the state.

"We've lost fewer cattle this year in the Paisley-Christmas Valley area of Southeast Oregon, we think, because of good prevention efforts," says Hyder. "The Shaniko area of Wasco County has traditionally lost a lot of cattle in recent years. This past year, there has been a big reduction in loss."

While some areas have cooled down, others are heating up.

"We've noticed significant losses near Long Creek in Grant County and Juntura in Malheur County," adds Hyder. "Those areas will need some of our attention."

The ODA investigators will help local law enforcement agencies in determining whether livestock theft is a random crime in Oregon or if there is a systematic loss of livestock. With two dedicated people assisting various sheriff's offices and the State Police, it may be possible to notice any kind of pattern that may exist.

"We will see more cases prosecuted," says Hyder, the original ODA livestock theft investigator - starting in January 1998. "We're getting better acquainted with all the livestock people and local law enforcement agencies are getting more accustomed to us being available. The program will become even more effective."

With as many as a half dozen cattle producers losing as much as a half million dollars in the McMillan case alone, there is no question the program is needed.

For more information, contact Rodger Huffman at the Oregon Department of Agriculture, (503) 986-4681.