



**Arlene Boileau** 4-H & Youth  
**Bob Pawelek** Livestock  
**Clint Jacks** Staff Chair, Madras  
**Deanie Johnson** Secretary  
**Bernadette Handley** Home Economics  
**Zack delNero** Natural Resources  
**Minnie RedDog** 4-H Assistant

Internet Address: <http://www.orst.edu/dept/wsext>

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.



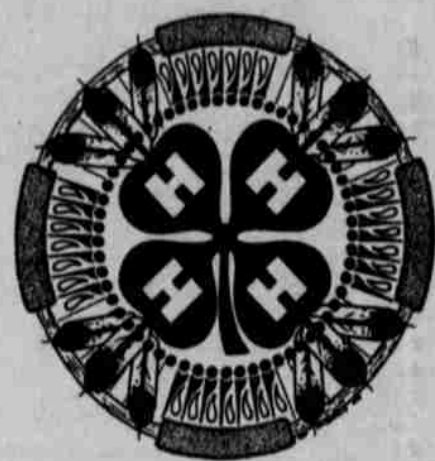
**The Clover speaks**

by Bob Pawelek

In Oregon, there are no stock shows such as I knew them in another far-off place, or jackpot prospect shows for that matter. Kids show their critters at the county fair only, and maybe the state fair. It is only recently, though, that the doctors and lawyers are buying five acres in the country just so their kids can show steers to get them into the premium auction. Over the years there have been many attempts to make the county fair more educational, take some of the cut-throat out of it, or eliminate it. In the end we look at the opportunities that exist for kids to learn to take responsibility, for parents and kids to do something together, for the community to get involved, and for some kids and families to make a good living selling the feeders. I'm not saying its right, and I'm not trying to rationalize it.

If I could wave a magic wand,

or have amnesty for just one thing, I would eliminate all premium auctions and take the livestock



shows back to the old days, before premium auctions when we had mostly farm kids taking farm raised animals as projects for the experience, and to find out whose dad had the best stock at home. But I might as well be living in a castle in Scotland, since that's fairyland. Until more parents understand what you expressed we

are not likely to make too many changes.

In the mean time, maybe we need to create the conditions that force those kids that want into the "modern" livestock show to go through some educational hoops along the way. A good step would be getting a pool of buyers to create special premiums for rate of gain, feed efficiency, record keeping, farm raised stock, etc. to decrease the motivation to pay too much for feeders, feed only the packaged show feed, hold, walk, shrink, etc. etc. to make weight. We need to find some old fashioned ways to reward more than the champions in the show ring. Another radical idea that has been used in some places (I think Houston does this) is to put a big chunk of the actual premium over market into the scholarship fund and then let all the livestock kids compete for the scholarships rather than give it all to the one with the champion.

**Natural Resource notables**

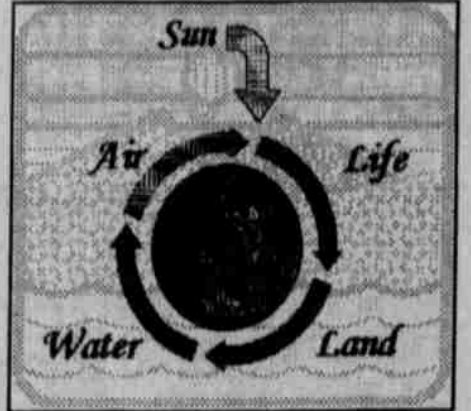
Natural Resources Management

The People of Warm Springs have always lived in a natural resource based economy. All the way back to the earliest trade routes, people in all directions have traded for food and other products that come from this land. The "modern" world has lost touch with the earth, many people have little or no understanding of what it takes to grow food and fiber products. Computer skills and business sense are necessary to succeed in today's society, however, people must reacquire themselves and their children with the natural world so that it will continue to provide for future generations.

Many of us come from different tribes and nations, so many of us have unique practices and customs to follow. From my experience, all traditional practices and customs share one main idea - to take care of the earth. This is true in every native society on earth - the Americas, Indonesia, Africa, Europe, wherever - all native societies realized their dependence upon the productivity and balance of the natural world. We are still dependent upon those systems, and those systems are in a lot of trouble.

As the human population of the earth continues to blow up into the billions, more and more resources are being taken. The oceans are being over fished, tropical rainforests and temperate forests are being decimated, farmlands are being paved over, and pollution continues to take its toll on the air, soil, and water. Today's farmers are under the gun to produce more and more food from fewer acres of land and with tighter and tighter economic constraints. It is no secret around

here that roots, salmon, berries, elk and deer - all those foods that



have sustained the People since the beginning of time - these are all suffering. It is time for us all to accept our role as natural resource managers, no matter what we do for work everyday.

If you are a secretary in an office building or a diesel mechanic, you can still help to manage natural resources. In your home: understand how to conserve energy ("use less stuff"), understand where your food comes from and teach it to your children (try a home garden maybe?), apply "best management practices" to your livestock operations, DRIVE LESS (vehicle emissions are the number one air pollution for each of us), be careful what you do with garbage and potentially hazardous wastes (recycling and composting options) - basically, apply common sense to managing our resources and teach these things to your children.

If you are interested in recycling, energy conservation, home gardening, weed control, livestock management, or just about anything else, OSU Extension is here to help. Feel free to call or stop by and we will fix you up with some information or a way to get it



**HOME SWEET HOME**

By Bernadette Handley, Family & Community Development Agent



I was raised in a family with eight children, two of whom had Attention Deficit Disorder (ADD). Unfortunately, they were not diagnosed until adulthood. We did not have a name for it then and we certainly did not have the tools we have today. Now that I am involved with parenting a child who has been diagnosed with ADD, the information and support groups that are available offer much assistance and guidance.

What is Attention Deficit Disorder (ADD)? How common is it among school-age children in the United States? And what do we know about how to treat it? Attention Deficit Disorder refers to a neurophysiological condition that affects about one or two children in every school classroom in the United States. Estimates of the prevalence of Attention Deficit Disorder vary widely, but medical literature conservatively estimates about 3-7 percent of school age children are diagnosed with it.

Children with Attention Deficit Disorder are more easily distracted and act impulsively to a greater degree than other children. Some are also hyperactive, in which case their specific diagnosis may be Attention Deficit Hyperactivity Disorder (ADHD), a type of Attention Deficit Disorder. A health care provider uses specific criteria to reach these diagnoses, and an assessment is important in order to assist the child. Medications have been successful in alleviating some symptoms, but are not appropriate for all children.

Disorders such as Attention Deficit Disorder are not always clear cut to diagnose and treat, and this can be frustrating. Children with the disorder tend to have lower self-esteem than other children, and are behind their age mates in social and emotional development. Hyperactive children tend to be diagnosed earlier than other Attention Deficit Disorder children (kindergarten or first grade, rather than late elementary or early middle school).

There are a number of myths about Attention Deficit Disorder that do a disservice to children with the condition and their parents, said Sally Bowman, OSU Extension family development specialist. One myth is that a child with Attention Deficit Disorder is just a "problem child" and if parents were more effective, the difficult behaviors would disappear. The reality is that research has shown us that there are neurological differences in the brains of individuals with Attention Deficit Disorder.

Another myth is that Attention Deficit Disorder is only prevalent among elementary age children. In fact, there are many adults with the disorder. Sometimes we oversimplify a disorder—for example, we think that every child who can't sit still has Attention Deficit Disorder; or if a child can sit still, they can't have it.

Experts on Attention Deficit Disorder say that children with the condition can focus their attention for relatively long periods on selected activities. A child with Attention Deficit Disorder who is not hyperactive may be

quietly daydreaming in the classroom rather than bothering her classmates. All active children have trouble sitting still from time to time. But if a child is hyperactive all the time, a variety of health or psychological problems may be the cause (not necessarily Attention Deficit Hyperactivity Disorder).

Children with Attention Deficit Disorder are capable of handling complex material, have many positive qualities and may achieve great success. Helping a child with Attention Deficit Disorder works best when family, school, and health care providers work in unison, providing structure to daily routines and outlets for the child to be successful as well as physically active.

Several national support organizations offer resources and produce newsletters. In addition, other written resources on Attention Deficit Disorder designed specifically for parents, children of different ages, or teachers are available in bookstores.

National Support Organizations include:  
 National Attention Deficit Disorder Association, 1788 Second Street, Suite 200  
 Highland Park, IL 60035,  
 Phone: 847-432-ADDA.  
[www.add.org](http://www.add.org)

Children and Adults with Attention Deficit Disorders, 8181 Professional Place, Suite 201, Landover, MD 20785, Phone: 800-233-4050. [www.chadd.org](http://www.chadd.org)

The National Academy for Child Development, P. O. Box 380, Huntsville, UT 84317, Phone: 801-621-8606. [www.nacd.org](http://www.nacd.org).

OSU Extension Service  
 Winter Lecture series  
 presents:  
 Doug Domper  
 Senior Tribal Policy Analyst  
 Columbia River Intertribal Fish Commission  
 "Endangered Species Act: US Gov't vs. Fish"  
 Thursday 27  
 January 2000  
 11:45 am - 1:15 pm  
 Fire Management Training Room

OSU Extension Service  
 Winter Lecture series  
 presents  
 Jennifer Weikel  
 OSU Dept. of Forestry  
 "Snags & their management"  
 Thursday 10 Feb 2000  
 11:45 am - 1:15 pm  
 Fire Management Training Room

**Satellite Events**

OSU Extension hosts a series of educational satellites developed by the U.S. Department of Education.

- Powerful Middle Schools - February 15**
- Nurturing Readers - March 21**
- Multiplying Excellence - April 18**
- Connecting with Youth - May 16**
- Learning Everywhere - June 20**

Programs will be offered in the 1st floor classroom of the Education Building from 5PM-6 PM. Contact OSU Extension @ 553-3238 if you are interested in attending. Limit: 10

**STOCKMAN'S ROUNDUP: Winter care for cows**



by Bob Pawelek  
 OSU Livestock Agent

Several management practices can be used by cattlemen to help their herds get through winter. One technique is to sort cattle by age. Nutritional requirements are different for young heifers than

for mature cows. Feed and supplement costs can be lowered if cows can be separated and fed according to their needs. For example, bred heifers and thin older cows will benefit if kept apart from dominant mature cows. If separation is impossible for your outfit, try feeding in as many places as is reasonable, allowing heifers every opportunity to continue growing.

Keeping an eye on the weather is essential to manage nutritional needs of cattle. Severe cold is always a dilemma for the producer who wants his herd to outlast winter's grip. For cows, the critical winter temperature is around 30 degrees Fahrenheit. When temperatures dip below that, there is an increase in the energy requirement for cows. For each onedegree drop in Fahrenheit,

there is approximately a 1% increase in the TDN or energy required.

For example, at just above 30 degrees, no increase in TDN (no extra hay or grain) is necessary.

At 20 degrees, a 10% increase in TDN (about 4 lbs. extra hay and 2 lbs. extra grain per cow) is required. At 10 degrees below zero, 40% more TDN is required, or 8 lbs. of hay and 4 or 5 lbs. more grain per cow are needed to retain the same amount of energy at 30 degrees. In other words, the colder it gets, the more feed you should put out.

When winter turns into a wet, damp spring, producers should continue to monitor cow condition. Thinner cows are more prone to the effects of this kind of weather. Especially when a thin cow's hair coat gets wet.

The critical temperature then increases to around 50 degrees Fahrenheit. Weight losses right before calving season are bad news.

Evaluation of hay to determine nutrient availability is a tool every producer should use to cut costs and produce higher beef yields. Quality of hays vary with each variety, cutting, and even bale. The time to use the poorer quality, weather damaged hay is during the early winter months. As cows approach calving, and after calving, the higher quality hays should be used. The cow's protein needs increase as she gets closer to calving.

Don't winter open cows. Probably the most costly aspects of any cow outfit's wintering program is feeding cows who will not produce. Culling unproduc-

tive cows is sensible management. Why feed a cow who will not earn her keep?

Other strategies that achieve good results are feeding supplements on alternate days to cheapen labor and feed costs, changing feeding grounds often to avoid health problems in the herd, and keeping an eye on the flesh or condition of the cows to help them cycle and calve on schedule.

It's difficult to cut the cost of winter feeding. Sensible use of available resources, matching feeds to nutrient needs, and watching the weather will trim the waste and boost profits, while keeping the cow herd producing at their highest potential.