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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.



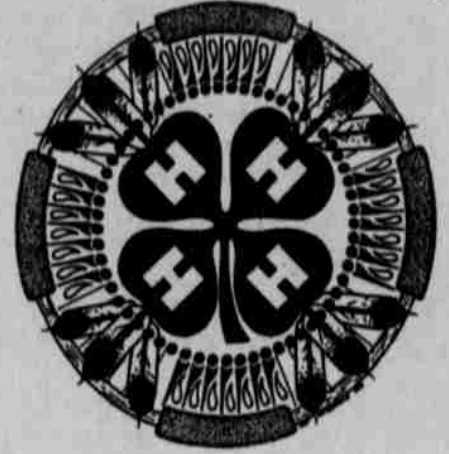
The Clover speaks

by Arlene Boileau, 4-H Agent and Minnie RedDog 4-H Program Assistant "4-H Winter Time Fun Club" is starting up which will last for six weeks. The beginning date will be Tuesday, February 15, 2000 and will end Tuesday March 21, 2000, this class will take place every Tuesday from 3:30-5:30 p.m., and will be held at the Community Wellness Center.

There will be new 4-H Leader Training in the 4-H Kitchen from 6:00 to 7:00 PM, Monday, March 13, 2000. Give Arlene or Minnie a call as soon as possible, to reserve your spot, at 553-3238.

Managing Stress in your life. Stress and change it's a simple fact: people who accept and adapt to change experience less change. Every one want stability-especially when things are going well. No one wants the apple cart upset. But change is inevitable, and if you resist it you create stress that causes greater harm than the change itself. When confronting change you have three options, 1). You can resist and fight the status quo. This only produces temporary results. You may avoid change in the short term, but eventually change will happen. This reaction requires a tremendous amount of time and energy, and produces on going stress because you are continually fighting the affects of change. 2). You can avoid change. This is a form of passive resistance. It is when you experience change but to fail

to acknowledge it. You behave as if no change has occurred. A good example people who fail to admit that a family member has a serious problem or terminal illness. They



deny the facts and insist the person will be all right. Avoidance produces stress that is particularly destructive because you develop unhealthy coping mechanisms these clouds the real issues. When you resist change, you fight back directly. When you avoid change, you don't even acknowledge you are fighting, yet you experience continually stress because you are engaged in conflict. 3). Finally you can confront and then adapt to the change. This healthy re-

sponse minimizes stress. (Stress information is provided from The Stress Management Handbook, life style series, "Managing Stress: Priorities & Perspective.")

No-Bake Bars:
 First, you need to ask for some help from mom, dad, and big sister/brother. Then wash your hands with soap. Then choose a large bowl, a pot to boil a spoon to stir, a baking pan, measuring utensils and two potholders. The ingredients you will need:

4 cups of Cheerios, 2 cups of Rice Crispy Cereal, 2 cups of Dry Roasted Peanuts, 2 cups of M&M's, 1 cup light corn syrup, 1 cup sugar, 1/2 cup of Creamy Peanut, and 1 teaspoon of Vanilla extract.

In the Large bowl, put the Cheerios, Rice Crispy, Peanuts & M&M's in; set the bowl to the side for awhile. Get the pot pour the corn syrup, sugar in, and put the pot on the stove to boil, remember to stir so it does not stick. When the syrup and sugar starts to boil take the pot off the stove with potholders, and add the peanut butter, vanilla, and mix. Next pour the cooked mix over the cereal and mix well so all the cereal is covered with the cooked mixture. Finally, pour all of this into the greased baking pan, spread so it is even all over inside the pan. Let the big cookie cool for about 20 minutes and then get a knife and cut into small squares.

Natural Resource notables

by Zach del Nero, Natural Resources Agent

Water Quality Concerns
 The CTWS Water & Soil Dept recently put out a handbook - "How to Improve Water Quality on the Warm Springs Indian Reservation." It's a good little guide that outlines several things that every one of us can do to protect the quality of our surface and ground water resources. So what? Why is that important? Water is one of the main sources of all life - without it we cannot survive. We cannot sit back and depend on the government or any other agency to protect everything - we must take action ourselves. Much of this is just learning how your actions can impact water resources.

**** Coastal Factoid of the Month - "2-Stroke Boat Motors Are Huge Polluters"**

Consider the following facts:
 - 25% percent of the fuel and required oil that conventional two-strokes use, most of it unburned, is emitted directly into the water and air.

- In the U.S., approximately 75% of all motorized boats and personal watercraft (or 14 million units) are powered by two-stroke engines.

- Every year marine two-stroke motors spill 15 times more oil and fuel into waterways than did the Exxon Valdez.

- The EPA estimates that one hour of operation by a 70-horsepower two-stroke motor emits the same amount of hydrocarbon pollution as driving 5,000 miles in a modern automobile.

As the Water & Soil guide points out, a good portion of the reservation population lives in the urban environment of

Warm Springs. There is a common misconception that water flowing into the



storm sewers is treated at the plant - not true. This water usually flows into the streams and rivers - untreated. So, if you rinse away radiator coolant, motor oil, old pesticides, fertilizers, soap residues - these end up right in the river and they are all toxic to fish and other aquatic life. Miller Ford in Madras used to run an ad on KWSO that said one gallon of used motor oil could contaminate something like a million gallons of groundwater! The vehicle pool will take your used motor oil and send it out for recycling (a good idea anyway) - good for you and good for the environment.

We believe in taking care of the earth, as it takes care of us - take some time to learn how you can better conserve and protect the water and other resources. For more information, contact the OSU Extension office and the CTWS Water & Soil office.



HOME SWEET HOME

By Bernadette Handley, Family & Community Development Agent



ONLINE FRAUD

If you tuned into the Superbowl a few weeks ago, it appeared that every commercial (almost) advertised "e-commerce" or shopping on the internet. I guess Y2K is the time for shopping from home instead of out and about. There are advantages to shopping at home - whether it be on the web or phone or catalog or door-to-door. Shopping from home allows you to shop at your own convenience often 24 hours a day, seven days a week. There are no parking spaces to scout at the mall, no crowds to battle and no long checkout lines. When you're shopping from the comfort of home, you can order all kinds of products and services from companies in other states, even other countries. But shopping from home, like traditional shopping, isn't without risk, and throughout the year, follow these tips to help you shop safely from home: You work hard for your money and need to assure that your dollars buy you the most for your money.

Know who you're dealing with. Your best protection when shopping from home is to do business with companies you know to be legitimate. If you're not familiar with a company's reputation, it's important to check up on it.

Protect your privacy. Provide personal information only if you know who's collecting it, why, and how it's going to be used. Don't give your computer password to anyone, and never give a seller more information than you're comfortable providing.

Think it through. Don't act on im-

pulse or buckle under to high-pressure tactics. Legitimate vendors won't railroad you in to making an on-the-spot decision that you might later regret. That's especially true for vendors who stand by their products and services.

Pay with a credit card. Other payment options simply don't offer the same consumer protections. If the product doesn't arrive on time or if you believe it was misrepresented, you're legally entitled to added protections if you've paid for the purchase with a credit card. In addition, if you have an unauthorized charge on your credit card bill, your liability under federal law is limited to \$50.

Check on delivery dates. Keep or print out any advertisements or materials that show a specific delivery time, or write the delivery time in your records if one was promised.

Check shipping and handling fees. Many retailers add a shipping and handling fee to the price of an item, based on where the order is to be shipped or the cost or weight of the goods. Online buyers generally can select from several delivery methods standard/ground, two-day or overnight at various costs.

Keep records of your purchases. When ordering by phone or computer, write down or print out information related to the transaction, including the seller's name, address and telephone number; the name of the person you spoke with, if applicable; a description of what you ordered; and the seller's delivery date, terms and return policies.

Track your order. If it isn't delivered on time and you haven't been no-

tified of a delay, contact the company. It's your choice to agree to wait longer to receive the order or to cancel. If you cancel, your money must be refunded within seven days, or your account must be credited within one billing cycle if you charged the order.

Seek help if you run into a problem. If you can't resolve your problem by working directly with the company, a wide range of government agencies, industry organizations and consumer groups can offer assistance. Contact your state Attorney General's office (for a list of state Attorney General's offices, visit www.naag.org), local consumer protection office, Better Business Bureau or the Federal Trade Commission's toll-free helpline at 1-877-FTC-HELP (382-4357).

To report mail fraud, call or send a copy of the mailing to the local U.S. Postal Inspection Service or postmaster. If you suspect telemarketing or Internet fraud, report it the National Fraud Information Center/Internet Fraud Watch programs. These programs, operated by the National Consumer League, can be reached toll-free by phone at 1-800-876-7060 or online at www.fraud.org. For a list of corporate contacts, a sample complaint letter and contact information for consumer protection agencies nationwide, go to www.nacaa.net and click on the banner that asks, "Has a business treated you unfairly?" Another source of help is the National Elder Care Hotline at 1-800-677-1116 or at www.aoa.dhhs.gov.

-Source: www.consumer.gov (2/1/00)

OSU EXTENSION SERVICE WINTER LECTURE SERIES PRESENTS

Jerry Cordova
 US Fish & Wildlife Service
 Bend Area Office
"Wolf Reintroduction"
 Thursday 2 March 2000
 11:45 am - 1:15 pm
 Fire Management Training Room

Upcoming OSU satellite events

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

Western ranchers put Tradition and family ahead of profits

BOISE, Idaho-They're getting paid in blue sky rather than green cash. Lucky for them, they actually value that blue sky-and the cowboy lifestyle that goes along with it-more than they do the money.

When economist Brad Gentner asked 1,052 public land grazers in 11 Western states to rank seven reasons why they continue ranching, they rated traditional and family values ahead of profit. Indeed, after Gentner clustered the ranch-

ers into eight categories-from small hobbyists to corporate ranchers-all eight groups put the profit motive somewhere in the middle.

Even the group most reliant on ranching for their livelihoods-Gentner calls them "dependent family ranchers"-rated profit below traditional cultural values, favorable child-rearing environments, proximity to friends and the opportunity to pass on a business to their children.

Ninety-four of the ranchers who returned surveys are from Idaho. University of Idaho Extension range economist Neil Rimbey wasn't surprised by Gentner's results. "Cattle producers are probably some of the most independent people on the face of the Earth," says Rimbey. "There are a whole bunch of factors other than money that explain why they are in the ranching business."

Gentner will present some of his results-which he collected for his

master's thesis from Oregon State University at the Society for Range Management's annual meeting in Boise. His research was funded by the Western Regional Research Project, a consortium of Western land-grant universities that includes the University of Idaho. Gentner is now an economist for the National Marine Fisheries Service in Silver Spring, Md.

After Gentner grouped the ranchers into eight distinguishable clusters, he

compared the responses they gave to several different proposed scenarios. These scenarios included reductions in permitted livestock use on their grazing allotments, increases in the federal grazing fee and elimination of grazing seasons. Gentner asked them whether they would continue their current operations, reduce production, intensify use of private grazing land or diversify into other on-ranch or off-ranch income sources.

What he found was that public policies based on changing prices or costs "will not have the expected outcomes" because ranchers do not behave in predictable, profit-seeking ways. For example, while only one in five independently wealthy "trophy ranchers" would keep ranching at the same level if their permitted animal-unit-months, or AUMs, were cut back by 25 percent, almost two in five diversified family ranchers would persevere undaunted.

Across all eight groups, at least 60 percent of ranchers would endure an increase in the current \$1.35 per AUM grazing fee to between \$2.00 and \$5.00 without making corresponding changes in their operations to protect their profits.

Gentner says that makes many Western ranchers "economic satisficers"-they are willing to accept economic returns they regard as simply satisfactory rather than chasing higher profits. That's also supported by their choice of business organization: 58 percent, across the entire sample, chose to be sole proprietors even though more complex business arrangements would reduce their personal economic risk.

By the way, just because Western ranchers don't demand that their profits multiply doesn't mean they can't add: two out of three completed at least some college work and one in ten holds a graduate degree.

STOCKMAN'S ROUNDUP: High performance hooves

proper attention to the feet by a qualified hoof care provider," states Jackson, "the hooves will immediately begin to toughen naturally. Horses suffering from hoof-related lamenesses will also begin to heal with natural hoof care. The horses will perform better and experience fewer debilitating lamenesses."

Jackson bases his observations on his own studies of wild horses and on current European research on domestic horses.

In the early 1980s, Jackson entered into America's wild horse country to investigate what he thought might be a model for natural barefootedness and hoofcare. States Jackson, "What I saw were sound horses with perfect hooves by industry standards. I began to adapt the shape of their naturally worn hooves to my clients' horses and in some instances, asked horse owners to provide more natural living conditions to help toughen the hooves. Invariably, unshod horses in my care developed better-quality hooves with fewer problems than those shod."

Further inquiries into barefootedness led Jackson to a German veterinary researcher, Dr. Hiltrud Strasser.

At her clinic in Tubingen, Germany, Strasser and her associates treat all lame horses by removing their shoes and trim-

ming the hooves according to the principles of hoof care outlined in Jackson's book, "The Natural Horse: Foundations for Natural Horsemanship."

Jackson points out that scientific natural hoof care is unlike conventional horseshoeing. "The hoof is trimmed much differently and more frequently. But the result is a superior hoof without any of the problems that are caused by shoeing." Jackson notes that a wide variety of terrains, such as are roamed by America's wild horses, provide excellent environments to encourage barefootedness. Jackson claims that horses in his care that are being ridden barefoot many hours a day - over rocky ground, through streams, and over every type of terrain in between.

Jackson believes that most horse lamenesses can be traced to imbalanced, unnaturally shaped hooves and the wearing of horseshoes. "I would liken it to persons wearing ill-fitting shoes. Unlike horses, however, people can change their footwear. A shod horse can't...and lameness is often the result.

Jackson explains that a little-known property of naturally worn hooves, called the "hoof mechanism" by European researchers, is responsible for successful, high-performance barefootedness seen in

unshod horses.

Jackson says that without the fixed horseshoe, the hoof is free to expand and contract naturally. Blood flow increases throughout the hoof, making it healthier. A natural calousing action takes over. The hoof wears naturally.

According to a recent study, approximately 17 percent of horses in the United States are now going barefoot. Jackson says he expects this figure to rise dramatically as horse owners become aware of the natural trim and health benefits of barefootedness.

Guidelines for natural trimming are found in Jackson's book, available from Star Ridge Publishing. Their phone number is 1-800-499-5606



by Bob Pawelek
 OSU Livestock Agent

High performance hooves

New studies are out that say that horseshoes may not be all that necessary, and perhaps even harmful.

According to Jaime Jackson, a farrier, horseowners should consider removing their horses' shoes and "going barefoot. With

