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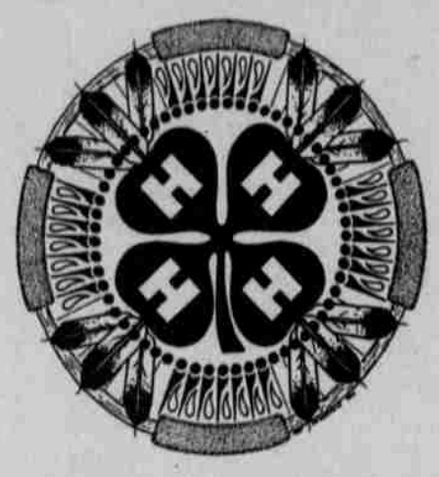
The Clover speaks



by Arlene Boileau 4-H Agent & Minnie RedDog 4-H Program Assistant

I would like to take this time to thank some folks who have helped the Warm Springs 4-H Program and the Honor Senior Day Committee.

First I would like to Thank " Ed Manion " and "Mickey Boileau" who Volunteered to repair the storage shed for the 4-H Camping equipment, a lot of hard work and time went into this project, this is really appreciated. Thank You, Ed and Mickey you did a great job, the storage shed looks great.

Secondly, I would like to thank the following wonderful folks, Ellen Thompson who works at the Warm Springs Market, the staff from Fire and Safety Department, DMJ Automotive, Deschutes Crossing Restaurant, Jason and Snuffy Smith, and Eveline Patt and Lucinda Green and her Chiclets, to Lucinda " thank you " for all your help. All these Wonderful Folks helped finance a Pendleton Blanket that was presented to Carol Allison at the Honor Senior Day Festivities at the Warm Springs Agency Longhouse.

I would like to say a big thanks to all these generous people, at a time when a lot of us do not have a lot of money to be handing out on such sort notice

But these folks did, Thank You so much. We wanted to give Carol a gift for all her hard work on the "Lit Miss Warm Springs Pageant". This is an idea Carol had some 18 years ago, she has been improving it ever since. We wanted her to know that we recognize all her hard work, we appreciate her and what she has accomplished for the youth of Warm Springs by seeking help from the parents to teach our culture and traditions to the youth, Thank You Carol and Congratulation. Also I need to let all of you know this

"Thank You Idea" comes from one of our Elders Gladys Thompson, who asked, who started this "Lil Miss Warm Springs"? We answered by saying Carol Allison from the Community Center. Her reply was how long has she been doing this? We told her 18 years; her reply was has any one thanked her.

I would like to say, I am so thankful to live in this community, in a matter of hours I was able to raise enough money to purchase the Pendleton Blanket. To everyone who donated money you are so gracious and kind and you did not even gave me too bad of a time, Thank You so very much.

Now lil' cooks another recipe, make sure you have big brother or big sister there to watch over you in the kitchen and remember to wash your hands. Party Punch:

1. Concentrated frozen orange juice thawed 6 oz. Concentrated frozen lemonade thawed 6 oz. Pineapple juice 2 cups.
2. Ginger ale 4 cups
3. Ice Cubes, 2-3 cups. This is what you will need to make the punch in: a large 2 quart pitcher or a small punch bowl, measuring cups, a long-handled mixing spoon and regular glasses or punch cups. **(a)** Empty the concentrated orange juice and the concentrated lemonade into the pitcher. Pour in the pineapple juice. Stir until mixed well. Place the punch in the refrigerator to keep cold until you are ready to use it. **(b)** Add the ginger ale to the pitcher. Stir lightly. If using a punch bowl, empty the juices from the pitcher into the bowl. Add the ginger ale. Stir lightly just to mix. **(c)** Put 2 or 3 ice cubes in each glass or punch cup. Fill with punch. Garnish with a slice of orange makes about 7 1/2 cups. Make some pop corn and watch a good movie.

Now is the time to sign up for the High Desert 4-H Camp at Round Lake. The deadline was May 15th but if you hurry you can still make it, so you can have a fun filled week before you start Summer Academy at Warm Springs Elementary.

The sign up time for The Warm Springs 4-H Culture Enrichment Camp at Peters Pasture will start on June 1st and the deadline is July 31, 2000. So pick up your forms at the OSU Extension Office in the Education Building

Natural Resource Notables

Environmental Benefits of Weed Management

Exotic Plant Impacts on Species Diversity and Native Plant Habitat

*The introduction and spread of non-native plants threaten biological diversity of native plants communities and can alter ecosystem processes such as intensity and frequency of fire, hydrologic cycles, and soil erosion rates

*Invasion of cheatgrass in the West has increased the frequency of fires from once every 60 to 110 years to once every 3 to 5 years. This has changed plant diversity by reducing native shrub communities.

*Native species have been displaced by invasions of spotted knapweed and leafy spurge. As weed infestations increase, the abundance and diversity of native species decline.

*Native plant communities in all lands are threatened by weed invasion.

*Altamont Prairie Preserve in South Dakota is no longer managed as native prairie by the Nature Conservancy because of invasion by leafy spurge. The site is now used to study the effectiveness of grazing animals (goats and sheep) for controlling leafy spurge.

*Wetland vegetation is endangered by purple loosestrife invasion. The displacement of native vegetation by this weed has caused serious reductions in waterfowl and aquatic furbearer productivity as breeding habitats are degraded.

*The status of rare and threatened plants such as bulrush, dwarf spikerush, bog turtle, Sacramento thistle, sapphire rockcress, and Colorado butterfly plant are further imperiled by weed invasions.

Noxious Wed Impacts on Wildlife Habitat Quality

*The introduction of exotic plants impacts wildlife by reducing forage, modifying habitat, or changing how a species interacts within its environment.

*Buffalo and deer use of habitat

infested with leafy spurge was 82% and 70% lower than for non-infested habitat. This causes animals to use non-infested areas more heavily, increasing stress on these sites and increasing their susceptibility to invasion by non-native species.

*The use of herbicides to remove spotted knapweed from an elk winter range in Montana changed elk distribution patterns resulting in a 266% increase in elk use. This change in elk distribution reduced grazing pressure on adjoining private lands.

*Spotted knapweed invasion of bunchgrass sites in western Montana reduces available winter forage for elk as much as 50-90%. Since a highly productive foothills site in western Montana can produce an average of 1800 lbs. per acre, forage (grass) loss from spotted knapweed can be as high as 1620 pounds per acre.

*Purple loosestrife invasion of wetland sites degrades habitat for aquatic furbearing animals and waterfowl species. Degradation to these habitats from exotic species is a special concern because of the additional loss of wetland from urban, agricultural, and industrial uses.

*Displacement of native vegetation by exotic species significantly changes bird species composition and small mammal populations.

HOME SWEET HOME

By Bernadette Handley, Family & Community Development Agent

A well balanced diet is just one of the factors that can reduce your risk of bone disease. Dairy products provide calcium and vitamin D along with additional nutrients that can improve the health of your bones. **Are You at Risk for Bone Disease?** The following quiz from the National Dairy Board explains how bone disease develops and what you can do to prevent it.

How old are you? If you are between 20 and 40, then you've reached your full, adult height. By age 20, your bones are about as long and wide as they will ever be. However, you can still make them stronger. Think of your bones as hollow tubes. Between the ages of 20 and 40, you can continue to fill up those "hollow tubes" with calcium to make them denser. The denser and stronger you can make your bones now, the lower your risk of developing osteoporosis will be in the future.

If you are over 40, your bones are starting to become thinner. This is just a normal part of again. Your bones become thinner because they are losing calcium faster than they gain it. But you can slow down the rate at which your bones lose calcium. Eating calcium-rich foods is one of the best ways to keep your bones strong and healthy.

Do any of your relatives have osteoporosis? If you inherited a small, thin skeleton, then you can have a greater chance of developing osteoporosis. Because your bones are already thin, you cannot afford to lose too much calcium. Even a normal loss of calcium could lead to osteoporosis.

Are you female? Osteoporosis is eight times more common in women then in men. Women generally have thinner and less dense bones than men. Women tend to live longer than men. Because osteoporosis is linked to the aging process, this puts women at greater risk. Pregnant and breast-feeding women who don't consume enough calcium-rich foods lose calcium from their bones to supply the needs to the developing babies.

Women are also less likely than men to eat enough of the calcium -rich foods they need to build and keep their bones strong. This is partly because women usually eat less than men do. But it is also because women are more likely to be on weight loss diets. Many of these diets eliminate the calcium-rich foods that women, in particular, need most.

Have you gone through menopause? After menopause, women lose calcium from their bones more quickly than before. This is because the lower level of estrogen (a female hormone) in their bodies tends to increase the breakdown of bone tissue.

Do you get enough calcium in your diet? 800 milligrams of calcium are recommended each day. For normal, healthy adults, two glasses of calcium plus the other foods you eat in a day, supply roughly 800 milligrams of calcium. Milk and milk products (cheese, yogurt, ice cream) are some of the best sources of calcium.

Do you eat a nutritionally adequate diet? Calcium does not work alone in your body. Your body needs other nutrients to help absorb calcium That's why you should eat a wide variety of foods in moderation from each of the food groups.

Do you exercise regularly? The pushing and pulling on the bones that go along with weight-bearing exercise (such as walking or running) lead to denser, stronger bones.

Do you smoke? Besides heart disease and lung cancer smokers are also at greater risk for developing osteoporosis.

Are you going through a period of stress? During times of tension, grief, anxiety and illness your body absorbs less calcium from the foods you eat. Increasing the number of servings from the dairy food group is important during these times of stress to keep your bones strong.

Are you taking medications such as cortisone, antacids, or laxatives? Some medications can interfere with your body's ability to absorb calcium Ask you doctor if any of the medications you use will affect your bone health.

Here's what you CAN'T do!

®You can NOT change your heredity, your race, your sex or your age.

®You can NOT change the way your body functions.

Here's what you CAN do!

®You can eat a calcium-rich diet.

®You can add regular physical activity to your life.

®You can stop smoking.

®You can take steps to relieve the stress and tension in you life.

®You can ask your doctor what effects your medication may have on your bone health.

®You can, if you're a postmenopausal women, ask your doctor about estrogen therapy.

The OSU Extension staff wish everyone a happy and safe summer vacation. See you next school year!!

OSU to host continuing education courses

Oregon State University, Distance and Continuing Education will host three information sessions in May and June for prospective students interested in taking courses or completing degrees in Central Oregon. The program will include an overview of the four degree programs and four minors available to residents of Central Oregon. More than 100 courses are offered each term on the Web, via video, independent study and on-site at various Central Oregon locations.

Information sessions will be 5:30-6:30 p.m. at Madras on Monday, June 5th at the OSU-Jefferson County Extension Office 34 SE D Street.

No reservations are required.

Degree completion programs are available in Liberal Studies, Natural Resources, General Agriculture and Environmental Science. Minors may be earned in Communication, Computer Science, Environmental Science and Natural Resources.

Professional Certificate Programs in Supervisory and Organizational Leadership are also offered.

For more information call OSU Central Oregon (541) 312-8361 or visit http://statewide.orst.edu/info.

Free lecture series to begin June 5

You're Invited OSU First Mondays Lecture series

"What About The Arts?"

Free lecture: Monday, June 5, 2000 at 7-8 p.m.

presenters: Michael Gesme, Music Director, Central Oregon Symphony and Cate O'Hagan, Executive Director, Central Oregon Arts Association.

Cate O'Hagan and Michael Gesme join forces to discuss the state of the arts in Central Oregon. During this interactive discussion, Gesme and O'Hagan will tackle some of the local issues and opportunities facing the arts in this region. Gesme will speak about some of the proposals for a performing arts center, and O'Hagan will report on the progress of COAA's new art school, The Art Station.

On view will be an exhibit titled "Riverfest", on loan from COAA's Mirror Pond Gallery. The exhibit was organized to coincide with the recent Riverfest May Event, celebrating the Deschutes River.

Lecture and Exhibit held at OSU Central Oregon; 20365 Empire Avenue (corner of N. Hwy. 97 & Empire); Bend, OR 97701; Hours: 8 a.m. to 5 p.m., Monday to Friday. Pre-registration is suggested. Space is limited. To register and for more information call 312-8361.

STOCKMAN'S ROUNDUP: External parasites

by Bob Pawelek OSU Livestock Agent

External Parasites

Horn flies reproduce in fresh cattle manure from early spring to late fall. Horn fly populations usually peak in late spring and again in late summer or early fall. Hot, dry conditions may naturally reduce horn fly numbers during mid-summer. Thousands of flies may infest a single animal, causing extreme nervousness and energy loss. Horn flies suck blood, irritate and annoy, reduce weight gains, and cause weight losses. The annoyance and irritation interfere with cattle's feeding and resting.

Treatment is economically justified when horn fly populations reach 250 per head. To control them satisfactorily throughout the season, use self-treatment insecticides or routinely apply spray, pour-on, spot-on or dust chemicals.

Used properly, self-treatment devices are more effective than hand application in controlling horn flies and lice. Such devices include oil back rubbers, dust bags and tubes, liquid wicks and impregnated ear tags. Insecticide impregnated ear tags control horn flies well for 2 to 5 months if they are properly attached to the ear and if pyrethroid resistance is not a factor. Currently labeled ear tags contain a pyrethroid, an organophosphate or a pyrethroid organophosphate synergist mixture. It is also recommended to wait until fly numbers reach about 200 per head to apply ear tags and to use a body spray or pour on when the tags are being applied.

Pyrethroid ear tags (permethrin, fenvalerate) have induced widespread horn fly resistance. Vary the types of ear tag insecticides rather than using the same kind year after year. Remove tags as soon as possible once they have lost their effectiveness in killing horn flies. Tags used 4 to 5 months emit too little insecticide to control fly populations adequately. Tags emitting reduced doses seem to add to the resistance problem by prolonging fly exposure, thus making the surviving population more resistant to the insecticide.

Lice are winter active parasites and treatment and control is not necessary during the spring and summer grazing seasons.

The label on most brands of tags recommend using two tags per animal, placing tags on animals only after the fly population appears in the spring and removing the tags after their useful life of 120 days. The label also requires tag rotation from an organophosphate one year to a pyrethroid the next. This minimizes the resistance build up by the fly population. Fly populations turn over very rapidly accelerating the resistance build up.

Maximum protection throughout the fly season and minimum resistance build up would result by placing the tags on animals in early June when flys first appear and removing 120 days latter around the first of October. Consider using other forms of fly control if you cannot follow these labeled directions.

Other methods of fly control include dust bags, oilers, pour-ons, feed-throughs, sprays, fly traps, or a combination of these methods. All these methods work however they all take management and they all require that you read and FOLLOW LABELED DIRECTIONS. Do not forget to coordinate your fly control program with your neighbor. Flies do not stop at the fence line.

Satellite Event

OSU Ext. hosts a series of educational satellites developed by the U.S. Dept. of Education.

Learning Everywhere

-June 20

Program will be offered-1st floor classroom-Education Bldg.

5 - 6 PM.

Contact OSU Ext. @ 553-3238 if interested Limit: 10.