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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 and Minnie Tulalakis

Lost Blanket at 4-H Camp: A fuzzy blanket with bears on it very special blanket, please return the blanket to the 4-H Office in the Education Building to Arlene or Minnie. **National 4-H Week October 1st-7th, 2000**

Across the country, 4-H will celebrate National 4-H Week 2000 Sunday, October 1st through Saturday, October 7th. National 4-H Week, celebrated annual, provides recognition to 6.6 million youth involved in 4-H programs and 6.3 million volunteers. 4-H is the largest non-formal youth educational organization in the United States.

Pledging "hands to larger services" is a key component to the 4-H philosophy of learning by doing. In 1999, more than 217,000 youth got involved in volunteering, service learning and community services nationwide.

4-H volunteers range in age from 13 to well over 70. Many of them, though not all, are 4-H alumni who wish to give back to the organization that they benefited from. They come from a wide array of economic situations and backgrounds and share the common interest of youth development. Over 500,000 adult volunteers in the United States are getting into 4-H.

The more than 45,000,000 4-H alumni point with pride to their experiences - telling how much they gained from their discipline of keeping written records, making oral presentations, developing leadership, management and communication skills and gaining an understanding of citizenship responsibilities.

During National 4-H Week take the time to tell your friends about your experiences in 4-H. Invite others to come along and join in on the fun and learning.

(This was stated in the Jefferson County



4-H Newsletter)

Did You Know? Life as a Learning Endeavor

As a kid, I've learned... leaving your hand in the car door when it shuts is a bad thing.... the stove is hot!... when you pull large heavy objects toward you, they fall on you. ... ponies are not always nice. ... dogs are not necessarily "man's best friend. ... broken bones are not usually life-threatening.

As a 4-Her, I've learned... that throwing your 4-H leader in the creek can make for a very long camping trip. ... not being nice to Mom at the show makes for a short day and a long trip home. ... winning friends is more important than winning ribbons. ... being a good person is more important than raising a good steer. ... I really don't like camping. ... If you want to be good at it, you have to practice. ...

From My Big Brother, I've learned... my head is a poor imitation of a backboard. ... cats can swim. ... he didn't do it. ... don't leave the room while playing game. ... if I need him, he'll be there. ...

As a 4-H Staff Member, I've Learned... scales weigh better on asphalt than on grass. ... surge is not necessarily a reference to a soft drink. ... kids don't always listen, but they repeat it very well. ... there are

more good people in the world than bad. ... life is all about how we treat people and raise our kids. ... working for a living is not about money; do something you enjoy. ... common sense isn't common anymore. ... not everybody was raised on a farm. ... you don't have to agree with me to be right. ...

At 30-Something, I've learned... 30 is a bad time to resurrect a basketball career. ... 40 isn't old. Neither is 50. ... finding things in the cupboard is challenging for one gender. ... Mom & Dad were usually right. ... good friends are hard to find, those you find are very special. ... speeding tickets make your car insurance go up. ...

From Mom & Dad, I've learned... respect for people and things is the first step to being a good person. ... I hear better with my mouth closed. ... "I had a flat tire" does not work if there is no spare in the car. ... "be home for dinner" does not mean eating out at 11 pm is acceptable. ... it is better to remain quiet and be thought a fool, then to speak and remove all doubt. ... informal education is as important as formal education. ...

From My Friends, I've learned... I really can be hard-headed. ... I need to work at NOT being a control freak. ... they like me even when I don't like me. ... asking for help is not admitting failure. ... trust is an important ingredient in every relationship. ... I should work less. ...

From My grandparents & friends who have passed away, I've learned...

Life isn't always as long as we expect it to be, don't put off living. ... spend more time with your grandparents, their wisdom is incredible and you'll miss them someday. ... life isn't fair. ... put things in perspective before you react. ... not everything is worth fighting for. ... being right isn't all that important, being first isn't important at all. ... It's more fun to experience life than to just have life experiences.

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Natural Resource Notables

Is it Good or Bad?

Do you know what ozone is? Do you know what role it plays in the balance of our atmosphere? There is a lot of confusion about ozone, due to the fact that ozone is related to many environmental issues.

Ozone occurs naturally in the region of the atmosphere known as the stratosphere. In the stratosphere, from about 6 to 31 miles above the ground, ozone absorbs ultraviolet radiation from the Sun. This UV radiation is harmful to life at the Earth's surface, the ozone works like a protective shield. These harmful UV rays do damage in many ways - just ask any fair-skinned person about sunburn. Also, these UV rays can damage plants, animals, amphibians, and other life here on Earth. Without the ozone shield, potentially lethal intensities of UV radiation would reach the surface. So, in the context of ozone in the stratosphere - it is considered a "good thing" - actually necessary for life to continue on Earth.

Over the past decade, there has been some effort to reduce ozone-destroying chemicals - remember the attention to freon (air conditioners) and aerosols (spray cans)? Among these "ozone-destroyers" are the chlorofluorocarbons (CFC's). Pay attention to things like this. You can help to reduce these types of problems by education yourself on what products are harmful or helpful.

In contrast to this "good" ozone - many folks in the cities look at ozone as a real problem. Are they talking about stratospheric ozone? No. These folks are dealing with ozone as a pollutant in the troposphere (down here at the Earth's surface levels).



Photochemical smog (like Los Angeles) is a major problem for cities and areas around them, especially during the summer months. Ozone is the major component of this noxious mixture of gases, soot, and dust that form from a reaction of exhaust by motor vehicles and industry. During air pollution emergencies, ozone levels are used as an index for air quality. The higher the ozone concentration, the cruddier the air quality. So, ozone at the tropospheric levels is a real problem - not good.

Any solutions for this? Sure, don't burn so much fuel and other pollutants. We need more electric cars, alternative fuels, more fuel-efficient cars, and less drivers - especially in the densely populated urban areas.

So, ozone is good and bad. Ozone in the stratosphere protects life here on Earth - without this shield life will not continue. Ozone down low in the troposphere is not good - anyone who has cruised through Los Angeles on a bad smog day can tell you that.

HOME SWEET HOME

By Bernadette Handley, Family & Community Development Agent



Do you think of herbs as drugs or food? If you said food, you'd be right - sort of. Legally, herbs are sold as food (dietary supplements) but most people use herbs as drugs. Just because herbs are "natural," remember that they work in the body like drugs. Before taking a supplement, ask yourself the following questions:

Why do I think I need this supplement? If you follow the Food Guide Pyramid you probably don't need a supplement. You may need a supplement if: 1) you are a woman who plans to have children; 2) you are now pregnant or nursing; 3) you are over 50 years of age; 4) you follow a strict vegetarian diet. Your doctor may also prescribe a supplement based on your medical history.

Does my doctor know that I am taking this pill? Vitamin, mineral or herb pills may affect the medicine you take. Talk to your doctor or other healthcare provider. Only a doctor can diagnose a disease. You may have a sore throat and decide to treat yourself not knowing you have a more serious strep, bacterial infection. Or, you may have other symptoms and choose to take an herbal pill instead of getting a diagnosis from a doctor.

What do I expect to gain from taking this pill? The label may promise "quick energy" or to "reduce stress." Don't believe it! Also, a pill is not a "quick fix" for a poor diet.

Do I know what is in the pill? New labels on supplements give you more information about

what is in the pill. The format is much like the "Nutrition Facts" label now found on food. You will find the serving size and a complete list of ingredients. The first ingredients listed are those that are well-known vitamins and minerals. You can use Daily Values to see how a serving of this supplement compares to the daily recommended level of 100%. The next set of ingredients are those that may not be safe or effective and with no recommended daily amounts. Herbs must state the common name of the plant, the part of the plant used and how much of the herb is in each serving. By the end of September 2000 all supplements must have the new labels.

Are there any side effects? The new labels list possible side effects. Herbs may not be recommended if you are pregnant, breast-feeding or a child. Take care at certain stages of your life. Some herbs, like chamomile, are not used during pregnancy. Breast-feeding women should avoid ginkgo. Aloe in gel or juice form should not be used by children under 12 years of age.

How can I tell if this pill is working? You and your doctor should discuss how you will know your health is better. However, if you choose to take an herb or other dietary

supplement on your own, you may feel better quickly. Is this due to the pill? Not always. Many times symptoms go away on their own.

Does what I eat or what medications I take affect how this pill will work? Foods you eat may affect how well the pill works. Ask your doctor or a pharmacist if you are not sure. Herbs and drugs may not mix. There is much we do not know about herbs. For example, you may have side effects from herbs you take that interact with the drugs you are also taking. It is important to let your doctor know if you are taking any herbs along with prescribed medicines.

Do studies show that this pill is effective? Research, especially on large numbers of humans, is important. Studies test the effectiveness of certain parts of the plant. One part of the plant may not be as effective as another but may be sold anyway. Echinacea is one example. There are no required standards so the herb or food may or may not contain what the label states it contains. In addition, the pills you buy may not contain the recommended amount of herbs that work. In a 1998 Oregon State University study of 8 St. John's wort products tested, only 2 contained the amount stated on the label; 3 had less and 3 had more.

-NutriFocus Feb 2000, Dec 1999, June 1999 (<http://osu.orst.edu/dept/ehe>)

STOCKMAN'S ROUNDUP: How to get more heifers



by Bob Pawelek
OSU Livestock Agent

Questions: How can I get more heifer calves? When is sexed semen going to be available commercially? How do they sort semen?

Answer: Presently, the only way I know of to "get more heifers" is to get more "calves." For every two calves born, one will usually be a heifer. How do you get more calves? By following sound total management practices such as breeding for good genetics, feeding a balanced ration, following a laid out animal health program etc. etc. etc.

Sexed semen will be available commercially (hopefully) within the next few years. The technology is here now. Sex is determined by X-(female) or Y-(male) chromosome-bearing sperm. In mammals, more DNA is contained within the X-chromosome; X-chromosome-bearing sperm have 3.8% more DNA content than Y-chromosome-bearing sperm. This forms the basis for separating sperm via flow cytometry/sperm sort-

ing. What is a flow cytometer and how does it work? The sperm is dyed. The X takes on a different color. The semen is sent down a narrow "crowding ally" and a micro-scope is read by a computer. The computer determines if it is a x (female) or y (male) and acts as the "sorting gate" sorting X (dyed) semen one way and Y (non-dyed) semen the other way. "Cull" semen is discarded.

In a nutshell that is how sorting semen works. It is much more complicated than this however this is how I visualize it. The reason sexed semen is not commercially available today is because equipment is not sophisticated enough yet to do enough volume to meet the demand. That technology and equipment is coming.

We need to build more sorting chutes that are more efficient and can sort more semen faster. Semen is hard to rodder horse back.

Question, "why would you want more heifers when steer calves are worth more per pound?" My thoughts: Due to the cost of sexing semen and artificial insemination, only semen from superior and proven sires would be sexed, sorted and inseminated into cows. Female progeny that are retained for replacements have a productive life of 8 to 12 years. This usually results in 6 to 10 calves. This means the female has 8 to 12 years to spread out the cost of sexed semen and A.I. These females will produce 6 to 10 calves. Those calves could in turn pass those superior genetics on to their calves.

For the commercial cow-calf producer, the steer calf would enter the human food chain at 18

to 24 months of age. No off spring were produced to pass on the superior genetics too. There is nothing (other than one time animal performance of the individual) to offset the cost of sexed semen and A.I. The beef industry is good at eating their genetic mistakes (messed-steaks). Natural service makes more sense here.

A registered bull that remains a bull makes sense. He could sire many off spring and pass on the superior genetics. For the registered producer male sexed semen makes sense and so does female sexed semen.

For the Dairyman, females make sense. They would breed their best cows to have heifers for replacements. They could A.I. or natural service the rest of the cows to a terminal cross sire such as Charolais, Limousin etc. These terminal cross Holstein X Charolais calves would compete with our English bred (Hereford and Angus) steers in feedlot and rail performance. I bet they would out perform our beef calves and demand equal money as feeders.

As beef producers, we could AI our replacement heifers to have all heifers. Essentially we could produce our replacements from our replacements. As a bonus we usually have less dystocia in first calf heifers that have heifer calves. We could then naturally breed our mature cows to terminal cross sires. The resulting off spring would perform better and more economically in the feedlot and on the rail. The resulting terminal cross off spring should be more in line with consumer's demands as well.

What impact would this have on the industry? Think about it.

OSU has a new Fish & Wildlife depart. head

Dr. W. Dan Edge has accepted an offer to serve as Interim Head of the Department of Fisheries and Wildlife. His term will begin immediately and run at least until 1 September 2001 - or longer if a replacement has not been identified by that time. In the next few weeks, we will initiate a national search to fill permanently the Department Head position. In the interim, Dan will serve with total confidence. All of the faculty who provided suggestions for an interim head included Dan on their list - another sure sign of confidence in his ability.

Dr. Edge received his doctorate from the University of Montana in 1985, and has been a professor and Extension Specialist at OSU since 1989. He has a distinguished record in all 3 of the primary functions of a land-grant university - teaching, research, and extension.

Included among his achievements are: the R.M Wade Award for Excellence in Teaching, over \$4.5 million in grants to support his research program, 47 peer-reviewed scientific articles, production of a national award-winning extension video, and election as regional representative to the governing body of The Wildlife Society. In 1999 he was named the Robert and Phyllis Mace Watchable Wildlife Professor and directs that endowed program. He is well-qualified to function within the department, the College of Agricultural Sciences, and OSU. In addition, his diverse leadership positions within the wildlife profession at state, regional, and national levels will help ensure that OSU's programs remain consistent with developments at broader levels. We all welcome Dan to the CAS leadership team.

Things to Say When Caught Sleeping At Your Desk—Part 1

It's happened to all of us at some point. You had a long night but come morning, off to work you go. Things are Okay until you hit that wall and all you want is just a few moments of shuteye. And you take it only to be rudely awoken by your boss! This week, we present you with only the top things to say when caught sleeping at your desk like:

"This is just a 15 minute power-nap like they raved about in that time management course you sent me to."
 "Whew! Guess I left the top off the White-Out. You probably got here just in time! Thank you!"
 "I wasn't sleeping! I was meditating on our mission statement and envisioning a new paradigm."

Oregon State University Extension Service
BEEF BASICS
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Please call OSU Extension to register at 553-3238