

Natural Resource Day at Hehe Longhouse



Above: Merle Kirk, from the Culture & Heritage Department, informs Warm Springs Elementary 2nd graders on Natural Resource Day at the Hehe Longhouse. **Left:** WSE 2nd graders investigate owl pellets.

Warm Springs Elementary second-grade classes experienced hands-on learning with traditional fishing with Terry Courtney Jr.; owl pellets with John Brunoe; name and traditional use of animal pelts with Merle Kirk and Blaine Begay; fire prevention with Fire Management; river life with Lisa Dubisar; web of life with Clay Penhollow; forest life with Lisa Green (US Forest Service) and

life of a tree with David Gross. Thanks to all parent volunteers! Your involvement helped make this event successful. Thank you Warm Springs Elementary students and staff. We are looking forward to next year's Natural Resource Day! If you are interested in presenting please contact OSU Extension @ 553-3238.

By Merle Kirk, Culture & Heritage

Prevent and treat mold to make your home healthy

BEAVERTON — Calls come in a steady stream to Oregon State University Extension this time of year from people who don't know what to do when they find mold on the back wall of a closet or under the bathroom sink.

Mold grows on damp surfaces and can cause permanent damage to walls, window frames, carpets, clothes and furniture, said Jeanne Brandt, an OSU Extension specialist for Washington County. "It looks dirty and smells bad."

Worse yet, exposure to mold can bring on allergic reactions, asthma and other respiratory problems, especially for young children, the elderly or pregnant women.

Information found on the Internet about mold removal can be inaccurate or extreme, Brandt warned. OSU Extension takes an approach, she said, that is "reasonable and accurate," with how-to information and links to the federal Environmental Protection Agency and other reliable sources. "Sometimes when we take calls, we just try to calm people who are worried about health hazards and cost of cleanup," she said.

Spores are always in the air and when they grow on moist surfaces they become black, brown or white and look like a furry stain, Brandt said. "The key to mold control is moisture control; it's important to keep walls, floors, clothing and possessions dry and clean." Her advice: "Protect yourself as you clean; wear gloves and open windows. Use a stiff brush and hot, soapy water. Dry the area."

With no practical way to eliminate all mold and spores indoors, it's important to clean and fix sources of moisture, such as leaky pipes and roofs. The EPA recommends taking steps to reduce indoor humidity to 30-60 percent; vent bathrooms and dryers to the outside; use air conditioners and de-humidifiers; and use exhaust fans when cooking, dishwashing and cleaning.

Simpler recommendations are to keep walls, floors, clothing and possessions clean and dry and keep air moving through the house. Leave dirty shoes and boots outside and don't leave wet clothes or towels lying around. Leave closet doors open and keep furniture and

stored items away from walls. Don't close off rooms.

Find more EPA information on moisture and mold at <http://www.epa.gov/mold/>

OSU Extension Service also coordinates occasional educational workshops on mold control for building inspectors, contractors, realtors and the public. Contact the Washington County Extension office at <http://extension.oregonstate.edu/washington/> or call 503-821-1117 to find out when the next workshop is scheduled.

For checklists and resources on mold and indoor air quality see the OSU Family and Community Health website at <http://extension.oregonstate.edu/fch/healthy-homes/mold-indoor-air-quality>

OSU Extension's 2011 Healthy Homes Campaign also has information on:

- Radon. A colorless, odorless gas, radon is the second leading cause of lung cancer in the United States, according to EPA estimates; smoking is the first. The EPA recommends that all homes be tested. More information is online at <http://www.epa.gov/radon/>

- Lead poisoning. Exposure to lead causes health problems, especially for young children. Free tests are available at the Lead Line or by calling 800-368-5060 or 503-988-4000. For more information see: <http://www.epa.gov/lead/pubs/brochure.htm>

- Well water testing. Annual tests are recommended. The OSU Extension Well Water Program has information on wells and septic systems: <http://wellwater.oregonstate.edu>

By Judy Scott, 541-737-1386, judy.scott@oregonstate.edu
Source: Jeanne Brandt, 503-821-1117, jeanne.brandt@oregonstate.edu
About the OSU Extension Service: The OSU Extension Service is the statewide educational outreach arm of the university; it helps Oregonians find solutions to priority economic, social and environmental issues and delivers research-based educational programs in agriculture, forestry, family and community development, marine and fresh water issues and 4-H youth development.

EHV-1 Horse Virus Update

By Fara Brummer OSU Extension

Recently, there have been many concerned calls and inquiries on the EHV-1 viral outbreak in horses. This viral problem was most recently identified at the National Cutting Horse Association Western National Championship Event in Ogden Utah that was held from April 29th to May 8th, where many performance horses from the west may have co-mingled, and been exposed to the disease. Twenty horses from Oregon attended the Utah event, and when they returned back to Oregon, they were quarantined along with other horses that had come into contact with them.

As of June 6th, state veterinarian Dr. Don Hansen gave the thumbs up for horses to freely participate in horse shows, rodeos, and other equine events

as sufficient time had passed for quarantined horses. So far, five horses from Oregon have tested positive for the virus, and one has died. "Any horse that hasn't tested positive, shown any symptoms, or not exposed to a confirmed positive horse should be okay for travel and participation in equine events," says Hansen. "We've been in close contact with owners of the affected horses and their stable mates. Those animals have been kept isolated and under close watch for the past few weeks. If these horses have gone 28 days without any signs of illness, including fever, they are most likely no longer contagious and can be considered for quarantine release." (Oregon Department of Agriculture, 06/06/11).

Equine Herpes Virus infection can cause respiratory disease, abortion in mares, neonatal death, and neurological problems. The most recent outbreak was due to the neurological form. There is no current vaccination against this form, although some clinical trials have shown that the modified live form of the Rhinopneumonitis vaccine may help build up immunity.

The virus is spread firstly through respiratory secretions horse to horse. It can also be spread through contact with an aborted fetus, or through the use of shared equipment such as tack, water buckets, or blankets. Classic signs of an infected horse are consistently high temperature, dribbling urine and hind end weakness.

In general, it is wise to practice your own biosecurity with your horses. Do not share items such as water buckets, tack, and other equipment at horse shows. Isolate new horses, if possible, for 28 days before co-mingling them with your known stock. Be observant and aware of changes in behavior or movement of your horse, and if possible check the temperature of your horse. The normal temperature for a horse is 99.5-101.3 degrees Fahrenheit.

For information on the status of EHV-1, the Oregon Department of Agriculture website www.oregon.gov/ODA/AHID/equine_herpes_virus.shtml gives updates on EHV-1 in Oregon, and more detailed information about the virus.

UPCOMING EVENTS

OSU Day Camp: Thursdays in July (7, 14, 21, 28) 10am-3pm. Ages: K-8th grade. Parental consent required! Children will learn to cook, explore the healthy meal they cooked, learn the basics about gardening, and create awesome art! Food is provided.

Lunch and Learn: Tuesday's in July (5, 12, 19, 26) Noon-1pm for Adults. Limited space avail.; please call OSU to RSVP.

Right: OSU Extension Warm Springs, OSU College of Veterinary Medicine program, and several community members administered a castration clinic to approximately 30 horses at the Simnasbo Rodeo Grounds on April 6th. Thank you to all who participated to make this event successful.



Health Benefits of Native Foods

Roots are good for energy and give you calcium for strong bones and vitamin C for health.

Native roots also take longer to turn into blood sugar so they are good for people with diabetes.

Examples:

Coush, Fresh, 3.5 oz
• 20%DV iron
• 14%DV magnesium
• 45%DV vitamin C

Wild Carrots, Dried Cakes, 3.5 oz
• 13%DV calcium
• 60%DV iron
• 35%DV magnesium
• 14%DV zinc
• 20%DV vitamin B2 (riboflavin)

Camas, BBQ and frozen, 3.5 oz
• 7%DV calcium

• 27%DV iron
• 8%DV zinc

%DV = % Daily Value

Seeds: Sunflower seeds are packed with healthy fats, protein, fiber, minerals, and are the best food source vitamin E with 76%DV in one ounce. Pumpkin seed kernels are excellent in magnesium (38%DV/oz) and are a good source of zinc, copper, and iron. Seeds are high calorie however so don't over-eat.

-Sara Lee Thomas, MS, RD, Warm Springs Indian Health Service, created 11/6/2003, last revised 10/31/2005

FRUIT SALAD WORD FIND

S J Y R Q S B T S X E U S N T
S A P P L E S T T U S E O T A
L O F Z R I A D Y W G L G Z N
X S E I R R E H C N E O U A G
B C M X F R G Z A M K J M U E
S K A R G E G R R A I J R E R
Z P U N Y B O E U L W S I Y I
W I G R T W T U R C I K U H N
T E K G R A P E F R U I T S E
F G D L W R L M S U P H Q A S
K U R Y C T I O C S O Q N N N
Z Z U A E S C P U H L O U A C
E G M C P N D Q A P X Z S N C
U A Q F C E O Q M W E P U A J
R Z R D Z N S H T Z G R U B S

WORDS:

APPLES BANANAS CANTALOUPE CHERRIES
GRAPEFRUIT GRAPES HONEYDEW KIWI
ORANGES STARFRUIT STRAWBERRIES
TANGERINES WATERMELON

Source: Oregon State University Extension Service. For more recipes and other resources on eating well for less, visit the OSU web site at <http://www.healthyrecipes.oregonstate.edu>.

This material was funded in part by the Supplemental Nutrition Assistance Program of USDA. SNAP puts healthy food within reach - call Oregon SafeNet at 1-800-723-3638. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. © 2009 Oregon State University. OSU Extension Service cooperating. OSU Extension Service offers educational programs, activities, and materials without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, or disabled veteran or Vietnam-era veteran status. OSU Extension Service is an Equal Opportunity Employer.



Healthy Recipes

OSU Snap Ed

Favorite Pancakes

Ingredients:
1 1/4 cups all-purpose flour
1 tablespoon baking powder
1 tablespoon sugar
1/2 teaspoon salt
1 cup low-fat milk (or reconstituted nonfat dry milk)
2 tablespoons vegetable oil
2 tablespoons water

Directions:

Mix dry ingredients together in medium bowl.
Combine milk, oil, and water; add to dry ingredients.
Stir just until moistened.
Cook on hot, greased pan or griddle at 375°F. Pancakes are ready to turn when tops are bubbly all over, a few bubbles have burst, and the edges begin to appear dry.
Use a quick flip with a broad spatula to

turn pancakes. Turn only once.
Continue to bake until bottoms are brown and dry.

Tips:

Try adding fresh bananas or blueberries to the batter before cooking. And to keep your Pancakes fluffy flip them over but do not push down on them! **Makes about 4 pancakes, 1 pancake per serving** This recipe is a good source of calcium, which keeps bones and teeth strong.

Help Sponsor a Child for 4-H Culture Camp

This year's 4-H Culture Camp will be held Sat, August 14 - Sun, August 20. Each child is required to pay a fee of \$25.00. If you would like to help sponsor a child or more than one child. Please call OSU Extension @ 553-3238.

***Applications will be handed out & accepted during the Pi-Ume-Sha Health Fair on June 22nd @ the Comm. Center

For quality table grapes, match growing season to variety

CORVALLIS, Ore. — You can grow your own table grapes and enjoy a delicious harvest in as little as 150 frost-free days in some regions of Oregon. And, even if your growing season is shorter, cold-hardy cultivars (varieties) and proper care also will produce fruit that has time to ripen.

A new publication by Oregon State University Extension (EC 1639) "Growing Table Grapes in Oregon," can help you choose a cultivar best suited to where you live. It is online at <http://bit.ly/OSUESec1639>

"In eastern Oregon, choose only cold-hardy varieties and manage vines to reduce risk of winter cold injury. If the growing season is too short, the fruit may be of poor quality and low in sugar content at harvest. Also, the vines may not mature properly in the fall, leading to possible winter injury," says

Bernadine Strik, grape expert at OSU.

Strik says, "The hardest parts of grape production are pruning and training." The Extension publication illustrates how to prune well and properly, based on grape growth.

Grapevines require several years to produce the first harvested crop, and they normally do not reach full production until the fifth or sixth year. Grape plants live for 50 to 100 years, if you care for them properly.

"It's relatively easy to propagate a favorite vine but well-established plants cannot be transplanted," Strik said. It's important to consider carefully both where you will plant and how you will prepare the site before you plant."

By Judy Scott, 541-737-1386, judy.scott@oregonstate.edu
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Pressure Canning Test

Will be conducted @ the Pi-um-Sha Health fair at the OSU Extension Booth on June 22nd. Please bring your Pressure canner lid and we will test it for you at NO COST. Keeping your family safe from food borne illness is our #1 priority.



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