

**Warm Springs  
Extension Office  
(541) 553-3238**

**February is Dental  
Health Month**

Take care of your teeth by:  
*Eating foods high in calcium:*

- Low-fat milk
- Low-fat yogurt
- Low-fat cheese
- Low-fat cottage cheese

Practicing Good Hygiene:

- Brush two times a day
- Brush for at least two minutes each time
- Floss once a day

**Benefits of Whole  
Grains**

Do you choose white bread or whole wheat bread? Do you buy whole grain crackers?

Do you choose white bread or whole wheat bread? Do you buy whole grain crackers?

Do you know why it matters?

There IS a difference! Food made with whole grains has more nutrients and more fiber than food that is made with processed grains.

It matters because; whole grains can help control diabetes, help maintain a healthy body weight and have many more good health benefits.

Try to make half of the grains you eat (bread, crackers, tortillas, chips etc.) whole grains.

**Easy Ways to get  
Whole Grains**

- Choose whole wheat bread instead of white
- Eat oatmeal or another whole grain cereal for breakfast
- Choose brown rice instead of white
- Make spaghetti with whole grain pasta

**Oven French  
Toast**

(source: foodhero.org)


Ingredients:

- 12 slices whole grain bread
- 1 cup low-fat milk
- 4 eggs, or 8 egg whites
- ¼ cup packed brown sugar
- 1 teaspoon vanilla
- powdered sugar (optional)

Directions:

1. Spray a cookie sheet with cooking spray
2. Lay the bread flat with the sides touching
3. Beat egg, milk, brown sugar and vanilla well
4. Pour egg mixture over bread
5. Turn each slice over to coat with mixture
6. Cover and refrigerate overnight, or bake immediately at 325 degrees for 30 minutes
7. Sprinkle lightly with powdered sugar. (optional)
8. Serve hot.
9. Refrigerate leftovers within 2 hours.

**Family Community Health**



Danita Macy  
Arlene Boileau  
Sara Smith  
John Brunoe  
Rosanna Sanders  
Jeanette Henderson

**Warm Springs 4-H Program Receives Grant for  
National Youth Mentoring Program**

Morning Rae Ferris  
December 21, 2011

The National 4-H Council has granted funding under the 4-H Tribal Youth National Mentoring Program to Oregon State University Extension, Warm Springs 4-H Program. This funding filters from the Department of Justice's Office of Juvenile Justice and Delinquency Prevention (OJJDP). The grant comes as a part of the OJJDP's national effort to strengthen, expand and implement youth mentoring activities nationwide to improve the lives of millions of young Americans.

"This is an exciting and unique opportunity to deliver high-quality *positive youth development* resources and programs to

at-risk populations in communities throughout the nation," said Donald T. Floyd Jr., National 4-H Council president and CEO. "Moreover, through the 4-H Tribal Youth National Mentoring Program, land-grant institutions will have the opportunity to adapt an evidence-based 4-H program that will lead to positive outcomes such as reduced juvenile delinquency and strengthened family relationships."

Along with Warm Springs, approximately 30 other Tribal communities were granted the same Tribal Youth Mentoring Program. This program is predicted to reach over 1,100 Native American youth, ages 10 to 17.


The Tribal Youth Mentoring program is adapted from the 4-H Mentoring: Youth and Families with

Promise (4-H YFP) program developed by Utah State University Cooperative Extension. This evidence based program is designed improve social competencies, decrease juvenile delinquency, and strengthen family relationships. Key activities of the Tribal Youth Mentoring Program components include 4-H club activities, family night outs, and mentoring sessions to include community members and Tribal traditions.

If you are interested in learning more about this innovative Tribal mentoring program please contact Morning Rae Ferris @ 541.553.3238. Also, you can email (morning.ferris@oregonstate.edu) or stop by the main office located in the Education Building.

**About 4-H**

4-H is a community of six million young people across America learning leadership, citizenship, and life skills. National 4-H Council is the private sector, non-profit partner of 4-H National Headquarters at the National Institute for Food and Agriculture (NIFA) within USDA. 4-H programs are implemented by 111 land-grant universities and the Cooperative Extension System through their 3,100 local Extension offices in every county across the country.



**4-H Program**  
Morning Rae Ferris

**Beef Industry Tour Information Part 3**

Fara Brummer

The following article continues with information that was gathered from the Beef Industry Tour presented titled "**New Concepts and Sustainable Approaches on Reproductive Management and Genetics of Beef Cattle.**" which was held locally in Prineville. For this article, I will be discussing the topic of the "Effects of Temperament and Animal Handling on Fertility" which was presented by our OSU Extension Beef Specialist, Dr. Reinaldo Cooke

Dr. Cooke has done his research work evaluating temperament of beef cattle. This is done by grading their actions and reactions in the chute and their exit interval speed which is measured by an electronic eye, similar to what barrel racers use in their competitions.

There is research evidence

that aggression is a genetic temperament in cattle. It used to be thought that aggression was a positive attribute in maternal cows because if they were more aggressive, they could protect their young. Actually, this is not the case. A

*Dr. Cooke... "you can expect more tempermental behavior in your female cattle..."*

cow can have excellent maternal instincts and still be relatively calm around humans. But, as Dr. Cooke mentioned, you can expect more tempermental behavior in your female cattle that are relatively young and of breeding that is prone to being more "spooky". Also, range animals are natural more nervous around humans as they are not used to their presence. But, keeping consistently aggres-

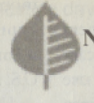
sive animals in your herd is potentially costing you money. Here is what Dr. Cooke has shown through his research on heifers:

Cattle that are consistently spooky, nervous, and tempermental are also stressed. A hormone called **cortisol** which is also known as the stress hormone have increased levels in easily stressed cattle. Cortisol has a negative effect on growth, immune production, and reproduction of the animal. What does this mean for the cattle producer? A naturally nervous heifer can actually have a harder time conceiving and getting pregnant than her calmer herd mate. Dr. Cooke also found that excitable heifers were producing less weaned calves than calmer herd mates, which translates to a lower monetary return for the producer.

Dr. Cooke suggested acclimating cattle or getting them used to humans before working them in the chute or other handling. Cattle

are more likely to settle down when they realize they get used to human presence than if they are fresh off the range. He found that acclimated females had decreased their cortisol levels and increased their reproductive development, no matter what their breed type was. In those cases, where young animals refuse to settle down, culling is a great option especially with market prices remaining strong.

This information is also on line at the OSU Beef Cattle Library. The web address is: <http://beefcattle.ans.oregonstate.edu/BeefTour.htm>. For any additional information, please contact me at the Extension Office at (541) 553-3238, or just stop by and visit us at the Education Building



**Agriculture and  
Natural Resources**  
Fara Brummer  
John Brunoe

**The subtle beauty of bark helps trees survive the winter**

By Judy Scott, 541-737-1386,  
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[neil.bell@oregonstate.edu](mailto:neil.bell@oregonstate.edu)  
1-20-12

CORVALLIS, Ore. – This fall's display of colorful leaves has blown to the winter winds and now garden trees are beginning to reveal their subtle beauty with the colors and textures of their bark.

Neil Bell, an Oregon State University Extension community horticulturist, explains how the function of bark leads to such variety in its appearance. "The basic function of bark is to help the plant survive drying winds and extremes of temperature," he said.

The cork-like protective

layer is dotted by pores that permit plant tissues to breathe. The size and pattern of pores is characteristic of certain kinds of trees. Some trees, such as paper birch, have smooth bark. These form new paper-thin layers of tissue every year. As the tree grows, the pores stretch, forming horizontal stripes in the bark. Smooth-barked aspens produce new layers of inner bark while outer layers are shed as powdery cells.

Smooth bark sheds water easily, keeping the trunks dry and less susceptible to lightening strikes. But smooth-bark trees are more vulnerable to chewing rodents and less resistant to fire than trees with thicker bark.

Trees with scaled or fur-

rowed bark produce new bark tissue in overlapping patches. Older tissue is pushed outward, forming a thick coat of non-living cells. In some trees, this old coat stretches as the tree grows, splitting the bark into furrows. In others, including eucalyptus and plane trees, older bark sloughs off in patches, revealing an eye-catching pattern of different colors.

Shaggy-barked plants, such as grapes and cedars, form new bark tissues alternated with layers of food-conducting tissues. As the plant grows the layers separate, splitting the bark vertically into a shaggy coat.

"Take time to notice the tones and textures of the winter garden," Bell said. "Colorful

branches, such as those of the red- or yellow-twig dogwood, also add to the subtle beauty of the leafless season."

To help select plants that will catch your eye in winter, the OSU Extension Service offers the publication, "Plant Materials for Landscaping: A List of Plants for the Pacific Northwest," PNW 500. Call 800-561-6719 to order a copy. Cost is \$2.50 plus shipping and handling. View a preview of the publication at <http://extension.oregonstate.edu/catalog/abstract.php?seriesno=PNW+500>

This article is online at: [http://bit.ly/OSU\\_Gardening1518](http://bit.ly/OSU_Gardening1518). About Garden News from OSU Extension Service: The Extension Service Gardening web page: <http://extension.oregonstate.edu/community/gardening>, links to a broad spectrum of information on Oregon gardening, such as tips, monthly calendars, how-to publications, audio programs, the Master Gardener program and "Northwest Gardeners e-News."

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- Hay Production
- Managing Wildlife
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- Permaculture Design
- Food Preservation
- Weed Control
- Water Rights; Land Use
- Honey Bees



**Saturday March 3, 2012**

**8:00a.m. - 5:00p.m.**

**Deschutes County Fairgrounds & Expo  
Center, Middle and N. Sister Buildings,  
Redmond OR**

**Registration:** [www.deschutes4h.com](http://www.deschutes4h.com) **Information:** [reaza.mansur@oregonstate.edu](mailto:reaza.mansur@oregonstate.edu) 541-548-6088