



Hot Springs Medical Clinic Project Update

A true, community supported effort has brought the Hot Springs Medical Clinic the attention and revitalization that it needed. After years of effort by the Eastern Sanders County Hospital District (ESCHD), collaborating organizations and community individuals the reality of a new medical facility in Hot Springs, MT is in progress.



In June 2011, core funding for the project was secured through a competitive Community Development Block Grant (CDBG) by Jim Rexhouse at Sanders County Community Development Corporation (SCCDC) for \$450,000. It was one of seven grants awarded throughout the state. These federal funds, routed through the Department of Commerce as a public facilities grant to the Town of Hot Springs gave the confidence to pursue funding from additional sources for the construction of the clinic.

Sharon Flesch, wife of Ray Flesch, ESCHD Chairperson and local resident of Hot Springs, directed an on-going fundraiser that has secured \$250,000 in individual donations to date. The community effort is outstanding and exceeded set goals. The town of Hot Springs should be an inspiration and example for other small communities throughout the state in need of basic infrastructure.

With other supplemental funding from Clark Fork Valley Hospital and the Eastern Sanders County Hospital District, plus a loan commitment from SCCDC the total financial needs for construction were met. The clinic sits on property partially owned by the Confederated Salish & Kootenai Tribe. The Tribe has generously donated the land where the clinic is housed with a renewable long-term lease at \$1/year for 25 years. The Main Street location sits between two businesses, Loafin' Around Bakery and Fergie's Pub, which have been very cooperative throughout the construction process.

Western Interstate Construction, out of Missoula, has been working with Cortner Architecture, out of Spokane, since September 2012. It is exciting to note that Ray Cortner, owner of Cortner Architecture was raised in Hot Springs and George Grutsch is a homeowner in Trout Creek. There has also been a significant amount of local subcontractors involved in the project, as well. The construction status reports the building fully erected and enclosed with heat and power, interior framing and drywall are also completed. The progress appears ahead of scheduled completion date, set for May 2013.

While the Town of Hot Springs is the fiscal agent for the CDBG grant, the funds pass through the ESCHD and SCCDC is the grant manager and oversees the project. As project administrators for the Hot Springs Clinic Reconstruction, Sanders County Community Development Corporation has been fundamental to its success through project monitoring. Our role acts as an intermediary between all parties and activities involved. Together working with CDBG, the Town of Hot Springs and the ESCHD we look forward to the spring of 2013 and the opening of the new Hot Springs Medical Clinic.

Jen Kreiner, Sanders County Community Development Corporation Coordinator



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Happy Holidays



Contact Us

John Halpop
Meghan Phillippi
Agents
MSU Extension,
Sanders County
2504 Tradewinds Way
Suite 1B
Thompson Falls, MT 59873

(406) 827-6934
Fax: (406) 827-4315

sanders@montana.edu
jhalpop@montana.edu
meghanp@montana.edu

www.montana.edu/sanders
www.msuextension.org
www.montana4h.org

Horse Nutrition

*Dr. Dennis Cash,
former MSU Extension/Forage Specialist
John Halpap, MSU Extension/Sanders County*

It's no secret that horse ownership represents a lot of investment. It is wise to spend some time considering their primary diet -- forages. While most, if not all horse hay has been purchased for this year, it's always good to review the basics.



Flickr photo by eXtensionHorses

What are the principles of feeding hay to horses? Compared to other non-ruminant animals, the horse has a relatively small stomach, normal-sized small intestine and a large hind gut called a cecum. The cecum is a modified "fermentation" vat, similar in function to the true rumen of cattle, sheep, elk, etc. Sometimes horses are termed "pseudo-ruminants". This digestive arrangement makes the horse better suited to grazing continuously than to having one or two large meals a day. Entire textbooks are written on this topic, but the basics are:

- Hay and other roughages provide nutrients and satiety for your horse.
- On average, a horse must consume about two percent of its bodyweight per day.
- Different ages, classes and workloads of horses require different levels of nutrients from the hay.

All hay is not the same.

Nutritional needs for your horse can be met in a number of ways. For example, if you have late-maturity grass hay no matter if it is timothy, orchardgrass, or brome, it will be deficient in protein. You can supply protein and energy in

the form of concentrate, which can be grain or a processed feed. Problems with this diet include low forage intake - the late maturity grass hay is consumed at a low level, and horses may develop colic or other disorders from consuming high levels of high-starch grains. At the other extreme, full access to early bloom alfalfa hay can lead to weight problems in lightly-used pleasure horses, due to the high intake potential of the alfalfa. In both of these examples, it may be difficult to meet the horse's daily nutrient demands consistently, and behavioral problems associated with boredom can occur. The compromise for most U.S. horses is good quality grass-alfalfa mix hay.

An inexpensive hay analysis will tell you the level of crude protein, total digestible nutrients, calcium, phosphorus, magnesium and potassium in the hay. Some other characteristics to consider when you view hay are color (horses are colorblind, but bright green hay usually indicates proper curing conditions without nutrient loss), leafiness (particularly of alfalfa -- you need to see intact leaves not leaf fragments or dust), and absence of foreign material (mold, dust, weeds, rocks, dirt, wire, rodents, etc.).

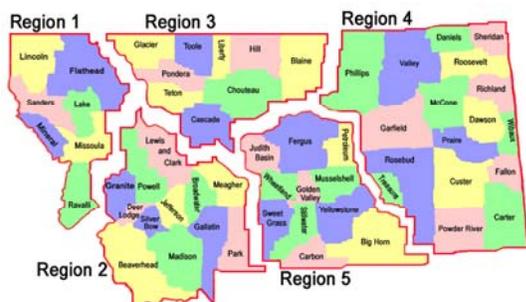
Horse owners also ask whether first or second-cut hay is better. There is more variation within a cutting than between cuttings. First-cut hay is often discriminated against for several reasons -- rain damage or rain delays make hay harvest occur at advanced maturity, and there may be more weeds present. One problem with late first-cut mixed hays in Montana is course steminess of both alfalfa and grasses, and reduced intake of the grass. Second-cutting hay can generally be put up without rain delays. However, overly-mature second-cut hay can still be less palatable and nutritious. The best bet is to view the hay, see its condition and ask for a hay analysis.



Flickr photo by Peter J Dean

Upcoming Training Private Pesticide Applicator's Licenses.

2013 is the recertification year for anyone holding a private pesticide applicator's license in Region 1 including Sanders, Lincoln, Lake, Flathead, Mineral, Missoula and Ravalli counties. All **Region 1** licenses expire December 31, 2013 regardless of when they were obtained during the previous 5 year period.



Montana licensing regions

Restricted-use pesticides can only be used on property that is owned, rented, or leased by the licensed applicator applying the pesticides. Being able to legally use restricted-use products is the primary reason for offering certification/recertification training. Commonly used restricted-use products include Tordon 22k for noxious weed control and strychnine baits for northern pocket gopher programs. Family members and employees of licensed applicators may purchase and apply restricted-use pesticides, but they must be trained and supervised by the applicator. Whether a person is using *restricted* or *general-use* products it is equally important to understand the basics of calibration, mixing, understanding labels, pesticide behavior, etc... In that regard we would like to invite all interested people to attend this training. This session will meet the requirements of recertification and initial certification as well as governmental credits.

We will have more detailed information regarding these programs in the future. It is our intent to make certification sessions as informational and useful as possible.

- Friday, March 8, 2013 Plains Grange Hall. John Halpop, MSU Extension/Sanders Co. 827-6934
- Saturday, March 16, 2013 Pablo. Rene Kittle Flathead Reservation Extension Agent (406) 675-2700 x7375
- Friday, March 22, 2013 Ronan Community Center. Jack Stivers, MSU Extension/Lake Co. 676-4271

In addition we will be hosting a fall recertification/certification tour, probably in mid-October.

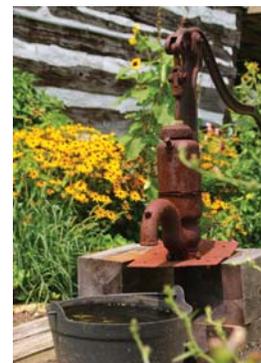


Featured MontGuides

MontGuides are self-learning resources available from MSU Extension. Get yours at the Sanders County Extension Office, or online at www.msuextension.org/store



- **Grandparents Raising Grandchildren: What To Do The Second Time Around:** In Montana there are more than 6,000 grandparents raising grandchildren. Most grandparents become involved due to a family crisis. This guide answers many of the common questions grandparents and other relative caregivers have when they are faced with parenting the second time around.
- **Beneficiary Deeds in Montana:** Beneficiary deeds allow owners of real property in Montana to transfer at death without probate their property to one or more beneficiaries.
- **Pesticide and Fertilizer Use Around the Home:** Effects on Water Resources and Alternatives to Chemical Controls *This publication can be accessed online at <http://www.montana.edu/www/pb/pubs/4499.pdf>*
- **Fertilizer Guidelines for Montana Crops:** Nitrogen (N), phosphorus (P), potassium (K) and other fertilizers can increase crop yield and quality when soil analysis indicates deficiencies, soil nutrients are unavailable, past history would predict a response, and other agronomic practices are optimum. The following soil analysis guidelines (Tables 1-17 for N, 18 for P, 19 for K, and 20 for micronutrients) are primarily based on research conducted in Montana, but where current or any data is not available, we have used a compilation of research from surrounding states and provinces to develop the tables. These tables provide guidelines in terms of fertilizer rates for a range of yield potentials, available N and soil analysis values for P, K and micronutrients. Nitrogen expense, is growing increasingly costly. Tables will provide a sense of yield response. *This publication can be accessed online at <http://www.montana.edu/www/pb/pubs/eb161.pdf>*



The Recipe Corner will return in the February, 2013 issue of The Source.

Happy New Year!



Mix It Up

to Expand Your Gift-giving Dollar With

Food Mixes in a Jar

When the holiday season rolls around, many family budgets become strained. With a long list of family and friends, finding enough money to go around may be challenging. To help reduce the stress of your next holiday season, try making gifts instead of purchasing them. Consider these fun and economical gift ideas:

- ✓ Create gift baskets. For the family member who loves movies, make a “night-in” basket. Get a large bowl for popcorn to use as the container. Add packaged popcorn and a coupon for a free movie rental. Gardening, sports or any other themed baskets also work.
- ✓ For parents with young children, provide a homemade coupon good for free baby-sitting. Other ideas include coupons for helping walk the dog, painting or cleaning.
- ✓ Create a recipe booklet with favorite holiday recipes. Copy the recipes onto festive recipe cards, punch a hole in the corner of the

cards and tie them together with a red ribbon. Holiday photo albums also can be used to hold recipes.

- ✓ Fill a holiday mug with packets of flavored tea, hot cocoa or coffee for those who enjoy warm beverages. Or tie a packet of soup mix to a large wooden spoon. Include a bowl and package of biscuit mix for a complete gift.
- ✓ If you are computer savvy, create homemade calendars for family members. These could include highlighted birthday and anniversary dates. Try adding family photos for a personal touch.
- ✓ Repurpose old tins, filling them with cookies, muffins or other holiday goodies. A gift like this will be a delight to anybody who has little time for baking.
- ✓ Make homemade mixes in a jar. Mixes for soups and cookies are popular gift items that are fairly inexpensive to make. The gift recipient will appreciate the attractive and thoughtful gift and also will value the convenience.

Key to Abbreviations

tsp. = teaspoon	g = grams
Tbsp. = tablespoon	qt. = quart
c. = cup	mg = milligrams
oz. = ounce	lb. = pound

Try any of these four tasty and inexpensive recipes during this holiday season. You can decorate the jar with fabric and a ribbon. Either photocopy and cut out the provided recipes or hand-print each recipe on a card and attach it to the jar.

Country Chili Mix

- 1 lb. kidney beans
- 3 Tbsp. chili powder
- 2 Tbsp. dehydrated onions
- 1 Tbsp. garlic salt
- 1 tsp. oregano
- ¾ tsp. salt
- ¼ tsp. cayenne pepper (optional)

* To reduce sodium, substitute garlic powder for some of the garlic salt.

Pour the kidney beans into a clean quart-sized jar. In a small bowl, mix the remaining ingredients. Pour mixture into a clear sandwich bag and place it on top of the beans. Cover the jar tightly with a lid, decorate and attach a copy of the recipe card.



Homemade Cornbread Mix

- 1 c. flour
- $\frac{3}{4}$ tsp. salt
- $\frac{1}{4}$ c. sugar
- 2 tsp. baking powder
- $\frac{1}{2}$ tsp. baking soda
- $\frac{1}{2}$ c. dry milk powder
- 1 c. plus 2 Tbsp. cornmeal

In a large bowl, mix all the ingredients. Place the mixture in a clean quart-sized jar. Cover the jar tightly with a lid, decorate it and attach a copy of the recipe card.

Cranberry-Oatmeal Cookie Mix

- 1 c. plus 2 Tbsp. flour
- 1 c. rolled oats
- $\frac{1}{2}$ tsp. baking soda
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ c. brown sugar
- $\frac{1}{4}$ c. white sugar
- $\frac{1}{2}$ c. dried cranberries
- $\frac{1}{2}$ c. white chocolate chips

Layer the ingredients in a clean, quart-sized jar. Cover the jar tightly with a lid, decorate it and attach a copy of the recipe card.

Friendship Soup Mix

- $\frac{1}{2}$ c. dry split peas
- 2 Tbsp. beef bouillon granules
- $\frac{1}{4}$ c. pearl barley
- $\frac{1}{2}$ c. dry lentils
- $\frac{1}{4}$ c. dry, minced onions
- 2 tsp. Italian seasoning
- $\frac{1}{2}$ c. long-grain white rice
- $\frac{1}{2}$ c. macaroni noodles

In a clean, quart-sized jar, layer all the ingredients except the macaroni. Place the macaroni in a sandwich bag and place it on top of the other ingredients. Cover the jar tightly with a lid, decorate it and attach a copy of the recipe card.

▼ Recipe Cards – you may photocopy the recipes and cut them apart. To attach a card, punch a hole in the flower in the upper right.

Country Chili

- 1 container Country Chili Mix
- Additional ingredients: 10 c. water (for soaking beans)
1 (8-oz.) can reduced-sodium tomato sauce
1 (24-oz.) can diced tomatoes
1 lb. ground beef or turkey
6 c. water (for cooking beans)

Remove bag of seasoning from jar and rinse beans. In a stockpot, bring 10 cups of water to a boil. Add beans and return to a boil; let boil two to three minutes. Cover and set aside at room temperature for one hour. Drain and rinse the beans.

Fill a pot with 6 cups of water and add the beans. Cook beans until soft, about one hour; simmer gently with lid tilted. Brown meat; drain and add to the beans with tomatoes and sauce. Add in seasonings, stir and simmer, covered, for one hour. Add a little more water if needed to thin the broth. For best flavor, use mix within one year.

Makes eight servings. Each serving has 240 calories, 6 g fat, 21 g carbohydrate and 290 mg sodium.

Homemade Cornbread

- 1 container Homemade Cornbread Mix
- Additional ingredients: 1 egg
1 c. water
2 Tbsp. oil

Preheat oven to 425 degrees. Pour dry mix into a large bowl. In a second bowl, combine egg, water and oil. Add liquid ingredients to dry ingredients. Stir well. Pour into an 8- by 8-inch greased baking pan and bake for 20 to 25 minutes until the top is golden brown. For best flavor, use this mix within nine months.

Makes 10 servings. Each serving has 150 calories, 4 g fat, 25 g carbohydrate and 330 mg sodium.

Cranberry Oatmeal Cookies

- 1 container Cranberry Oatmeal Cookie Mix
- Additional ingredients: $\frac{1}{2}$ c. butter
1 tsp. vanilla
1 egg

Preheat oven to 350 degrees. In a large bowl, mix butter, vanilla and egg together until smooth. Add cookie mix and mix well. Place by spoonfuls onto a greased cookie sheet and bake for eight to 10 minutes until golden brown. For best flavor, use this mix within nine months.

Makes 28 cookies. Each serving has 100 calories, 4.5 g fat, 13 g carbohydrate and 70 mg sodium.

Friendship Soup

- 1 container Friendship Soup Mix
- Additional ingredients: 1 lb. lean ground beef or turkey
3 qt. water
1 (28-oz.) can diced tomatoes

Brown meat and drain. Place in a large pot and add the water and tomatoes. Add soup mix except macaroni. Bring to a boil, reduce heat and simmer for one hour. Add macaroni and continue cooking for another 10 to 15 minutes (until macaroni is done). For best flavor, use this mix within one year.

Note: To avoid overcooked pasta in leftovers, add the appropriate amount of macaroni to the portion being served.

Makes 12 servings. Each serving has 150 calories, 4 g fat, 12 g carbohydrate and 390 mg sodium.

Beverage Mixes in a Jar



Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist, NDSU Extension Service
In cooperation with Alice Henneman, M.S., R.D., Extension Educator, University of Nebraska-Lincoln

With beverage prices rising at your favorite coffee shops, wouldn't you like an inexpensive and tasty beverage you can make in your own home?

Enjoy the following beverages at home or give as gifts to friends and family for birthdays, holidays or other special occasions. Consider these beverage mixes a fun and easy way to make delicious drinks without breaking your budget.

- Store mixes in airtight wide-mouth containers for best quality and easy use. Possible containers include see-through canisters and canning jars. Decorate canisters with a pretty bow, or cover canning jars with a cloth tied by a bow.
- To cover canning jars, you need about ¼ yard (9 inches) of fabric. Cut a circle, preferably with pinking shears, so it hangs down about 2 inches from the jar top. Place the fabric under the band or over the band. Tie with a ribbon, holding the fabric in place with a rubber band if needed.
- Photocopy and cut out the provided recipes or hand-print each recipe on a card and attach it to the jar.

Key to Abbreviations

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For more mix recipes, see "Mix It Up to Expand Your Gift-giving Dollar With Food Mixes in a Jar" at www.ag.ndsu.edu/pubs/yf/foods/fn1494.pdf.

Double Chocolate Peppermint Candy Hot Cocoa Mix

Enjoy this delightful mix after a hectic day of hitting the after-holiday sales. It also makes a hearty treat after a chilly afternoon of sledding, ice skating or building snow creatures!

- 1 c. instant skim milk powder
- 1 c. unsweetened cocoa powder
- 1 c. white sugar
- ½ tsp. salt
- ½ c. crushed peppermint candy
- ½ c. mini semisweet chocolate chips

Directions:

1. Add the skim milk powder, cocoa powder, sugar and salt to a food processor. Pulse until thoroughly mixed.
2. Transfer the mix to a large bowl. Add the crushed peppermint candy and mini semisweet chocolate chips. Stir until distributed throughout the mixture.
3. Store mixture in an airtight, quart-sized container. Decorate container as desired.

Makes 12 servings. Per serving: 160 calories, 3.5 g fat, 4 g protein, 30 g carbohydrate, 2 g fiber and 130 mg sodium

Spiced Tea Mix

This sweet, spicy cup of tea will put you in a holiday mood!

- 1½ c. orange breakfast drink (such as Tang)
- ¾ c. iced tea mix (unsweetened)
- 1½ c. white sugar
- 3 tsp. ground cinnamon
- 2 tsp. ground cloves

Directions:

1. Mix contents in a large bowl.
2. Store mixture in an airtight, quart-size container. Decorate container as desired.

Makes 64 servings. Per 3-teaspoon serving: 60 calories, 0 g fat, 0 g protein, 10 g carbohydrate, 0 g fiber and 0 mg sodium

French Vanilla Coffee Mix

Need a pick-me-up? A cup of French Vanilla Coffee will bring renewed energy.

- ⅓ c. instant coffee
- 1 c. instant skim milk powder
- ½ c. powdered nondairy coffee creamer
- ⅓ c. white sugar
- ¼ c. French vanilla instant pudding mix

Directions:

1. Add the ingredients to a food processor. Pulse until thoroughly mixed and you have a smooth powder.
2. Store mixture in an airtight, pint-size container. Decorate container as desired.

Makes 16 servings. Per serving: 50 calories, 1 g fat, 2 g protein, 10 g carbohydrate, 0 g fiber and 65 mg sodium

Mint Candy Coffee Mix

Chocolate, mints and coffee – perfect! And all you have to do is add boiling water for a delicious hot beverage.

- ⅓ c. instant coffee
- 1 c. instant skim milk powder
- ½ c. powdered nondairy coffee creamer
- ½ c. white sugar
- ¼ c. unsweetened cocoa powder
- ¼ c. instant chocolate pudding mix
- 6 to 8 red and white striped candy mints, crushed

Directions:

1. Add the ingredients to a food processor. Pulse until thoroughly mixed and you have a smooth powder.
2. Store mixture in an airtight, quart-sized container. Decorate container as desired.

Makes nine servings. Per serving: 110 calories, 1.5 g fat, 3 g protein, 23 g carbohydrate, 1 g fiber and 120 mg sodium

▼ Tags to copy, cut out and attach



Double Chocolate Peppermint Candy Hot Cocoa Mix

Directions:
For each serving, place 1/3 cup cocoa mix in a mug and stir in 1 cup boiling water.



Spiced Tea Mix

Directions:
For each serving, place 1 cup boiling water in a mug and stir in 1 to 3 teaspoons of mix (to taste).



French Vanilla Coffee Mix

Directions:
For each serving, place ¾ cup of boiling water in a mug and stir in 2 heaping teaspoons of mix.



Mint Candy Coffee Mix

Directions:
For each serving, place ¾ cup boiling water in a mug and stir in 3 tablespoons of mix.

