

4-H'ers Impress Crowd At State Fair

With their Range Management Plan display, Indian Fried Bread cooking demonstration, Beadwork display, and Indian dancing performance, the Warm Springs 4-H youth clubs enter-

tained fair-goers at the Oregon State Fair in Salem last week. And it was obvious that the people enjoyed the locals' activities, too, because they were different from the other 4-H

projects. As people drifted into the 4-H Exhibits Building, they expected to see displays such as clothing, leatherwork, and cooking. Instead, they saw young Indian boys and girls dressed in

Indian regalia strolling about or preparing for the dancing. If they went a little further into the building, they smelled the distinctive aroma of the fried bread cooking.

Manuelita Smith, 4-H leader, had her hands full as she cooked the bread for the audience. While she was cooking, she explained how to prepare and cook the bread to the crowd, and at the same time she was directing girls who were handing out the cooked bread. In the meantime, more girls, with the assistance of Extension Agent Pennie Albrandt, were frying more bread in the kitchen in the back room.

The cooking demonstration had to finally end when there was no more dough to fry.

The beadwork display, headed by Ada Polk, was another item of interest to the people. As they munched on their bread, they admired the work done by the 4-H girls on their beadwork. The girls (and Ada) beamed as people asked questions about the various exhibits. The beadwork

club explained how to make headbands, chokers, medallions, and other beaded items.

The local ranchers took a peek at the Rockin' 4-H's Range Management Plan. Many ranchers in the Willamette Valley area feed their livestock year-round so they don't require a range plan. The Rockin' 4-H club members take pride in their plan because they know their range grass will go further if it is controlled.

The steady beat of the drum drew a large crowd outside the 4-H building. The Pine Grove Juniors provided the tempo, which could be heard throughout the fairgrounds, despite the many noises. Onlookers were encouraged to join in the dances if they felt like it. Halfway through the program, Clint Jacks, Extension Agent, encouraged the crowd even more when he did the owl dance. The crowd finally got a little courage when the final dance, the round dance, was performed.



ROUND DANCE - Onlookers mustered up the courage to join Warm Springs 4-H'ers in a round dance at the Oregon State Fair. Roger Stwyer Photo

Extension Notes:

Facts On Aging

Not Older— Just Better

If you are like most people, even older ones, you may not understand aging, and many of your beliefs about aging may be untrue. The facts paint a bright picture of aging and older people. Older adults can be active, alert, interested, and interesting if given help and a chance. Think over the following facts on aging:

— You are aging now, we age from birth, it is a normal thing.

— Old age is not a disease - it is a phase of life.

— Reaching the age of 65, when retirement and social security are available, does not make a person old.

— What are felt as medical signs of aging, may actually be caused by lack of physical or mental exercise.

— There are few illnesses that affect older people that are not found in other age groups, but older people are more subject to some illnesses than other age groups.

— Only about 5 per cent of the total old age population must be confined to an institution for care.

— Elderly people are less able to tolerate stress, they do not always recover from injuries quickly, they are sensitive to

cold and glare, and have some difficulty recovering balance once it is upset.

— Mental abilities do not decline because of age, but disuse or disease may make this appear so. Judgement and reasoning actually improve with age.

— Older people can adjust to change. Many changes encountered by older people are of a more major type than those encountered earlier in life and may be more frequent.

— Elderly people can pass down valuable experience, they are interesting and one of our best resources.

— There is always a reason for negative mannerisms an elderly person may have. As a whole American Society doesn't make a useful place for the elderly. As a result the elderly often develop the following needs:

- need for recognition
- need to belong
- need to love and be loved
- need to make personal decisions
- need for daily interaction with others.

For more information about aging contact the Warm Springs Extension Office.

Warm Springs Participants

Receive Top Honors

Six members of the Rockin' 4-H Livestock lub received high honors at the recent 4-H livestock judging contest held in conjunction with the Wasco county Fair.

Out of sixty participants Luke Sanders placed 2nd, Angie Sanders 10th, Rosanna Sanders 11th, Travis Wells 13th, Ron

Clements 14th and Michelle Wells 19th.

Each of the judging participants look at 7 classes of animals made up of four animals each and ranked each class from first to fourth place depending on each animal's body conformation.

The animals were judged for

their market or breeding ability. The 7 classes were market steers, market lambs, market hogs, market rabbits, breeding ewes, breeding hogs and breeding chickens.

In addition each judging participant gave oral reasons on how they placed and why they placed the breeding ewe class.



Good News and Bad News

...“I have bad news for you,” science teacher Vic Delamarter told junior high student Will Bagley. “You’re going to be in my room.” The good news was that over

300 teachers, parents and students gathered for dinner at the Warm Springs longhouse to get acquainted before school.

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