

Family Lifelines—



How's your child's T.V. diet?

T.V. is just like food. We can eat too much and watch too much T.V. We can eat the wrong foods and watch T.V. that doesn't help us. Food isn't bad for us when we eat the right things in the right amounts. The same goes for T.V.

Children under five watch an average of almost 24 hours of T.V. each week. With extra programming that can be bought, children are probably seeing movies and programs not made for the mind of a young person.

Studies show that television is influencing the attitudes and behavior of children as much as parents, church or school.

There are negative effects from heavy television viewing. The studies show increased restlessness, less imagination during play, failure to understand instruction and slow social development.

Parents need to put children on a T.V. diet and help them select programs to watch. When the program is over, turn the set off or ask children to entertain themselves in another way. Help children select programs that suit their age.

For all of us, it wouldn't hurt to cut back on T.V. when it crowds out physical activity, homework, being with others, sleeping and doing things with the family.

Doris Brackett joins Extension staff

The Oregon State University extension service in Warm Springs has added a new member to its staff. Along with extension agents Clint Jacks and Pennie Albrandt and secretary Sandra Clements, Doris Brackett now shares some of the many responsibilities at the extension office.

Doris has been added to the extension service staff in an effort to alleviate some of the workload created since the necessity of Penny's going to part-time employment due to illness.

With a degree in home economics and emphasis on institution management and

Plants always need light

Lack of light is a common problem with houseplants during the winter months, largely because of winter's characteristic short, cloudy days.

In the winter months, the ideal position for most houseplants, especially flowering ones, is a large window with a southern exposure. Most foliage plants require less light than flowering varieties and grow well in all exposures. If needed, window light can be supplemented with artificial light.

If you don't know a certain plant's light requirements, inquire at a local garden or nursery store.

If you think about it, families are the basis our world is built on. People make families, families make communities, communities make states, states make countries, and countries make our world.

It only follows that the experiences learned by members within a family help build the type world we live in. Each and everyone of us, no matter how small and helpless we feel, can help the chain along in a positive direction through good family communications and understanding between family members.

Beef Cattle Workshop

Does your beef cattle herd return enough money to cover your costs—plus make a profit? Or do you want to start a beef herd? Consider then, attending a Beef Cattle Workshop starting January 14.

A six-week beef cattle workshop is planned to start Thursday, January 14 at 7:30 p.m. in the 4-H Room, Day Care Center. This is a joint effort between Warm Springs Extension and COCC.

The workshop will cover how to increase dollar returns by considering health, feeding, and other management concerns that can directly

affect the number of pounds of beef each cow produces. Sign-up for the Class can be made at the Adult Learning Center or by calling 553-1428.



Forage Seminar

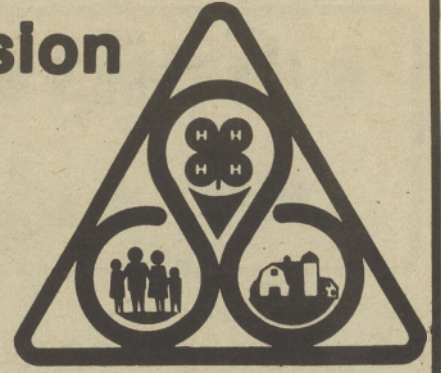
Forage crops, particularly alfalfa, are grown on more acres in Central Oregon than any other single crop.

A special seminar for forage producers is planned for Monday, January 18, starting at 9:30 a.m. at the Juniper Golf Club in Redmond.

The program will feature recent information conducted by Oregon State University and Central Oregon Experiment station.

Topics include, alfalfa varieties and yields, rodent control, soil fertility, nitrogen fertilization at seeding, weed control, economics of hay storage and alfalfa diseases.

Extension Notes



from Pennie Albrandt, Clint Jacks and Doris Brackett

What is 4-H?

Have you wondered where the name "4-H" comes from? It stands for **HEAD, HEART, HANDS** and **HEALTH**. The 4-H pledge incorporates all four of these H's.

I PLEDGE ...
my **HEAD** to clearer thinking,
my **HEART** to greater loyalty,
my **HANDS** to larger service,
and
my **HEALTH** to better living,
for my club, my community,
my country and my world.

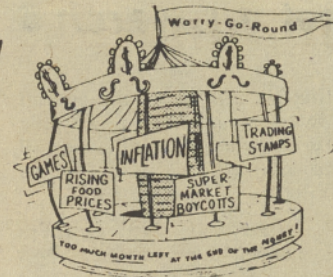
Through the 4-H program, boys and girls can "learn by doing." A 4-H project can be anything from livestock to home economics to a special interest club. It can be an on-going thing or a short-term club to complete a specific project — whatever the leaders and members want it to be.

If you would like to know more about the Warm Springs 4-H program or how you can be involved in 4-H, contact the Warm Springs Extension Office.

Dripping faucets waste money and energy

Dripping faucets cost money. Not only is water lost, but in the case of hot water, some of the energy used for heating the water is also lost. A couple of drops of hot water per minute can add dollars to your monthly cost of heating water.

Most of the time, the dripping faucets can be stopped by installing a new faucet gasket on the valve stem that goes into the faucet from the handle. To replace it, you must shut off water service to that faucet and take it apart. When installing a new gasket in the hot water faucet, be sure to use a hot water gasket. Before reassembling a faucet, check the valve seat which the gasket seals. If the seat is rough or pitted, it must be smoothed down. A simple faucet tool available at local hardware and variety stores, is required to do this.



Beating the cash crunch

Buying "No Name" products

After years of getting more fancy, most supermarkets are selling back-to-basics products which can save you money!

One variation of selling products without frills is generic or plain label products — products with a plain label and not a brand name. Foods will be a lower grade because they may not be the same in color, size and maturity, but they are just as nutritious as the fancy grades.

Generic or "No Name" products are even better when products aren't important, such as with applesauce, canned cream corn, catsup and peanut butter. Popular non-food products are paper towels, bleach and fabric softener.

There are even "No Name" drugs! When your doctor prescribes a drug, ask that it be prescribed in its generic name. Often the only difference between a brand name drug and a generic one is the price, and the saving can be great!

Another way to save on prescription drugs is to shop around for the best price at different pharmacies. One survey showed that the cost of one prescription drug was five times higher in one pharmacy than in another in the same neighborhood.

Cash, bread, plastic money, checks; there are many names for the money that has to be spent daily to live. Amounts of money available are shrinking, and on top of that a dollar is not worth what it used to be!

Although the outlook is not good now and everyone will have to "tighten up on spending," there are still ways to spend money wisely and to plan for and afford necessities and a few luxuries.

This is part of a continuing series of articles and tips on smart shopping, family budget planning, and ways to make money buy more for you.

HAPPY NEW YEAR!