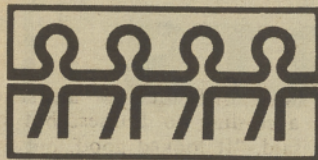


# Family Lifelines—



through good family communications and understanding between family members

This is a part of a continuing series of articles and thoughts on building positive family member understanding, communications, and interaction.

### Parenting letter series available

"Oregon's Children," a series of six letters for parents of infants and toddlers up to age 3, will soon be available to Warm Springs parents. The series, prepared under the direction of Marcelle Strattmen, Oregon State University Extension human development specialist, will start in mid-February. Those wishing to receive the letters

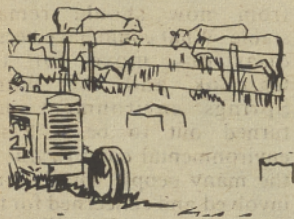
available without charge, are asked to register by February 1 by either calling the Warm Springs Extension office at 553-1161, Ext. 238 or stopping at the office in the Old Administration Building.

The idea behind the Extension letter series is to provide basic information to parents in the home about such topics as parenting. The first letter, called "Becoming a Parent," will deal with such topics as building a family, roles of parents and differences in temperament among children. The ages and stages of development parents can expect normal children to experience will be covered in the second letter, while the third will deal with safety in the home. Basic nutrition and forming positive eating habits will be discussed in the fourth letter. "Babies and Play" will be the subject of the fifth letter. Characteristics of care centers or day care homes and questions to ask care providers will be the subject of the final letter.

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

## Goals important in farming



No matter what the situation, getting things done often seems less difficult when you set goals.

The new Oregon State University Extension Service

publication, "Setting Farm Business Goals," EC 1097, is about goal-setting and how farm business managers can benefit from it.

According to Gene Nelson, OSU Extension farm management specialist and author of the publication, the way to get results, make improvements, and be successful is to set goals.

"When you know where you are going and when you want to be there, it's easier to get the job done," the specialist says.

The publication specifically

describes several factors that should be taken into consideration when setting goals and outlines six steps in defining what a goal should consist of.

Nelson says that by setting goals, farmers can shape events, rather than letting events shape them. He adds that success in farming depends on setting and attaining goals.

"Setting Farm Business Goals," EC 1097, is available free of charge at the Warm Springs Extension office.

## Two sewing classes offered

Men, women, teens, and grade schoolers! bring that project or problem, whether it be a "Frostline" tent, needlework, a jacket missing the sleeves, that pattern that won't fit, or a sewing machine that's never used to a nine week sewing class offered by the Warm Springs Extension service.

The class is offered for nine Tuesdays starting February 2nd, twice a day at 10:00-12:00

and 6:30-8:30 p.m. You are welcome to come to one or all classes depending on how long it takes you to complete your project, or learn a new skill of your choice.

This is not a demonstration class, but an individual help class, so you need to bring a project. If you need help in choosing a project call Pennie at the Extension office or talk with her the first meeting of the class. This class takes place in

the Extension meeting room in the right side of the Daycare Center Basement.

There is a limit of 10 people at each session so it is necessary that you call in your name and what time of day you will be coming, to Sandra or Pennie at 553-1161, Ext. 238 before February 2nd.

Extension sewing machines will be available for you to use or you can bring your own.

### Gardeners—

## Make resolutions for new year

The arrival of the new year is resolution-making time for everyone, including home gardeners.

Doing a good job of growing a home garden is often synonymous with getting an early start. Making a few new year's resolutions that will help you improve your gardening practices is a good place to begin.

Every good garden is the product of a well thought out plan. This means deciding what you will grow and where it will be located in the garden. Once this has been planned you can think about how much of each vegetable you want to grow.

After the planning is done,

the actual gardening practices come into play. One important practice that many gardeners overlook is garden soil and water management. A resolution here would be a great help to many gardeners.

The five basic phases of good soil and water management are: fertilization, irrigation, drainage, tillage and soil structure improvement.

It's almost a year around job for the conscientious gardener. It's definitely a task that gardeners need to be mindful of and work towards improving.

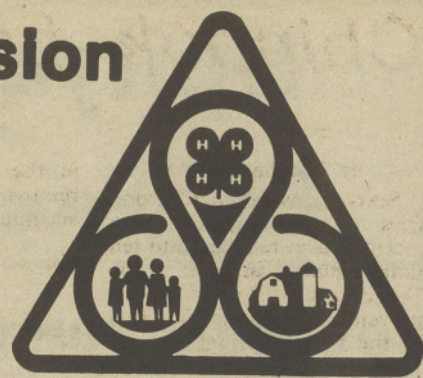
Weed control and proper use of pesticides are two other areas where effective gardening resolutions might be made.

Weeds, off course, are the gardeners eternal enemy. Resolving to do a better job of controlling them early in the gardening season promises a better vegetable yield at harvest.

A good understanding of the proper use of pesticides can benefit the home gardener in many ways. By having a good knowledge of garden chemicals, the gardener is more apt to apply them more judiciously, safely and effectively.

If home gardeners make some new year's resolutions along these lines and stick to them, the payoff will be more vigorous garden and plentiful harvest of good quality vegetables in the fall.

## Extension Notes



from Pennie Albrandt, Clint Jacks and Doris Brackett

## Wintertime tasks for gardeners

It may be cold and wet outside now, but veteran home gardeners and landscapers know that it's already time to begin preparations for the new year's growing season.

There are several tasks that can be done around the home landscape when the winter weather momentarily clears up.

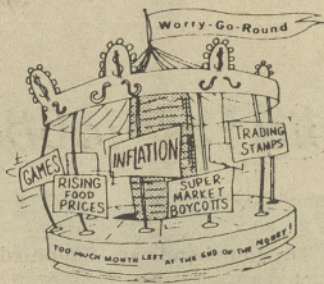
A final raking of the yard rids the landscape of leaves that can be put into the compost bin or spread over the garden plot.

Flower and shrub beds can also use a good general clean-up. Early January is a good time to prune back the dead

tops of peonies, iris and other perennial flowers.

Eliminate winter weeds with a hoe or pull them by hand. Granular casoron, a weed-killing chemical, can be used in landscape beds containing woody plants, such as shrubs and trees that have been in the ground at least three months. Casoron should not be used in areas where perennials or flower bulbs are planted.

After flower beds are weed-free, a one-inch layer of barkdust as a mulch will keep weeds down. It will also prevent soil compaction and erosion caused by rain.



## Beating the cash crunch

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.

### Danger signals of increasing debt

Add inflation and unforeseen emergencies, or unemployment to careless budget habits, and money troubles are on the way. It's called "Too much month left at the end of the money!"

Losing control of debts is easy to do, but the situation is not hopeless if certain steps are taken.

First of all family members need to find out how much they are behind by listing debts owed against earnings from all sources. After this, a spending plan needs to be worked out on paper and followed. Debts that need to be paid immediately, and living expenses need to be at the top of the list.

Usually not all debts can be paid at once so it may be necessary to contact creditors and work out a payment schedule for debts not able to be paid immediately. If this is done over the phone, record the agreement made between you and the creditor in a signed letter. Send the letter to the creditor and save a copy for yourself. Usually most companies are understanding if you make an effort to let them know when and how much you will pay on a debt. Changes in family lifestyle may be necessary to stick to your new plan. This may mean limiting extra expenses such as eating out, or putting off major purchases. It also may mean that other family members may need to take jobs or contribute to saving money by making gifts, clothing, and household items.

Once a budget plan is outlined, the important and hard task is to stick to it until debts are under control.

If you need help with advice about different ways to bring debt under control, help is available from your local extension service at 553-1161, Ext. 238 for no charge. Help is also available through professional organizations such as Consumer Credit Counseling Services, Legal Aid, attorneys, banks and credit unions. However there may be a charge for those services.