

Extension Mini-college June 21-25

You're invited to "Learn Today for Tomorrow" at the ninth annual Extension Mini-College at Oregon State University, June 21-25. Mini-College is just one of the life-long learning opportunities offered by the OSU Extension Service.

Again this year, classes are designed with your interests in mind and with the goal of sending you home with increased knowledge that will help you meet tomorrow's

needs.

Mini-College lets you "go to college" without the pressures of term papers and grades. Like regular students, you'll live in an OSU residence hall, and dine in a college cafeteria.

If you can't come for the whole week, plan to attend Thursday only with its special "one-day" classes and the annual banquet.

Full-time attendance is \$100 this year for classes, room and meals and Thursday only is

\$42.00 for classes, the banquet, room and Friday breakfast.

For class list, registration forms or more information call Pennie or Sandra at the Extension Office, 553-1161, ext. 238. Or pick up class lists and registration forms at the Extension Office, upstairs in the Old Administration Building.

Transportation for Mini-College participants will be provided if enough people express interest and sign up.

Savings available in marked-down bin



Beating the cash crunch

Wise use of the "marked-down bin" at the grocery store can save you money, however,

careful selection is necessary to assure a good buy.

Some foods are labeled with a "pull-date," which is the last day the product can be sold as fresh. Because the producer wants to keep the good will of customers, the date is usually well in advance of the time when the product starts to lose quality. Look for a pull-date on fresh or packaged meat, cheese, milk and yogurt. After the pull-dates expire, more stores move the products and reduce their prices. If the product's packaging is in good condition, the food is still nutritious and of good quality. Such foods offer real savings if the product is one you use and enjoy.

In the produce department you must learn to recognize

defects that affect the quality of fresh foods. Fresh produce with cuts, bruises or signs of spoilage is not a good buy. Even if the price is low and the damage can be cut away, the flavor or texture of the whole vegetable or fruit may be affected.

When looking at marked down canned goods, check the seam for rust and never buy a can that has bulged ends. Your judgement is needed on packaged goods that are damaged. Rice, noodles, and dried peas and beans will not suffer from a store-damaged package, but cereals and prepared foods should be examined carefully to see that the food has not been contaminated.

Beginning the garden

As newly planted garden vegetables begin to grow, weeds will start coming up in the garden too.

"It's important to remove this weedy competition if the vegetable plants are to flourish, but he cautions against the use of herbicides for weed control.

Using chemical means to eliminate weeds on such a small scale isn't practical. Removing the weeds with a hoe may be hard work, but it's more effective and cuts down on the amount of chemicals used on the garden.

Gardeners planning to use organic matter in their gardens to provide nutrients for vegetable plants should be aware that organic fertilizers work best in warm weather.

Cold, wet weather prevents

organic materials such as manure and compost from breaking down into forms of nutrients that plants can use.

The key is soil temperature. Cold soil temperatures slow the breakdown of organic matter.

Cattleman's book available

An excellent resource for cattleman is available now in the "Cow/Calf Management Guide and Cattleman's Library."

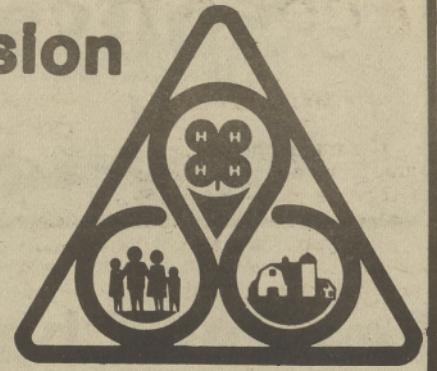
This volume of material has been compiled by the Extension Services in seven western states and answers many of the cow/calf management questions specific to our western conditions.

The information is the most

complete set of material that can be found—brief, easy to read fact sheets that deal with specific subjects. To make this information meaningful, a management guide ties this information into biological cycle cow and to ranching activities throughout the year.

The "Cow/Calf Management Guide and Cattleman's Library" can be purchased from the Warm Springs Extension office for \$35.00.

Extension Notes



from Pennie Albrandt, Clint Jacks and Doris Brackett

4-Hers to be recognized

It is once again time to recognize those hard-working young people who are enrolled in the Warm Springs 4-H Program. We will be having a special dessert for the 4-H Club Members and their families on Thursday, May 13th at 7:00

p.m. at the Agency Longhouse in Warm Springs. All 4-H members, their families, and leaders are invited to attend this special evening. Desserts will be provided by the 4-H leaders and Extension staff. Everyone is welcome!

4-H summer camp

4-H Summer Camp is June 21st-25th this year at Round Lake Camp near Suttle Lake. All those who will be completing 4th-6th grades are invited to attend; 4-H membership is not required.

4-H members should be receiving letters in the mail with more information. Others who are interested may contact the Warm Springs Extension office

(553-1161, ext. 238) or stop by and pick up one of the brochures. Transportation to camp will be provided by Extension; parents will be responsible for picking their children up on Friday. Cost is \$25.00 (Warm Springs 4-H Leaders Association is contributing \$15.00 towards the cost of Camp this year). Deadline for registration is May 27th.

4-H summer week

4-H Summer Week is a special opportunity for those who will be completing 8th-12th grades this June to meet new friends and explore new ideas. Summer week, sponsored each June by the Oregon State University Extension Service 4-H program, will be June 14th-19th this year at Oregon State University in Corvallis. 4-H membership is not required to attend.

Letters are being sent to all Warm Springs 8th-12th graders with more information,

but if we missed you (some of our addresses may be incorrect!) and you are interested, extra copies of letters are available at the Warm Springs Extension office.

Cost is \$40.00 (part of the tuition cost of \$85.00 is being paid by the Warm Springs 4-H Leaders Association.) Transportation will be provided. Deadline for registration is May 14th! The sooner applications are in, the better chance of getting your first choice of classes.

Money should be discussed before marrying

Family Lifelines—



Springtime is wedding time, but engaged couples may make happier, more successful marriages if they share their financial goals and expectations before tying the knot. Money is a difficult topic to talk about, especially when you're eager to avoid disagreements with your spouse-to-be. As a result, you may hide your spending

preferences and set the stage for future misunderstandings.

Money was named as a source of conflict by more than half of the families surveyed in a recent study. The major role money plays in marriages makes it important that engaged couples make sure they are as compatible in money matters as they are in other areas.

As a couple, list all the expenses you would face in a month, including appliance repairs, church contributions, clothing, furniture, hair styling, life insurance, rent, supplies for an anticipated baby, utilities, savings and others. Then

imagine you have a very low income, and individually, rank the top items you would pay for first. Comparing the lists can help you see whether your ideas are the same or you have very different priorities. Researchers have found that men and women frequently rank their first three priorities alike, choosing rent, food and medical insurance. Priorities differ farther down the list.

Couples also will want to discuss their expectations for debt, car purchases, rent or mortgage costs, income needed to live comfortably and paycheck allocation. Couples should also decide who will

manage the money, pay bills, keep records and prepare budgets.

Budgeting can reduce the number of conflicts couples will face. While agreeing on a budget can be difficult, it's easier to see daily expenses in relation to the couple's total financial picture through a budget. In addition to daily budgeting concerns, couples need to discuss long-range wants. Whether they intend to save for annual trips, new cars, a house or higher education, they may find married life easier if they can work toward common goals.