

4-Hers enjoy week in Corvallis



Warm Springs 4-Hers recently traveled to Corvallis to attend 4-H Summer Week. All enjoyed their week away from home. Clockwise from bottom left are Tammy Smith, Tommy Keo, 4-H agent Doris Brackett, Laurel LaMere and Stacey Leonard.

Four Warm Springs youth—Tammy Smith, Tommy Keo, Laurel LaMere, and Stacey Leonard—along with 4-H agent, Doris Brackett, joined over 700 others for 4-H Summer week June 14-19. 4-H Summer Week (formerly known as 4-H Summer School) has been an annual event at Oregon State University in Corvallis for the past 65 years. Young people, most of them 4-H members, from all over the state of Oregon participated in special interest classes, special activities, and small group discussion sessions.

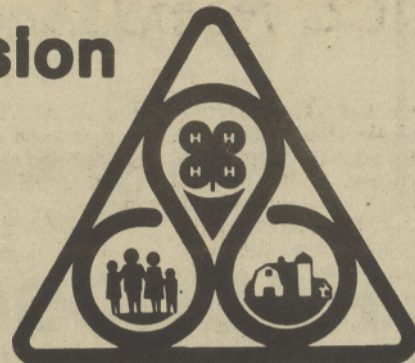
Warm Springs delegates said they enjoyed the week. "It was fun," was Stacey Leonard's reaction. Tommy Keo enjoyed himself enough last year to return for a second time this year. Tammy Smith said she would like to go again next year.

Delegates and adult leaders and instructors were housed in O.S.U. residence halls. Two college students counselors were assigned to each floor to assist delegates and serve as advisors. Each dorm had two adults supervisors who were "mom" and "dad" to a hundred or so young people for the week.

This year's classes included: Aerobic Dancing, Aviation, Gun Safety, Hair Care, Photography, Poise, Self-Defense, Skin Care, Small Engines, Drama, Living on Your Own, Martial Arts, Red Cross First Aid, Computers, Clowning, Journalism, Pupperty, Games and Puzzles, and sewing and cooking classes. A class called "4-H Teams in Action" focused on developing leadership skills; class members were responsible for planning a "Fun Night" for

the Intermediate (8th-9th) delegates. The Journalism class published a newspaper about 4-H Summer Week that was distributed to Summer Week participants on Friday.

Extension Notes



from Pennie Albrandt, Clint Jacks and Doris Brackett

Your microwave...

And food preservation

Canning foods using a microwave oven is not recommended as the temperature inside the oven is not the same throughout. Also, canning in a microwave oven is not possible as sealed foods of containers such as potatoes, eggs, or jars with lids will blow up when reaching a certain temperature. Also metal rings and lids inside an operating microwave oven will damage the oven.

There are some ways you can use a microwave oven to make regular boiling water both and pressure canning easy and faster. Try some of the following the next time you are preserving your favorite foods: —Syrup used in canning fruits can be reheated quickly in a microwave oven.

—Jars can be reheated quickly by placing them in a bowl of

water and turning the oven in high for a few minutes.

—Fruit and vegetables can be cooked down quickly for syrups, jellies or juices.

—There is no scorching when cooking down fruits for jams and jellies.

—Fruits and vegetables dry well in a microwave. Dry foods almost dry and finish drying them completely in a conventional oven. There must be some moisture in foods heated in a microwave for it to operate correctly.

—Blanch small amounts of vegetables quickly in a microwave oven.

DON'T dry nuts in a microwave as they will blow up.

DON'T try to melt paraffin in a microwave as there is no moisture in paraffin and it won't heat so that it can melt.

Organic fertilizers for the home garden

Home gardeners who choose not to use synthetic fertilizers have a fairly wide variety of organic fertilizers available to them.

"They fall under two main classifications; manures and commercial organic fertilizers," says Ray McNeilan, Oregon State University Extension home gardening agent.

Organic fertilizers are composed of "once-living" material, either plant (cottonseed meal and manures) or animal (bloodmeal, fish emulsion), or of rock parent material (rock phosphate, greensand, etc.). Because the mineral nutrients are bound in various combinations with remnants of living organisms, or are tightly held in parent rock, soil microorganisms often must extract, digest and release the elements for plant growth.

"Activity of soil life is dependent on soil temperature, moisture and oxygen and will take a certain amount of time to supply the needs of plants," McNeilan explains.

Manures, the value of manure as plant food depends on its age, the extent to which it has been exposed to weather

and the proportion of bedding, such as straw, sawdust or shavings that is mixed with it.

Only about 50 percent of the nutrients in manure are released to plants during the first years. Manures differ in how fast nutrients are made available to plants. Generally, nutrients in poultry manure are more readily available than nutrients in other types.

Manures also add valuable organic material to the garden. This helps make the soil more friable and easy to prepare for planting. Organic material also provides food for soil organisms which helps make the nutrients available to plants as the soils warm up.

The table gives some responsive values for the nutrient content of different manures. It is easy to translate the nutrient percentages into usable pounds to apply to the garden. For each 100 pounds of these manures, 1 percent equals one pound of the nutrient element.

For example, 100 pounds of steer manure contains one-half to one and one-half pounds of nitrogen. Only about half of that nitrogen will be available to the plant during the first year

the manure is applied.

During the growing season, many vegetables will require 2 to 3 pounds per 100 square feet each of nitrogen, phosphorus and potassium. To obtain a balanced supply of nutrients, more than one source of fertilizer will be necessary.

Sources of nitrogen include blood meal, dried blood, dried meat meal, and soybean and cottonseed meal.

Phosphorus can be obtained from rock phosphate and steamed or raw bone meal.

Potassium sources include greensand, kelp meal and wood ashes.

Whenever possible, obtain a readily available fertilizer for the nitrogen supply, such as dried blood or blood meal.

Specific amounts of fertilizer that will be right to apply in all situations cannot be given. Start with about 250-300 pounds per 100 square feet of poultry or rabbit manure. Other kinds will require 500-600 pounds or more per 1000 square feet. If plant color is pale and growth poor, sidedress with one of the nitrogen-containing materials listed above.

Nutrient Content of various manures

Material	% nitrogen	% phosphorus	% potassium
Poultry droppings	3.5 to 5	3 to 4	1.5 to 2
Poultry manure (with bedding)	1.5 to 2.5	1 to 1.5	.5 to 1
Steer manure	.5 to 1.5	.2 to .7	1.5 to 2
Rabbit manure	1.5 to 2.5	1 to 1.5	1 to 1.3
Horse manure	.5 to .7	.2 to .5	.4 to .7

Family Lifelines—



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.

Handling a child's anger is often a hard experience for a parent. Most parents were not taught much about handling anger during their own childhood. Extension Human Development Specialist Marcelle Straatman says to help children deal with their angry feelings. The first step is to accept anger as a normal emotion.

"Usually angry outbursts are not signs of serious problems. In fact, anger may be a defense to avoid painful feelings such as a sense of failure. The best way to respond to angry outbursts is to find out what triggered it and to accept the feeling. Parents can help children handle anger. It might be as simple as holding the child show that you understand. In dealing with an angry child, the parents action would be to protect and teach, not to punish."

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 of 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.

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