

Calving handbook available

Calf losses in heifers are often high and most of these deaths are a result of dystocia (calving difficulty) problems, according to an Oregon State University Extension Service publication, "How to Handle Calving Difficulties."

The publication states that many of these calf losses can be prevented if the heifers are closely watched and the dystocia problems are detected and corrected early.

The Extension circular describes some routine techniques that can help reduce calf losses. It also recommends that any serious and complicated problems be handled by a veterinarian.

"How to Handle Calving Difficulties" explains how to recognize normal calving, the

dangers of interfering during birth of a calf and when and how to examine the cow.

Also included are sections on how to prepare before helping with the calf birth and forced extraction of a calf.

The publication stresses that

it is important to know, with complete confidence, how long to leave the cow during calving and when to seek help.

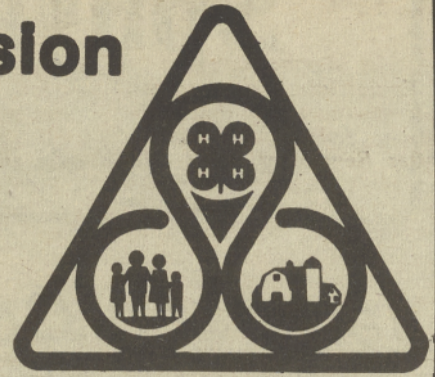
"How to Handle Calving Difficulties," EC 1074, is available free at the Warm Springs Extension office.

4-H leaders meeting July 26

There will be a short 4-H leaders meeting on Monday, July 26th, 5:00 p.m. in the 4-H Room (Day Care Basement). All leaders who plan to have a display at the State Fair should plan to be there. We need to

decide who will be doing what. Any 4-H leaders who are planning to participate in the fair but absolutely cannot attend the meeting needs to contact Doris or Pat at the Extension office at 553-1161 ext. 238.

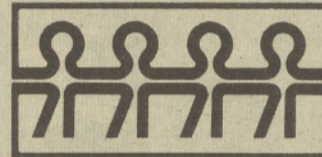
Extension Notes



from Pennie Albrandt, Clint Jacks and Doris Brackett

Handling Anger Family Lifelines—

communications and interaction.



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,

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 to show that you understand.

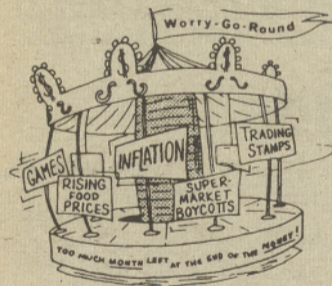
In dealing with an angry child, the parents action would be to protect and teach, not to punish."



Instruction in canning and drying foods is offered by the Extension service. Pat Smith demonstrates the way to cut meat for canning.

Spilyay Tymoo photo by Shewczyk

Choose fruits and vegies by season



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.

For greater savings on fruits and vegetables, try shopping for in-season items and then look for the best value per serving. Most fresh produce is seasonal in nature. It pays to learn the seasons for the fruits and vegetables that your family

like best. When these foods are in season, they are usually highest in quality and lowest in price.

Another guideline to savings is to figure the cost per serving. Most fruits and vegetables give three to four servings per

pound. Salad items which are shredded, such as lettuce and cabbage, yield about 8 to 10 servings per pound. Just divide the retail price per pound by the servings and you have the cost per servings.

Some items like bananas,

apples, carrots and potatoes are normally available year-round. Below is a list of when different fruits and vegetables are most available at supermarkets

Fruit	Peak Season	Vegetable	Peak Season
APPLES	JANUARY - MARCH & SEPTEMBER - DECEMBER	ARTICHOKES	MARCH - MAY
APRICOTS	JULY	ASPARAGUS	MARCH & APRIL
AVOCADOS	MARCH, APRIL, NOVEMBER & DECEMBER	BEANS	JULY
BANANAS	MARCH - JUNE AND DECEMBER	BEEFS	JUNE & JULY
BERRIES	JUNE - AUGUST	BROCCOLI	OCTOBER - APRIL
CANTALOUPE	JUNE & JULY	BRUSSELS SPROUTS	NOVEMBER - FEBRUARY
CHERRIES	JUNE & JULY	CABBAGE	JUNE & OCTOBER - JANUARY
GRAPEFRUITS	JANUARY - APRIL	CARROTS	JUNE & JULY
GRAPES, TABLE	AUGUST & SEPTEMBER	CAULIFLOWER	SEPTEMBER - NOVEMBER
HONEYDEWS	AUGUST - OCTOBER	CELERY	MARCH, NOVEMBER & DECEMBER
LEMONS	JUNE - AUGUST & DECEMBER	CORN	JUNE & JULY
NECTARINES	JULY & AUGUST	CUCUMBERS	JULY & AUGUST
ORANGES	JANUARY - APRIL & DECEMBER	EGG PLANT	JANUARY & JULY - SEPTEMBER
PEACHES	JULY & AUGUST	LETTUCE	JANUARY - JUNE
PEARS	AUGUST - OCTOBER	ONIONS - DRY	MAY - OCTOBER
PINEAPPLES	APRIL - JULY	ONIONS - GREEN	MARCH - JULY & OCTOBER & NOVEMBER
PLUMS, PRUNES	JULY & AUGUST	PEAS	APRIL & MAY
POMEGRANATES	OCTOBER	PEPPERS	JANUARY, FEBRUARY & JULY - OCTOBER
RHUBARB	APRIL & MAY	POTATOES - WHITE	MAY - JULY
STRAWBERRIES	APRIL & JUNE	RADISHES	APRIL - JULY
TANGERINES	DECEMBER	SPINACH	FEBRUARY, MARCH, MAY, JUNE & NOVEMBER
WATERMELONS	JUNE - AUGUST	SQUASH	JANUARY & SEPTEMBER - NOVEMBER
		SWEET POTATOES	NOVEMBER & DECEMBER
		TOMATOES	JULY & AUGUST
		TURNIPS, RUTABAGAS	JANUARY & NOVEMBER

