

## Locals plan to attend 4-H week

Three Warm Springs youth and three adult volunteers will be attending 4-H Summer Week at Oregon State University June 13-18.

The young people who will be participating in the 4-H Summer Week program are Deanie Smith, Monica Wahnetah and Tammy Smith. As 4-H Summer Week delegates, they will attend classes like computers, creative drama, clowning workshops, gun safety, forestry field trips, kitchen chemistry, leathercraft, photography and others. There will be plenty of time to just have fun and meet new friends from all over the state.

Adults can attend 4-H

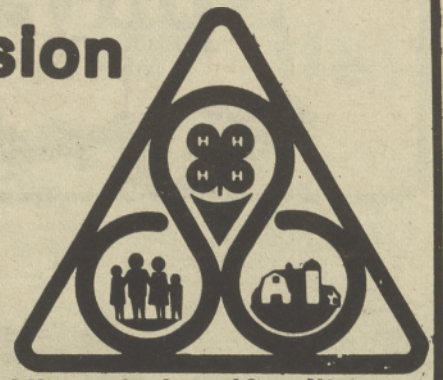
Summer Week, too. Louise M. Jackson from Warm Springs is planning to attend as a leader-helper. She will be helping out wherever needed during the week, but mostly will be having fun. Adult leader-helpers are assigned to perform such tasks as helping class instructors with classes, driving vans to classes off campus and helping in the nurses station.

Clifton and Chris Bruno met at 4-H Summer Week and are going back again this year as part of the Summer Week staff. Chris will be co-leading a "sharing raps" group. Sharing raps is a special two-hour sharing class for older 4-H Summer Week delegates.

Groups consist of about 15 participants and are led by two adult leaders. The basic objective of the sharing raps groups is to help participants develop a stronger sense of community and fellowship while at Summer Week. Clifton will not be leading a sharing raps group but will be helping with another part of the 4-H Summer Week program.

While at OSU, 4-H Summer Week delegates stay in university residence halls and eat in the cafeteria. College-age counselors are assigned to dorm floors to assist 4-Hers with problems and make sure everyone is in when they are suppose to be.

## Extension Notes



from Pennie Albrandt, Lee Hamilton and Doris Brackett

## Fruit juices are nutritious

"Fruit juices are a good beverage choice for hot summer days," says Teresa Hogue, Jefferson County Extension agent. "They're nutritious as well as thirst-quenching."

In contrast to soft drinks, most fruit contribute vitamin C to the diet. Grapefruit and orange are good examples. In addition, vitamin C is commonly added to other processed fruit juices including pineapple and cranberry.

"When selecting fruit beverages, look for those labeled 'juice,'" advises Carolyn Raab, Oregon State University Extension foods and nutrition specialist. By law, these must contain 100 percent natural fruit juice.

Fruit "drinks," on the other hand, are diluted. For example, a "nectar" can range from 33 to 50 percent juice. An "ade" contains at least 25 percent juice.

"Some fruit-flavored beverages contain as little as 10 percent juice," Raab points out. These products are high in sugar and water. Although they appear to be less expensive, you're getting less for your money.

Juice can be made easily at home when summer fruits are plentiful. If a steam juice extractor is not available, the fruit pulp can be drained through a jelly bag. To can, process the juice in a boiling water bath.

## "Summer Fun" planned for county

The Jefferson County Extension Service is sponsoring "Summer Fun" for all Jefferson County youth from first grade through high school. Brochures and registration forms for the program are available in the Warm Springs Extension office as well as from the Madras Extension office. Youth can sign up for the classes that interest them. Some activities will have charges to cover costs.

For more information about the "Summer Fun" program call the Madras office of the Jefferson County Extension

Dates	Activity	Eligible grade	Registration Date
June 27-29	Cooking for boys & girls	1-6	June 20
30	Smith Rock trip/hike	7-12	June 29
July 6-8	Cuisine for fun	7-12	June 29
8	Don't drink that...It's the finger bowl	4-12	July 1
11-14	Day Camp	3-4	July 4
12-14	Kite Day	All	July 5
18-19	Sea Trip	7-12	July 11
August 4-6	Bike, Learn & Turn	1-6	July 28
22-25	Day Camp	5-6	Aug. 15
25-27	Hanging on to summer	TBA	Aug. 18

Service at 475-3808.

Be sure to check the class

descriptions in the brochure to find out what they are.

## Danger signals warn of increasing debt

### Family Lifelines



Added inflation and unforeseen, costly emergencies to careless budget habits and financial difficulties are almost certain to result.

"Losing control of debts is easy to do, but the situation is not hopeless if immediate steps are taken," says Teresa Hogue, Jefferson County Extension agent. It's important to pay attention to the first danger signals that unpaid bills are piling up, before the burden of repayment becomes too heavy to handle.

People on the verge of sliding into serious debt need to sit down and make a realistic assessment of their financial situation, according to Teresa. This includes listing actual earnings along with all expenses. Debts which must be paid immediately should receive top priority.

Before a payment is missed, an appointment should be made with creditors to work out a more realistic payment plan. Many times special

arrangments can be made for either smaller payments or skipping a scheduled monthly payment.

"Any agreements should be put in writing," says Alice Mills Morrow, Oregon State University Extension family economics specialist. "Such consultation with creditors will help avoid unfriendly reminders and possible later damage to the consumer's credit rating."

Professional financial advice may help consumers become aware of their various alternatives to bring debts under control. Such help is available from Consumer Credit Counseling Services, Legal Aid, attorneys, banks and credit unions.

"Consumers can often handle their own financial difficulties if they respond to the initial warning signals," Morrow says. Debts can be brought under control by developing a personal debt management plan.

Lifestyle changes may be necessary for a while, including limiting extra expenses such as eating out, or delaying major purchases. If possible, another family member may seek employment or present wage earners may need to work overtime to ease financial difficulties.

"Once a budget plan is outlined, the important and often most difficult task is to stick to it until debts are brought under control," Morrow concludes.

## Get rid of those grass stains

Summer means grass stains on clothing, especially children's clothing. The best way to remove grass stains is to pretreat them before laundering the clothing, recommends Teresa Hogue, Jefferson County Extension agent.

Grass stains may be removed by rubbing a small amount of liquid laundry detergent into the stain and then rinsing. If the stain remains visible, soak the stained area in an enzyme pre-soak and cool water for at least 30 minutes.

"If the stain continues to be visible, bleach with three percent hydrogen peroxide from your medicine chest,"

Teresa says. Launder using the hottest water safe for the fabric.

"Grass stains that have already been through the laundry process are more difficult to remove," explains Ardis W. Koester, Oregon State University Extension textiles and clothing specialist. For grass stains that are set, you'll need patience and persistence.

Start with a cloth dampened with drycleaning solvent. Rub the stain with the drycleaning solvent until as much of the stain as possible has been removed. Let the stained area dry and the drycleaning solvent evaporate.

Next use a cloth dampened with fingernail polish remover to sponge away as much of the stain as possible. Rinse with a small amount of drycleaning solvent to evaporate.

"If the stain still remains, apply several drops of white vinegar," Koester says. Work the vinegar into the stain with a soft brush or the back of a spoon. Rinse with water and allow the stain to dry.

The next chemical to try is rubbing alcohol. Work rubbing alcohol into the stain with an absorbent cloth or soft brush. If some stain remains, bleach with three percent hydrogen peroxide. Then launder the garments.

## 4-H dates back to 1900

4-H is one of the nation's largest and most successful youth educational programs. It is open to all youth in the fourth through twelfth grades. Younger children often participate in 4-H clubs as "associate members" and participate in most of the same activities as the older members.

In the late 19th and early 20th centuries, agricultural college professors in nearly all states were organizing "Farmers' Institutes" meeting to bring the latest scientific agricultural information to farmers and their wives. They soon recognized the need to also provide some instruction in agriculture to farm boys and girls. In many states the Farmers' Institutes cooperated with county school superintendents in promoting programs that would interest young people.

Boys' and girls' clubs sprang

up all over the country. The first use of the term "4-H Club" was in 1918. The H's signified Head, Heart, Hands and Health. By 1924, the name 4-H had stuck and has been used ever since as the official name for the Extension youth program.

Today, 4-H clubs are more than just teaching kids about agriculture, although livestock and agriculture are still common 4-H projects. 4-H boys and girls may choose from a wide variety of projects in animal science, horticulture, home economics, creative arts, natural science and mechanical science. The projects offered in a given community are only limited by whether there is an adult leader to teach the project. In 4-H boys and girls can "learn by doing" whether they live in the country or in the city.

A 4-H club is composed of

one or more adult leaders and a number of young people interested in learning a particular skill. Leaders help youth decide what the club will do, guide them in projects, help them learn skills and assist them in reaching their goals. Parents and other adult family members often help youth with their projects and activities.

Young people have the opportunity to learn more than just project skills like how to sew a dress. 4-Hers have opportunities to develop leadership skills by serving as a club officer or helping to plan and carry out an activity. They may participate in presentations that help them gain more self-confidence in speaking before a group or preside at a club meeting.

4-H is fun, but it's more than that. It is "learning by doing" and having fun at the same time.