

## Growth and learning takes place in 4-H clubs

A 4-H Club might be defined as "a place where young people meet regularly with an adult volunteer leader to learn about a particular subject.

While the statement is true, it reflects only part of the learning and individual growth that takes place among the members of a 4-H club.

For instance, the definition doesn't say anything about learning how to be a leader. Few people are born leaders; most learn how and election to an office in a 4-H Club can be the first step in learning leadership skills.

Club officers learn how to plan and conduct meetings, how to involve all members of the group in making decisions or do all the work themselves if they are to have a successful organization. The 4-H club set-

ting allows young people to learn this in a supportive atmosphere without the whole world watching.

The definition also doesn't include learning how to do things as a group. Americans like to work cooperatively in groups and organizations "because we've learned that many can accomplish more than one person working alone."

Like leadership, working well with others in a cooperative effort is learned. Through special club activities and community service projects, 4-Hers are learning how to work together.

The young woman or man who speaks so well in high school may have gotten their start in a 4-H club by giving presentations. The presentation program gives the young person

a chance to learn and practice public speaking skills while teaching others something he or she has learned.

The first presentation may be a short two-minute demonstration. The presentation becomes longer and more polished as the 4-Hers gains poise and experience.

Community service projects, conducted by many 4-H clubs, give young people practical experience in learning how to plan and conduct a project that will benefit more than just themselves.

Community service projects range from doing yard work for an elderly person to working on a small park to weed eradication. No matter the size of the job, it's important to learn how to plan, how to enlist the aid of others and how to get the neces-

sary permission and support from other segments of the community.

The 4-H club definition also overlooks another very important aspect of belonging to a 4-H club; working with an adult other than a parent or teacher.

Because 4-H clubs are led by volunteer leaders, 4-Hers learn that there are many adults who care about young people, who are willing to work with them and to be their friend and role model.

This can be very important to the young person who has only seen adults as authority figures who sit in judgement and who have the power to withhold rewards if displeased.

If you'd like to find out more about the definition of a 4-H Club, please call or stop by the Warm Springs or Madras Extension offices.



## Working with living things

For the young boy or girl who wants to work with a living thing, 4-H may be just the place.

Whether it's learning how to raise an animal or raise a plant, Oregon State University's Extension 4-H program has a project that will probably fit the interest of the young people.

For instance, 4-H animal science projects run the gamut from beef and dairy to dog to rabbits to such pets as snakes and turtles. Plant science projects can include growing an outdoor flower or vegetable garden, caring for houseplants, or creating a container garden.

No matter whether it's a plant or animal, the living 4-H project requires care and patience. Animals and plants require regular feeding. Seeing a plant emerge from a seed may be as exciting for some young people as seeing a lamb born is for others.

The 4-Hers enrolled in animal or science projects may discover an interest that will last throughout their lifetimes, either as careers or as leisure time pursuits. Some young people enrolled

in the horse project, for instance, parttime as trainers. Young people who gained their experience in 4-H beef or sheep projects are working as showmen or herdsmen for commercial breeders. Others have discovered their interest in veterinary medicine through caring for their 4-H animals.

Because they discovered shallots as part of their 4-H vegetable gardening project, a Salem family now has a business that markets shallots nationwide. A young Corvallis man has sold his flowers and plants wholesale after starting gardening in 4-H.

Caring for plants or animals makes the young person aware of the seasons and the natural life cycle. It can give new meaning to the word, "responsibility." For if the owner or master fails to do his or her job, the "living thing" may become ill and die.

Young people and adults interested in learning more about 4-H animal science and plant science projects should call or visit the Warm Springs or Madras Extension office.

## Misunderstood facts about exercise

Our ancestors may have had it rough, but at least they didn't have to worry about getting enough exercise. Today's push-button living, for all of its convenience, poses a real roadblock to physical fitness.

What's the solution to a sedentary existence? The obvious answer is exercise. But what kind? How Much? And how do you get the most out of it? To find the answers, you need to know the facts and reject the fantasies about exercise. Here in bold type, are four of the most common misconceptions about exercise, followed by the sometimes surprising facts.

1. The older you are, the less you need exercise. Not so. Older adults need exercise as much, perhaps more, than younger ones, who are less apt to be troubled with stiffening joints and poor circulation. The kind of activity an individual undertakes should, of course, be suited to his strength and state of health. Generally, it's a good idea to lessen the intensity of exercise with each passing decade, but prolonged inactivity

never benefits anyone. As a rule, the older a person grows, the more sedentary he tends to become, and the more he needs exercise.

2. Exercise contributes to obesity by increasing appetite. No. Researchers have noted that engaging in vigorous exercise just before mealtime tends to decrease, not increase, the appetite. But even if a lean person in good condition should eat more after an exercise period, he stands little chance of gaining weight because his increased activity generally burns up the extra calories he consumes. And the obese individual has even less reason to be wary of exer-

cise on this account. Because he has large stores of fat to draw on, moderate exercise isn't likely to stimulate his appetite at all. As one recent study of overweight adults points out, obesity usually begins with a decline, not an increase, in physical activity.

3. Walking isn't exercise. It really is, and one of the best forms at that, though not, of course, when it can be described as sauntering, or idly strolling along. Brisk walking at a steady pace is what's needed to increase oxygen intake, exercise the heart, and put the leg muscles to good use, which, in turn, stimulates the forceful flow of blood

back to the upper parts of the body.

4. Proper exercise is time-consuming. Far from it. With a goal of one hour a week in mind, most people can improve their fitness considerably with as little as five or ten minutes of exercise at a time; in fact, more than that to start with is inadvisable. Then there's another way of looking at it: Allowing eight hours a night for sleeping, there are still 112 hours left to a week. Who can honestly say that devoting one of them to exercise would seriously curtail other activities?

## Master food shopper training

Want to learn how to get the most for your food dollar? Then the Warm Springs Extension Service has the program for you.

The Warm Springs Extension Service is offering a six-day long training called "Master Food Shopper." The training will help you make nutritional

food selections, pre-plan menus, develop shopping lists, select inexpensive protein foods, recognize advertising gimmicks, read food labels, etc. Many of the skills learned can be used when buying other items, as well.

The training is open to any Warm Springs residents and

will be held in the 4-H room on Wednesdays from 8:30 to 3:30. The dates for these sessions will be February 13, 20 and 27 and March 6, 13 and 20, 1985.

There is no fee for registration or materials. If you are interested in attending or have any questions please call the Warm Springs Extension office at 553-1161, ext. 238 or 239.

## Purchasing sale items

Sales may offer an opportunity to buy items at reduced prices without sacrificing quality. They may also encourage you to buy things you don't really need. Be sure you really need or want a product before buying it at any price. Keep these points in mind when considering sales.

\*Know store policies. Know what type of sales are held, when various types of merchandise are reduced, whether sale items are returnable.

\*Shop the first day and the last day of a sale when possible. The first day offers the best selection and the last day may offer further price cuts.

Know what you want and need. Aimless bargain hunting can result in useless buys and be a waste of time, energy, and money.

\*Find out the original price of sale items and compare prices to be sure of getting real price reductions.

\*Examine merchandise care-

fully. Check sizes, colors, styles, and condition of goods. Try on clothing. Sale items are usually not returnable.

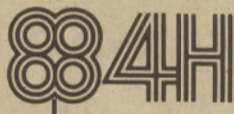
Consider costs of repairing sale items. If merchandise is damaged, price cuts may not offset the cost of putting it in useable condition.

\*Consider shopping expenses. The cost of transportation, parking, meals, babysitters, and the value of time and energy may offset cash savings.

\*Inspect sounds and irregulars carefully. Irregulars have slight flaws which do not affect use and may be good buys. Seconds have flaws which may affect use.

\*Check guarantee on sale merchandise. Price reductions should not affect manufacturers' guarantees or servicing.

\*Follow your normal spending habits. If you normally spend \$30 for a dress, look for a reduced \$30 dress or for a more expensive dress reduced to \$30.



## Coupons save money



Photo courtesy of Mollie Driscoll

Coupon exchange members meet monthly to exchange and share coupons.

Clipping coupons and studying weekly supermarket ads saves area women hundreds of dollars each year. A coupon exchange group was formed by the OSU Extension office to help homemakers share coupons.

The exchange members collect coupons daily from newspapers, magazines and produce containers and meet monthly to exchange coupon files.

Filing coupons speeds their search for just the right coupon at shopping time. Many use broad headings such as baking, dairy, snacks, breakfast, personal,

meats, coffee and tea and pets.

The coupon exchange members find couponing challenging and rewarding. Doubling the coupon value at supermarkets makes their food dollars go even further. Refunding, saving wrappers, labels and proof of purchase seals to mail in with product certificates, is another method of saving extra food dollars.

The women use the money they save from couponing in a variety of ways: paper goods by the case, purchasing flower bulbs, taking trips, keeping an emergency fund or using immediately to purchase more food.

## Sewing fair February 18

Come join us for a 1985 get-a-way trip to Portland on February 18th. Travel with Warm Springs homemakers to this annual event held at the Memorial Coliseum Exhibit Hall. The Sewing Fair will feature local exhibitors, Educational presentations, and informative panels. Get hands-on experience with a serger, see the McCall's "Two Minute Dress" made in two minutes, learn to sew with Ultrasuede Facile, meet Patti Palmer of Palmer/Pletsch Associates, Clotilde, and Glenda Sparling of "Sure-fit Designs." Hear

guest speaker Kinsey Gree, Dean of the College of Home Economics at OSU.

Sign up now to attend the Northwest's biggest sewing event. Cost for the day will be \$6.00 which includes bus fair and admission. Lunch will be on your own.

We will be leaving the Warm Springs Extension office at 7 a.m. We will return to Warm Springs at 6 p.m.

Please call the Warm Springs Extension office to reserve a seat. 553-1161 ext. 238/239.

## Fathers influence family food habits

Mothers have forever been taken credit... or blame for the quality of family meals, but, fathers have a lot to do with family food habits, too. While interviewing young couples to find out why some families have more nutritious diets than others, researchers discovered that the father's nutrition knowledge affects family diet significantly.

The more a father knows about nutrition, the better the quality of the family meals. And even more surprising was that the fathers nutrition knowledge had more influence than the mother's nutrition knowledge on what they both eat. This is true even though the mother does most of the cooking.

How does Dad get into the act? Studies and discussions with young families participating in nutrition education programs offer clues. The most commonly mentioned influences technique was the father's veto power. The family is served what he likes to eat. In a study of 600 mothers, 80 percent said they readily accepted food choice suggestions from their husbands, and his opinion had more influence than anyone including nutritionists, doctors, relatives, friends and

neighbors.

Also, if the mother serves foods that the father doesn't like, his attitude influences children. As one mother says, "Dad can convince the kids not to like foods more easily than

mom can convince kids to like them."

If dad understands good nutrition, he may use his influence better. For example, if he doesn't like carrots, but knows they are good for his family, he may

accept carrots at family meals and encourage the kids to eat them. Or he may say "No candy or rich desserts in this house," because he is concerned that these high sugar foods are not good for the family.

## Letters discussing money management available

Money management is the subject of the newest study-at-home letter series offered by the Warm Springs Extension Service.

"Your Money Matters," is a four-letter series discussing family budgeting issues.

The letters, prepared under the leadership of Alice Mills Morrow, Extension family economics specialist, includes one or more worksheets to help you understand and apply the management ideas to your own situation.

Money is often a source of conflict in families. Families who sharpen their financial management skills now can avoid problems later.

The first letter, "Financial Planning," is designed to help you clarify your financial goals and your feelings about spend-

ing. The worksheet will help you understand how you're spending now.

"Managing Your Credit Use," is the topic of the second letter, which includes a discussion of the advantages and disadvantages of consumer credit. It will also give you a feel of how much credit you can afford.

The third letter, "Protecting Against Financial Risks," discusses your need for financial protection in case of loss. This

usually means form of insurance.

The fourth and final letter, "Making Your Money Grow," discusses savings possibilities which can make your money "grow."

The letters are available without charge. The first letter will be mailed in mid-February. If you're interested in receiving "Your Money Matters," please call the Warm Springs Extension office at 553-1161 ext. 238 or 239.

## Bulk Beef Workshop

January 26 1:30 p.m.

4-H Kitchen

Learn how to buy bulk meat and cut up your own steaks, roasts, etc.

Call 553-1161, ext. 238 for more information