

## Many youth involved in 4-H programs

Nearly 100 Warm Springs youths are actively involved in ten 4-H clubs sponsored by the OSU Extension service. Nearly 20 assist in the leadership of the clubs. The following is a list of the adult leaders and the children involved.

Family cooking club members are: Josette Soloman, Bobbie Jo Horn, Jolene Soto, Joy Soto, Carol Miller, Rosanna Jackson, Shawna Jackson, Vanessa Orange, Natalie Kirk, Rhonda Ike, Frank Reese, Jr., Jake Coochise and Saphronia Coochise.

Karate club members are: Willie Kirk, Natalie Kirk, Thurman Squiemphen and Masami Danzuka.

Boy's Cooking club members are: Jason Rabbie, Russell Graham, Danny Samuel, Alex Tufti, Marc Arthur, Vernon Squiemphen, James Arthur and Anthony Allen.

Computer I club members are: Kellie Palmer, Ronnie Palmer, Russell Graham, Jolene Soto and Joy Soto.

The Computer II club consists of: Deschelle Davis, Danielle Gabriel, Starla Green, Henry Jackson, Shawna Jackson, Valeda Jackson, Sandra Johnson, Josephine Wyman and Pearl Wyman.

Horse club consists of Starla Green and Shawna Jackson.

Beadwork II club members are: Rose Lee Lucei and Emily

Lucei. Culture and Heritage club members are: Josette Soloman, Lamar Jackson, Virgil Orange, Christopher Arthur, Taylor Arthur, Norman Wolfe, Bobby Jo Horn, Josette Soloman, Starla Green, Angeline Yallup and Deschelle Davis.

Beadwork I club consists of: Gayleen Adams, Elizabeth Histake, Danni Katchia, Nesbeth Yazzie, Evelyn Gilbert and Susan Gilbert.

The Rock 'n 4-H Club is the largest. Members are: Joseph Culp, Jennifer Smith, Sally Smith, Butch David, Missy David, Preston Eagleheart, Elizabeth Histake, Otis Johnson, Elmina Lee Johnson, Rhonda

Sue Johnson, Reatha Sue Johnson, Frankie Kalama, Mary Kay Leno, Jim Miller, Luke Miller and Lois Miller.

Other members are: Jocelyn Moses, Scott Moses, Pixie Sanders, Craig Smith, Deanie Smith, Tobi Smith, Ollie Smith, Ryan Smith, Lynn Tanewasha, Kristi Miller, Marty Tanewasha, Michelle Wells, Raymond Wells, Jr., Marty Rae Wells, Tony Wells, Norman Wolfe, Gary Wahpat, Christopher Arthur and Taylor Arthur.

The Rabbit and Forestry clubs are still in the planning stages. If there is any interest in these clubs, call the Extension office at 553-1161 ext. 238.



**OREGON STATE UNIVERSITY  
EXTENSION  
SERVICE**

**Clay Penhollow  
Mollie Driscoll**

## Summer activities varied for 4-H

So you and your family can begin planning your summer 4-H summer activities, dates, age limits and costs for this

summer. These activities are for enrolled Warm Springs 4-Hers. If you have any questions or wish to sign up please call the Extension office 553-1161, ext. 238.

Activity	Location	Grade	Dates	Cost
4-H Camp	Round Lake	4-6	6/24-29	\$45
Exchange Trip (4-H Camp)	Morrow County	4-7	6/30-7/3	\$45
Exchange Trip (Morrow Co. here during Pi-um-sha)	Warm Springs	4-7	6/26-30	
Camp Counselor Training	Sisters	8-12	5/17-18	\$6
Range Camp	John Day	9-12	6/24-29	\$30
Computer Aerospace Camp	Salem	4-8	8/11-16 or 8/18-23	\$145
Exchange Trip	Brookings	Rockin 4-H	7/22-26	\$75
Exchange Trip with Morrow	Alaska	11-12 (1 4-Her)	August	\$200
Photography	Salem	4-12	4/26-28	\$35

  

Activity	Location	Grade	Dates	Cost
Field Trips To be arranged	Local Area	4-12	Summer	
Jefferson Co. Fair	Madras	4-12	8/7-11	
Wasco Co. Fair	Tygh Valley	4-12	8/22-24	
Oregon State Fair	Salem	4-12	8/26-9/2	
4-H Citizenship Washington Focus	Washington D.C.	11-12	6/15-23	\$800

## Caffeine dangerous for children, too

Does your child have a caffeine habit? Caffeine is one of the most widely consumed drugs in this country.

Children consume caffeine from soda pop, chocolate, hot cocoa, tea and coffee. Soda pop alone accounts for 60 percent of the caffeine intake of children.

The soda pop habit begins early. According to a USDA survey, 40 percent of all one and two-year-olds drink soft drinks.

The symptoms of too much caffeine include headaches and the jitters in children as well as adults. Insomnia also bothers many caffeine consumers. In children, a lack of sleep may affect their attention span and cause learning problems.

"The physical effects that caffeine produces depends on body size," states Margaret Lewis, Oregon State University Extension Nutrition Specialist. "When

a 30 pound child drinks 12 ounces of a soft drink containing caffeine, he or she suffers effects equivalent to those of a 120 pound adult who has just consumed four cups of instant coffee. And remember that caffeine is habit forming," Lewis adds.

Be sure you know what your child chooses for snacks and read product labels to see which ones contains caffeine, Lewis urges.

If you suspect your child is consuming too much caffeine, substitute fruit juices and milk drinks for colas and other caffeine-containing soft drinks. Serve hot apple cider instead of cocoa, or fruit and cookies instead of chocolate bars.

Changing habits slowly is more likely to be successful than removing all the "offending" foods and beverages at once, Lewis says.

## Bull tour set for April 17

"There are several special reasons to attend the 36th Annual Wasco County Bull Tour on Wednesday, April 17, 1985," announced Sandy Macnab, Wasco County Extension Agent.

The planning committee and participants wanted this to be a special tour not only in celebration of the tour's 36 years, but also to honor the man who has emceed the tour for 29 years, OSU Animal Science specialist, Dean Frischknecht.

For his participation in the tour, Frischknecht has acquired the title of "Number One Herd Sire."

Frischknecht is retiring from the OSU Extension Service at the end of April. A roast is being held in his honor at the Portage Inn in The Dalles on April 16, the evening before the Bull Tour.

The Tour originated as a method of improving the quality of bulls used by Wasco County ranchers. This is still a major reason for the success of the tour over the years, according to Marvin Markman, president of the County Livestock Assn.

"However," added Macnab, "a second and equally important reason for its growth is the strengthening of ties between ranchers and business people of the county. You'd be surprised at the large number of business folks in attendance, which is

great. Both groups know they couldn't survive without the other and this is an excellent time for them to get to know each other better on an informal level."

The tour also showcases the diversity of Wasco County.

"The planning committee likes to cover new territory each year, show folks a part of this beautiful county they don't normally see while traveling highway 197," Macnab noted.

The 1985 Bull tour features five stops in the north end of Wasco County.

Tourgoers will gather at the Mid Columbia Livestock Exchange to exchange to carpool and get their bearings, leaving at 8:30 a.m.

The first stop is the Charlie Sandoz Angus operation out Mill Creek at 9:00 a.m.

Sandoz, a long time cherry orchardist and purebred Angus breeder, was recently named "Farmer of the Year" by the Ag-Forestry committee of The Dalles area Chamber of Commerce.

Diamond K stock will be featured at the second stop at the Kaser Brothers facilities on Fifteenmile Creek.

Sandoz and Kasers were part of the first Bull Tour that Frischknecht participated in.

Tour-goers will have the chance to see some new lines of bulls at the Mike Kortge ranch

on top of Summit Ridge. The bulls, owned by Mike Thompson and Dan Carver, bring additional standards of quality of the county.

Barbeque hamburgers with the trimmings will be served by the Cowbelles for \$3.00 a person at Kortge's.

More new bloodlines and some uncommon breeds, important to herd improvement through crossbreeding can also be seen at the Filbin Ranches stop on Tygh Ridge Road.

The final stop is at the John Ward ranch, about nine miles south of The Dalles, bulls from Ward's and Dr. John Skirving's herds will be featured.

A bull weight estimating contest will be offered with a Western hat and beef certificates as prizes.

## Redmond Wellness Fair to be April 20

The Warm Springs Extension Service will be providing transportation to the Redmond Wellness Fair Saturday, April 20. The van will leave the Extension office at 8 a.m. and will return at 5 p.m. Entry fee is \$2. To reserve a seat on the bus call the office at 553-1161, ext. 238.

Events scheduled for Saturday include:

9 a.m. to 4 p.m. Exhibit area will be open. Health assessments

and information exhibits will be available. There will be a map of the exhibits on the back of the program as well as a description of the offerings of the exhibits. Child care is available. Wellness-related films and activities will be provided. Donations are welcome.

Events are also scheduled for Friday and Sunday. The fair is open to anyone. Child care will be provided.

Reservations for the Frischknecht roast on April 16 should be made by calling the Extension office at 296-5494.

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## Seminole Patchwork offered

Beginning Monday, April 15 and for the following two Monday evenings, the OSU Extension Service will offer a Seminole Patchwork Workshop. Mollie Driscoll and Eraina Palmer will be teaching the various designs and methods of assembling Seminole patchwork strips. Classes will be held from 7 p.m. to 9 p.m. in the Warm Springs 4-H Room. There is no charge for the class but participants must provide their own fabric.

Seminole Patchwork is decorative sewing used to accent bookcovers, tote bags, shirts, towels or pillows. Strips of fabric are cut and sewn together in a variety of designs. Beginning and advanced sewers both will enjoy Seminole Patchwork. Designs can be simple or complex. Only straight stitches are used. Participants will complete a pillow or a set of towels.

Sewing machines are available to use during the class.

Class size is limited, so please preregister. Call the Warm Springs Extension office. 553-1161 ext. 238.

## Convenience of pumps expensive

Pump hand lotion, pump soap and now pump toothpaste have appeared. They may be handy and convenient but are expensive.

Pump toothpaste has been available in Europe for about ten years. Now the big U.S. toothpaste makers are introducing containers. Colgate-Palmolive Co. brought out its Colgate pump this summer. Procter and Gamble Co. has been test marketing a crest pump and Lever Brothers Co.'s Aim is available in a pump container now.

The Wall Street Journal says, "Aside from squabbles about the proper way and place to squeeze, tubes have been working perfectly well since the late 19th century. But the pump introduces an element of gadgetry, and fun, to the otherwise humdrum process of toothbrushing. Gadgetry, however, is no bargain: Toothpaste in a pump costs 20 percent more than toothpaste in a tube."

Consumer Reports tested hand and bath soaps. The tests showed little difference among various brands in cleaning ability. The

main differences are price, perfume, packaging and color. The liquid pump soaps were among the expensive ones.

The majority of the supermarket variety of bar soaps ranged from 19 to 56 cents per 100 washings. Liquid pump soaps range from \$1 to \$3 per 100 washings. Liquid Ivory, for example, cost five times more than bar Ivory.

(Source: The Wall Street Journal, November 12, 1984 and Consumer Reports, January 1985.

## Open communication valuable in life

Open, honest communication helps build and maintain effective relationships between adults sons and daughters and their aging parents.

Oftentimes family members are not honest or direct enough with each other. Adult children sometimes say what they think their parents want to hear or what won't upset their parents instead of what is true.

This tends to create mistrust and wastes energy as family members "walk on ice" with each other.

"I" messages promote communication," notes Vicki

Schmall, Oregon State University Extension gerontology specialist. With "I" messages, the individual speaks from personal feelings, identifies the specific behavior or situation of concern and its effects on him or her.

An example of an "I" message is "mom, because of your recent fall, I'm concerned about your safety living in this house alone. I'm afraid you'll fall again and not be found for several hours or even days."

A parent is much more likely to be willing to discuss the situation if you communicate feel-

ings directly instead of with a "you" message. An example of a "you" message would be, "mom, you must move. This home just isn't safe for you."

We send many people "you" messages about their behavior, Schmall says. These messages sound dictatorial, create defensiveness on the part of the person to whom we are talking and create resistance to change.

"You" messages are usually orders or commands, blaming or name calling statements, or statements that give solutions or deny a person's feelings. Examples are: "You must eat." "Stop doing that." "You drive me crazy." "You never cared about me." "You should move to a retirement home." "You shouldn't be sad."

The worst of all "you" messages is the "if... then threat." An example would be, "If you won't go to the doctor, then I will just have to put you in the nursing home."

"Adequately expressing your thoughts and feelings to your family member is only one part of effective communication," says Schmall. "You also need to

actively listen and try to understand your relatives' feelings and needs."

You can enhance communication by accepting and acknowledging feelings. The worst thing to say is, "You shouldn't feel." If you listen actively, the person to whom you are talking feels your care and concern.

When older parents experience changes and losses, they may experience many feelings—fear, anger, grief, helplessness, and frustration. Having a family member who is willing to listen and understand such feelings

makes it easier for the person to talk openly about their situation, concerns, and feelings.

An example of an active listening response is "I sense you're feeling angry and disappointed because I didn't call or visit last week."

Active listening is not the answer to long-term problems in a relationship. No one thing can readily solve such problems. Nevertheless, the acceptance that you give through active listening may help break down barriers and allow for a new relationship to develop.

## Financial help available

It is time to start thinking about the cost of summer camps for the children, developing a plan for a summer vacation, powwow trips, and other summer expenses. Now is also a good time to begin planning for those back-to-school expenses next fall. On Monday, April 29 from 7 to 9 p.m. there will be a financial planning workshop to help.

Alice Mills Morrow, OSU

Extension Specialist with financial planning will present information on financial planning for the summer time. Ms. Morrow has a strong background in assisting families with the up to date knowledge needed in the current economic climate.

If you need more information feel free to call Mollie Driscoll at the Warm Springs Extension office 553-1161, ext. 238.

## Children change with age

Researchers who work with children believe that as kids grow they tend to follow certain cycles of behavior. For example, at age five, a young preschooler is usually calm, cooperative, a pleasure to be with. But according to Extension human development specialist, Marcelle Straatman, just six

months later that same child's whole outlook on life—and behavior—can change dramatically.

About five and a half, he will move into a more restless state of existence, and so he probably will get into more things; he may not be as helpful, he may fold his arms and say "No!"

where he had formally done what you asked him.

For parents, it's important to remember that the child is growing and developing and that this behavior is part of a cycle, says Straatman. The best way to get through it is to be even more understanding and to offer more encouragement, because now is when it's really needed.