

Extension announces Fall 4-H clubs

The OSU Extension office of Warm Springs recently announced the 4-H clubs planned for this fall. Some clubs are returning from last year while others are new.

The first meeting for the **Culture and Heritage Indian Society** 4-H club will be Monday, October 7 in the 4-H room beginning at 7 p.m. Reggie and Beatrice Winishut and Pat Smith are co-leaders. Goals for this year include learning different songs and dances, performing culturally-related dances and songs and performing cultural skits, such as the Coyote dance. All ages are welcome.

Boy's Cooking will be offered

again this year, lead by Arlene Graham and Delores Kersey. The club size will be limited to ten boys aged eight to 12. The club is expected to start in mid-to late-October.

Kersey and Graham will also be offering a **Sewing Club** for boys and girls aged nine to 18. Basic sewing techniques will be offered. Participants may also want to bring other projects. No dates have yet been set for the club.

An annual favorite, **Beadwork**, with club leaders Hilda Culpus and Tammie Hoptowit, will be offered again this year. There is no age limit and no class size limit. The club will meet after

school. No starting date has been set yet.

Rockin' 4-H Livestock Club is planning monthly meetings. Those boys and girls between nine and 18 years of age can join. There is no class size limit. The club's goals include teaching the fundamentals of owning cattle, learning how to start a cattle business and the maintenance and proper care of livestock. Club leaders are Jeff Sanders, Buford Johnson, Luke Leno and Alane Ennis.

Orthelia Miller will be leading **Family Cooking** to boys and girls between the ages of nine and 12. Class size will be limited to ten to 12. Club mem-

bers will learn the basics of cooking, learn to shop wisely, outdoor cooking holiday ideas and many other essentials. The first club meeting is planned for the latter part of October.

Tom Kalama is the leader for the **Rabbit Club** which is open to all ages. Kalama will teach how to produce rabbits for meat and the proper care of rabbits. Meeting dates and times will be announced at a later date.

Another club possibility is computers. 4-H aide Joan David stated there are other clubs in the works as well. Suggestions for other clubs are welcome. Please call the Extension office at 553-1161, ext. 238 for more information.



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Treat cattle for grubs

With the cool weather change and the fall season approaching, we are reminded to treat cattle for grubs (or warbles). Best control is seen after the first killing frost of the year. This has already occurred in some areas. There are several pour-ons which can be used but

make sure you have one that treats for grubs. "Lysoff" for an example only controls lice. The grub controls will get lice too, so are useful in two ways. Remember to follow the directions and proper mixing procedures. Watch for lice next spring since you may have to retreat just for the lice.

Is service contract necessary?

You've just spent \$600 for a new color T.V. that has a one-year warranty. The clerk encourages you to buy a service contract for \$70. The contract would cover repairs and check-ups for the first two years you own your TV.

This may sound like a good deal, but stop and think before you sign. You might be buying duplicate coverage. Your warranty may cover the same thing as the first year of the service contract. Besides, if you just bought a new TV, it should last a lot longer than two years.

The difference between a service contract and a warranty may be confusing because service contracts are often called extended warranties. Be careful. There is a difference: warranties are included in the price of the product; service contracts are not. Many consumers purchasing these contracts are just spending their money to buy peace of mind.

Remember, when you buy a contract, you're betting that your appliance will break down. The place you bought it from is betting it won't.

A service contract may cover only certain parts of the product or specific repairs. It may cover the same thing as your warranty does. Service contracts, like insurance, often have deductible amounts; or you may be charged each time the item is serviced. Some contracts require you to pay a transfer fee if you sell the appliance.

If you do decide to buy a service contract, be sure to consider the following:

- *Find out who is responsible for service under the contract. The best way to avoid a problem is to do business with a reputable company that is financially sound. Make sure that the company is insured. If it goes out of business, there's not much you can do.

- *What exactly does the service contract cover? What does it cover that the warranty already covers?

- *What does the service contract give you that your warranty won't?

- *What is the expected life of the product compared with the service contract?

- *Is the product likely to need extensive repairs?

Breakfast helps children get through their day

If you don't fill your gas tank with fuel, the car will soon stop. The same is true of stomachs, food, and kids.

Children who are hungry have difficulty concentrating. As a result, learning suffers.

Hungry children are often the ones who get labeled slow learners or trouble-makers. The effects of no breakfast are usually seen about ten or 11 a.m. when children become restless or sleepy. This is the time that older children often snack on candy, pop, donuts, or other high sugar foods for "quick energy."

With a little planning and a firm resolve, you can establish a routine that includes time to "break the fast. Ten minutes at the breakfast table can give the body the nutrients it needs to work, play and learn effectively

until lunch time.

Breakfast does not have to be cereal or eggs or any of the traditional foods. Use your creativity in selecting breakfast foods, or choose some lunch or dinner favorites.

Make a quick milk drink by beating an egg with a fork and adding a teaspoon of sugar, some vanilla and a cup of milk. Heat a slice of pizza and serve with a glass of juice. Half a sandwich is quick to fix and easy to eat. Melt some cheese on a flour tortilla and roll it up to make it easy to handle.

Both kids and adults have lots of excuses about why they don't eat breakfast. Make the morning meal quick, easy and delicious for kids, and get them up ten minutes earlier. The rewards may include more learning and fewer problems at school.

Prepare for graduation expenses in advance

If you have a high school junior or senior in your family, there is a high school graduation in your future.

High school graduation is a happy and much anticipated occasion for most families, but it can turn out to be a time of financial frustration if it catches the family unprepared for the costs involved. It's wise to plan ahead and be ready for the

expenses involved in graduation and high school proms.

Graduation expenses may include such things as: cap and gown rental, yearbook, class ring, photographs, graduation announcements and invitations, gifts and long-distance telephone calls.

Prom expenses may include: tickets, clothing, hair styling, flowers, dinner, after-prom parties, and transportation.

Raising child costs \$100,821

The 1984 average annual cost of raising an urban child from birth to age 18 was about \$96,484 in the western region of the United States. The cost to raise a rural non-farm child in the west is \$100,821. These figures from the U.S. Department of Agriculture are for a moderate level of living.

The eight expenditure categories for urban children are: food at home, \$19,208; food away from home, \$2,756; clothing, \$6,140; housing, \$31,456; medical care, \$6,210; education, \$1,944; transportation, \$15,768 and all other expenses total \$13,002.

The housing category includes the cost of the family dwelling, utilities, household operations, furnishings and equipment. The per capita cost estimates were

based on a per capita share of these expenditures.

Clothing costs reflected only purchases during the survey year. Other clothing might be received as gifts or handed down from older children.

The "other" category included the child's share of the family's expenditures for personal care, recreation, reading and other miscellaneous expenditures.

These figures are estimates not absolute figures for a particular family situation. These estimates are used in a variety of legal, social welfare, educational and research situations such as guidelines in setting support payments for children in divorce cases, and in appraising damages arising from personal injury, wrongful death claims, and foster child needs.

Salsas need proper canning

Freezing is the best way to preserve salsas and other tomato-vegetable mixtures prepared at home. However, if the mixtures must be canned, it's important to use a properly-tested recipe to assure a safe, wholesome product.

That's the reminder given by Carolyn Raab, Oregon State University Extension foods and nutrition specialist, as tomatoes and other vegetables are harvested from backyards and commercial fields.

Although tomatoes are considered a high-acid food and can be processed safely in a boiling water bath, the addition of other vegetables to a tomato sauce reduces the acidity of the product. Such mixtures may have to be processed in a pressure canner to assure that Clostridium botulinum spores are destroyed, the specialist emphasizes.

Because the acidity of tomato-vegetable combinations can vary greatly depending upon the type and quantity of ingredients, researchers are not able to standardize processing recommendations, she explains. Therefore, it's extremely important to use a tested recipe. No changes should be made in the ingredients listed.

"If you don't have a tested recipe to use, the mixture should be frozen," Raab stresses. "Tomato-vegetable mixtures

freeze well and may be frozen in amounts convenient to use. Of course, once the mixture has thawed, it should be stored in the refrigerator."

Tested recipes for canning tomato-vegetable mixtures can be found in home canning information published by Ball or Kerr companies, Raab said.

In addition to following a tested recipe, it's important that the canner avoid using overripe tomatoes or making the product thicker than recommended.

For persons interested in canning tomato-vegetable mixtures, Raab has a taco sauce recipe tested by New Mexico State University using either green chili or jalapeno. The taco sauce recipe is as follows:

3 cups tomatoes, peeled and chopped
3 cups green chili, peel and chopped, remove seeds if desired (or three cups jalapeno, seeded finely chopped)
¼ cup onion, chopped and 1½ teaspoons salt
3 garlic cloves, minced
1½ cups vinegar.

Combine all ingredients, bring to a boil, cover and simmer five minutes. Pack in hot, clean jars. Adjust lids. Process in water bath for 30 minutes. Start counting processing time when water returns to boil. Yield: about 4 pints or eight half-pints per recipe.

Prepare soil for new lawn

A successful fall-planted lawn needs a good start and that means adequate soil preparation in the planting bed.

To give the new lawn a good seed bed, till the lawnsite to loosen the soil and mix organic matter and fertilizer into the upper six to eight inches of soil.

Organic materials that help loosen heavy soils and add holding capacity to lighter soils include manure, compost, peat moss, bark or sawdust.

Six inches of extra topsoil may have to be added to the

surface of the planting site if the area is gravelly or consists of heavy clay.

A 16-16-16 combination fertilizer should be spread over the planting site at the rate of ten pounds per thousand square feet. Lime needs should be determined by a soil test.

After the seedbed has been tilled and fertilized and amendments are added, firm the soil by rolling and watering. A firm seedbed makes it easier for the seeds to germinate evenly and helps prevent unwanted humps

and hollows in the surface.

Scatter the seed over the area uniformly after the soil has been raked lightly. If mulches are used to cover the seed, apply them sparingly. Mulching isn't necessary if the soil surface can be kept damp until the seed germinates.

Regular watering may be necessary to keep the soil moist until the new grass can establish itself. If weeds appear along with the new lawn, don't use any chemical weed killer until the lawn is at least 30 days old.

Decide what you want from a college

Take a good look at yourself. The first step in choosing a college is self-evaluation. How would you answer the following questions?

Study traits

- *What kind of student are you?
- *Do you work well without direction? Do you work best in a competitive atmosphere?

Goals and interests

- *What do you think you want to study in college?

- *Do you know what you'll major in, or do you need a school that will allow you to explore for a few semesters?

- *Are you strong in science or math?

- *Do you prefer subjects that require a great deal of reading and writing, like English or history?

- *Do you have a creative talent you wish to pursue?

Social skills

- In what kind of social atmosphere are you most comfortable?

- *Do you make friends easily?

- *Would you prefer a small college where you can know practically everybody?

- *Would you enjoy a larger school where you might have several hundred people in every class?

Consider, too, the other ways in which colleges differ. You can choose college that's halfway across the country or one that is a few miles from home. There are colleges that stress religious values, colleges for students of one sex, colleges open primarily to students of certain ethnic backgrounds.

Once you begin to know yourself and what you want from college, start writing for information. Your guidance counselor or librarian can help you find the names and addresses of colleges that seem to have what you're after.

Test-drive the colleges

The second phase of choosing

a college requires you to be especially careful. The brochures and bulletins that colleges send are designed to make each place look ideal. The college representatives you talk with will be eager to highlight their schools' strong points, but are likely to be silent about the weak points. You will have to be observant and ask the right questions to determine what each school is really like.

One way to get a feel for what a college is like is to read between the lines of the publications. What can you discover about the atmosphere of the school? What seems to be its philosophies and attitudes? Are you the typical kind of student who enrolls there, or will you be out of place?

The best way to learn about a

college is to visit the campus; this is the closest you can come to "test-driving" a school. Use your time on campus to find out more about what you've read in the college brochure and to investigate areas the brochure didn't mention. Have a list of questions ready for appointment with the admissions officer, and don't be afraid to ask the tough ones. Talk to students. Look around. Stay overnight with a student in a dorm if you can. Pay close attention to everything you see and hear and to how you are treated. Try to get a feel for how you would fit in academically and socially.

Shop for a college as you for any important purchase. Remember: Strong consumer skills and honest self-assessment are the keys to making a good college choice.

Alzheimer's Disease not inevitable

November is National Alzheimer's Disease month—a time to gain greater understanding of this affliction, described as "the disease of the century" and its impact on individuals and families.

Alzheimer's Disease is the most common cause of mental deterioration in later life but it is not an inevitable part of aging, states Mollie Driscoll, Warm Springs Extension agent. However, the percentage of people afflicted increases with age. It is the fourth leading cause of death after heart disease, cancer and stroke.

In the disease, the nerve cells of the brain deteriorate. The disease causes a gradual decline in memory; learning, attention and judgement; disorientation in time and space; difficulty in finding words and communicating; and personality changes.

Eventually those suffering from the disease are unable to care for themselves.

The early stage of the disease is particularly difficult for afflicted persons because they are aware of the memory loss. Depression is common.

As the disease advances, the person becomes less and less aware of his or her memory loss and the environment. As the person's ability to function independently decreases, stress, demands and isolation increase for the caregiver.

In this situation caregivers often must fulfill tasks and responsibilities formerly carried out by their sick loved one and give up activities outside the home.

Caregiving under such circumstances has been described by some families as a "36-hour day." Watching the mental deterioration of a loved one, "losing

the person you've always known although their body is still intact" is particularly painful.

If you know a family who is coping with Alzheimer's Disease or a related disorder, ask what you can do to help. Someone who understands the disease and what is required to help the afflicted person cope with it can be a great source of relief to the caregiver.

The person who has the disease is not crazy. Try to understand the person's behavior.

Families caring for a member with Alzheimer's Disease also need support and a break from caregiving. Caregivers are at high risk of mental and physical illness and even death under these circumstances. Giving just two hours of your time each month providing relief for a caregiver can make a difference in that person's life.