

4-H to expand career awareness for Indian

The Oregon State University Extension Service, through its 4-H program, will continue and expand its efforts to increase agriculture and natural resource career awareness among Native American youth in the coming year.

The special effort, funded by a grant from the duPont de Nemours and Co., began last year on the Warm Springs Indian Reservation. Plans this year call for the program to continue at Warm Springs and expand to the Umatilla Indian

Reservation, explains Duane Johnson, state 4-H program leader.

The 1986-87 program will concentrate on students in the eighth grade. It is seen as a cooperative effort by OSU, local schools, families, tribal governments and the young people, Johnson said.

Nearly 30 seventh graders at Warm Springs participated last year. Counselors and administrators are assisting within the schools, while Extension agents provide leadership for special 4-H projects and activities

to enhance learning about agriculture and natural resources.

The OSU colleges of agricultural sciences and forestry, as well as the departments of rangeland resources and fisheries and wildlife science, host students and their families during a special three-day program on the Corvallis campus in the spring.

With support from the families and the schools, OSU hopes to work with the young people until they graduate from high school.

The OSU Extension Service has received \$4,000 each year from duPont through the National 4-H Council, which is supporting a five-year effort to increase agricultural career awareness among underrepresented groups in 4-H.

OSU was one of seven Land Grant universities selected by the National 4-H Council to receive a grant from duPont. Other universities are Auburn, Langston, Rutgers, Virginia State, Missouri and Lincoln.



OREGON STATE UNIVERSITY
EXTENSION SERVICE

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Clay Penhollow
Mollie Marsh
Joan David

Efficient sewing center aids in activities

An efficient sewing center should accommodate the following activities: cutting, machine sewing, pressing, hand sewing, storage supplies, hanging space for garments in process and mending.

Location—Consideration should be given to the amount of sewing

done, when the sewing is done, and the available space for the sewing center.

If the major part of the family's clothing and household linens are made at home, it is important that a well organized sewing center be developed.

If sewing is dove-tailed with meal preparation or supervising children at play, locate the sewing center near the kitchen. If sewing is done in the evening, a location in or near the family room may be your choice.

Other locations for the sewing center are: a bedroom, preferably not one being used regularly for sleeping, or, perhaps least desirable, the basement or second floor.

Storage for tools and supplies may be drawers or shelves adjacent to the sewing machine, or shelf space above the machine. If you have a portable machine, plan separate storage.

Provide hanging space for garments in construction or requiring mending.

Arrangement—Many of the processes in sewing can be done in a sitting position. Arrange supplies and equipment so it is unnecessary to get up from the chair each time a sewing supply or pressing is needed.

Also, a casted swivel (stenographer's) chair is a useful tool in the sewing center.

For further information call the Warm Springs Extension office at 553-1161, ext. 238 or 239.

Holiday blooming poinsettias no accident

Poinsettias are traditionally a holiday season plant, but their blooming at Christmas is no accident. It's the result of months of careful preparation.

Homeowners who want to see their poinsettias flower by December 25 should begin preparing their plants now.

In a natural outdoor setting, flowers begin to form on poinsettias when the nights get longer in the fall, and the days shorter.

However, lights inside the home used more when days shorten may prevent a poinsettia from getting a long enough period of darkness to start the blooming process. Even a

small amount of artificial light will inhibit the plant from producing flowers.

To overcome the indoor light problem, give poinsettias at least 14 hours of uninterrupted darkness each day until redness starts to develop on the top leaves, or bracts.

The following schedule is generally successful in forcing poinsettias to bloom indoors by Christmas.

Late September-early October: bring the plant inside and place it in a draft-free area where the temperature does not drop below 60 degrees F. Start giving the plant long nights (darkness from 5 p.m. to 8 a.m.).

Mid-November: color should be almost complete; the plant can be brought into ordinary light.

Keep the daytime temperature at 68 degrees F or higher during the bloom-forcing period. Nighttime temperatures should stay between 60 and 64 degrees F. Night temperatures above 64 degrees F will prevent the plant from setting flower buds.

The plant should get at least four and preferably eight hours of direct sunlight during the day.

Fertilize with a complete water soluble fertilizer every time the plant is watered.

Avoid spraying the plant with chemicals after the bracts begin to develop color.

Insurance requires understanding

People don't know enough about the insurance they're paying for and if they are paying too much for it.

In the past people have felt intimidated by the terminology of insurance policies. Simplified writing of auto and homeowner's contracts has eased the burden of reading and understanding these documents.

Comprehending the various parts of an insurance policy is vital to knowing if the proper coverage has been purchased. The components of a general policy are:

A Declaration—This is a separate sheet which is fastened to the policy. It is a statement about the property to be insured, such as

deductibles and amount of coverage.

The Insuring Agreement—This section explains who and what is protected by various coverages of the policy.

The Conditions—States the duties and obligations of both the insurer and policyholder.

The Exclusions—Descriptions of properties, losses and perils which would not be covered.

Endorsements—A written document which modifies the policy in some way, perhaps adding coverage.

For the consumer to be properly informed about buying insurance there is no substitute for sitting down and talking with an agent or company representative. Communication is the key to better learning.

Windows can save energy

"High-performance" or "low-emissivity" windows represent a significant contribution to energy-efficient building construction. These windows incorporate a new technology that coats the glass with a metallic low-emissivity shield.

This shield allows window manufacturers to produce more efficient windows which greatly reduce heat loss or heat gain, provide enhanced comfort and reduce condensation while retaining the main purpose of windows—ventilation, lighting and outside viewing. Heat loss and gain occurs through windows via convection (heat transfer by air movement across cool window sur-

faces), conduction (heat transfer through solid material), and radiation (heat transfer via electromagnetic waves).

The new low-emissivity shield bonded onto panes allows solar radiation to pass through to the living area but reduced the amount of heat re-radiated or emitted. Regular glass emits about 84 percent of its heat to the outdoors while low-E coated glass emits only 10 to 15 percent. This treatment raises the glass surface temperature which reduced heat loss through convection and conduction. High-performance windows also reduce heat gain from conduction and radiation in summer, thereby keeping the home cool

4-H leader tips

Helping youngsters feel good about themselves is one of 4-H's most important contributions. Here are some ideas to help you bolster your 4-Hers sense of self-worth.

1. Have them list in ten positive (Not negative) words describing their appearance to a stranger.

2. Have them list three skills they do especially well.

3. Have them describe their best physical feature.

4. Have them list four personal traits they like about themselves (i.e. honest, cooperative, kind, etc.).

Fight cavities with limited sugary snacks

A balanced diet with limited sugary snacks is your family's best defense against cavities. Here are two lists to keep in mind for tooth health:

Cavity Culprits

Sweet, sticky foods are the worst offenders because they adhere to tooth enamel, prolonging the damage. Included are pastry, candy, throat lozenges, granola bars.

Soda causes damage because it contains acids and sugars that attack the teeth, particularly along the vulnerable gum line.

Chewable vitamins and heartburn remedies are sticky and usually contain lactose, a sugar. Vitamin C supplements are also naturally acidic. If you or your children can't swallow pills, make sure to brush teeth immediately after chewing tablets.

Energy answers

Q. Do "energy saving" appliances, such as toaster ovens, crock pots and microwave ovens, save much energy?

A. Yes, they do, when they're used in place of a larger appliance.

Small cooking appliances have enclosed cooking elements that are sized for smaller tasks. A well-designed toaster oven uses less energy to broil a hamburger than the broiler in your oven. If you're cooking something for several hours, you'll save money by using an electric crock pot instead of a pot on the surface of your range.

A microwave oven is an energy saver when you cook small amounts of food. Use your conventional oven for larger tasks.

The pressure cooker is an energy saving appliance that many people overlook. It uses one-third as much energy as an ordinary pot or pan, and is a big time saver as well.

Best Bites

Milk and plain yogurt.

Fresh fruit, nonsweetened juices, vegetables.

Nuts and unsweetened peanut butter.

Eggs.

Leftover meat.

Sugarless gum.

Cheddar, swiss and monterey

jack cheeses. Researchers call them

"tooth friendly"—they may actually protect against decay. The theory is that phosphate and protein in the cheeses neutralize acid; the cheese also may help prevent sugar from forming acid, according to Dr. Charles Schachtele, Professor of Dentistry and Microbiology, University of Minnesota.

Salmon, mushrooms dinner

- 1 cup each sliced mushrooms and celery
- 1 medium onion, halved and sliced
- 1 small clove garlic, minced
- 3 tablespoons oil
- 1 pound salmon, boned, skinned and cut into 1-inch chunks
- 1 medium, firm, ripe tomato, cut into wedges
- 3 tablespoons water
- 1 tablespoons cornstarch
- ¼ teaspoon salt
- Dash each thyme, crushed and

pepper. Sauté mushrooms, celery, onions and garlic in 2 tablespoons oil until crisp-tender; remove from pan. Sauté salmon about two minutes in remaining oil; add tomato and heat thoroughly. Return vegetables to pan. Combine remaining ingredients; add to mixture in pan. Cook and stir gently until thickened; cook one minute longer, until salmon flakes when tested with a fork. Makes two or three servings.

What about reading—

Parents teach reading from the day a child is born. When Jim arrives at school announcing he can read, he is saying more about his home life than his intellectual superiority. He's revealing a background where mother and dad read him stories and poems, and acted out songs and rhymes. He's been on errands to the store, library, or post office. He's handled books, magazines, puzzles, and games. He's probably printed his name in many places.

The tools for learning to read are many: listening, speaking, reading, and writing experiences. Children saturated with language experiences learn to read easily because words are familiar to them. Five-year-

olds use a vocabulary of about 2,000 words to talk about what's happening to them daily. If your children watch "Sesame Street" they'll be singing the alphabet song long before it means anything to them. But the sounds of letters are being written in their minds. With your help, three-year-olds will find the letter on cereal boxes that begins with their name. Reading is natural when words and letters are familiar; it's miserable when they aren't.

Children must be familiar with words and meanings before they can recognize them in print. To teach reading at home:

Talk with children about numbers, colors, shapes, sizes, and events so they understand words.

Take children places so they have new experiences and things to talk about. Help them expand their stories by saying things like, "What were the other children playing with?"

Listen to what children want to tell. They practice language by talking about things that interest them like Alex's new cat or the preschool picnic.

Print letters of the alphabet. Four- and five-year-olds first print straight line letters and add curved ones later.

Read to children. Learning language takes place and time. Children must also hear words from you rather than the TV or radio. Older preschoolers can go to bed with a book so they can "read" themselves to sleep at night. Most children who become good readers live in an environment where reading is valued and rewarded.

Did you know...

...that the focus of Oregon's 4-H program is on the development of the boy or girl and not on the project per se?

Although teaching skills and knowledge which young people can use throughout their lives is important, the development of the individual has been seen as the most important aspect of 4-H in Oregon for many years.

The development of self-confidence, the ability to work with others, responsibility for one's actions, and "stick-to-itiveness" are difficult to show and explain, but teaching such developmental traits has been an overriding part of 4-H for a long time.

That's why it's often said that "the project is the vehicle for youth development." The 4-H member enrolled in beef or clothing may never again raise an animal or sew a dress, but such intangibles as learning to be a good citizen and how to be a leader will remain with the individual throughout his or her life.

DON'T FORGET 4-H THIS FALL

Culture and Heritage

1st year members: Gregory Arquette, Marvin Arquette, Gilbert Brown, Jace Hintsala, Jolene Hintsala, Chips Kalama, Tim Kalama, Kelly Sam, Phoebe Suppah, Richard Suppah, Nancy Wyena, Nicole Garcia, Aldo Garcia and Easton Yallup.

2nd year members: Christopher Arthur, Taylor Arthur, Joanna Brisbois, Ricky Jim, Ava Smith, Glendon Smith, Cheryl Suppah, Leif Suppah, Little Fawn Suppah, and Obedt Suppah.

3rd year members: Deschelle Davis, Windy Harvey, Alonzo Jim, Jason Jim, Ricky Jim, Angeline Yallup and Kathleen Yallup.

5 year members: Josephine Wyman.

6 year members: Pearl June Wyman and Starla Green.

7 year member: Alfredine Smith.

A special award went to Caroline Tohet for donating 25 years to 4-H. Others receiving a special thank you for their help were: Joe Moses, Pierson Mitchell, Rosemary Mitchell, Joe Brisbois, Ray Wells, Irene Wells, MaryAnn Meanus, Gene Harvey, Renita Harvey, Shirley Sanders, Nancy Johnson and Mary Danzuka.

4-H leaders recognized for their year's of service were: Reggie Winishut, Beatrice Winishut, Linton Winishut, Pat Smith, Jeff Sanders, Biff Johnson, Luke Leno, Arlene Graham, Delores Kersey, Orthelia,

Miller, Nina Rowe, Tammy Hop-towitz and Tommy Kalama.

Rockin' 4-H Livestock

1st year members: Jason Suarez, Albert Charlie, Harry Hisatake III, Jerome Lewis, Preston Meanus, Stuart Smith and Vernon Suppah.

2nd year members: Rhonda Johnson, Scott Moses, Jennifer Smith, Sally Smith and Gary Wahpat.

3rd year members: Jocelyn Moses, Joseph Culp, Jim Miller, Kristi Miller, Marlen Millr, Luke Miller, Lynn Tanewasha, Marty Tanewasha and Lois Tewe.

4th year members: Ely Johnson, Reatha Johnson, Craig Smith and Marti Wells.

5th year members: Frank Kalama, Jr., Missy David, Raymond Wells, Jr. and Otis Johnson.

6th year members: Butch David, Elizabeth Hisatake, Ollie Smith, Tony Wells and Norman Wolfe.

7 year members: Deanie Smith, Tobie Smith and Kanet Wolfe.

9th year member: Michelle Wells.

Boy's Cooking and Sewing

1st year members: Harvianne Tohet, Sunmiet Minnick, Roscoe Thompson, III and Vernon Squiemphen.

2nd year members: Danielle Gabriel, Shawna Jackson, Russell Graham, Alyssa Macy, Waylon Beymer, Alex Tufti, James Arthur, Marc Arthur and Jason Rabbi.

3rd year members: Jolene Soto and Joy Soto.

Beadworking

1st year members: Carolyn Lawrence, Philamene David, Philianna David, Darla Brown and Helen Clements.

2nd year members: Rose Lee Lucci and Emily Ludei.

3rd year member: Angela Polk.

4th year member: Nesbah Yazzie, Jr. Chef's

1st year member: Alvita Arthur.

2nd year members: Bobbie Jo Horn, Natalie Kirk, Jake Coochise, Sophronia coochise, Frank Reese, Jr. and Rhonda Ike.

3rd year member: Carol Miller.

Backpacks versatile

Backpacks have been standard accessories for children of all ages for generations. Their appeal is steadily rising. They carry books, lunches, toys and other totables. Now, they can also carry charisma. New Hug-A-Pet whimsical backpacks combine the fun of a toy with the function of apparel. There are

six cuddly animals: pig, koala bear, dog, lamb, monkey and cat. Made of acrylic plush, the animals strap to the back with the arms and feet hugging the wearer. Colorful nylon apparel backpacks with lots of room are attached to the animals. The Hug-A-Pet backpacks are adoptable at stores across the country.



4-H members model their ribbon/winning wing dresses.