

Fathers more involved in child-rearing

With Father's Day approaching, 'Dad' is on many a family member's mind.

This Father's Day, we can all celebrate that fathers, at last, are being recognized for more than bringing home the bacon.

At the same time let's recognize that social shifts giving fathers more freedom to enjoy and care for their children do not provide fathers with a "how-to-do-it" kit. Most fathers learn to care for their children through trial and error, but mothers have long faced pretty much the same challenges.

Mothers appear to know more about child care because most little girls have tenderly cared for dolls. Also, daughters more closely imitate their mother's actions with children.

This trend now appears to be changing. Today's fathers, and their sons, are experiencing a more involved father role in child-rearing. And, both mothers and fathers are reading about raising children these days rather than just mothers.

More and more children are being fed, diapered, bathed, encouraged, and nurtured by both parents.

Although fathers in the past loved their children, they were by and large money makers and disciplinarians with a rare dab of playfulness. Modern fathers have changed their lifestyle to allow time and energy for the demands of caring for children. The pay-off is a closer relationship to the child and greater exposure to the wonderment of a child's expanding world.

Here are a few discoveries fathers make:

Infants love only themselves; they become bonded and attached to those who feed, clean, fondle, and love them. But it's not within their ability to understand parental needs for a good night's sleep or undisturbed privacy.

To your toddlers and preschoolers you've read and told the same stories a million times. Reading and talking with them is enlightening and fun. You've shivered on park benches while they ceaselessly

ran and swung, climbed, and then ran some more to have fun.

In the middle years of childhood you get into learning "jags." Things you thought you never needed to know about—dinosaurs, bats, and how they build the Panama Canal—have caused special trips to the library.

You set boundaries for freedom and teach responsibility. You learn to correct misbehavior without damaging a child's self-esteem. You discover that more than anything, children want to please you, and that a child gaining his or her own independence is a trial and error process for both parent and child.

Neither fathers nor mothers are prepared for the typical adolescent confusion between independence and dependence. You learn to "hang in there" for eight years (between thirteen and twenty-one) while your son or daughter become liberated.

You learn the rules of the game—flexibility, and the terror of the adventure—and you ask the question, Is this behavior normal? You learn to

rely on "common sense" in determining whether your adolescent's behavior is detrimental to health and safety or just an inconvenience to you. And you learn a lot about tolerance—magic socks that must never be washed, and lovely hair turned streaky and spiked.

Fathers are a model for what their sons will become, and father's qualities become characteristics that daughters will value in men. Fathers will do a good job if their model is an active part of their life.

Even the busiest father can spare a half-hour a day, and more on Saturday and Sunday. If you're busy on weekends, take your children with you on errands. The hardware store, grocery, or laundromat are an adventure especially if children are with you.

Absent fathers are more important to their children than they realize. Bridge the distance with phone calls or a postcard that says you are thinking of your children. They will thank you for it in many different ways.

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4-H Summer Camp—June 20-25



4-H OLYMPICS



4-H camp registrations will soon begin pouring into the Extension office. Another outstanding camp is planned for this year, so, if you are planning to attend 4-H camp or know of someone who may be interested in doing so, it would be wise to get an application in as soon as possible. Campers will be limited to 90 and applications will be taken on a first come, first served basis.

4-H Summer Camp is held at Round Lake Christian Camp near Sisters June 20-25, 1988. High school aged counselors are in charge of the cabin groups and received training at the May 20 and 21 camp counselor training. The theme for this year's camp is "4-H Olympics."

Camperships are available on a financial need basis. Cost for the camp this year is \$55. Applications are due June 10 at the Warm Springs Extension Office.

Dust rose bushes for rust and blackspot

Every year rose gardeners must battle the plant fungus diseases rust and blackspot if roses in the home landscape are to look their best.

Cool, damp weather favors the establishment of both these plant diseases. Wet weather in May is usually responsible for the establishment of rust and blackspot in many gardens.

Rust infection on roses is characterized by the appearance of small orange-colored spots on the top and bottom surfaces of leaves.

The presence of black spot on roses is indicated by the circular black spots that show up on plant leaves. These spots often grow and join together to make large irregular spots when weather is especially damp.

Early summer chemical spray or dust applications should bring these diseases under control.

For control of rust, use sulfurferbam dust or wettable sulfur spray.

Tips for bedding plants

Planting transplants, whether they be of the vegetable or flower variety, is a quick way to get results in the garden flower bed. Here are some tips for bedding plant success.

Don't plant outside until the season in your area has warmed enough for the plants to grow.

Select plants that are well-established in their containers, but are not overgrown. Bedding plants often transplant better if they are not yet blooming.

Allow plants to harden off (adjust) to outside conditions before planting. Bring the plants home and set them outside in a protected place, but exposed to temperature and humidity conditions, for several days.

Protect the bedding plant roots from drying until planted.

When planting, set plants at the recommended spacing.

Plant in late afternoon or early evening. Plant into moist soil.

Plant bedding plants at the same depth at which they were previously growing.

Retain as much soil on the roots as possible.

Firm the soil around the roots when planting, then water.

Protect the young plants from drying until they are established.

A day or two after planting, water with a booster fertilizer solution to give the plants a little push.

Phaltan spray will help control black spot.

Be sure to follow all label directions when using any garden chemicals.

Young weeds try to take over shrub and flower beds in the spring. Keep weeds under control by hoeing or mulching. The back side of an iron rake will wipe out young weed seedlings quickly and efficiently.

Then follow up with an inch or so of barkdust mulch to shade the ground. A granular herbicide, Casoron, can be used to eliminate weeds in beds where only woody shrubs and trees are growing. Be sure to follow all label directions for use of this herbicide.

Reduce moth damage to trees

The codling moth will soon make its spring appearance. Control measures used now to stop this pest will help ensure a worm-free crop of home-grown apples in the fall.

The codling moth is the adult stage of worm that infests apples and pears. The adults lay eggs throughout the summer, thus making control difficult.

Several insecticides provide excellent control. Diazinon should be applied to apple and pear trees now and repeated at three week intervals through the summer.

No completely effective organic methods of controlling codling moth have been found. Some techniques may reduce damage. Parasitic wasps may be available, but may not be practical for the homeowner.

T-shirts can be neat

Do some of your T-Shirts look as if they were the rope in a tug-of-war contest? That lopsided fate is not inevitable for every T-shirt. It is possible to detect a T-shirt's potential for fabric sagging and distortion before you buy it.

On many t-shirts distortion occurs along the side seams of the shirts after they are washed. This defect affects many knit garments, but it occurs most often in t-shirts.

The problem is partially caused by the way some knits are made—in a tube like a sock. This causes the grain of the knit to pull a little to the right or left. Real problem seams, those that wrap around the body, are generally the result of poor fabric finishing, incorrect cutting of the garment, and/or poor construction.

To identify the problem, hold the t-shirt up by the shoulders and shake it gently. Notice how the seams hang. If they hang toward the center when new, they probably will pull ever more after being laundered.

Also, look at the loops of the knit. If they are stretched to one side, the seams probably will become more distorted when the shirt is washed.

One easy way to avoid seam distortion in a t-shirt is to select t-shirts that do not have side seams. Some manufacturers use knits that come in small, medium, and large tubes. This allows them to make t-shirts with side seams.

Attend 4-H Summer Week

Each year 4-H Summer week on the Campus of OSU offers new and exciting opportunities for 4-H members from Jefferson county. 11 delegates from Warm Springs, eight delegates from Madras and 21 delegates from Crook County will be attending the exciting and fun filled week.

The tuition is \$120.00 for the 4-H Summer Week, per person. There are scholarships available.

Tips on mowing lawns

When operated carelessly, a lawn mower can be a very dangerous machine.

Both small lawn mowers and the larger four-wheel tractor-mowers must be handled carefully or injuries to the operator or bystanders may result.

We recommend the following checklist for safe lawn mower operation.

For the mower:

Inspect for loose nuts and bolts, and make sure all fuel line fittings are tight.

Check the mower blade for dullness, nicks and imbalance.

Service the mower regularly in accordance with instructions in the owner's manual. If a problem arises take the mower to an authorized service person.

For safe operation:

Know the rules of safe operation recommended for your mower. Read the owner's manual.

Do not refuel a hot engine. Always fill the mower gas tank before starting to mow.

Clear the area to be mowed of children and pets and do not allow

children to operate the mower.

Keep hands and feet clear when starting and operating the mower.

When mowing, do not pull the mower towards you, always push it.

If wheeling the mower from one surface to another, leaving the mower unattended, or if the mower becomes clogged, turn mower engine off. Stop the engine and disconnect the spark plug wire when repairing or cleaning the mower.

With a small walk-behind mower, mow steep slopes sideways. With a riding mower, mow steep slopes up and down.

For safe grounds:

Clear the lawn of any rocks, bones, toys or other small objects that could get caught in the mower blades.

Avoid mowing very steep slopes.

Operators of tractor mowers are advised to look behind before backing up, to be careful of traffic near roadways, to disengage the mower mechanism before crossing drives and walks, and to avoid carrying passengers.

Positive/negative aspects of teens jobs

Most adults believe part-time jobs are good for teenagers, but recently completed research studies challenge this notion.

Today teenagers staffing fast-food counters and department store cash registers are a familiar sight. Adults approve of teenagers working, believing that it teaches the meaning of money, builds character, and keeps them out of trouble.

However, two researchers from the universities of Wisconsin and California, Laurence Steinberg and Ellen Greenberger, question this belief.

A five-year survey of 15-17 year-olds in California working more than 15 hours a week showed that their school grades dropped and their use of drugs and alcohol rose.

Also, the survey revealed that teens working in service jobs such as fast-food restaurants and retail stores tended to become more cynical about work than their non-working classmates.

A generation ago over half the nation's teen workers held jobs on farms, in factories, or skilled trades that led to adult employment. The majority of jobs now held by teens offer few opportunities for advancement or learning. Many of the required skills teens already know, and the jobs are so routine that training takes no more than a half hour.

Few service jobs provide chances to use skills learned in school. Most of the teen workers studied spend an average of five minutes of each hour using reading, writing, or math skills.

The number of teens holding jobs has steadily increased in the last 40 years, according to the specialist. Today's teen workers are predominantly suburban families not in need of extra income. The bulk of their earnings go for clothing, stereo equipment, records, movies, hobbies, and car-related expenses.

Few teens save for education or pay toward family living expenses. More than 80 percent reported saving little or none of their earnings.

The effects of work on teens are not all bad, but parents need to be

aware of both the positive and negative aspects of juggling work and school responsibilities. There is evidence that working improves a youngster's social skills, improves work habits, and that girls become more self-confident.

To help their teens gain benefits from work parents are advised to place a 15-hour-of-work-per-week limit on teenagers during the school year and to offer guidance in the saving and spending of money earned.

Parents seem to think they have

no control over a youngsters earnings and how they are spent. However, parents are advised to help children set a savings target. It only makes sense that since parents are footing the bill for board and room they can guide spending patterns.

Without a savings plan teens learn a pattern of spending for "wants." They may have a difficult time changing this pattern later in their lives. Perhaps the most important learning experience teens get from working a routine job is how to control their spending and set time-use priorities.

Budgeting.....

Share facts with teen

Children need at least a general understanding of their family's finances. Letting teens help balance the family checkbook, participate in discussions about insurance policies and help keep records for expenses.

Parents may be reluctant to share financial information about bills, income and savings with the children but often the details are not as important as the trust developed between parent and the children.

It's also important to explain to kids how such changes as a divorce or unemployment will affect the family's budget. If they don't understand shifts in the family's spending, children may decide their being punished by cuts in allowances and treats.

Magazines available

The following magazines are available at the Extension office. If at any time you would like to read one of these, please feel free to come in and check one out.

Consumer Reports, Changing

Times, Simplicity & McCall Pattern Books, Sew News, Parents, 1001 Home Ideas, Organic Gardening, The Lariat, Oregon Farmer-Stockman, Agri-Times and Hay and Forage.

4-H Summer Schedule

June 13-18 4-H Summer Week in Corvallis
June 20-25 Round Lake 4-H Camp near Sisters, Oregon—Come by the office to pick up a registration form. Or for more information call 553-1161, ext. 238.