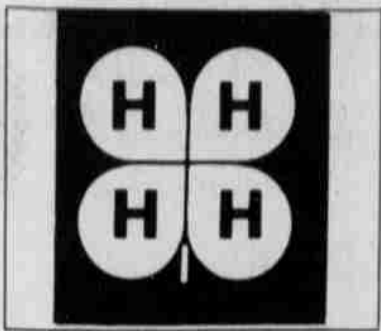


4-H philosophy, motto, pledge explained



As 4-H has grown and expanded, symbols have been developed which express the spirit and rich tradition of 4-H.

THE FOUR HS

The four Hs stand for Head, Heart, Hands and Health, representing the four-fold training and development that 4-H members receive. "Head, heart and hands" was a familiar phrase with public speakers in the early 1900s. With these three words, educators express the liberalizing of conventional education (the "three Rs") to include practical arts (the "three Hs").

The three Hs were adopted by program organizers to reflect the educational theme of 4-H. A fourth H, for health, was added. Together the four Hs symbolize the develop-

ment of: the Head, to think, plan, and reason; the Heart, to be concerned with the welfare of others, accept the responsibilities of citizenship and develop positive attitudes; the Hands, to be useful, helpful and skillful; and Health, to practice healthful living, enjoy life and use leisure time productively.

THE 4-H EMBLEM

The national 4-H emblem is a green four-leaf clover with the letter "H" on each leaf. The design, attributed to O.H. Benson, an Iowa school superintendent, was adopted as the national emblem in 1911. Congress has twice passed legislation since that time protecting the 4-H name and emblem. Similar to a copyright, this protection means that the 4-H name and emblem cannot be used without being authorized by the national organization.

4-H COLORS

Green and white are the 4-H colors. Green is emblematic of springtime, life and youth while white symbolizes high ideals.

THE 4-H MOTTO

The 4-H motto is "To make the best better." Proposed by Carrie

Harrison, a botanist with the U.S. Bureau of Plant Industry, it was adopted in 1927 when the 4-H pledge was introduced.

THE 4H PLEDGE

I pledge...
My HEAD to clearer thinking
My HEART to greater loyalty
My HANDS to larger service,
and
My HEALTH to better living
For my club, my community, my country and my world.

In repeating the pledge, a member raises the right hand to the side of the head when speaking line 1; lowers hand to heart when speaking line 2; extends hands, palms upward, when speaking line 3 and stands straight when speaking lines

4 and 5.

The pledge was adopted in 1927 during the first National 4-H Club Camp in Washington, D.C. Otis Hall, state 4-H leader in Kansas, was responsible for the original wording, which remained unchanged until 1973 when the words "and my world" were added.

What do local 4-H members think of their programs? Well, Emmy Lucei says "4-H means learning and getting to do many things. You go on trips and do special things."

Denise Miller says, "We can go swimming and the zoo and do fundraisers for trips."

Gary Wahpat says that 4-H means "to have fun and go to different places."

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by the Warm Springs Office
of the Oregon State University
Extension Service
Phone: 553-1161, ext. 238 or 239

4-H offers help to youth

Educational projects

Currently, over 50 4-H projects provide opportunities for career exploration from agriculture to fashion merchandising to engineering. Project stimulate decision making skills and accountability through high standards of individual and group performance. The quality of these projects is enhanced by the level of state and national support provided by individual and corporate donors. Specifically, 4-H educational projects provide experiences for young people and their families to grow and benefit by:

Enhancing self-esteem; teaching skills and knowledge; enhancing leadership development; developing communication skills; providing opportunity to do some community service; building confidence in decision-making; developing responsibility and cooperation; building social and recreational skills and being family oriented.

Enrichment experiences

Enrichment experiences are offered on the state and national levels. Annually, over 4,500 Oregon 4-Hers participate in two-to seven-day statewide and national educational activities. 4-Hers earn the privilege of participating through achievement in specific program

development areas.

On the international level, 4-Hers interested in international experience have the opportunity to spend from four weeks to eight months overseas in family living situations, studying and participating in cultures around the world.

Recognition and incentives

The Oregon 4-H program recognizes participation of the members and awards excellence.

Volunteer leaders

Volunteers are the lifeblood of the Oregon 4-H program. Over 7,000 Oregonians donate over 1.5 million hours of direct service each year, helping youth and supporting community development projects. Training and educational opportunities for these volunteer leaders is critical to the success and expansion of the Oregon 4-H program.

Issues facing youth

Voluminous statistics substantiate the fact that our state and nation face a youth crisis. Major problems facing youth today include teen pregnancy, juvenile offenders, substance abuse, suicide, school retention, illiteracy, runaways, child abuse, nutrition education and lack of traditional family support for child care.

4-H Afterschool Baking

When: Tuesdays, after school
Where: 4-H Center (below Day Care)
Who: Any child six or older
Days: December 6

December 13
December 20

There is a class limit of 8.
Pre-register with the Warm Springs OSU Extension office by Monday, December 5.

Hardwood vs. softwood; floor insulation issues addressed

Q: I've heard that it's better to burn hardwood than softwood in a wood stove because hardwood has a higher heat content per unit volume than softwood. How do I tell hardwood from softwood? In the past, I burned madrone. Before I buy next winter's wood supply, can you tell me if madrone is hard or soft?

A: Hardwood refers to deciduous or broad-leaved trees. Softwood trees are coniferous or needle-bearing.

Madrone is a hardwood with high heat value. Most hardwoods are denser than softwoods, giving them a higher heat content per unit volume.

There are exceptions to this rule. Douglas fir is a softwood that is denser than alder, cottonwood, willow and many other hardwood species. Its heat content is higher as well.

It's easy to tell a hardwood from a softwood when the tree is alive. You simply look at the leaves. But unless you're an experienced woodsman, it's not so easy when you're buying cordwood.

So we recommend buying wood by the species as you are doing. The Oregon State University Extension

publication EC 1023, "Fuelwood Facts," rates species of wood according to heat content.

Q: While remodeling my home, I upgraded the wall and ceiling insulation and replaced the windows with insulated glass. That leaves the floor, which currently has no insulation. What's the best way to insulate the floor since it's not accessible from underneath the house and is eight inches above the ground?

A: We can see three options. Any of them will make the floor warmer than it is now, but the expense and time involved may take many years to recover in energy savings.

One option involves pulling up the floor, laying a vapor barrier over the ground below, then installing fiberglass or mineral wool batt insulation.

Install the insulation with the foil or paper side facing up, and support it from underneath with bracing, twine or wire mesh. If it's not supported, the insulation will sag away from the facing and fall on the ground.

That option assumes that the flooring can be reused. If it can't

be, then the following option may be a better bet. This involves excavating a crawl space and insulating the floor from below in the same fashion as described above. The crawl space also would provide access to plumbing under the house, which is more likely to freeze with an insulated floor.

A third option would involve building a new floor over the existing one. Glue and nail 1-by-3 or 2-by-2 wood strips (called sleepers) on the existing floor and place rigid foam board insulation of the same depth in between. Top this with plywood or other flooring material glued and nailed onto the sleepers.

This option is fairly simple and provides an opportunity to level your floor, but it will lower the room height a few inches and the foamboard insulation is expensive.

OSU Extension energy agents and specialists will answer energy questions of interest to readers. Send your questions to Energy Answers, OSU, Corvallis, OR 97331. Include your name, address and phone number. The OSU Extension Energy program is conducted in cooperation with the Oregon Department of Energy with funding from Bonneville Power Administration and the U.S. Department of Energy.

Frozen pipes, sweating homes: What should a person do?

Q: I've had problems with the pipes freezing in my crawl space, even though they are insulated. Is it safe to close off the vents to my crawl space to prevent it from getting so cold?

A: You can safely close vents in winter if you protect the crawl space from sources of moisture. Foundation vents allow moisture that may be in crawl spaces to

escape to the outside.

Cold winter air in our area doesn't hold much moisture, so there's little danger of moisture from the air condensing in the warmer crawl space. To prevent moisture migration from the ground, lay polyethylene plastic over the ground.

If you have underfloor insulation, a vapor barrier on the warm side of the underfloor insulation will pre-

vent moist air inside the house from migrating through the floor to the crawl space.

Check the crawl space periodically during the winter for signs of moisture. If you close foundation vents over the winter, be sure you remember to open them again in April to prevent structural dry rot.

People who live in warmer, wetter parts of the state would be wise not to close their vents. And on the south coast, for example, insulated water pipes probably will never freeze.

Q: The walls and windows on our mobile home "sweat." We have electric heat, two fans in the bathroom, a kitchen fan and we also keep some windows open for ventilation. The home sits close to the ground and has a skirt with vents and ground cover over part of the ground. What more can we do to stop the sweating?

A: We have two suggestions.
1. Reduce the sources of moisture. You're off to a good start with

the bathroom and kitchen fans. Remember to use them. The ground cover may need some attention. It should cover all the exposed soil, not just part. It should be 6-mil black plastic. Tape it up the skirting walls 12 inches and weight it down on the edges. Provide ventilation to the space with a minimum of two opposing vents equaling one square foot of free vent area for every 1,500 square feet of floor area.

2. Warm up the window and wall surfaces that have sweating problems. This will reduce sweating since condensation occurs when water vapor contacts cold surfaces in the room. Insulating the walls and adding storm windows is better than turning up the thermostat. You'll get the initial cost back in comfort and energy savings over time. An inexpensive way to warm the windows is to use tape-up interior storm window kits. They don't cost much but they're effective if installed well.

Runny nose and eyes may be caused by holiday tree

The holiday season is just around the corner and for some, this signals another bout with a runny nose and itchy eyes.

Just another holiday cold,

right? Actually, the sneezing and sniffing every Christmas may mean that you are allergic to your Christmas tree, according

to Dr. Timothy Sullivan, Dallas allergist.

Christmas trees that you buy off the lot are often covered with mold spores, which cause allergy symptoms in some people.

And if you get in the pioneer spirit and decide to hike into the woods and chop down your own tree, there is the possibility you may choose a mountain cedar-Juniper asheii or one of its relatives—that could pollinate right in your living room. Mountain cedar pollen is second only to ragweed as the most common cause of pollen induced allergies in much of the country.

If you suspect that you're allergic to mountain cedar, the trick is to find a female tree. You're safe if you tree has blue

juniper berries.

Male trees have a pollen-producing apparatus that turns from green to brown as the pollen matures. During the time of pollen release, the male trees take on a brown hue.

For use as a Christmas tree, people are usually attracted to the female mountain cedar, which is often greener than the pollinating male. However, it's possible to cut down a male tree while it is green and have a tree that is primed to pollinate in your house.

If your runny nose seems to occur during the holiday season, try an artificial tree this year. You may have a healthier, if not merrier, Christmas.

How to treat dry skin

In the winter it's not just the wind and cold air that parch your skin—dry indoor heat is as much a culprit, robbing your skin of much needed moisture. For it is the water in the skin that keeps it smooth and flexible. Skin cells need moisture; when they lose too much water, the skin becomes brittle and flakes.

Hand creams, moisturizing lotions and lip balms are good for small areas of dryness. By providing a film of oil on the surface of the skin that halts the evaporation of water, such emollients soothe or sometimes prevent dry skin.

If the entire body is dry, try

using bath oil. Soaking in warm water adds moisture to your skin and the oil helps keep it there. It's not necessary to buy expensive bath oils.

According to Dr. Ernst Epstein, author of **Common Skin Disorders**, bath soap can increase dryness by removing both oil and water from the skin. You can minimize this problem by limiting bathing (10 to 15 minutes once a day) and by diluting the soap with water, rather than lathering it directly on your skin. After a bath or shower, spread on baby or body oil or moisturizer while the body is still slightly damp.

Sneezing is beneficial

Gotta sneeze? Don't stifle it. Sneezing is the body's natural defense against the presence of an irritant (dust, smoke, pollen, viral particles), in the nose.

Obstructing a sneeze prevents the ejection of infectious agents and debris. Besides, if you hold your nose or your breath when

you sneeze, you build up pressure in the nasal cavity, pushing mucus into the Eustachian tube. And that can lead to ear infection.

So, the next time you feel that familiar tickling, grab a hanky and blow!

Watch what you burn in stove

Woodstoves are a great way to heat homes and foster a cozy family relationship. But they are a risky way to dispose of holiday gift wrap and Christmas trees. Christmas trees make poor firewood because they produce wild sparks. By burning gift wrap and trees in the woodstove, you can overheat the stove. This can cause accidents and fires. Get rid of trees and gift wrap another way.

If you use man-made logs, put them on a grate and burn only one of them at a time. Don't poke them apart. They contain

wax and coloring agents and thus make a dirtier fire that will clog your chimney faster, possibly contributing to chimney fires. Colored papers of plastic produce harmful fumes. In addition, the metallic components of some gift wrapping paper can damage catalytic woodstoves.

The safe rule is to burn small, hot fires using well-seasoned wood that has been stored and dried for at least six months. Keep combustible material at least three feet away from the stove unless approved heat shields are in place. Combustible materials include such things as firewood, furniture, newspapers and the paper facing on drywall, as well as your Christmas tree and used gift wrap.

If you heat with wood or enjoy a crackling fire in the fireplace it makes sense to give your chimney an annual checkup, and to take steps to keep fumes from entering the room along with the cozy glow.

Creosote, a black tarlike substance, can build up in a chimney and catch fire there. This can crack the chimney or set fire to the house. If you've just moved in, have the chimney checked and cleaned before you use it. In expert hands, it should be a quick, clean, relatively inexpensive procedure. If you use your fireplace often, have the chimney inspected annually and, if necessary, cleaned.

BEWARE!

Always drive safely and defensively. On weekends, holidays and at night be especially watchful for drinking drivers on the road. To help protect yourself, here are some signs to look for:

- Frequent change in speed**
- Erratic braking**
- Lane straddling**
- Weaving**
- Driving 10 mph below the legal limit**
- Tailgating**
- Inconsistent signaling**
- Slow response**
- Abrupt, illegal turning**
- Unnecessarily wide turning**

And remember, wearing lap and shoulder belts in the car doubles your chances of coming through an accident alive.

Christmas safety detailed

The joy of Christmas can be marred by unhappy accidents. To avoid mishaps, consider these safety reminders.

□ Dry Christmas trees are a fire hazard, so be sure your tree is fresh and moist.

□ Artificial trees can lose their resistance to fire after a while. Be sure to check the label to determine how long a tree can be kept safely.

□ Christmas plants are beautiful, but some are poisonous, especially mistletoe, holly berries and poinsettia plants. If you suspect someone has ingested one of these, take him or her to the emergency room immediately.

□ Use indoor and outdoor lights only where designated on their package labels. Indoor

lights are not waterproof and, if used outside, could short and start a fire. Outdoor lights generate too much heat to be used inside.

□ Inspect tree lights for cracked or loose sockets, exposed wires and frayed, broken or scorched insulation.

□ Don't overload home circuits with too many plugs.

□ Keep tinsel and artificial snow away from small children. A child may choke on tinsel and artificial snow rubbed in eyes can cause long-term damage.

□ Hang your stockings with care, preferably a safe distance from the fireplace.

□ Keep lit candles, sharp, shiny ornaments and toys with small parts or sharp corners away from small fingers.

Jump car with care

As the weather grows colder, a set of jumper cables becomes standard equipment in the trunk of most cars. Jump-starting the car—using booster cables to siphon an electrical current from a working battery to a dead one—is part of the winter routine, and most people don't think twice before they connect cables

to their battery. But each year 25,000 people injure their eyes while jump-starting their cars.

The electrical current created when you recharge the battery produces hydrogen gas—a highly explosive and easily ignited substance. Even though the battery may be sealed, gases can escape through its vents. If an explosion occurs, the sulfuric acid contained in the battery could splash all over you, burning you badly.

Improperly jump-starting your car could be disastrous—you could injure yourself or damage your car. To jump-start safely, follow these rules from the National Society to Prevent Blindness.

1. Make sure both batteries have the same voltage. Most cars have 12-volt batteries, but consult your owner's manual.

2. Keep flames and cigarettes away from the battery.

3. Connect the cables before starting either car.

4. First connect positive post to positive post, then connect the negative post of the good battery to the engine block of the stalled car, not to its negative post. Choose a spot on the engine block as far away from the battery as possible; that way you have less chance of igniting the escaping gas.

5. Don't lean over the engine during jump-starting.

6. For added protection, wear goggles or safety glasses.

To get a sticker for your glove compartment illustrating the correct way to jump-start a car, send \$25 and a self-addressed stamped envelope to: The National Society to Prevent Blindness, 79 Madison Avenue, New York, NY 10016.

Fitness resolve:

Routine should meet needs

Our holiday wish for you is that you stay healthy and fit throughout 1989 and for years and years to come.

For a fitness program that will work for you the rest of your life, it helps to start with an exercise program that suits your current level of fitness. A walk around the block can be the commencement of a new lifestyle that puts you in control of your health and well-being.

Getting started is the most difficult part of accomplishing your New Year's Resolution. But once you've made that first walk around the block, you need to do it again the next day, and the next—each day trying to do a little more. If you miss a day or two, don't give up. Resolve to get going again right away.

Sticking with it is hard for everyone, but exercise should be as much a part of your routine as brushing your teeth. And you know how bad you feel when you forget to brush your teeth!