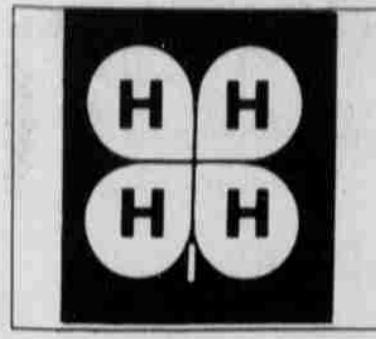


4-H philosophy, motto, pledge explained



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 Luce 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 fun-draisers for trips."

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

Community meeting set for Dec. 5

A community meeting is scheduled for Monday, December 5 beginning at 7 p.m. at the Agency Longhouse

Meeting is sponsored by the ASCS of Wasco and Jefferson Counties; Range, Agriculture and Irrigation Committee, Range & Ag Office and OSU Extension. Highlight will be discussion of agriculture cost share programs.

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.

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