Don't forget to nurture your daughter's talents

When boys are especially bright and do well in school, they usually get encouragement to go on to successful careers. Similarly, when they show special promise in non-academic skills, like athletics or electronics, the adults around them often wonder if this will lead to an adult career.

In the past this has not been so true for girls. While this is changing today, many gifted girls are still not receiving the encouragement they need to make full use of their intellectual talents. This is a loss to them and their families, and a loss to our whole country; we should use their talents.

Natural abilities are just as common in girls as in boys. Many parents, however, are less likely to encourge the skills or intellectual talents of their daughters. The girls themselves are also less likely than boys to express and nurture their own intellectual skills. Girls often hide their abilities, to avoid appearing socially different. In sum, many girls have somehow learned that competenence or intellectual recognition are for boys and not for girls.

When girls are placed in special classes for gifted children, some researchers have found that the classes do not help the girls' achievement test scores very much. But the girls in these classes develop much higher career aspirations. For example, they are much more likely to want to become a medical researcher or doctor, ranther than a nurse. Children with higher aspirations—with lofty goals for themselves—are are more likely to work hard and attain success.

Parents play a crucial role in developing the special talents of their children, especially in the case of daughters. Two general pieces of advice can be offered. First, fight against stereotypes and attitudes that limit women's potential. For example, point out your disapproval of incompetent "dumb blond" stereotypes on television and your admiration for truly competent women.

Second, find opportunities for your daughter to develop her abilities. If she has a special interest, find a program or lesson to develop that interest. This is a common family characteristic of both girls and boys who go on to national recognition in science, music and sports: their parents recognized their interest and talent in a specific area when they were about eight to 12 years old and managed to find special tutoring or other opportunities for them.

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

Bull selection important to cow/calf producers

Selecting a bull is one of the most important decisions a cow-calf producer makes. If properly done, bulls will account for nearly 90 percent of the genetic improvement in a herd. In herds that save their own replacement heifers, 87.5 percent of a heifer's genetic makeup is from the last three bulls used in her pedigree.

Sire selection on performance is more accurate today than ever. Most breed associations have developed programs to use records on a calf's relations, in addition to its own, to calculate estimated breeding values (EBVs). The traits listed in different breed association sire summaries vary slightly. The sire summaries will include traits that are important for the cow-calf producer. Birth, weaning and yearling weights are included in most sire summaries. Most include an evaluation of the sire's daughter's calving ease and/or ability to wean heavy calves (referred to as maternal breeding value for weaning weight.) As complicated as this sounds, it is easy for a cow-calf producer to understand and use sire summaries.

Expected progeny difference (EPD) is the difference in performance to be expected from future calves of a bull, compared with that expected from calves of the average bull in the same test. EPDs are reported as a plus or minus value in the unit in which the trait is measured. An example would be an EPD for yearling weight of 70-plus pounds indicates that calves from this bull should average 70 pounds more at 365 days than calves of an average bull.

All bulls listed in a breed association sire summary can be directly compared using EPD values. EPDs are an estimate of how a bull's calves are expected to perform compared to any other bull listed in the same summary.

An accuracy (ACC) figure will usually be listed for each EPD. Accuracy is a measure of how much the EPD value might change as more calves from the bull are evaluated. Bulls with more calves have higher ACC figures.

Maternal breed value (MBV) is the third figure that a cow-calf producer should understand. Bulls do not wean calves, but their daughters do. These daughters become replacement heifers and producers are interested in how a bull's daughters will perform. The MBV describes how a bull's daughters are expected to produce compared to other cows in the herd. Estimates of MBVs come from pedigree analysis and not sire evaluation. Therefore, MBVs are not directly comparable between bulls as EPD values are.

Producers who rely on natural service can use sire summaries to select bulls that are sons and/or grandsons of outstanding bulls in a breed summary. A bull gets one-half of his genetic makeup from his sire, and sons of bulls with superior EPDs are more likely to have superior EPDs for the same trait.

Accurate sire selection is important to the cow-calf producer. The results of using a good bull or a poor bull will be evident for several years. Using sire summaries can take much of the guess work out of bull selection.

For further information contact the Warm Springs Extension Office.

How to be an effective telephone liaison

As the primary "phone answerer" in your office, many techniques can be used when handling incoming calls.

1. When you answer the phone, identify your organization and yourself, using your first and last name.

2. If the person the caller wants is not available, find ways to project your willingness to help the caller. Ask if there is anything you can do or if someone else can be of help. Offer to have someone call back. Volunteer to obtain information. Speak with confidence so that the caller will feel that the situation is in good hands. Questions like "How long will you be in your office?" "Will you be available tomorrow morning?" and "Are you in the 302 area code?" show that you are listening actively.

3. If a call is received at a truly impossible moment (you have just spilled a cup of hot coffee in your lap), say "We've just had a little problem here. Please leave your number and I will call you right back."

4. Do not offer more information than is really helpful. The fact that Mr. Brown has left the office to visit his mother at the hospital is probably not relevant to the needs of a business caller.

5. Record the name of the caller, time of the call, telephone number and the message. Repeat this information to the caller for confirmation. Date and sign telephone messages so that the receiver can come back to you for additional information about the call.

6. If you need information from the caller, use the skills of a newspaper reporter: ask questions that begin with who, what, when, where and how. You will obtain more informationn by asking these open-ended questions than by asking questions that can be answered with a simple yes or no.

7. Try not to leave a caller on hold for more than one minute without reutrning to check whether he wants to continue waiting.

8. Establish back-up procedures for answering phones so that no phone is ever allowed to ring more than three times before being answered. If you have call-forwarding on your phone, use it whenever you leave your desk. If you can't forward calls, let your back-up know where you may be reached or when you will return.

Test your sugar knowledge

Approximately one-fourth of Americans' total calories come from sugars each day. That's about 150 pounds of sugar each year for each American. Many of these sugars are hidden in foods. People are often unaware of how much sugar many processed and convenience foods contain. To check your knowledge, match the food with the correct percentage of sugar. (Note: Percentages are rounded)

Product	% of calories from sugar
___ Frosted Flakes	5%
___ Grapenuts	10%
___ Tomato Ketchup	10%
___ Jell-O gelatin	30-50%
___ Ritz Crackers	50%
___ Shake 'n Bake	50%
___ Skippy Peanutbutter	65%
___ Yogurt	85%

Are more windows better in solar homes?

Q.: In a solar home, would you agree that the more windows, the better?

A.: No. A solar home should include no more windows than it really needs for solar gain and to meet the code requirements. (Oregon Code requires some windows to open for ventilation and as an emergency exit.)

The reason to limit the number of windows in a solar home is because walls are much better insulators than are windows. A good window, with an R-value of 3.3, may cost as much as $20 per square foot. A well-insulated wall with an R-value of 19 will cost $2.50 per square foot.

The designer should be sure to place windows where they will avoid serious overheating in the summer.

The number and placement of windows is critical to the success of a solar home and a well-designed solar home can provide more than the minimum 10 percent of heating needs that is required to receive the state solar tax credit.

"Cherish the child and the adult will know love."

Maintenance necessary for car performance, appearance

To keep your car running and looking as it should follow these important maintenance tips.

Every week—

Check tires, including spare, for recommended pressures
Check windshield-washer fluid
Check coolant level
Check brake-fluid level
Check engine-oil level
Check all belts for proper tension

Every month—

Check tires. If they show uneven wear, have alignment checked. Examine all hoses for flexibility, replace as needed. Check the battery fluid level. On modern carefree types check the indicator on the battery.

Every six months—

Check transmission-fluid level
Rotate all *five* tires
Arrange for a dealer tune-up
Have car waxed
Have coolant checked and replace antifreeze

Every year—

Replace windshield-wiper blades
Replace engine air filter
Examine condition of transmission fluid
Remember: Change engine oil at least every 3,000 miles

Every two years—

Have entire cooling system flushed and refilled
Have transmission flushed and refilled.

Priority alerts—

1. Wash your car whenever it needs it, winter or summer. In snow, have it washed at least weekly, making sure it's thoroughly rinsed off underneath.

2. Watch for spots forming under the car after it's been standing overnight. A well-maintained, well-serviced car should have *no* persistent leaks. They're a sign of sloppy service, or trouble to come, or both. You can generally recognize leaking coolant by its color. But unless you're quite experienced, it's hard to distinguish between engine oil, transmission fluid and brake fluid. Whichever it is, the dealer is the one to do the repairs anyway, so have him look at it.

3. If you notice smoke coming out of your exhaust pipe, do something! Blue smoke indicates that your car is burning oil. Find out why. Black smoke means that the fuel-and-air mixture is too rich. Check it out. White smoke (usually steam) may signal real trouble—a cylinder-head gasket has ruptured or something worse may have happened. Take your car to a dealer immediately.

4. When your tires wear out, replace them with the most expensive set of radials you can afford. You car's handling, traction, ride and braking power are too important to compromise for the sake of a few dollars. And you may discover that your car rides, handles and stops better than it ever did before.

Convention set for April 21, 22

This year's Small Woodland Convention will be a joint meeting between the Oregon Small Woodland Association and the Washington Farm Forest Association, April 21 and 22 at the Red Lion at the Quay in Vancouver, Washington.

This year's theme is "Creative Woodland Management: Strategies for the 1990s." Some of the topics that will be addressed at the convention include presentations on timber supplies in the Pacific Northwest, forest protection problems, encouraging and enhancing wildlife and financial and estate planning.

There will also be an exhibit, "Tropical Rainforests—A Disappearing Treasure," at the World Forestry Center in Portland. On Saturday, April 22, there will be field trips scheduled to give everyone an opportunity to see how other tree farmers are managing their woodlands. Specific stops on the tour will include a look at a cedar plantation, municiple sludge application on forest lands, hardwood management and a bald eagle's nest and waterfowl management area.

If you've never been to a Small Woodland Convention, then this is a program you won't want to miss. This year's program promises to be educational and a lot of fun too. Contact the OSU Extension office if you are interested in attending.

What's new? Elastic fabric!

Darlington Fabric Corp. has introduced a new type of elastic fabric for activewear markets. Darlexx, as it is called, is said to be both waterproof and breathable, with unique omnidirection stretch properties.

The new fabric will be aimed at performance sportswear markets rather than fashion sportswear markets. Its low drag coefficient makes it a natural for speed-related sports such as cycling, running, swimming, surfing, hiking, skiing, walking, hunting and boating.

In addtion to targeting Darlexx at performance sportswear markets, the company is also eyeing the intimate apparel market.

Exercise helps

Running isn't the only sport that lifts depression. Weight lifting can be just as effective, find researchers at the University of Rochester Medical Center in New York.

In a study of 40 depressed women divided into three groups, one group ran, one group lifted weights and one group remained sedentary. The two active groups exercised for 30 minutes, three times a week and both groups reported a definite "lifting of the blues." Researchers concluded that it was not just fitness that lifted spirits as much as doing something to help oneself.

Counselors needed

Tenth, eleventh and twelfth graders are needed as counselors at this year's Challenge Camp. Sign up now at the Extension office.

4-H requirements noted

To be a 4-H member in Oregon, one must:

1. Be enrolled in the fourth grade and have not completed the 12th.
2. Enroll for one or more 4-H projects.
3. Have such enrollment recorded with the county Extension Office.

For the purposes of planning, developing and providing meaningful educational experiences, certain divisions have been established. These are:

Junior—4th, 5th and 6th grades
Intermediate—7th, 8th and 9th grades
Senior—10th, 11th and 12th grades.

The 4-H year starts with the organization of clubs, usually in the fall around October, and continues through the following September. You must enroll before July 1 to be included in the previous year's 4-H program. Some 4-H events and activities require earlier enrollment.

4-H is "learning by doing." You learn by doing your own work, with assistance from your leader, your parents and fellow 4-H members.

4-H is open to all without regard to race, color, sex, national origin, geographic location or handicap.

4-H COOKING CLUB
4 to 6 p.m. Mondays
at the 4-H Room
COST: $2.00

Nutrition tips offered

Try these ideas and you'll be pleasantly surprised!

Ground meat can be calcium-enriched by adding 1/3 cup of dry nonfat dry milk to every pound of meat. Mix the dry milk and your seasonings thoroughly throughout the meat. This will make the meat more moist without your having to add any fat!

** ** **

Mashed potatoes, anyone? Increase their calcium content by adding two tablespoons of dry nonfat dry milk to every cup of potatoes.

Answer to sugar quiz

Product and % of calories from sugar
50% — Frosted Flakes
5% — Grapenuts
65% — Tomato Ketchup
85% — Jell-O gelatin
10% — Ritz Crackers
50% — Shake 'n Bake
10% — Skippy Peanutbutter
30 - 50% — Yogurt

Treat your tummy to something yummy!

Shepherd's Turkey Pie

2 cups cubed cooked turkey
1 cup cooked green beans
10½-ounce can condensed cream of mushroom soup
½ tsp. basil leaves
¼ cup milk
2 cups mashed potatoes
½ cup sour creeam
1 Tbsp. minced chives

Heat oven to 400 degrees. Combine turkey, green beans, soups, basil and milk in a 1½-quart casserole. Stir together potatoes, sour cream and chives. Spoon on top of turkey mixture. Bake 25 to 30 minutes until hot and potatoes are golden brown.
Yield: 4 to 5 servings

Turkey A La Orange

2¾ to 3½ pounds boneless turkey or boneless turkey breast, thawed
10½-ounce can consomme
1 cup orange juice
½ cup red currant jelly
¼ cup sliced green onions
½ tsp. salt
¼ tsp. ginger

Heat oven to 325 degrees. Place turkey in 11"x17"x2" baking dish. Combine remaining ingredients in saucepan. Simmer five minutes. Pour over turkey. Roast turkey 2½ to 3 hours or until temperature in center of roast reaches 175 degrees. Baste with sauce every 30 minutes during roasting. Cover with foil, let stand 10 minutes. Remove netting. Slice and serve with remaining sauce.
Yield: 8 to 10 servings

Marinated Shrimp

3 cups water
1 pound fresh medium shrimp, uncooked
1 medium onion, finely chopped
¼ cup plus 2 Tbsp. reduced-calorie Italian salad dressing
3 Tbsp. lemon juice
¼ tsp. pepper
¼ tsp. hot sauce

Bring water to a boil; add shrimp and cook three minutes. Drain well, and chill. Peel and devein shrimp, set aside.

Combine remaining ingredients in a large bowl; mix well. Add shrimp to marinade, tossing gently. Cover and refrigerate eight hours or overnight, stirring occasionally.

Remove shrimp from marinade; transfer to a serving bowl and serve with cocktail picks.
Yield: 60 appetizers. Serving size: 1 shrimp (7 calories each)

Herb Cheese Dip

1 8-ounce pkg. Neufchatel cheese, softened
2/3 cup low-fat cottage cheese
1 Tbsp. finely chopped fresh parsley
1 clove garlic, minced
2 tsp skim milk
1 tsp. red wine vinegar
½ tsp. Worcestershire sauce
⅛ tsp. dried whole thyme
⅛ tsp. dried whole basil
⅛ tsp. ground savory

Combine all ingredients in a small bowl; beat at medium speed of an electric mixer until fluffy. Cover and chill thoroughly. Transfer to a serving bowl; serve with melba toast rounds or unsalted crackers.
Yield: 1¾ cups. Serving size: 1 tablespoon (27 calories per serving).

Chunky Fruit Dip

1 cup low-fat cottage cheese
½ (8-ounce) package Neufchatel cheese, softened
2 Tbsp. skim milk
½ cup finely chopped apple
2 tsp. lemon juice
¼ cup golden raisins, chopped
½ tsp. grated orange rind

Position knife blade in food processor bowl, add first three ingredients and process until smooth. Set aside.

Combine apple and lemon juice in a medium bowl, tossing gently. Add cheese mixture and remaining ingredients to apple mixture, stir well. Cover and chill thoroughly.

Serve chilled mixture as a dip with fresh fruit.
Yield: 2 cups. Serving size: 1 tablespoon (21 calories per serving).

DON'T FORGET OSU SUMMER WEEK!