

Four reasons why teenagers drop-out

There are four main reasons why teens drop out, says Donna Lovette, a founder of Detroit's Twelve Together programs:

1. Lack of a support system. Many teens grow up in families that don't value education highly, Lovette says. In addition, teens may face other family problems, including a drug or alcohol abusing parent, even a simple lack of discipline or parental support. These teens don't get the encouragement they need to stay in school. The answer—finding a substitute support system. "Nothing works like love, care, and real help," Lovette says.

2. Troubles in school. High school dropouts often develop learning problems as early as first grade, says Gay Pinnell, a language professor at Ohio State University in Columbus, Ohio. For these students, going to school may become linked with personal failure. Schools often seem so impersonal, and teachers are often so overburdened that students don't get the educational and personal support they need.

3. Serious personal problems. Teens who are overwhelmed by serious problems often feel they don't have anywhere to turn. They also may feel unneeded. Twelve Together and other programs show

What do you do— When someone you care about uses drugs

of the roles they play, says Elizabeth Ryan, author of Straight Talk About Drugs and Alcohol. (One family member may play several roles at the same time.) Three of the main roles include:

1. **The enabler:** The one who comes to the abuser's rescue—for example, by lending needed money. The enabler's actions help the abuse continue, and cause the abuser to believe that someone will always come to the rescue.

2. **The victim:** This person gets work done for the abuser. He or she may stay up late doing the abuser's homework, for example.

3. **The provoker:** Someone who is hurt by the abuser, but who takes revenge through anger and resentment. The abuser may use the provoker's actions as an excuse to abuse drugs or alcohol.

4. **Be aware of your feelings—and how they can help or hurt you.** The substance user has two main weapons—"the power to make you angry, and the power to make you anxious," Ryan says. He or she knows the abuse may upset you. He or she may even get drunk or high to make you upset. Of course you may feel angry, frustrated, and hurt. But try to be understanding without becoming too deeply involved in the abuser's problems.

5. **Change your behavior—you can't change the abuser's.** Don't take part in the other person's pattern of abuse, says Ryan. "Take yourself out to the way when you don't like

teens that they are needed, and that they can make a difference in their own and in others' lives.

6. **Real-world conflicts.** Negative peer pressure, drugs, economic and racial problems, lack of jobs and

money—these problems can make success in high school difficult. Says Lovette, "That's even more reason to look for a caring support group."

the behavior," she says. Don't hide alcohol or drugs from the abuser, clean up the abuser's mess, make excuses, or cover up the abuser's mistakes. You are only helping the abuse continue. Keep your own life as full as possible.

7. **Try to talk to the person, but realize it may not work.** If you talk calmly and without anger, you may possibly reach the abuser. But remember, many abusers have problems that make it almost impossible to stop drug abuse without outside help. You may need to find a support group for yourself in order to deal with your own frustrations.

8. **Be aware of available kinds of help—for both yourself and the abuser.** Organizations such as Al-Anon and Alateen are self-help support groups for family members or friends of substance abusers. Children of Alcoholics (COA) meetings are also available in most areas. If your community doesn't have a program, try a mental health center or a hospital to find the help you need.

9. **Don't blame the abuser for all your problems.** Many people think that if the abuser quits, their own problems will end, too. That's not true, you may have problems that have nothing to do with the abuser. "You owe it to yourself to seek solution to your difficulties whether or not the abuser stops," Ryan says.



Information Provided By:

OSU Warm Springs Extension
1134 Paiute Street
PO Box 430
Warm Springs, OR 97761
(503) 553-3238/3239

Back affected by sports

Sports can be excellent conditioners for the back. Swimming, cycling and walking are highly recommended for building back strength and relieving minor back strain.

But those sports that involve lifting, twisting, jumping and back arching—such as golf, racquet

sports, bowling, basketball and baseball—can be risky, especially if you have weak back muscles.

To minimize your chances of injury play regularly to stay fit, follow good form (as in golf and tennis), always warm up, and respect your physical limitations.

Thinning gives room to grow

Thinning the garden—pulling and discarding some seedlings to provide growing space for others—is a key early season chore.

Many gardeners plant too much seed and then become so proud of how their garden is doing that they don't thin enough.

Failure to give plants adequate growing room in the row can result in stunted, poorly developed vegetables, or no vegetables at all. Most seed packets indicate the proper spacing between plants and the instructions should be followed closely.

Onions, carrots and beets need space to grow both above and beneath the ground surface. The

leaves of these plants are essential for gathering the sunlight the plant needs to manufacture carbohydrates that are stored in the edible root or bulb.

Training set

Camp Counselor Training, July 13, 14 and 15, 1990 at Trout Lake for 10th, 11th and 12th graders. For more information contact: Arlene or Tina at the OSU Extension office, 553-3238. Sign up Now!!

Soap cleans out insects

Sometimes, the old remedies work out best. A case in point is soap, or more specifically, insecticidal soap.

Various kinds of soaps have been used for insect control since the early 1800s.

Soaps are now available that are specifically formulated for use on plants to control insects.

One of these soaps generally available in the Northwest is a product called Safer Insecticidal Soap. It may be purchased at nursery or garden supply stores.

Insecticidal soaps are effective on scale insects, aphids, mealy bugs, and other soft-bodied insects. The soap solution not only washes insects off plants, but also has toxic properties that kill the insects through contact.

Soaps used for pest insect control are not as dangerous to handle as pesticides, but care should still be taken in applying soap applications. High concentrations or frequent applications of soap sprays may cause plant damage to some varieties of plants.

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

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

If moving the mower from one surface to another, leaving the mower unattended, or if the mower become clogged, turn the mower engine off. Also, 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 riding mower, mow steep slopes up and down.

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

Try to avoid mowing steep slopes.

Keep loose gravel from nearby areas off the lawn and keep all surfaces level that the mower will pass over.

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

Note: Ask your electric utility if they offer a cash rebate when you buy a high efficiency air conditioner. Many do. Your rebate could be hundreds of dollars.

Laughing can be fun

Laughing at someone
This humor comes from contempt and insensitivity. It destroys confidence through put-downs. It excludes some people from the fun. A person may not choose to be made fun of. Laughing at someone reinforces stereotypes because the joke makes fun of a particular group's race, sex, age, etc.

Laughing with someone
This humor comes from caring and empathy. It builds confidence. Everybody's involved in the fun. Someone chooses to become the focus of a joke, and encourages others to laugh with him or her. Laughing with someone pokes fun at shortcomings that we all have as human beings.

The Children's Rights document

Traditionally, tribal leaders carried a heavy burden of responsibility. It was their job to insure the well-being of all the members of the tribe. Careful attention was given to the needs of children and their families. This careful stewardship helped communities set and maintain rules by which all tribal members lived.

Today, most tribes elect leaders whose primary responsibility is to protect and safeguard the welfare of tribal members and who will take an official stance against child abuse and neglect. But it cannot be left solely up to elected officials to combat the problem. As in the past, every member of a tribe must play a role in protecting and nurturing children.

Through united efforts, community members can encourage tribal officials to take a more active role in preventing child abuse and neglect. A community committee might bring a draft resolution before tribal officials than, when passed, would set a standard for the tribe on the rights of its children. Following is some language that might be used in the form of a Children's Rights document.

- (Name of tribe) children have the right to be free from suffering physical injury, inflicted upon them by other than accidental means, which causes or creates substantial risk or death, disfigurement, or impairment of bodily functions.
- (Name of tribe) children have the right to be free from sexual abuse, the right to say no to an abuser, and to tell a trusted adult about any sexual abuse they have been or may be subjected to.
- (Name of tribe) children have the right to be free from emotional abuse or neglect inflicted upon them by an adult that may cause severe emotional scarring resulting in low self-esteem, inadequate coping skills, emotional immaturity caused by constant negative criticism, or withholding of emotional support.
- (name of tribe) children have the right to be free from punishment, ridicule, or criticism for expressing through speech, custom, or dress their Indian or tribal heritage.
- (Name of tribe) children have the right to be secure in their person and to have the welfare, protection, and care of their needs provided for

Control home clutter

Everyone's suffering from clutter control. According to America's number one cleaning expert, Don Aslett, "clutter began with our uncontrollable desire to have more, better, bigger—even if it isn't good for us, even if we really don't want it, need it or have a place for it. Enough is never enough."

If your home seems cluttered; if it takes too much time to clean and arrange your stuff; if it is hard to find things when you need them, then it is time for clutter control.

Find a spot

Clutter control begins with organization, not more storage space. Select a target spot to de-clutter. Find a spot that needs help—a closet, room, bookcase, chest of drawers, or even the junk drawer—and determine the best use for this space. A good principle to follow is to store things near the point of first use. For example, a closet between the kitchen and dining room probably isn't the best place for luggage, sports equipment, and old photo albums. But is a convenient spot for occasionally used kitchen appliances, large serving pieces, and table linens.

Schedule a time

Set a sorting date. Make an appointment on your calendar (1-2 hours long) to tackle the clutter problem. Set a timer for fifteen minutes less than the total time for the appointment. (These last 15 minutes will be used for straightening up.) Consider this to be your appointment time to concentrate on the clutter. Unplug the phone and try not to answer the door. Then when your time is up, quit! You'll be pleased with the immediate progress you can see in just this short amount of time.

Sort items

Use four categories. Get four boxes, sacks, or plastic bags. Label them **Toss, give away, relocate** (in other rooms), and **stay** (in the closet). Start at one spot—a closet shelf, for example. Systematically remove one item at a time, deciding in which of the four categories it belongs. Continue in that spot until you see bottom, then move to the next area, continuing until you see bottom again. When the timer goes off, stop to distribute the contents of the four boxes to their appropriate locations. **Toss** items go in the trash. **Give away** items can be placed in the car so you'll remember to haul them to the church rummage sale, charity drop box, or a friend's home. Items designated **relocate** should be distributed to appropriate rooms. (But don't get side-tracked sorting these areas; that's for another day.) **Stay** items should be put back in the closet.

Using this system, you'll be able to see progress at the end of two hours. If the closet hasn't been

completely emptied, set another appointment soon to continue sorting.

Make a search

Collect missing items. Many articles that belong in the closet you've just sorted are probably hiding in other closets or forgotten in some corner of the house. Conduct a treasure hunt to find the items that belong in the target area. The search should be limited to what you can see or easily reach; don't search for buried items. Start with the freshly de-cluttered closet and work systematically from room to room until you've covered all areas in the house.

Safety, care needed in lawnmower operation

The average homeowner's lawn mower, operated carelessly, is a very dangerous machine.

Small lawn mowers and the larger four-wheel mowers require careful handling or injuries to the operator or bystander may result.

Treat tractor lawn mowers with the same respect you'd show any four-wheel vehicle such as a car or truck. The following checklist for safer operation of both small and tractor lawn mowers will help:

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

*Check the mower blade for dull ness, nicks and imbalance.

*Be sure to service the mower regularly according to instructions in the owners manual.

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

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

*Clear the lawn area of children and pets, do not allow children to operate the mower.

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

*If moving the mower from one surface to another, leaving the mower unattended, or if the mower become clogged, turn the mower engine off. Also, 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 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.

*Try to avoid mowing steep slopes.

*Keep loose gravel from nearby areas off the lawn and keep all surfaces level that the mower will pass over.

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

Challenge camp set

The Warm Springs 4-H Program will be holding a 4-H Challenge Camp for the 6th, 7th and 8th graders on August 12-16.

The camp will be located at the High Lakes secondary campground. It is designed to mentally and physically challenge junior high students through hiking, education-

al classes, evening programs, games, swimming and self-esteem concepts. Local resource persons will assist with the camp activities.

For more information contact Arlene Boileau or Tina Aguilar at the Warm Springs Extension Office, 553-3238.

Extra size patterns available

Amy Leigh Fashions, Inc., is a pattern company specializing in extra-size fit for young girls. The company was formed after Mrs. Whitely could not find appropriate

apparel for her daughter, Amy Leigh. Sizes range from 7½ to 18½. To receive a catalog of Amy Leigh Fashions send \$1.00 to: Amy Leigh Fashions, Inc., P.O. Box 192, Cisco, TX 76437.

Weeds ruin landscape look

Out-of-control weeds can ruin the appearance of an otherwise well kept landscape.

The easiest way to control weeds is to remove them by hand or by hoeing and raking. However, where weeds are widespread and well established, some chemical weed control may be needed.

Chemical weed control is a lot easier if you identify the weeds before starting the control program.

Weed control chemicals, or herbicides, must be applied at the right time for best results. Contact the local office of the OSU Extension Service for help in identifying the weeds if needed.

Some weeds that can cause a problem in the home landscape are field bindweed (morning glory), Canada thistle, quackgrass and blackberries. The herbicide glyphosate is recommended for all of these weeds.

However, many desirable plants are also susceptible to glyphosate so be careful when applying it. During warm weather, do not apply glyphosate near desirable plants.

Painting or daubing the leaves of weeds with the herbicide is an effective treatment in areas where spraying is not possible or practical. Repeated treatments may be required for control of field bindweed, quackgrass or blackberries.

To insure that desirable plants are not killed and that the most effective weed control is achieved, follow all herbicide label recommendations for rate, timing and mixture of all applications.

Cherries provide treat

And speaking of ripe, the cherries are ripe and the raspberries and strawberries are in full swing now. Here's a good-sounding recipe for those fresh cherries.

Cherry concentrate

- 1/2 cup sugar
 - 1 quart halved cherries
- In a saucepan stir sugar into cherries. Let stand 15 minutes. Bring to a boil. Reduce heat to medium and cook cherries, stirring frequently. When cherries start to thicken and most of the liquid is gone, stir constantly. (The concen-

Salad uses macroni

- 1 (7 ounce) can tuna
 - 1 cup pitted ripe olives
 - 2 cloves garlic, minced
- Peel broccoli stems; slice diagonally ½-inch thick. Steam stems and florets until crisp-tender. Drain and cool under cold water. Cook shells in boiling water until barely tender and drain. Break egg into blender, slowly adding oil while blender is running. Add anchovies, garlic and lemon juice. Blend until smooth. Toss with warm shells and remaining ingredients. Serve at room temperature in lettuce-lined bowl. Makes 4-6 servings.

Jefferson County Fair
July 25-29, 1990