

## Helpful advice offered to 4-H leaders

**Do's**  
 -Do regard a 4-Her's art as a record of his personality.  
 -Do realize that during the time the 4-Her works, he acquired important experiences for his growth.  
 -Do make the 4-Her sensitive in his relationship to his environment.  
 -Do appreciate it if the 4-Her has succeeded in expressing his experience.  
 -Do realize that wrong proportions most often express an experience. So learn that your 4-Her's feelings toward his art is different from yours.  
 -Do appreciate 4-Her's art on its own merit.  
 -Do provide your 4-Her with some

space where he can work.  
 -Do encourage your 4-Her to respect one another's expression.  
 -Do encourage the type of competition which grows out of the 4-Her's urge to express himself. If you work with your 4-Her creatively, encourage tolerance and respect for each other's work.  
 -Do send your 4-Her to art class.  
 -Do hang your 4-Her's art work on the wall only when all children can participate, and not only through one work.  
 -Do let the 4-Her develop his own technique by experimentation.

**Don't's**  
 -Don't 'correct' or 'help' the 4-

Her in his work by imposing your personality.  
 -Don't regard the final product as significant.  
 -Don't expose the 4-Her to coloring books or patterns which make him insensitive.  
 -Don't appreciate the 4-Her's work indiscriminately.  
 -Don't correct wrong production.  
 -Don't expect you 4-Her's art always to be pleasing.  
 -Don't prefer one 4-Her's work to that of another.  
 -Don't restrict your 4-Her's work by not giving him the proper working space.  
 -Don't compare your 4-Her's art.  
 -Don't encourage contests which

use prizes and rewards as stimulation.  
 -Don't impose your standard upon the 4-Her's standard when you work with him.  
 -Don't hang only the 'best' example of your 4-Her's art on the wall.  
 -Don't show the 4-Her's 'how to paint.'



Information Provided By:

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## Did you know...

...that salmon and steelhead are genetically prepared for their return to their specific river? Steelhead returning to the Snake River basin in eastern Oregon carry enough fat and oil in their flesh to sustain them during their months-long 500 mile freshwater trip. Coastal fish are prepared only for a relatively short trip inland. If a coastal river fish were artificially hatched in the Snake River, it would never make it to its release point.

## Pick the right site

Successful gardens are ones established in the right location. Here are some suggestions for finding the best gardening spot.

One of the prime needs of vegetable gardens is sunshine. None of the vegetable plants that most gardeners like to eat will grow successfully with less than six hours of sunlight a day. Vegetable plants prefer locations where they receive 10 or more hours of sun a day through the summer.

Once you find the part of your yard where the most light is available, check the soil. Is it well-drained, fertile enough to grow weeds, and dark colored to absorb heat in early spring? These are important factors that will help your garden grow its best.

To check the drainage, dig a hole a foot deep, fill it with water and see how long it takes to drain away. If the hole empties in two or three hours, the drainage is adequate, but if the water is still there tomorrow, do some drainage work or plant on raised beds or in containers.

Soil fertility will vary. But if the ground will grow a good crop of weeds it will also grow vegetables and flowers.

## Clubs help youth grow

Everyone knows 4-H is for kids. It's a program where kids can learn, grow, have fun and help each other under the guidance of an adult leader. But how does a leader make 4-H the best possible experience for members? We suggest using a "child-centered approach." The child-centered approach applies to all aspects of the 4-H program and means that the focus is on the interests and needs of

youth. Members learn to: Set their own goals; make plans to reach their goals; carry out their plans; and assess progress toward reaching their goals.

This approach does not mean that children do whatever they want. Rather, parents and leaders help youth develop decision making skills with guidance, understanding, encouragement and recognition. It is especially applicable to forming general club rules, as well as project and activity plans involving 4-H'ers.

The child-centered approach encourages the child's natural curiosity, enthusiasm, inquisitiveness, energy, and willingness to do tasks. Parents and leaders can help by: considering individual needs and desires of youth; listening to what youth are saying; seeing things as a child sees them; providing opportunities for 4-H members to be involved in activities and events; helping youth decide what is reasonable; accepting youth for what they are, rather than what you expect them to be; involving all members in deciding.

## Buying insurance can be confusing, expensive

Insurance is one of the most important purchases you will ever make. Here are a few guidelines to help assure that your insurance will meet your needs when you have to make a claim:

- Read before you sign.
- If something is unclear, get an explanation from your agent or company.
- Get it in writing. The only guarantee of coverage is in your contract.
- Ask your agent to walk you through your policy and explain

the coverage, its limits and conditions.

- Get a copy of every document you sign as you apply for and buy insurance.
- Never pay in cash unless you get a written receipt. Whenever possible, pay your insurance company directly.
- Keep a copy of your receipt, both sides of a money order, or your check.
- Read your policy as soon as you receive it to be sure that what you receive is the same thing for

which you paid.

- Know your rights and use them. The Insurance Division offers free help by phone. If you have a question or complaint about an insurance company call the division's Complaint Resolution and Investigation Section at 378-4636 or write to them at 440-2 Labor & Industries Building, Salem, OR 97310.

### Auto insurance premiums

Are you among the many Oregonians who feel they pay too much for auto insurance? Here are a few tips from the Oregon Department of Insurance and Finance on how to bring your premiums down:

- Shop around. You may find several hundred dollars difference between insurance companies.

- Increase your deductibles; do not use your policy to cover small losses.
- Pay your premium in full instead of in monthly payments.
- Drive defensively.
- Remember that a good driving record means a lower premium.
- Find out how much it will cost to insure your car before you buy it. Certain makes and models-like sports cars-are bigger risks to insurance companies and cost more to insure.
- Ask about discounts for good students, good drivers, seniors, non-smokers, defensive driving courses, air bags, anti-lock brakes, and multiple cars.

worth knowing. I celebrate the many things I have done for myself.

I've also made some mistakes. I can learn from them. I have also known some people who did not appreciate me. I do not need to keep those people in my life. I've wasted some precious time. I can make new choices now. As long as I can see, hear, feel, think change, grow and behave, I have great possibility. I'm going to take those risks and those possibilities, and I am going to grow and love and be and celebrate. I am worth it.

## Less is better for bulbs

Given the right care, spring flowering bulbs such as daffodils, tulips, hyacinths and crocus will stay in better condition for blooming next year.

In most cases this means leaving the foliage on individual flower plants rather than cutting it off. The leaves provide the bulb with food needed to keep the plant healthy.

Leaves can be safely cut off, but only after they have ripened and are no longer actively manufacturing food for the plant.

When the foliage is cut from tulips, either separately or along with the flowers, the plant won't produce any blooms in the next growing season.

Other spring bulbs given this kind of treatment will send up

leaves but produce no flowers in the following season.

Tulips also benefit if their seed capsules are picked off when they finish flowering. This will cause the plant to devote its energy to storing

food for next year's flowers rather than to ripening seed. Leave the plant's flower stems standing. Water the plants until the leaves begin to yellow.

## Get rid of the carpenter ants

For many homeowners spring's warm weather brings the unsightly arrival of ants inside your house or outside along the house foundation.

This time of year ants are looking for new nesting sites.

All ants, including carpenter and household ants, will have wings in the spring.

When they're swarming, there

really isn't much you can do. If ants start coming and going from one area, then you can fight back with ant baits or sprays.

The sight of carpenter ants causes more concern to homeowner than other ants. Carpenter ants can be up to one-half inch in length and are usually dark red or black.

One or two carpenter ants

shouldn't cause a problem. Follow them to find their nest, then treat it with a bait or spray.

Household ants commonly appear in the kitchen area looking for food. They're most attracted to sugar and grease. These ants won't cause food poisoning, but they are a nuisance for homeowners. Keeping counters and shelves clear of food may help alleviate the problem.

After a while, ants may seem to disappear. In fact all they've found is a different food source.



Members of the 4-H Latchkey Garden Club plant trees next to Highway 26 near Warm Springs Elementary. Saplings, donated by the Bureau of Indian Affairs, are being placed by (left to right) Jacob Harding, Winter Owl Boy and Devery Arthur.

## Recipes offer tasty variety

### Turkey-Mushroom Stroganoff

4 oz. wide noodles  
 1 lb. ground raw turkey or lean ground beef  
 8 oz. fresh mushrooms, sliced (3 cups)  
 1 medium onion, chopped  
 3/4 cup water

### Jeanette's Dutch Babies

Serve this as a dessert or as a main dish for a brunch or luncheon meal. If used as a main course, double the portion.

2 medium eggs  
 1/3 cup all purpose flour  
 1/3 cup skim milk  
 1/4 tsp salt  
 1/4 tsp grated lemon peel  
 1-1/2 tsp sugar  
 1 tbsp very soft margarine  
 1 tsp fresh lemon juice  
 1 sunkist lemon, sliced thin

Preheat oven to 400° F. Prepare an 8" or 9" round cake pan with vegetable pancoating. Beat eggs until light yellow, then mix in flour, milk, salt, lemon peel, sugar, and margarine; beat until smooth. Pour into prepared pan. Bake 20 minutes, then reduce heat to 350° F and continue baking for another 10 minutes. To serve, cut into 4 wedges, sprinkle with fresh lemon juice.

1 tsp instant chicken bouillon granules  
 1/2 tsp dried thyme, crushed  
 1/2 tsp garlic salt  
 1/2 tsp ground nutmeg  
 3 Tbls. all-purpose flour  
 1 cup plain yogurt  
 Paprika or snipped parsley

Cook noodles according to package directions. Drain. Set aside.

Meanwhile, in a 12-inch skillet cook ground turkey, mushrooms, and onion over medium heat until turkey is no longer pink and onion is tender but not brown, stirring occasionally to break up turkey. Stir in water, chicken bouillon granules, thyme, garlic salt, and nutmeg.

In a small mixing bowl stir the flour into yogurt until smooth. Stir into turkey mixture in skillet. Cook and stir over medium heat until thickened and bubbly. Cook and stir 1 minute more. Serve stroganoff over hot cooked noodles. Sprinkle with paprika or parsley, if desired. Makes 4 servings.

### Lemony cauliflower

1 medium cauliflower (about 2 lbs)  
 1/2 cup plain lowfat yogurt  
 1/2 cup reduced-calorie mayonnaise

1/2 tsp grated lemon rind  
 1 Tbls. fresh chives or onions diagonally sliced

Remove leaves from cauliflower, cut out bast and rinse well. Break into florets and cook covered in a small amount of boiling water, or steam until crisp-tender, about 5-6 minutes. Transfer to a serving bowl; cover to keep warm.

In a medium-size bowl combine yogurt, mayonnaise, lemon rind, lemon juice, and mustard. Mix well with a wire whisk. Pour sauce over hot cauliflower. Sprinkle with chives or scallions. Serves 6.

### Leave it or not?

Have you been skinning your chicken before cooking to reduce your fat intake? It may be an unnecessary step. Available research data indicates that there is no significant difference in the fat content of chicken whether it is cooked with or without the skin.

Fat content of one average split (half) breast of chicken after oven roasting on a broiler rack: skin attached, Calories-193, Fat(g)-7.62; skin removed before cooking, Calories-142, Fat(g)-3.07; skin removed after cooking, Calories-142, Fat(g)-3.07.