## Helpful advice offered to 4-H leaders

-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 exper-

-Do realize that wrong proportions most often express an experience. So learn that your 4-Her's feelings toward his art is different from

-Do appreciate 4-Her's art on its own merit.

-Do provide your 4-Her with some

### 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 monthslong 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

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 'correct' or 'help' the 4-

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 ex-perience for members? We suggest

using a "child-centered approach."

The child-centered approach ap-

plies to all aspects of the 4-H

program and means that the focus

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 indescriminately.

-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-Hers work by not giving him the proper work-

ing space. -Don't compare your 4-Her's art. -Don't encourage contests which use prizes and rewards as stimula-

-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

-Don't show the 4-Her's 'how to



Information Provided By:

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## What is it about creative people

Creative people are extremely alert perceptually.

That is, they are observant of the world about them. They are aware of the way things feel to the touch. They listen to the sounds of life around them. They have sensitivity for the way things smell. They are aware of the taste of things.

Creative people are builders of their ideas.

That is, they like to construct things in materials. They prefer to rearrange old ideas into new relationships. They like to experiment with various approaches and media. They like to try out new methods and techniques. They

various ways. They like to solve problems which they set for them-

Creative people like to explore new

That is, they are very original in their thoughts about things. They like to invent new ways of saying and telling. They like to dream about new possibilities. They like to imagine and pretend.

Creative people are confident in themselves.

That is, they like to be independent and on their own. They are outwardly expressive about what they have to say. They are not

prefer to manipulate their ideas in afraid to have emotional feelings and to show them.

Creative people like to investigate the nature of things.

That is, they like to search for the meaning of things. They question available data and information. They like to inquire into unknown quantities. They discover new relationships. They desire to uncover new meanings.

Creative people are sensitive to aesthetic stimuli.

That is, they are sensitive to the beauty in man and nature. They appreciate beauty that man has made. They have a feeling for harmony and rhythm. They like to sing, dance, and write.

## is on the interests and needs of Pick the right site

Successful gardens are ones 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 welldrained, 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 con-

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

flowering bulbs such as daffodils,

tulips, hyacinths and crocus will

stay in better condition for bloom-

the foliage on individual flower

plants rather than cutting it off.

The leaves provide the bulb with

food needed to keep the plant

only after they have ripened and

are no longer actively manufactur-

ips, either separately or along with

the flowers, the plant won't pro-

duce any blooms in the next grow-

kind of treatment will send up

Other spring bulbs given this

ing food for the plant.

ing season.

Leaves can be safely cut off, but

When the foliage is cut from tul-

In most cases this means leaving

ing next year.

Nearly all soil in Oregon will established in the right location. respond favorably to additions or organic matter, such as manure. If in doubt about fertility of your soil, have it analyzed. Contact your local county office of the OSU Extension Service for soil testing

> information. Finally, when selecting the site for your garden, consider convenience to the kitchen, to watering facilities and to your garden tools. A garden near the kitchen will be used more, and more care will be given to growing vegetables.

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.

Clubs help youth grow

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, enquisitiveness, 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.

# Each of us is special, unique

I am the only "me" I've got. I am unique. There are two major parts of me. There is the inside "me" and the outside "me.

The outside me is what you see. The way I act, the image I portray. the way I look and the things I do. The outside me is very important. It is my messenger to the world and much of my outside me is what communicates with you. I value what I have done, the way I look, and what I share with you. The inside "me" knows all my feelings, my secret ideas, and my many you know a little bit about the inside "me" and sometimes it's a very private part of myself.

Even though there are an enormous number of people in this world, no one is exactly like "me." I take full responsibility for "me' and the more I learn about myself, the more responsibility I am going to take. You see, my "me" is my responsibility. As I know myself more and more, I find out that I am an OK person. I've done some good things in life because I am a good person. I have accomplished hopes and dreams. Sometimes I let some things in my life because I am

worth knowing. I celebrate the many things I have done for my-

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.

Consider dropping collision cov-

pair than it is worth.

erage on any car 12 years or older

because it may cost more to re-

More information about the

cost of auto insurance in Oregon is

available in Oregon auto premium

comparison which compares premi-

ums charged by 18 insurance com-

panies for five different drivers in

three different geographic areas.

Consumers can also get answers to

auto insurance questions in "Is

your insurance taking you for a

ride? The most asked auto in-

surance questions." To get a free

copy of either brochure write to

Oregon Insurance Consumer Ad-

# 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

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

warm weather brings the unsightly

arrival of ants inside your house or

outside along the house founda-

This time of year ants are look-

All ants, including carpenter and

household ants, will have wings in

When they're swarming, there

ing for new nesting sites.

leaves but produce no flowers in food for next year's flowers rather

to yellow.

Less is better for bulbs

the following season.

the coverage, its limits and condi-

•Get a copy of every document you sign as you apply for and buy

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

· Read your policy as soon as you receive it to be sure that what you receive is the same thing for

than to ripening seed. Leave the

plant's flower stems standing. Wa-

ter the plants until the leaves begin

Get rid of the carpenter ants

For many homeowners spring's really isn't much you can do. If ants shouldn't cause a problem. Follow

start coming and going from one

area, then you can fight back with

causes more concern to home-

owner than other ants. Carpenter

ants can be up to one-half inch in

length and are usually dark red or

One or two carpenter ants

The sight of carpenter ants

ant baits or sprays.

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

### 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 compa-

them to find their nest, then treat it

Household ants commonly ap-

pear 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. Keep-

ing counters and shelves clear of

food may help alleviate the pro-

disappear. In fact all they've found

After a while, ants may seem to

with a bait or spray.

 Increase your deductibles; do not use your policy to cover small

 Pay your premium in full instead of in monthly payments.

losses.

Drive defensively Remember that a good driving

record means a lower premium. • Find out how much it will cost to insure yor 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.

#### vocacy, 440 Labor & Industries Building, Salem, OR 97310. Check your SS records

The Social Security Administra- not agree, contact the Social Securtion keeps record of your earnings if your job or self employment is covered by Social Security. These records are used to determine eligibility for, and the amount of, future Social Security benefits.

It's a good idea to check your Social Security earnings record every three years. Ask for a "Request for Earnings and Benefit

Statement Sheet," form SSA-7004. After you submit the form, Social Security will send you a statement showing earnings reported on your income tax return. Compare the earnings in the statement with your wage records (W-2 forms, pay stubs) and your selfemployment records (IRS Schedule SE). If your records and the Social Security earnings record do

ity office 1-800-234-5772. In addition to your Social Security earnings record, you will receive an estimate of your future Social Security retirement bene-

### Facts given on recycling

Recycling saves electricity and reduction of our power needs helps save fish. For example:

An estimated 1320 BTU's were saved annually as a result of the passage of the Bottle Bill

Energy saved from recycling a glass bottle will power a 100 watt bulb for four hours.

# Recipes offer tasty variety

# Turkey-Mushroom

is a different food source.

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 4 cup water

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.

Jeanette's Dutch Babies

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 tbsp 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

1 tsp instant chicken bouillon granules

1/2 tsp dried thyme, crushed

1/2 tsp garlic salt 1/4 tsp ground nutmeg 3 Tbls. all-purpose flour

1 cup plain yogurt

Paprika or snipped parsely Cook noodles according to pack-

age 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 parsely, if

### Lemony cauliflower

desired. Makes 4 servings.

1 medium cauliflower (about 2

1/2 cup plain lowfat yogurt ¼ cup reduced-calorie mayon1/2 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 vogurt, 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.



Members of the4-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.