

# How can families cope with job loss?

Many Oregon families will experience job loss due to the effects of Measure 5 and other economic transitions in the state. How do you keep your family from going off the deep end after you have been laid off your job? What should your spouse do to help?

Jane Hare, Oregon State University Extension family life specialist, says that experts in the field of management psychology offer this advice:

- 1.) Don't keep your job loss a secret. You need support of your family now more than ever. Every job counselor has met someone who dresses and goes downtown every morning only to spend the day in the library. "You feel very isolated when you lose a job," says Vicki Kramer of Options, Inc., a Philadelphia consulting firm.
- 2.) If your spouse loses a job, be prepared for emotional highs and lows. Maintain the family routine, but don't run up major expenses or stop spending altogether. Keep active.
- 3.) Listen and allow your spouse

to vent anger or frustration over the lost job. Make it clear you support the person 100%. Offer help—typing resumes, networking, proof-reading.

4.) Don't overreact when rejection letters arrive. In this job market, rejections are inevitable, no matter how qualified the job hunter.

5.) Avoid making major decisions or sudden changes, withdrawing from family and friends, complaining about your situation to your friends, or asking every day, "Did you get a job yet?"

Experts say that children are particularly vulnerable when a parent loses a job. They offer these tips on explaining a job loss to children:

- 6.) Tell them the truth, but in terms they can understand. Be careful not to alarm them. "Parents' attitudes are contagious," says Neil Lewis, an Atlanta psychologist. "If parents take it in reasonable stride, the kids will, too. Kids will pick up if their parents are tied in knots, and then it

becomes a lot more stressful for them."

7.) Get children involved in the process of job hunting. Let them turn on the computer or printer, stuff envelopes or lick stamps. That gives them a feeling of control over events.

## Counselors needed

The OSU Extension office is looking for interested students in grades 9-12 to be a camp counselor to 4th-6th graders.

If you are interested, you must attend two camp counselor workshops. The first will consist of Basic and Emergency Water Safety. This will be taught at the Madras Golf Course swimming pool. Transportation will be provided. The course will take three Saturdays to complete, starting June 1, 8, and 15 from 11:00 am to 2:00 pm.

The second workshop will be held at Trout Lake campground and will cover First-Aid and Leadership skills. This will begin on Friday, July 12, and end on Sunday July 14, 1991.

Please call the OSU Extension office for more information and to pick up an application.

You do not have to be a 4-H'er to participate.

8.) Let children know money will be tight and their lifestyles may change.

9.) Try to be positive about job hunting and don't complain about your former employer.

10.) Tell your children your temper may be shorter and you may be more difficult to live with while you're looking for a job.

11.) Be hopeful!

# Use best fertilizer for garden

Getting the home garden to grow to the gardener's expectation has a lot to do with fertilizer. Healthy and robust gardens are well-fertilized gardens.

Not all fertilizers are helpful in gardens. Avoid using fertilizers mixed with pesticides or weed killers in vegetable gardens.

The mix seldom matches the specific soil conditions or controls you need. It's more efficient to apply fertilizer separately from pesticide or weed killers.

Another factor to consider as you choose a fertilizer to meet your needs is how package size affects price. Fertilizer in large bags cost less per pound than smaller packages.

Nitrogen is the most expensive ingredient in common fertilizer. But it differs in cost. Slowly available forms of nitrogen cost more

than quickly-available forms. Save money by determining what type of fertilizer you need, a quick pick-up or a gradual, longer lasting feeding.

How do you know which fertilizer to buy? Packages of mixed fertilizer must state the guaranteed content of nitrogen, phosphate and potash—in that order. For example, a mixture noted as 5-10-5 contains five percent total nitrogen, ten percent phosphate, and five percent potash. These primary nutrients are similar to nutrients all plants draw from the soil in various proportions.

When applied to the garden, fertilizer is broadcast, banded, and sidedressed. Broadcasting means spreading the fertilizer evenly over the garden with a spreader or by hand.

In banding, fertilizer is applied

in narrow trenches two inches to the side and two inches below the seed row. Sidedressing is like spoon feeding. You spread a soluble nitrogen along the row a month to six weeks after planting. Irrigation water takes it into the root zone.

## Take care of swimming suits

Fun in the sun can mean expense if your swimming suit falls apart mid-season. Most fibers are weakened by heat, sun, and the chlorine used to keep pools safe.

When you buy a suit, read the fiber content labels. Spandex is more resistant to oils, sun, and heat so it will last longer than rubber suits if taken care of properly. However, many cotton and nylon suits use rubber at the waist or hems.

The best way to maintain the life of any suit is to wash or at least rinse it thoroughly after each wearing.

Use regular heavy-duty laundering detergent. This will help prolong the life of suits containing rubber or spandex because these detergents more effectively remove oils and soil that cause fibers to lose strength or turn yellow. Tumble drying will help some fibers return to their original shape, but repeated tumble drying of cotton may cause shrinkage.

Read the labels, know what you have, and take care of your swimming suit investment.

## Know about 900 numbers

The 900 number is a new twist in telemarketing—where you may pay for the sales pitch, along with the telephone call.

By dialing a 900 telephone number, you can: order products, hear Santa tell a story, vote in an opinion poll, get financial tips, talk to a willing stranger, and more. To do these things, you pay a flat fee for the entire call or a fee for each minute you stay on the phone.

If you know exactly what you

are getting and how much you'll be charged, 900 numbers can be a good way to do business or get information. But, the Federal Trade Commission (FTC) is investigating complaints that some consumers have been charged excessively for 900 number services or have not received the services advertised.

To avoid 900 number problems, Continued on page 8

## Save water in the kitchen

- Thaw frozen foods in the refrigerator or microwave oven not with running water.
- Keep a cool pitcher of water in the refrigerator instead of letting the water run to get a cold drink.
- Don't use the disposal until

after the kitchen is clean, or better, compost vegetable peels in the garden instead.

- Run the dishwasher only with full loads—takes as much water to run washer half empty as it does full. Don't pre-rinse. Just scrape

food by hand. Turn the dishwasher off at the start of the dry cycle, open the door and let the dishes air dry. Use the "air dry" or "power saver" switch.

## When buying home-check water supply

Living in your "dream home" won't be much fun if the water supply is inadequate or of poor quality. That's why it's important to be sure that water meets quantity and quality standards before closing the deal.

That's the message in a new Oregon State University (OSU) Extension publication called "Rural Domestic Water Supply," and the reason that the 1989 Oregon Legislature passed a law requiring well testing with the sale or ex-

change of property.

Written by James Vomocil and John Hart, OSU Extension soil science specialists, the publication includes information about the water requirements for home and outdoor living, characteristics of low quality drinking water, and a list of water quality standards.

Oregon's groundwater is generally of "excellent quality," the authors note. The most common problem in rural areas is microbial contamination. Although elevated

nitrate nitrogen levels have been found in some areas of the state, the occurrence of pesticides in Oregon groundwater is rare and in virtually all cases levels are far below the health advisory.

Tests by state-approved laboratories can determine the purity of water. A list of approved labs and other water quality information is available from county offices of the OSU Extension Service.

Copies of "Rural Domestic Water Supply," EC 1374, are available through the Warm Springs Office of the OSU Extension Service.

## Filters can eliminate rust in water

Do you have rust in your water?

You first may begin to notice rust in your laundry when you see yellow, red, or brown stains on freshly washed clothing, or when items turn yellow after they have been washed with chlorine bleach.

These problems can be caused by rust in the water, either dissolved or suspended as particles. The rust could come from the water supply or from a water heater or metal parts in the well that are rusty.

Rust stains will not come out with normal laundry and chlorine bleach makes them permanent. Rust removers, such as RoVer or Whink, are effective and safe for most fabrics, but they are highly toxic, can damage the finish on appliances, and must be used with

## Avoid septic tank problems

The first guideline for determining what should go into your septic system is overall moderation in quantity.

This means that putting only the things that must go into the system (human waste, drain water) in and trying to avoid adding anything else.

For example, toss used facial tissues into the trash can rather than into the toilet. Eliminate the possibility of food waste washing down the drain by using strainer plugs in the kitchen sink. Don't use the garbage disposal.

Be especially careful to avoid putting the following materials into the septic tank, because they do not degrade: cloth, paper (other than toilet paper), plastics, sanitary napkins and tampons, facial tissues, disposable diapers, coffee grounds, and cigarettes.

extreme caution. Do not use commercial rust removers in the washing machine.

Rust may be removed in the water by use of special iron-removal equipment or filters, chlorination, or aeration.

## Updated publications available

If you are in possession of the Cow-Calf Management Guide (orange notebook) and/or the Stocker-Feeder Management Guide (black notebook), this important information is for you.

Oregon State University has informed the Warm Springs Extension Office that the new updated material for these two publications will be available in late July or early August. The problem is that they are not sure who has the old ones and who needs updates be-

## Round Lake camp deadline June 21

June 21 is the deadline to apply for Round Lake Camp. This is open to all Warm Springs students in grades 4-6. Cost is \$68.00 but scholarships are available. Appli-

cations can be picked up at the OSU Extension office. Transportation will be provided to and from Round Lake for Warm Springs Youth that will participate.

cause some notebooks did not have registration cards in them.

So, if you have these Cattleman's Library Guides, please contact our Warm Springs Office of the OSU Extension Service to record your name and address so we can assure you receive the new notebooks. Stop by or call us at 553-3238.

Or, maybe you don't have either one and want to place an order. Come in and see what resource information your ranch is missing.

•Sears energy saving shower head 20170 \$6

•Thermo Saver DynaJet-CF01 \$6

•Resources Conservation, "The Incredible Head" ES-181 \$7

•Consider replacing your existing toilet with one of the new low-volume (1.5 gal. or less) toilets.

•Kohler Wellworth Lite \$240

•Sears Cat. No. 5560, (Universal Rundle) \$100+

•IFO Cascade \$203

•Put plastic bottles into the toilet tank to reduce water use. Fill each quart bottle with an inch or two of sand, so they don't float, and put them into the tank away from operating mechanisms. You may save as much as 10 gallons of water per day. Do not use the much-storied brick in the tank; it can disintegrate and cause plumbing damage.

•Do not sign a blank health insurance application or one that isn't complete and correct. If your application isn't accurate, you could risk losing your benefits.

•Remember that the savings of buying insurance from unknown or distant companies and agents can be offset by the cost and inconvenience of correcting problems or misunderstandings.

•People who have health condi-

## Be an informed insurance buyer

By taking the following advice from the Oregon Insurance Division's staff, you can be a smarter health insurance consumer.

tions should be extremely cautious about changing insurance companies.

•If it sounds too good to be true, it probably is.

If you have any question or complaint about an insurance company or agent, contact the Insurance Division's Complaint Resolution and Investigation Section at 440-2 Labor & Industries Building, Salem, OR 97310, or call them at 378-4636.

## Remove paint stain before it dries

Spring urges us to clean up, fix up, and paint. If you get paint on your clothing, remove it as soon as possible, before it dries, after the paint has dried, say 6 to 8 hours,

removal is very difficult.

If it is a latex or water base paint, soak washable clothing in cold water. Squeeze the area containing the paint and repeat soaking and squeezing if the paint is coming off. Wash the clothing in cool water with heavy-duty detergent.

Oil based paint should be treated with the thinner recommended for the paint. Usually turpentine or alcohol will work as solvents. Use the thinner on paint spots until the

paint is softened. It then can be flushed or rinsed away with additional thinner. If the fabric can be bleached, chlorine bleach may be needed to remove remaining stain. Wash in cool water with a liquid heavy duty detergent.

Paint that has dried for 6-8 hours may need to be treated by a clothing care professional or dry cleaner. They have more equipment and chemicals than are available to the average customer.

## Challenge camp set for August

Challenge camp will be held at Trout Lake starting August 11 through August 15. This camp is open to all Warm Springs youth in 5th, 6th and 7th grades. Cost is \$30.00. Scholarships are available. Applications can be picked up at the Warm Springs OSU Extension office.

## Buy good summer shoes

Now that summer is here, children of all ages like to kick off their shoes and go barefooted. This isn't all bad, because running and walking barefooted can be good for the feet.

However, there are times when children should have their feet protected. If your children play on hard surfaces like concrete, they should wear a shoe with a thick, resilient sole. Tennis shoes with rubber soles not only protect the feet, but also give them more traction.

When buying tennis shoes make sure they have arch supports. Look for rubber reinforced heels and toes, durable laces and eyelets.

Canvas shoes, like sneakers, do not give as much support as a well-fitted leather shoe. Some authorities recommend they be worn only for active wear, not all day long.

Although summer sandals provide little support, they do allow the foot to develop naturally. To give a child's foot more protection, by sandals with closed backs. For longer wear, look for wide straps and securely attached buckles.

## Barbecuing is fun—and hazardous

Barbecue season brings fun times—also fire hazards.

When working around fires be sure to watch out for loose clothing. Make sure beach wraps, towels, and light jackets don't get too close to the flames.

Summer clothes that are comfortable and absorbent—especially those cotton items—are flammable. Also, any summer weight fabric is more flammable than a winter weight one. This is because it's thin or open and has more surface area exposed to air. It tends to ignite and burn quickly.

Watch clothing safety around summer fires.

## CHRIS CLOSER



Your state is a beautiful state. It will remain this way only if everyone takes time to care. 4-H clubs conduct community service projects. Many of these projects deal with community beautification. People start pollution. People can stop it.