

## Use more time and effort when exploring job market

It takes work to get work. The more effort and time you put into exploring the job market, the more likely you'll get a job.

Check newspaper ads for "help wanted" or place a "work wanted" ad. It's important to know when the newspaper comes out. Check out classified ads daily and be near a telephone if you placed an ad. When there is a job, action to hire can happen quickly.

Some newspapers and magazines carry ads for jobs, work-at-home or distributors opportunities that sound too good to be true. Usually they are. Unfortunately, people most in need of money often end up losing time and cash when they respond to advertisements such as these: Earn \$400-\$600 per month, in your own home, choose your own hours; Get a \$1545 a week job in Alaska. Even if totally unskilled!

While some work-at-home plans are legitimate, many are not. The most common deceptive promotion is for envelope stuffing at home. Promoters usually ask for a small fee to tell you how to earn money stuffing envelopes at home. They may also suggest you run the same type ad and have people send you money. You may receive a list of companies on the list to get their business.

Some companies request a sizable investment and then send you assembly or craft kits with promises to buy the product because the work was "inferior" or did not meet "quality standards."

Franchise or distributor promoters who promise unrealistic profits and need your decision immediately, should raise a red flag for you to slow down. A legitimate promoter would encourage you to visit other distribu-

tors. Be cautious where a job offers a too-good-to-be-true salary, claims no experience or skills needed and expects a fee for job placement.

\* What tasks will I be required to perform?

\* Will I be paid on salary or commission?

\* Who will pay me?

\* When do I get my first paycheck?

\* What costs do I need to pay for?

Get the name, address, and telephone number and call the promoter back at his or her office.

Go one step further. Check with the Better Business Bureau in the area where the employer is located. Talk with the postmaster because the U.S. Postal Service investigates fraudulent mail practices.

Information obtained from the University of Wisconsin Extension.



Information provided by:  
Warm Springs OSU  
Extension Office  
1131 Paiute Street  
553-3238

## Create a comfort zone at home

How can I keep the house warm during an extra-cold snap? That's an often-asked question this time of year. For an answer we turn to Dave Brook, Oregon State University Extension energy agent, who learned how to keep warm during sub-zero temperatures when he lived in Alaska.

Brook suggests you create a

"comfort zone" by closing off the part of the house where the family spends most of their time. Place a space heater there and turn the thermostat to the central heating system down to between 50 and 55 degrees. An ideal comfort zone has low ceilings, doors that close, few exterior walls, a few small windows, and good southern exposure of sunny days.

If the area doesn't have doors, hang a blanket or even a sheet over the doorway. Insulate a cold wall by hanging a quilt, blanket or other wall hanging made from fabric scraps. Push towels or blankets along the bottoms of doors. Open south-facing curtains and shades when the sun is shining. Close them at night or on cloudy days. Use inside plastic storm windows to help warm the comfort zone and reduce condensation.

Be sure to keep the space heater away from drapes, papers, and anything else that can catch fire. Also, turn it off at bedtime. Brook said that more than 60 percent of fires caused by space heaters occur between midnight and 6 a.m. when people are sleeping.

If you have a wood stove, you can use these same ideas to create a comfort zone in the room it's in, Brook added.

Even if the comfort zone has a fireplace, don't use it. Use a space heater instead. It's more efficient. Close the fireplace damper and glass doors if it has them. If the fireplace has neither a damper nor glass doors, block the fireplace opening with cardboard. Be sure the fire is completely out.

Brook cautioned against using a space heater such as a kerosene or propane heater because of air pollution and moisture problems.

During extremely cold weather, if your central heating thermostat is located inside the comfort zone, the rooms outside the comfort zone may get too cold because the thermostat never tells the furnace to cycle on. During this extreme cold snap, you may wish to set the thermostat just below the temperature of the comfort zone. This will allow the central heating system to cycle on occasionally.

"Of course," Brook says, "when ever you're chilly, put on an extra layer of clothes before you turn up the thermostat or space heater."

There will be a livestock session held in Antelope at the Antelope School beginning 10:30 a.m. on Monday, January 27, 1992. RSVP Wednesday, January 22, 1992.

The Agenda is simple: 10:30 a.m. - Quality Assurance: saving product, meats and markets. Dr. Don Hansen; Noon - Hosted Lunch; 1:00 p.m. - Water Rights Adjudication. Dwight French State Water Resource Department; 1:45 p.m. - Wetlands Definition.

For RSVP call Vicki Ashley at 395-2529 or the Wasco Co. Extension Office at 296-5494.

## Take action to deal with people who are seriously depressed and need help

People who are seriously depressed need medical help. They can't "just snap out of it" or "just stop being depressed if they really wanted to."

Feelings of hopelessness and low energy, which are symptoms of depression, often keep people from seeking help. The most important thing you can do is to encourage and possibly assist the person to get a medical evaluation. The first important step is to rule out a treatable medical problem and medication side effects as causes of the depression.

You may see signs of depression, yet the person firmly denies it. Becomes angry or resists help. There are no easy answers for dealing with a resistant person; however, it may be easier if you talk about specific physical change you have noticed, such as weight loss or gain, fatigue or

sleep problems.

The physical aspects of depression are often more acceptable than the mental aspect. If the person acknowledges being depressed, try explaining that depression is a medical condition, often caused by an illness, medication, or biochemical changes in body, and that it is treatable.

It's particularly important to communicate caring. Don't make the person feel that he or she is to blame for being ill. Avoid moralizing and giving pep talks. Telling depressed people to "cheer up," "pull yourself together," or similar comments will only make them feel worse. Pep talks tell people their feelings are wrong or not important.

Is there a person who has listening leverage and influence with the person? If so, enlist the help of this

person. A good friend may be able to get the person to seek a medical evaluation when you or a family member cannot.

While severe depression requires medical attention, mild forms may not require professional treatment. Actions you take can often help lift mild depression.

Structure activity. Mild depression tends to respond to structure and physical activity. If you can get depressed people involved in doing things, they generally begin to feel better. Exercise produces chemical and psychological changes that can enhance a person's mood and give a feeling of accomplishment.

Reminisce about positive past experiences. This can increase a sense of accomplishment and self-worth. Ask direction about the past. Old photos, scrapbook, and other objects

from the past can help stimulate discussion.

Avoid reinforcing negative thought patterns. Ask the person for evidence for an against negative thoughts. Often the person will be surprised that there is little basis in reality for the negative self-evaluations.

Provide socializing experiences. Friends can be good medicine, especially those willing to listen to the person's feelings and who are upbeat and positive.

Find an activity or task the person can do well. Depressed people tend to feel like failures. It's important for them to experience success, to do something well. Try to find activities that reinforce pleasant events and build a sense of self-worth and adequacy. Setting small, attainable goals with immediate results can help

people feel a measure of success.

Give the person control. Encourage as much control and decision-making as the person can handle, but don't overwhelm them with decisions. Taking away control unnecessarily tends to reinforce a depressed person's feelings of inadequacy. Provide choices, but don't push or intrude more than necessary.

Remember, you may need to accept that no matter how much you might want to, you cannot replace the losses or undo the changes in the older person's life that contribute to the person's depression are complex and professional help may be needed.

If you are interested in more about depression in later life, contact your county OSU Extension Office and ask for the publication, Depression in Later Life, PNW 347. The publication may also be ordered for \$1.50 plus 50 cents for shipping and handling from Publications Orders, Agricultural Communications, OSU Administrative Services A422, Corvallis, OR 97331-2119.

## 4-H a learning program for adults and youth

Adult volunteer leaders are the mainstay of the 4-H program. Each year nearly 9,000 adults volunteer their time and talents to help Oregon 4-H members. In addition, nearly 1,300 teens are volunteer club leaders.

Leaders learn along with 4-H members as Extension agents and specialists keep them informed about new information. Not only do leaders learn more about the subject they are teaching, but they learn about teaching techniques and working with people. For this reason 4-H is often referred to as an adult education program as well as a youth education program.

Although most volunteers lead clubs, there are other leadership roles

in Oregon 4-H. Some volunteers may serve as community coordinators, assisting Extension agents in recruiting and organizing 4-H work in a particular geographic area. Others serve as resource leaders, sharing their skills with club leaders, while still others share their talents as activity leaders for camps and special programs or committee members involved in program planning with professional staff.

The Extension professional staff provide training and support for volunteers and are responsible for program direction and the educational aspects of programming. Volunteers are the key to program delivery as they transmit information and share their skills in direct contact with youth.

## OSU Extension implements drug testing

Recently, the 4-H Leader Association discussed the Tribal drug testing policy. There was concurrence that this was important to the safety and well-being of the community youth O.S.U. Extension works with. Therefore the Association has decided to implement drug testing for all new 4-H volunteers beginning January 1, 1992.

Tests are to be taken through the Employment Assistance Program (E.A.P.) office in Warm Springs on Tuesdays or by making an appointment on another day. Inform the E.A.P. office that you are a 4-H leader so they can send the paperwork to the O.S.U. Extension office. The E.A.P. office is located next door to the Extension office in the back of the building.

If you had recently taken a drug test, please call the O.S.U. office with that information. If you have any questions, don't hesitate to call the Extension office at 553-3238.

## Think 4-H!

## Avoiding the credit card trap

The tax deduction for credit card interest is gone. Yet fewer credit card holders are paying their balances in full. About 61 percent of us carried revolving balances in 1988 and 65 percent did in 1989. If you're making just the easy-to-scrape-up minimum payment listed on your monthly statement, your pocketbook is taking a hard hit over the long haul.

On a credit card with an 18 percent annual interest rate - equal to a 1.5 percent monthly periodic rate - approximately half of each payment over \$10 is interest and half goes

toward the principal. Assuming you made no other charges, a \$500 purchase paid off at one minimum payment at a time, would cost almost \$800 by the time you paid it off 75 months later (carrying the debt over 6 years).

You fall deeper into debt when you keep paying the minimum balance due while making additional purchases with your credit card. Add \$200 in charges every month to the original \$500 purchase while making only a 3 percent minimum monthly payment and you'll reach a \$2,500 credit limit in a year. Pay that down by the minimum payment method and you send the bank more than \$2,750 of interest over 16 1/2 years.



## Winter brings in field mice

Winter storms often bring field mice into residential areas in search of food, especially in areas with snow cover. Rabbits and mountain beavers can also be a problem in rural areas.

In cities or towns, field mice can become established in areas with thick stands of grass or weeds, such as vacant lots or parks. The rodents may severely damage trees and shrubs by feeding on their upper roots and lower trunk.

"If not controlled, they can girdle the plants and kill them," says Ray McNeilan, Oregon State University

(OSU) Extension home gardening agent. Recently planted fruit trees are quite vulnerable to invasions of field mice.

A fine mesh hardware collar wrapped around the base of trees and shrubs will protect against mice, McNeilan says. The mesh hardware material is available at garden stores.

Traps and poison baits are also effective in controlling rodents. Before using poison baits, check with a local garden store for types available and conditions under which they should be used.

## The number of children without insurance increases

A stunning indication of the poor condition of American children is the declining proportion covered by medical insurance. Research indicates the number of children without private or public health insurance increased by 40% between 1977 and 1987. In addition, there is a decline in public insurance coverage among children in households with working single parents. In 1977, one-third of these children were covered by public insurance; in 1987 barely 13% were covered. Some 37 million Americans are without health insurance coverage, nearly a third under the age 17. After decades of slow decline, the rate of infant mortality in this country has recently begun to increase and there is evidence that the general health of children, especially poor children, is regressing.

The AIDS infection rate of Oregon's new mothers has risen from 1/4200 in 1989 to 1/2000 in 1991.

## Help children to develop attitudes about money

Most of what your child learns about money is learned from you, the parent. As children watch parents spend and save, they develop attitudes about money.

To help your children learn appropriate financial attitudes and hab-

its, give them an opportunity to make some of their own money decisions. One way to do this is to give children an allowance, explains Alice Mills Morrow, OSU Extension family economics specialist.

Often parents feel that they can-

not afford an allowance for their children. It sounds like one more expense added to the budget. But it doesn't have to be an extra expense. In fact it may save you money.

Keep a record of how much money you give your child in a typical week and what it goes for - school supplies, lunches, ball games, toys, clothing, snacks, and so on. You're already spending this money on your child.

Try giving this same amount as an allowance. It is not an addition to the family budget, you were spending it already. But now children will be learning to manage money and make money decisions.

## Keep gift houseplants healthy

Houseplants make excellent holiday gifts, especially if both giver and receiver help the plant stay healthy. Plants differ in their needs for light, water and fertilizer.

When giving a houseplant as a Christmas gift, make sure that the plant is in a pot that can drain away excess water. Also, the plant should be in a soil mixture that supplies adequate air and water to plant roots, and that anchors the plant firmly.

You may need to do some repotting to make sure the soil mixture is correct.

Water a houseplant only when the surface of the potting soil feels dry. When watering, apply enough that some runs out the bottom of the pot, which you can then discard. Irrigating from the bottom is effective, but every third watering should be from the top to flush excess fertilizer salts out of the soil.

Place the plant in direct or indirect lighting according to its individual growing requirements. If these are unknown, plant shops and bookstores have excellent houseplant books that can help.

Fertilizer is necessary only when the plant is actively growing. Many indoor plants will grow vigorously for awhile, then go into a resting period when their fertilizer requirements are very low.

Houseplants seldom die of starvation. More plants are killed by too much fertilizer rather than too little.

Houseplants generally prefer a higher humidity than most homes supply. Help your plant adjust to conditions in your home by misting

the foliage periodically, or by setting the pot on a tray of pebbles and water.

But be careful not to let the bottom of the pot touch the water. Also, keep the leaves clean by bathing or spraying them with lukewarm water. If the plant is too large to move, wipe each leaf clean with a soft, damp cloth.

## Be careful in selecting a landscape plant

If you plan to give a landscape plant as a holiday gift, be careful in your selection. The gift's recipient will appreciate it.

First, make sure the plant fits into the landscape design scheme of the individual for who it is intended, says Ray McNeilan, Oregon State University (OSU) Extension home gardening agent. If it isn't suitable or won't make the landscape more attractive, the receiver risks your anger by not planting it, or must live for years with a shrub or tree that is irritatingly out of place.

Another important consideration, especially if the plant is going to another part of the United States, is to be sure the plant will survive in the climate where it will be planted. Nursery salespeople can tell you if a plant is suited to various regions of the United States.

Other considerations include the eventual size and shape of the plant and whether it needs to be planted in the sun or shade.

Treat the landscape plant with care. Protect it from extreme cold when transporting it from the nurs-

## Determine gardens fertilizer needs

A poor yield from last summer's home garden may mean your soil doesn't make the grade where nutrition is concerned. The best way to find out is with a soil test.

A soil test is laboratory chemical analysis of the soil, say Ray McNeilan, Oregon State University (OSU) Extension home gardening agent. It determines soil nutrient content, including levels of calcium, magnesium, potassium and phosphorus.

Soil acidity or alkalinity (pH) and percent of organic matter in the soils also are measured.

Test results help determine the garden's fertilizer and lime needs. Knowing what nutrients already are available in the soil prevents application of unneeded fertilizer.

A yearly test of garden soil isn't

necessary, but testing soil being gardened for the first time is helpful. A soil test may also help where there are vegetable growth problems that may be related to soil fertility.

**If you need further assistance concerning your gardening needs contact the OSU Extension office for more information**

## To let go means to love

To "let go" does not mean to stop caring, it means that I can't do it for someone else.

To "let go" is not to cut myself off, it is the realization that I can't control another.

To "let go" is not to be able, but to allow learning from natural consequences.

To "let go" is to admit powerlessness, which means the outcome is not in my hands.

To "let go" is not to try to change or blame another, it is to make the most of myself.

To "let go" is not to care for, but to care about.

To "let go" is not to fix, but to be supportive.

To "let go" is not to judge, but to allow another to be a human being.

To "let go" is not to be in the middle arranging all the outcomes but to allow others to effect their own destinies.

To "let go" is not to be protective, it is to permit another to face reality.

To "let go" is not to deny, but to accept.

To "let go" is not to nag, scold, or argue, but instead to search out my own shortcomings and to correct them.

To "let go" is not to adjust everything to my desires but to take each day as it comes, and to cherish myself in it.

To "let go" is not to criticize and regulate anybody but to try to become what I dream I can be.

To "let go" is not to regret the past, but to grow and to live for the future.

To "let go" is to fear less and to love more.  
Thanks to Liz Blann for sharing