

## Working mothers are part of a large and growing group

If you are an employed mother, you are a part of a large and growing group.

At times, as a working mother, you may feel overwhelmed trying to juggle your roles of mother, wife and worker, and you may feel guilty about it. How is this affecting the lives of your children or that of your husband? How does it affect your own life?

Here are some major points based on completed research:

1. A mother's full-time employment, by itself, is not likely to harm her child.

2. There is virtually no difference in school achievement and social achievement and social adjustment between children of working mothers and children of non-working

mothers.

3. Children of working mothers have as much personal attachment to their mothers as children of non-working mothers.

In other words, your work does not have negative consequences for your child. What is important is what you are like when you are with your child. If you are guilty, worried and frustrated, this may interfere with the time mothers and children spend together.

Choose what is most important. Do not increase your stress by worrying or feeling guilty about things you cannot do. Accept your limitations and help your family accept them.

Take care of yourself. Your sense

of well-being is important. Schedule one regular night a week for yourself. If you are your last priority, you will wear down quickly.

Spend quality time with your child. Quality time is time to: share feelings; listen fully; hug, hold, show love; explore, discover, learn; create together, and share dreams, fantasies, hopes. Plan to spend some quality time each day with your child, at the breakfast table, before dinner, or at bedtime.

Link work and parenthood. Talk to your child (and husband) about your job. Have them visit you at work and get to know your co-workers.

If you are an employed mother, you have taken on a tough and excit-

ing challenge. If you are a mother who is trying to decide about employment outside the home, you can expect exciting and frustrating changes in your life. If you are a mother who chooses not to work outside the home, know that you have chosen in child care and home management, a very demanding and important job with its own rewards and challenges.



Information provided by:  
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## Gerontology conference set for April 14, 15

Registration is now open for the 16th annual Oregon State University (OSU) Gerontology Conference April 14 and 15 in Corvallis, reports Clara Pratt, director of the OSU gerontology program.

Theme of this year's conference is "Aging: Negotiating Change" and features sessions of interest to families caring for older relatives and older persons as well as professionals working in the gerontology field, she points out.

Workshops on such topics as "Negotiated Risk: Choices and

Challenges," "Dilemmas of Dependency," and adapting to low vision and hearing loss will be of general interest to anyone seeking to understand the aging process, Pratt believes.

Keynote speaker will be Jim Heynen, Seattle, writer-in-residence at Lewis and Clark College. Heynen is the author of "One Hundred Over 100," a collection of interviews with 100 Americans who have passed the age of 100. He will speak Tuesday morning, April 14.

Early registration is advisable, she

notes, because workshops are filled as registrations are received. Conference registration is \$65 or \$60 for persons 65 or older. Continuing education credits are available for nursing home administrators, nurses, social workers and certified home economists.

Copies of the program, and the registration form, are available from county offices of the OSU Extension Service or from Patsy Vaughn, conference coordinator, OSU, LaSells Stewart Center, Corvallis 97331-3102, telephone 737-2402.

## Owning your own business can be rewarding

"A business of my own" is a magical phrase. It haunts, intrigues, inspires, motivates and challenges many people. Owning your own business can be very rewarding. It brings independence and allows you to do something you enjoy. But along with the benefits come certain risks and the possibility of losses. If you're thinking of starting a business, decide what you are going to risk and how much you will lose.

Owning your own business will mean long hours, going without some fringe benefits, limited vacations and no cost-of-living salary adjustments just to name a few. Another factor to keep in mind is that owning your own business is more than being "technically good" at what you do.

You will also be responsible for marketing, advertising, bookkeeping, taxes and many other aspects involved in managing a business.

Develop a business plan — Before you start your business, sit down and write out what you want to do. Writing a business plan helps you think through your business idea and decide if it will work.

Define your business — This definition doesn't need to be lengthy. You should be able to summarize what it is you intend to do, the image your business will portray, and the types of services you will offer.

Identify your customers — Define your customers by geographic location, age, income, family size, sex, lifestyle, etc. Your definition will

help you determine the types of service to offer as well as methods to market and advertise to them.

Find your competitive edge — Who are your competitors? List their advantages and disadvantages. Determine the reasons why customers will come to you instead of your competition. This is your niche in the market.

Set objectives — Objectives are the starting points in planning. They will change as your business changes. By changing in response to outside trends, your business is less likely to fail.

Develop business skills — There are five types of skills needed in business:

Technical - the service or product.  
Marketing - the ability to teach your customers.

Financial - the ability to maintain and understand the importance of controls and records.

Supervisory - the ability to work with employees, if any.

Management - the ability to do the planning as well as pricing and other aspects of business.

## Planting a vegetable garden

Planting a vegetable garden is not a complicated and mysterious process. Success has a lot to do with following directions.

The planting directions printed on the back of vegetable seed packets include three basic principles that will improve your chances of success.

Plant vegetables at the right time. Planting seeds at the time recommended on the seed packet will reduce the risk of frost or hot-weather damage to young plants.

Plant vegetable at the right depth. Vegetables planted too deep take longer to come up, if they come up at all. There is also the chance that weeds may grow up first around the area and crowd out vegetable plants.

Plant vegetables with small seeds, such as cabbage, carrots, radishes, and lettuce, one-half inch deep. Plant vegetables with medium-sized seeds, such as beets and chard, three-fourths inch deep.

Plant large-seeded vegetables, such as beans, corn and squash, one to one-half inch deep.

Plant vegetables the right distance apart, especially when planting in rows or wide beds. Correct spacing allows each plant to get its share of

sunshine, water and nutrients from the soil. If you plant seedlings too close to each other, the vegetables will not grow as large. Excessive tops on radishes or other root crops result from crowding.

## Prune ornamental shrubs whenever needed

It's never too early or too late to prune ornamental shrubs.

Homeowners can prune most ornamentals in the home landscape whenever needed without endangering the life of the shrub. However, most pruning is best done either in the late dormant season (early March) or just after plants bloom.

Prune shade trees and summer blooming shrubs in the dormant season before growth starts. Prune shrubs and trees that bloom early in the spring soon after blooming.

The blooms of summer flowering shrubs grow mostly on wood produced the same season. Most late-blooming plants will produce better flowers or fruits if pruned severely each spring.

In the case of trees grown for decorative fruit, the heavier the

pruning, the longer it will take for the tree to bear fruit.

Some shrubs to prune in early spring include: hydrangea, roses, pomegranate and shrubalthea.

Prune flowering fruit trees or shrubs that bloom along the sides of the branches or on spurs of last year's wood in early spring before growth starts. Remove excess branches and water shoots or suckers. Pruning will provide more light for the remaining branches. Cotoneaster, firethorn, holly, flowering quince and hawthorne fall in this category.

Prune shrubs such as redbud, dogwood, yellowtwig dogwood and coralbark maple severely in early spring to develop vigorous shoots with young showy bark.

Prune early blooming shrubs and trees immediately after the blossoms

have faded. Cut out the older, branched or twiggy growth. These shrubs will grow new wood and form fruit or flower buds before the end of the growing season. Included here are camellias, deutzia, forsythia, lilac, spirea, moonlight broom and flowering plum.

Pruning prevents shrubs from becoming overgrown and formless. It also keeps plants healthy by removing dead, diseased or injured wood and improves the quality of the plant.

## Personalized bricks for sale

Personalized bricks for the Fair's Fountain Plaza area are still available for sale and, if ordered by May 30, will be installed for the 1992 Fair. Please contact the Fair office by mail: 2330 17th Street NE, Salem, Oregon 97310, or by phone: (503) 378-3247.

Those who bought bricks during the 1991 Fair will be able to see the "real thing" during this year's Fair which is August 27 through Sep-

tember 7.

Bricks can be bought by individuals, companies or by families. A quick survey of the bricks already bought and laid shows that bricks are bought by a variety of people: past and present employees and commissioners of the Fair, Fair exhibitors and concessionaires, and others who have strong ties to the Fair.

## Grass tetany in beef cattle a potential problem

We've had a couple cases of grass tetany in beef cattle reported already and you should be aware of this potential problem.

Grass tetany most often occurs in cows nursing calves under two months of age. It also occurs when grass or grass hay make up a large portion of the diet. Cloudy, windy, rainy weather with temperatures between 40 and 60 degrees seems to affect both the cow and the grass she consumes. Recent conditions fit those parameters nicely.

Feeding legume or legume-grass hay mixtures seldom result in tetany because of the higher levels of mag-

nesium found in the legume hay. But in open winters such as this, we find the grass is growing rapidly and early, and presents a tempting choice to cattle.

When a cow begins to suffer tetany, you may see the animal become excitable, with ears erect and they may appear to be blind. They also lose coordination and stagger and go down. Once down, they may experience muscle trembling, grinding teeth and violent convulsions. Death may follow.

Positive diagnosis is difficult because a number of other diseases may cause similar signs. You may

want your vet to test blood samples from the affected animal and others in the herd as well, to get an idea of the herd status. Ask the vet to check the magnesium levels in the blood samples. Sizable doses of magnesium (or magnesium sulfates) may be recommended. Cattle in the early stages of tetany should be handled carefully to keep them from getting excitable.

As for prevention, be sure that you keep plenty of magnesium mineral available from October to May. Don't let cattle graze grass too early; mature grasses have higher concentrations of magnesium than do young grass plants. Graze legume or legume grass pastures first or at least graze the least susceptible cows on the grass first. Heifers, dry cows or cows with calves older than four months are less likely to develop tetany.

Keep accurate records. Cows that have tetany once are likely to repeat and there is some tendency for the trait to be heritable. Avoid grazing susceptible animals on early grass pastures or on cereal pastures, as these tend to be the most often associated with grass tetany.

One goal of cattlemen everywhere is to bunch their calving season into a nice short time frame. One method to do so is to shorten the time between calving and the cow beginning to cycle again for rebreeding.

Tests at Nebraska show that by exposing your cows to a bull two to three weeks after calving can speed up cycling by as much as 20 days compared to cattle not exposed. In addition, cows in moderate body condition were more responsive to bull exposure than cows in high body condition at calving.

The average starting dates of the cycles was 61.8 days from parturition for cows exposed to young bulls, 59.5 days for cows exposed to mature bulls, and 72.3 days for cows not exposed. A little simple management can help you get your herd reproducing sooner.

## Fungus infections attack new leaves in spring

Warming weather brings new spring leaves back to many landscape trees, but the combination of wet conditions and warming temperatures can result in fungus infections in hawthorne, sycamore and willow trees.

The fungus diseases attack the

new leaves as they appear in the spring.

Leaf and twig blight in sycamores causes the young leaves to turn brown and die as they emerge from the buds. Leaves that survive later develop brown spots on either side of the main leaf vein. The spots eventually

can merge and cover most of the leaf. Severe infections can cause the tree to lose most of its leaves.

Willow twig blight causes brown spots along the mid-ribs of new leaves. The leaves become scorched and withered and eventually drop. Hawthorne leaf spot causes small reddish-brown spots on the upper surface of the leaves. After a wet spring, the spots can be numerous and the infection severe.

A copper fungicide spray is recommended to help control these diseases. Apply the first spray when the buds first open and the leaves are unfolding. Spray two or three more times at 10 day intervals.

In addition, prune infected twigs and branches, where possible, and destroy them. Clean up and remove fallen leaves and twigs regularly to prevent reinfection.

## Hoeing is best for weed control

Planning to attack weeds in the backyard garden? Put away the sprayer and grab a hoe.

The use of herbicides to control weeds on such a small scale isn't practical. The problem is that most home gardens have at least a dozen or so vegetable varieties - few of which tolerate the same weed control spray.

Nor is there any one weed spray

for all the weeds that compete with vegetables.

Weeds are best controlled by shallow and frequent cultivation, ideally with a hoe. It may be hard physical work, but it's more economical and efficient than modern herbicides.

also avoid the use of fertilizers containing weed killers.

## New report documents high species numbers in experimental forest east of Eugene

Most people equate high biological diversity with tropical forests. But local scientists are finding amazing numbers of species in the forests much closer to home.

A new report by Oregon State University (OSU) entomologists documents an extremely high biodiversity of invertebrate creatures in the H.J. Experimental forest, about 40 miles east of Eugene.

For more than three decades, scientists have been tearing apart rotten

logs and hoisting themselves into canopies of 200-foot trees. They dug holes, waded streams and netted anything that flew. They found, according to the new report, more than 3,400 kinds of insects, mites, spiders, millipedes and other arthropods crawling, swimming, flying, burrowing and feeding in the 15,800-acre forest, run jointly by the U.S. Forest Service and OSU.

"We are seeing some of the high-

est biological diversity reported from any place," said John D. Lattin, director of the OSU Systematic Entomology Laboratory in Corvallis. "There are 143 known vertebrate species, 460 plant species and 3,400 species of invertebrates in the H.J. Andrews."

"There is a great deal more diversity in temperate habitats than people realize," continued Lattin, a co-author of the report.

Studies with invertebrates can help scientists discern long-term, subtle environmental trends, such as global warming or ozone depletion, he explained.

"How can we tell year-to-year variation in weather from global warming unless we monitor from year to year over many years? Invertebrates give you a fine-grained impression of diversity because of the sheer numbers," said Lattin. "On a percentage basis, they make up about 87 percent of the biological diversity of the forest."

The new publication, entitled "Invertebrates of the H.J. Andrews Experimental Forest, Western Oregon, V: An Annotated List of Insects and Other Arthropods," will serve as a bank of information for scientists, explained Tim Schowalter, forest entomologist with the OSU Agri-

cultural Experiment Station. The 168-page report contains information on habitat, function, plant or animal host, relative abundance and literature references.

"This type of information is getting hotter as we are becoming more concerned with species conservation," said Schowalter, also a co-author of the report.

Schowalter studied the invertebrates living high in the canopy of the forest. Using ropes and pulleys to hoist themselves into the giant tree canopies, technicians captured many kinds of invertebrates hundreds of feet off the ground.

"The biggest surprise was what a complex food web was up there in the tree tops," said Schowalter. "There were lichens and fungi intercepting nutrients from the air and canopy detritus as well as foliage. Herbivores ate the plants, then predators and decomposers all cleaned up before anything ever reached the forest floor."

"The number of species we have up there in old growth western hemlock and Douglas fir canopies is quite impressive," said Schowalter. "The diversity of tin crickets like springtails and mites in a small patch of forest floor surprised ecologist Andrew Moldenke."

## Quick easy pizza

- 1 (8 inch) flour tortilla
  - Vegetable cooking spray
  - 2 1/2 Tbsp. non-salt-added tomato sauce
  - 2 tsp. minced onion
  - 1/4 tsp. dried whole oregano
  - 1/4 cup (1 ounce) shredded part-skim mozzarella cheese
  - 2 tsp. grated Parmesan cheese
- Place tortilla on a baking sheet coated with cooking spray. Bake at 400 degrees for 3 minutes. Turn tortilla; spread tomato sauce evenly over tortilla, leaving a 1/2 inch border around edge. Sprinkle with onion, oregano, and cheeses. Bake an additional 5 minutes or until golden. Cut into 4 wedges. Yield 4 servings (66 calories per serving).

## 43rd annual bull tour

Plan to attend Wasco County's 43rd Annual Bull Tour. This year's tour will feature stops in the central portion of the county. If you wish to join the caravan, our main body will collect at the Dalles Auction Yard and head south at around 8:00 a.m.

Complete details and times for each stop will be released soon, but you can expect to see some excellent cattle and hear about body condition scoring, using EPD's percentage cattle and handling equipment and facilities. Plan on attending the famous steak feed at days end. We think you'll find the full tour to be a worthwhile event.