

## Building self-esteem, self-worth in children important

At one time or another, most parents ask themselves, "What can I do to help my child feel better about him/herself...to feel more confident and to view life positively?"

The answer is not a simple one. It does merit concern, since it is widely recognized that the presence of these characteristics in children and adults

is critical to their happiness and well being in life.

Let's look at some ways to build a feeling of positive self-worth or self-esteem in our children.

1) Look at each child as a unique person. View, respond and value each child on the basis of his/her own personal criteria-not in comparison

to brothers, sisters or classmates.

2) Give each child some undivided attention. Take time to focus full and undivided attention on your child. That conveys love by saying, "I care. I have time for you."

3) Be positive and honest with your child. Comment honestly and positively about what your child has

done. Remember to mention when he or she has done a good job. If you feel that you can't comment honestly, perhaps you can encourage with a general statement such as, "you've worked hard today. I appreciate it!" Give smiles, a hug, a kiss or a pat on the back too.

4) Avoid being a judge. React to a situation without being judgmental in the process. This encourages positive self-esteem.

5) Encourage independence. Let young people participate in making decisions or to make choices and decisions. Provide choices and opportunities for decisions that are appropriate for the child involved.

6) Make expectations realistic. Base expectations for a child on his or her age, particular personality and the current circumstances.

## Celebrate earth day, April 22, by reducing waste

To do your part in reducing the amount of packaging going to waste base your Earth Day resolutions on the five "R's":

Reduce the amount of packaging you buy and throw away. One way to do this is to buy the largest size of the product that you can afford and that won't spoil before you use it.

Reuse when possible. Plastic trays in cookie packages, for example, make good drawer dividers. Think creatively about ways to reuse packaging materials. You pay for

them, so you might as well use and reuse them.

Recycle when possible. Most communities provide opportunities for recycling newspapers, glass, aluminum, tin cans, and some plastics. Find out what recycling opportunities are available in your community and take advantage of them.

Reject packaging that is unnecessary. Carrying a mesh or canvas bag to put your packages in is a good way to eliminate extra sacks.

Respond to producers and retail-

ers to let them know how to feel. Look for an address or toll-free phone number on a product that you think is overpackaged. Then write or call the company. Encourage them to help reduce household waste by using less packaging or packaging that can be reused or recycled.

## U of O Tour a huge success

The University of Oregon Tour was a huge success for the 39 visiting students. Monday they arrived at the Madras Methodist Church to a potluck and to meet their host families. The Warm Springs 4-H Cultural Club opened with the Lord's prayer performed in sign language. After the meal, the Japanese students did two of their native dances and invited any and all to join and learn one of them.

Tuesday morning was filled by taking the students to the seawall boats and the Old Courthouse in Culver. By noon they had come back to the Madras Fairgrounds to ride the old cars, go through the old schoolhouse and to finish out the day with their host families or by shopping. Tuesday evening was back to the fairgrounds for a presentation by Uren Leonard on the Warm Spring Reservation and Native dance and dress with the help of Gene Sampson and son.

Wednesday morning, the students went to Kah-Nee-Ta for the morning then left to Hood River for the remainder of their vacation.

At this time a special thank you goes out to: Tribal Council for the salmon; Iris Smith for helping cut the salmon and preparing it to be cooked for the potluck; Natural Resources for our request and taking the salmon out on Sunday and delivering them on Monday; Teddie Tanawasha, Orthelia Miller and the 4-H Culture Club for their Lord's prayer presentation; the Public Relations office for their help of putting a presentation together in one day; To Uren Leonard for doing the presentation; Gene Sampson and son for their help in the

## Whitewashed jeans advertised as high fashion

First there were stone washed jeans, starting a whole fashion of distressed looks in jeans. Now it's whitewashed jeans. This means the blue color has almost been completely removed from the denim. The remaining color is a very light blue.

The manufacturer reports that about 30 percent of the fabric strength is lost due to the processing. But consumers have not complained about the shortened wear life.

Because these jeans are advertised as high fashion jeans, consumers do not expect long wear life. Consumers need to recognize that some of the high fashion jeans do not last as long and may need to be replaced sooner.

## Planting your Easter lilies

The lily purchased for Easter decoration can become a part of the perennial flower garden, but it won't bloom at Easter.

Commercial lily growers force lily plants to bloom early. When the same plant is put in the flower bed, it responds to normal temperatures and sunlight by blooming in mid-summer.

The following directions are for planting your Easter lily:

After the lily has finished blooming and the blossoms have withered, cut the flower stems back to the top foliage. Keep the plant active by watering when the soil becomes dry and place it in a spot where it receives bright light.

When all danger of severe frost has passed, move the plant to a selected spot in the flower bed. Lilies need full sunlight and deep, fertile, well-drained soil. Protection from hard winds is advisable. Remove the plant from its container carefully so the top doesn't break away from the bulb. Plant it - soil ball and all - slightly deeper than it was growing in the pot.

## Rose planting time in March and April

Home gardeners thinking of roses can start planting soon. Rose plants are now on sale in many garden stores and nurseries.

For best results, plant roses when conditions are right. Planting time is usually March and April. The sooner roses are planted, however, the better chance they have of making good root growth before the warm temperatures start.

Plant roses in well-drained flower beds that receive at least a half a day of sunshine. After selecting the planting site, dig a hole 15 to 18 inches wide and deep. Add a quart of

peat moss or compost to the soil and mix well. Fashion the compost-soil mixture into a cone or mound and put it into the planting hole.

Place the rose plant on the compost-soil mix and spread the roots out and down to give them room. Then start adding soil to the hole, working the dirt around the roots to get rid of air pockets. Fill the hole about three-fourths full, firming the soil as you go. Then fill the remaining part of the hole with water and allow it to soak in. Add the water again and finish filling the hole.



Information provided by:  
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## April 1992 4-H Clubs

- 16—Stamp Club, 4-H room from 6-7 p.m. Pen Pal Club, 4-6 p.m., 4-H Kitchen.
- 17—Girls Basketball, Warm Springs Gym, 4:30-7 p.m.
- 20—Boys Basketball, Warm Springs Gym, 4-5:30 p.m. Search and Rescue, 5-8 p.m., Madras.
- 21—Beginning Knitting, 4-5 p.m., 4-H room. Computer, EDD, 4:30-6:30 p.m. Indian Sign Language, 5-6 p.m., 4-H room.
- 22—Girls Basketball, Madras Buff, 5:30-8 p.m.
- 24—Girls Basketball, Warm Springs Gym, 4:30-7 p.m.
- 27—Boys Basketball, Warm Springs Gym, 4-5:30 p.m. Search and Rescue, 6-8 p.m., 4-H room.
- 28—Beginning Knitting, 4-5 p.m., 4-H room. Computer, EDD, 4:30-6:30 p.m. Indian Sign Language, 5-6 p.m., 4-H room.
- 29—Girls Basketball, Madras Buff, 5:30-8 p.m.
- 30—Pen Pal Club, 4-6 p.m., 4-H Kitchen.

### Following are the 4-H Leaders:

Girls Basketball—Foster Kalama  
Boys Basketball—Melvin Tewee  
Beginning Knitting—Liz Blann  
Computer—Keith Baker  
Search and Rescue—Keith Baker  
Indian Sign Language—Orthelia Miller & Teddi  
Stamp Club—Elsie Zehr-Reid  
Pen Pal Club—Paula Brisbois, Raynelle Martinez

## Several species of yellowjackets and wasps are pests

Several species of social, paper-making wasps, which feed their maggot-like larvae on sweet solutions and bits of caterpillars or flies, are pests in Oregon. These include several species of yellow and black yellow jackets, several species of yellow and brown Polistes, and the black and white bald-faced hornet.

Yellow jackets make either aerial nests under eaves or in attics, or underground nests. Each nest contains several flat paper combs of hexagonal cells in each of which the queen lays an egg. The resulting larvae are fed throughout their lives by the

smaller, sterile workers. The workers are most apt to sting people when they get too close to the nest entrance which may be a crack in the soil, or next to a sunken water meter or stand pipe. Yellow jackets are strongly attracted to cooked meat, especially salmon, and can be a nuisance at picnics or outdoor meals.

The paper used by social paper wasps is made from wood pulp prepared by the workers from bits of wood rasped with their mandibles from fence posts, dry weeds, wooden boxes, old boards, etc. and mixed with saliva. The layers of paper are

built up strip by strip, and often vary greatly in color, reflecting their diverse sources.

The bald-faced hornet makes large oval, gray paper aerial nests which contain several horizontal combs suspended one below the other. The nests are usually attached to a limb in a small tree or shrub.

Polistes wasps make only a single, naked, paper comb which is usually attached under eaves or other overhangs. There is no size difference between the queen and the workers.

All social wasp colonies are annual affairs. At the height of summer activity, however, a yellow jacket or hornet nest may contain several thousand individuals. Males are produced toward fall and the mated females over winter in protected places such as in soil crevices, about the home, or in decayed logs. New colonies of all species are produced solely by overwintering fertilized queens.

Control of wasps and hornets should be undertaken only after dark when they cannot fly and all individuals are at home. Use a flashlight to locate the nest or nest entrance, and treat liberally with a pressurized spray containing .5% Baygon or DDVP (Vapona). Resmethrin, pyrethrins, and diazinon are also useful.

Commercial yellow jacket traps are available as an alternate control method.

## Tilling garden performs many functions to soil

Tilling the garden performs a number of necessary functions. It mixes manures, fertilizers, compost and clippings into garden soil. And, it temporarily loosens the soil and helps control weeds that compete with crops for moisture and nutrients.

Frequent tilling, however, may do more harm than good.

Soil loosened by cultivation usually returns to its original condition after one or two irrigations. Continued tilling tends to destroy the structural qualities of a soil and may eventually leave you with a soil that is better suited to making bricks than garden produce.

Till garden soil only when it will accomplish some useful purpose, such as turning under organic matter, controlling weeds, breaking crusted soil for water penetration or loosening a small amount of soil for planting seed.

## Planting peas in cool weather

Peas are a good garden vegetable for early starters.

Pea plantings take up little space but yield well, and their small white blossoms add a pleasant ornamental touch to the garden. Best of all, you can plant peas now while the weather is cool.

Home gardeners in the lower elevations of Oregon can plant garden peas as soon as the soil is dry enough to be worked. In the high elevation areas - Coast and Cascade ranges and central and eastern Oregon - delay planting until April.

Peas are sensitive to summer heat, and some varieties are susceptible to virus disorders spread by insects.

Planting early gives the pea crop a chance to develop before these problems occur.

Young pea plants transplant poorly so plant the seeds directly in their permanent row. They require a soil that is not strongly acid (pH between 5.5 and 6.7) and reasonably fertile.

## Tips given in bull management

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.

Look for these and similar bits of management advice to be presented on the 1992 Wasco County Bull Tour.

## Christmas tree growers be aware of spider mites

Spruce spider mites can cause serious damage to Christmas trees. The Oregon State University (OSU) Extension Service has a publication that can help Christmas tree growers better identify, monitor and control the spruce spider mite using integrated pest management.

The OSU Extension Service special report titled "Spruce Spider Mite Biology and control in Christmas Trees," (ST 875) describes the life cycle of the mite as well as how to look for and carefully control the tiny pest.

Management practices can disrupt the natural balance between the spider mite and its predators, allowing rapid mite buildup and damage, so monitoring is essential, said Jack DeAngelis, entomologist with the OSU Extension Service and a co-author of the report.

The report is on file at local county offices of the OSU Extension Service. For further information, contact your local agent or specialist.

## 4-H Leaders attend training

Family Community Leadership training was held at Eugene, Oregon February 24 to 27, 1992 in the Eugene Hilton. A team of eight represented the Jefferson County Extension offices. Four from Warm Springs were selected and they are: Foster Kalama,

Valerie Aguilar, Francelia Miller and Ronnie Suppah, Sr. Also from Warm Springs but was representing the Children Services was Frances Brunoe.

The FCL training is by the Oregon State University Extension office of Corvallis.



Pictured are the leaders who attended the Family Community Leadership training held in Eugene. Back row, left to right: Lee Bissell, Bob Hair, Ronnie Suppah, Sr., and Foster Kalama. Front row, left to right: Brenda Parrish, Tracee Dmytryk, Frances Brunoe, Francelia Miller, and Valerie Aguilar.

## Publications offer information on firewood

The focus is different in three new Oregon State University (OSU) publications of interest to people who heat their homes with wood stoves, but one message is the same in each: Dry firewood provides more heat from less wood.

With that in mind OSU Extension reminds you that spring is the time to cut firewood so it will be dry enough to burn efficiently next winter.

Larry Giardina, OSU Extension energy agent in Medford, wrote these three publications. Their titles explain the main focus of each; ED

1387 "Burn Dry Firewood for Safer, Cleaner Burning and Efficiency," ED 1389 "Build a Solar Wood Dryer," and EX 1404 "Operate and Maintain Your Wood Stove for Safer, Cleaner Burning and Efficiency."

Single copies of any or all are

available from Publications Orders. Agricultural Communication, Oregon State University. Administration Services A422, Corvallis, OR 97331-2119. There is no charge. Ask for them by both name and number. Or contact Warm Spring Extension Office and have them order.

## Simple salmon recipes given for your recipe files

### Mixed salmon salad

1 pint canned salmon  
1 cup shredded cabbage  
1/2 cup broken walnuts  
1 hard cooked egg, sliced  
1/2 cup chopped celery  
1/2 cup chopped sweet pickles  
1/3 cup mayonnaise  
salt & pepper to taste  
lettuce leaves  
Drain and flake salmon. Toss with remaining ingredients except lettuce. Spoon onto lettuce-lined salad plates. Makes 4 servings.

### Rice and salmon casserole

1 pint canned salmon  
2 cups hot cooked rice  
2 Tbsp. butter

salt to taste  
1 can condensed cream soup (celery, mushroom, asparagus, etc.)  
1/2 cup bread crumbs, crackers, or potato chips  
Combine rice with butter and salt. Pat into bottom and sides of a well greased 1 quart casserole. Break salmon into chunks and arrange over rice. Pour soup and salmon liquid over salmon and top with crumbs. Bake at 350 F. for 35-40 minutes or until bubbly. Makes 4 to 5 servings.

### Simple seafood salad

1 pint canned salmon  
1 cup chopped celery  
1/3 cup mayonnaise dressing or plain yogurt  
2 hard cooked eggs, chopped  
2 Tbsp. chopped sweet pickle

salad greens  
Drain fish. Break into large pieces. combine all ingredients except salad greens. Toss lightly chilled. Serve on salad greens. Makes 6 servings.

