

Study shows six common traits of strong families

Sometimes we talk more about troubled families than we talk about happy, well-functioning families. In fact researchers for many years only looked at families in trouble.

Then a young staff member Dr. Nick Stinnett asked the Oklahoma State Extension home economics agents to help him locate strong families among the people they worked with in the state. He interviewed these families to learn how they were able to be strong families.

From the information they gave him, he developed a Family Strengths Inventory.

The Family Strengths Inventory measures qualities of family life including the degree of closeness, happiness, confidence and worthiness in the relationships among family members. Six traits were common in the strong families.

- Commitment. Members of strong families are dedicated in promoting each other's welfare and happiness.

- Appreciation. Members of strong families consistently show a great deal of appreciation for each other.
- Communication. Members of strong families have good communication skills and spend a lot of time talking with each other.
- Time. Strong families spend large amounts of quality time together.
- Spiritual wellness. Whether they go to formal religious services or not, strong family members have a

sense of a greater good or power in life, and that belief give them strength and purpose.

- Coping ability. Members of strong families are able to view stress or crises as an opportunity to grow.

From OSU Extension Family Specialist, Jan Hare and Aphra Katzev, an OSU doctoral candidate in Human Development and Family Studies.



Information provided by:
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Keep mouthwash out of reach of children

By Norma Simpson

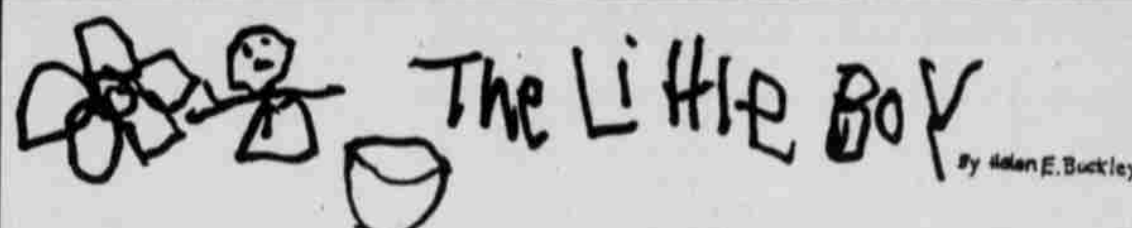
During the past three years, the Oregon Poison Center has received 154 reports of children under the age six swallowing mouthwash containing high levels of alcohol (ethanol). Leading brands of mouthwash contain between 14 and 27 percent of ethanol, as compared to beer which typically contains 5 to 7 percent and wine which typically contains 12 to 14 percent alcohol.

Mouthwashes are particularly attractive to children because of their sweet smell, bright colors and for the most part, great taste. Between 5 and 9 ounces of these mouthwashes may be enough ethanol to cause death in a 22 pound child.

In February Oregon's Attorney General T.R. Kulongoski joined with representatives from 28 other states and territories to urge that child-resistant packaging be required for

mouthwashes that contain more than 5 percent alcohol. They filed a petition urging the US Consumer Product Safety Commission to promote the packaging.

Until such time that the CPSC requires this protection of children, it's up to all family members to be sure children spit out the mouthwash after they gargle, and that the bottle is kept well out of reach of the children.



Once a little boy went to school.
One morning,
When the little boy had been in school awhile,
The teacher said:
"Today we are going to make a picture."
"Good!" thought the little boy.
He liked to make pictures.
He could make all kinds.
Lions, and tigers,
Chickens and cows, trains and boats.
He took out his box of crayons
And began to draw.
But the teacher said: "Wait!
It is not time to begin!"
And she waited until everyone looked ready.

But the teacher said, "Wait!"
And I will show you how."
And she showed everyone how to make
One deep dish.

"There," said the teacher.
"Now you may begin."
The little boy looked at the teacher's dish.
Then he looked at his own.
He liked his dishes better than the teacher's.
But he did not say this.
He just rolled his clay into a big ball again.
And made a dish like the teacher's.
It was a deep dish.

"Now," said the teacher,
"We are going to make flowers."
"Good!" thought the little boy.
He liked to make flowers,
And he began to make beautiful ones
With his pink and orange and blue crayons.
But the teacher said, "Wait!
And I will show you how."
And it was red, with a green stem.
"There," said the teacher.
"Now you may begin."

And pretty soon
The little boy learned to wait,
And to watch,
And to make things just like the teacher.
And pretty soon
He didn't make things of his own anymore.
Then it happened
That the little boy and his family
Moved to another house.
In another city,
And the little boy
Had to go to another school.

The little boy looked at the teacher's.
Then he looked at his own flower.
He liked his flower better than the teacher's.
But he did not say this.
He just turned his paper over
And made a flower like the teacher's.
It was red, with a green stem.

And the very first day
He was there,
The teacher said:
"Today we are going to make a picture."
"Good!" thought the little boy.
And he waited for the teacher
To tell him what to do.
But the teacher didn't say anything.
She just walked around the room.

On another day, the teacher said:
"Today we are going to make something with clay."
"Good!" thought the little boy.
He liked clay.

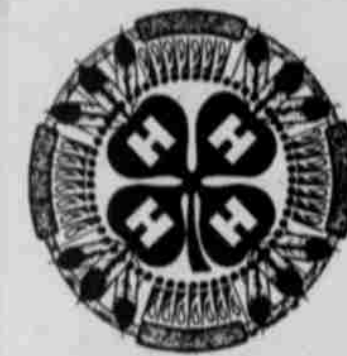
When she came to the little boy
She said, "Don't you want to make a picture?"
"Yes," said the little boy.
"What are we going to make?"
"I don't know until you make it,"
Said the teacher.
"How shall I make it?" asked the little boy.
"Why, any way you like," said the teacher.
"And any color?" asked the little boy.
"Any color," said the teacher.
"If everyone made the same picture,
And used the same colors,
How would I know who made what,
And which was which?"
"I don't know," said the little boy,
And he began to make
A red flower with a green stem.

He could make all kinds of things with clay.
Snakes and snowmen,
Elephants and mice, cars and trucks,
And he began to pull and pinch
His ball of clay.

But the teacher said:
"Wait! It is not time to begin!"
And she waited until everyone looked ready.

"Now," said the teacher,
"We are going to make a dish."
He liked to make dishes.
And he began to make some
That were all shapes and sizes.

The clover speaks



Beadwork — Myra Shawaway
Knitting — Liz Blann
Search and Rescue — Keith Baker

These clubs are meeting currently.
If you have any questions please feel free to call Arlene, Carol or Crystal. Bob or Crystal will be glad to answer any questions you have concerning Rockin' 4-H. Please feel free to stop by the office for more information. We have the forms for you to fill out.

Rockin' 4-H update

We had our first meeting March 2, 1993. A special thanks to all the parents who attended with their children. It is very important for you to be there. Bob Pawelek gave the objectives for the Rockin' 4-H cattle and horse project.

1. Learn animal science
2. Feeding, breeding, mgt.
3. Marketing
4. Research
5. Develop team work skills

6. Practice leadership
7. Career opportunities
8. Knowledge

Bob discussed the objectives with members. Constituents had the opportunity to get to know Bob and see what a great cow poke he is. Everyone had a great time filling in the parts of a cow and learning the parts they didn't already know. Keep an eye on the clover speaks for future meeting dates.

Rainbow Dancers

The Rainbow Dancers are now taking members, if you were involved last year you still need to sign up for 1993. This 4-H activity provides Warm Springs youth an opportunity to share their culture with our neighbors by modeling their regalia at state and county fairs. Please call Crystal or Carol to sign up or stop by the OSU 4-H Extension office at 1110 Wasco Street.

Current Clubs:

Expressive Arts — Art
McConville
Boys Basketball — Melvin Tewee
Girls Basketball — Foster Kalama
Rockin' 4-H — Tim Smith, Joseph Winishut, Winona Spino, Roger Spino, Bob Pawelek, Benson Heath.
Culture Club — Teddi Tanewasha and Orthelia Miller

Fabric finishes fill needles on sewing machines

By Norma L. Simpson

On three occasions during this past week, we have seen the effects of fabric finishes causing the thread to fray as we sewed. You can see the situation in the drawing.

When fabrics are made, the weavers put chemical finishes on them to make the garment permanent press or so they require no ironing. But as you sew, some of the chemicals plug up the eye in the needle. Little by little, the thread starts to fray and bunch up on the left side of the needle. Soon the thread breaks.

You can do two things to the needle.

- 1.) Soak the needle in warm water for a few minutes, until the chemicals can be wiped away.
- 2.) Use the "decorative strawberry" on round red pin cushions to clean the chemical from the eye of the needle. Push the needle back and forth several times, to break up chemicals clogging the eye of the needle.

The "strawberry" is full of emery, like on your emery boards for filing your fingernails. It will remove rust

from pins and needles when you let them get wet or from the humidity in coastal areas.

While you have the needle out of the machine, check to see if the point is dull. If it is, use your knife sharpener to sharpen it a bit. If you run over pins as you sew, the point will get dull, or even bent at an angle, so that the needle snags the fabric.

Sewing workshop a success

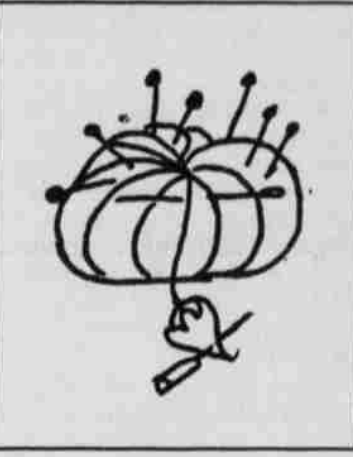
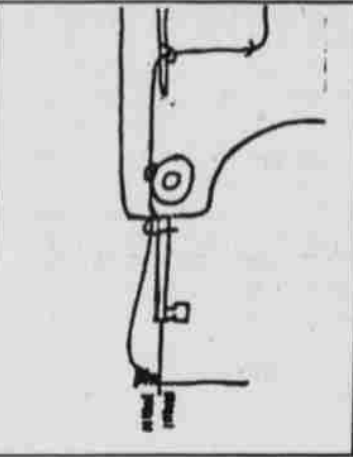
By Norma Simpson

Many adults and children will be wearing new traditional outfits soon as the Traditional Clothing Workshops come to a close. Many thanks to Crystal Winishut and Colleen Arthur who shared their knowledge of making wing dresses. Those who made ribbon shirts, vests and leggings can thank Sandra Brunoe, Estelle Lawson and for sharing their patterns and words of wisdom about ways to brighten the new garments.

The workshops began February 20 and continued until March 10 in time for the opening of the new museum. The garments will be the highlight of some who had never sewn before. Urbana Manion whizzed through her first wing dress at such a pace after coming only to observe. Margaret Buckland was so excited, that she made two more the next day for others in her family. One woman received a gift from her husband who made a wing dress for her. And several husbands will be brightly dressed in new ribbon shirts and vests.

In addition to learning to make the traditional wing dress, many learned more about using patterns, how to enlarge them or make them smaller. And many learned a lot more about their sewing machines, and the importance of cleaning and oiling the machines to reduce the noise that the machines make as the women and men raced away full speed on their garments.

Thanks to you all for being so enjoyable and for sharing and helping each other. Thanks for teaching me a lot, and for the many times you said "I didn't know that!"



Help plan gardens for drought

Lynn Breese, former Jefferson County Home Economics Agent will join forces with Bob Pawelek, the Warm Springs Livestock Agent to help us plan our yards and flower gardens for the drought conditions we will have this summer. Join us Wednesday, March 24 from 7:30 p.m. to 9:30 p.m. in the training room on the main floor of the Education Center. Share your landscaping problems and solutions during the group discussion that will follow their presentations.

While we had plenty of snow this winter, it is not enough to catch up with the average rainfall that we have had in years past. That means we will have less water to keep our yards lush and green and gardens blooming with water thirsty plants.

Here in Central Oregon we have many native plants, and some im-

ported ones which do survive well with little water. We'll look and touch those plants, and see ways that we can conserve water during the months ahead.



Stockman's Roundup



By Bob Pawelek
OSU Extension Agent
Livestock and Range

Here and There

If your eyes have wandered down to this corner of the newspaper, welcome! Glad to have you.

This column is written as a service to you, and if there's something related to the livestock business that you would like to see addressed here, please let me know. I'll try to scare up the information you're looking for.

Keep your cash

Glancing through the mid-February issue of Farm Journal, I took note of some research done on deer whistles used as scare devices on automobiles. It seems that results from tests in Utah and Texas, as well as in Switzerland and Finland show that the whistles are ineffective.

Your best move, the article mentions, is to slow down when you see any deer near the road. Even if one deer has successfully crossed the road, there's a good chance another one is right behind it.

Grazing forests

The cover story of the February issue of Farmer-Stockman reveals that sheep and cattle could be used to benefit newly planted trees. The article by Mike Wohld suggests that through intensive management, grazing can be a useful tool in forest management.

Louis Halloin, silviculturist with the Washington Dept. of Natural Resources (DNR) says that using sheep to control brush competing against

young trees may be an alternative to chemical control when seedlings are just getting started. Halloin points out that using sheep to work on the brush improves grazing for cattle, which prefer grass to browse.

Halloin published a Washington DNR report, "Plantation Grazing — A Feasibility Review", January 1991. In it he cites the following benefits:

- Brush control, favorable for seedling establishment.
- Increased cycling and availability of nutrients.
- More sunlight to seedlings.
- Increased tree seedling growth.
- Possible rodent control.
- Suppressed noxious weeds.
- Improved big game winter range.
- Reduced fire hazard.
- Minimal damage to seedlings from browsing or trampling.

In Oregon, OSU research also suggests that grazing can be beneficial to forests. Timing and intense management are essential. Using sheep first to control the brush and then cattle on the grass are critical factors to success.

Never ask a barber if he thinks you need a haircut.

How much artificial sweetener should I use?

If you have a new diabetic in your family, you'll be learning more about artificial sweeteners. This table will help you to have some idea about how much of each type of sweetener is going to taste like a teaspoon of sugar. In the table it refers to Tsp for teaspoon. If you recipe refers to Tbsp., that is the abbreviation for Tablespoon, and there are three teaspoons for each Tablespoon.

ARTIFICIAL SWEETENERS					
Brand Name	Form	Amount	Table Sugar Equivalent	Calories	
Sucaryl	Liquid	¼ Tsp	1 Tsp	0	
Sweet-10	Liquid	¼ Tsp	1 Tsp	0	
Sprinkle Sweet	Granulated	1 Tsp	1 Tsp	2	
Sugar Twin	Granulated	1 Tsp 1 packet	1 Tsp 2 Tsp	1½ 3	
Sweet n'Low	Granulated	1 Tsp 1 Packet	1/6 Cup or 8 Tsp 2 Tsp	14 3½	
Equal	Granulated Tablet	1 packet 1 each	2 Tsp 1 Tsp	4 0.4	