

Recent study came up with new buzzwords for the 90s

A recent study on consumer behavior has come up with some new buzzwords for the 90s. "Downshifting in America: A Consumer Reality that's here to stay," has described the new attitude as "simple joys in life." The study was conducted by the Grey Advertising Strategic Service Department.

Downshifting means "living within your means to attain financial stability."

Financial Triage means "making buying decisions based on emotional needs and financial security."

Value means "basing a decision on its worth to the individual rather than pure price or quality."

Pre-shop means "research before buying."

Mission-based buying means "searching several sources for the

right price."

Justification means "deciding whether the product fits your life."

Permission means "justifying the decision."

Being affected by the recession, less tax deductions, decline of savings and investments, low consumer confidence and maturing baby boomers are all part of the reasons for the shift in attitudes.

These are also good practices to get the most for your money, with the least after shocks of overspending.

Before the hectic Easter holiday season begins, it's probably a good idea to look ahead to the expenses you know you will have. Shop wisely for the things that build the most family stability.



Information provided by:
Warm Springs OSU
Extension Office
1110 Wasco Street
553-3238

Pre-shop, research, products before buying

The more expensive an item is to buy, the more important it is to pre-shop, or research the product that you plan to buy. In the Warm Springs Extension Service office we have magazines and books that will help you to research information about cars and vans, stereos and CDs, household equipment and nearly everything you can think of for everyday living. We have a system to check out these items for a week at a time. Come in and take a look!

Consumers Digest and Consumers Reports are two magazines for adults. They give you not only their

choices of the top products, but more importantly how the magazines research teams made the decisions. A research team chooses a number of products from different manufacturers and tests the products equally to be as fair as possible in their recommendations of products to buy.

Zillions: Consumers Reports for Kids has information of greater interest to the younger generation. The wild colors and youthful photographs really attract young readers.

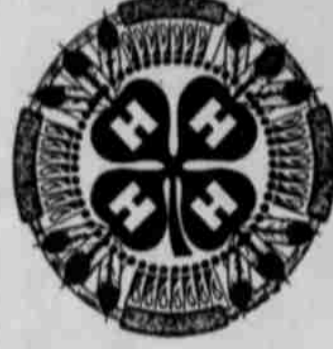
Consumer Reports Buying Guides come out yearly with thousands of items evaluated by the research teams

of the Consumers Union which publishes the books and Zillions and Consumer Reports.

The Consumers Resource Handbook provides a directory of addresses for corporations and manufacturers and consumer contacts within them for specific assistance. It also includes a section about "How to be a Smart Consumer."

We keep back issues of these magazines and books because the information is useful for example to see what the magazines said about older cars or appliances which you may buy used today.

The clover speaks



Spring is just around the corner, after the long winter everyone is glad to see old Mr. Sunshine shower us with some rays. It is time to think about some outdoor 4-H projects. We have equipment to start a marksmanship project and all that is needed is a leader. We are asking for one of you sharp shooting hunters to teach: safe shooter, marksman, sharpshooter, expert rifleman. To 4th grade through 12th graders.

Would you like to know a way to teach your kids some responsibility

and care for someone or something other than themselves? How about care for your community? These are just two values that the 4-H program promotes in club projects. Responsibility is taught by showing up for every meeting, very much in the same way an adult shows up for work every day. If your child was involved in a small animal project he/she would learn care for something other than themselves, by feeding, watering, grooming, their animal.

With encouragement from you they can begin to see themselves as responsible and caring youth. This will carry over into school as children learn they must be the ones to take responsibility for their school work.

Camp Counselor Training

Crystal Winishut and Carol Stevens chaperoned five Warm Springs youth who attended camp counselor training at the Oregon 4-H Education Center 8 miles west of Salem on March 6 and 7. Charlie Hellon, Michael Hellon, Tama Langnese, Jenny Langnese, Bucky Smith, deserve a giant congratulations, they represented Warm Springs

well and had a great time learning about the responsibilities of a camp counselor. Prospective counselors went through a rigorous action packed schedule where they demonstrated critical thinking skills, creativity and willingness to learn new games and crafts to teach young campers. Their day began at 6:00 a.m. and ended at 11:15 p.m. They met new friends and learned more about themselves too.

I would like to thank parents for supporting their children, without you, they could not do it.

Rainbow Dancers

The Rainbow Dancers are a 4-H activity group that meets from June through September. The age group is infancy to senior citizen. Infants and children under the age of 8 need to be accompanied by an adult. The first meeting will be held on June 15, 1993 at 3:30 - 5:00 p.m. at the 4-H Center. We are now taking members, stop by the Extension Office and fill out a registration form ask for Arlene, Crystal or Carol. If you have any questions please feel free to give us a call at 553-3238.

New refrigerators may have different sounds

If you bought a new refrigerator within the past few years, you've probably noticed that it sounds "different." There are reasons, explains Mary Ann Sward, Oregon State University Extension housing specialist.

New refrigerators use only half as much electricity as older models. In fact, a new 20.6 cubic foot refrigerator with top freezer uses no more electricity than a 75-watt light bulb. Most new refrigerators are also larger and have such added conveniences as automatic defrost systems, ice makers, and perhaps even a "built-in" look, resulting in different sounds such as:

- High-pitched whine from more energy efficient compressors that have smaller, higher speed motors.
- Soft hum from the evaporator fan in the freezer and/or condenser fan under the refrigerator.
- Clicks from the automatic defrost timer switching on and off, the thermostat turning the refrigerator on and off, or the water valve refilling the ice maker.
- Boiling or gurgling/trickling water when the refrigerator stops running, the defrost water runs into the drain pan, or the refrigerant circulates in the system.
- Running water as the ice cube

tray fills, and thuds as ice cubes drop into the storage bin.

To help deafen these new sounds:

- Make sure the refrigerator is level and the defrost water collection pan is in position (usually reachable behind the bottom front "toe-plate").
- Put carpet or sound-absorbing ceiling tile on the wall behind the refrigerator.
- Allow enough space between the back of the refrigerator and the wall unless it is designed as a "built-in". Check your use and care book for the needed space.
- To reduce compressor "run time":
 - Vacuum the condenser coils at least twice a year, more often if you have pets.
 - Keep your refrigerator at least three-fourths full. Use partially-filled water jugs to fill empty space.

Many consumers filing refrigerator sound complaints with the Major Appliance Consumer Action Panel (MACAP) represent one or two-person households or have recently moved to smaller retirement homes or remodeled with the kitchen open to a family living area. Sounds are most noticeable in quiet surroundings. Consumers with hearing aids are especially sensitive.

Some consumers report to

MACAP that their refrigerators are "louder" than an identical model in a friend's or relative's house. This may be due to the number of people in the house as well as different furnishings and room arrangements. Carpeting, drapery, upholstered furniture, and wall coverings can help muffle refrigerator sounds.

Beware of used pressure canners, especially older models

Used pressure canners may seem like good bargains at auctions, garage sales, and flea markets. However, Norma Simpson, Oregon State University Extension agent in Warm Springs, cautions that they may not be good investments, especially older models.

Bodies and covers made of cast or heavy gauge metal are durable and may be in good shape. However, other parts may need repair. It may not be possible to buy replacements for gaskets, gauges, and handles. Many manufacturers of older canners are no longer in business.

Second hand pressure canners seldom have use and care manuals with operating instructions, says Carolyn Raab, OSU Extension foods and nutrition specialist. It may be impossible to tell whether the canner

will reach and maintain the right processing pressure. As a result, canned food may not be safe to eat. Another potential hazard is personal injury resulting from improper canner use.

Before purchasing a used pressure canner, check with local dealers to see what brands and parts are currently on the market.

Raab also advises preparing for the food preservation season by doing some spring cleaning. Many home canners are using outdated instructions

manually, she notes. Manuals published before 1988 should be replaced with more current editions.

The U.S. Department of Agriculture revised many home canning procedures in 1988. These new recommendations for canning vegetables, tomatoes, salsa, fruits, seafood, and meats are available at the Extension Office on the main floor of the Warm Springs Education Center.

Up-to-date USDA recommenda-

tion manuals, she notes. Manuals published before 1988 should be replaced with more current editions.

The U.S. Department of Agriculture revised many home canning procedures in 1988. These new recommendations for canning vegetables, tomatoes, salsa, fruits, seafood, and meats are available at the Extension Office on the main floor of the Warm Springs Education Center.

Up-to-date USDA recommenda-

TV viewing affects metabolism

Many children who watch a lot of television are fatter than those who watch less often. Many reasons have been suggested for this. But now researchers are looking at how TV viewing affects metabolism (the rate at which the body uses calories).

Dr. Robert Klesges, a psychologist at Memphis State University, found that children lapse into a deeply relaxed state when watching television. They are metabolically between resting and sleeping. They burn fewer



calories per minute than if they just sit still. Dr. Klesges found the drop in caloric usage is even greater for overweight children.



Range & Ag Committee members tour Pacific Rim Agribusiness at Yelm, WA, recently. Owner Larry Schorno (right) instructs committee members of management techniques required by foreign buyers.

Stockman's Roundup



By Bob Pawelek
OSU Extension Agent
Livestock and Range

The Leading Animal Rights Groups - Their Philosophy and Tactics

This is the first of a three-part series on the encroachment of our rights as ranchers by those who may be going just a little too far...

It is safe for me to say that all the ranchers whom I now know, as well as those whom I have ever dealt with, are dedicated to the humane treatment of the livestock in their care. Common sense dictates that ranchers accept responsibility for the WELFARE of their animals and do so without reserve.

They do so because that's their job, and because it's the right thing to do.

Animal RIGHTS is a different story.

There are several different groups of people out there who think differently, some of whom are known to resort to violence in order to get their points of view across.

Most animal rights advocates give human characteristics and therefore

rights to animals. In other words, any difference between people and animals - such as reason, free will, moral awareness and language - are totally irrelevant.

Most of them are dwellers and have probably never set foot on a farm or ranch. Many own pet dogs and cats. It is these same people who keep telling us about how badly we treat our livestock.

There are several hundred animal rights organizations operating in the United States today.

The following is a brief list of just a few animal rights groups and their beliefs, as compiled by Charles Harness, Vice President of Communications for the National Pork Producers:

ALF - the Animal Liberation Front
Its membership is anonymous, its budget and source of funding are unknown.

They are a highly secretive underground organization that uses guerrilla tactics such as arson and vandalism. It has raided dozens of medical laboratories, "liberating" animals being used in research.

ALF is listed by the FBI as a terrorist group. It distributes an instructional manual to its members telling them, among other things, how to assemble and activate a bomb. ALF's overall philosophy is "meat is murder."

PETA - People for the Ethical Treatment of Animals

This is one of the best known and

most active animal rights groups, with at least 18 chapters around the country with a membership of over 300,000. It has a budget of between \$6 and \$10 million and a staff of 100. PETA's philosophy is "Animals are not ours to eat, wear, or experiment on."

PETA promotes vegetarianism in its literature. It launched a \$650,000 campaign in 1990 aimed against eating meat. Their campaign slogan is, "If you know how your dinner was made, you'd lose your lunch."

FARM - Farm Animal Reform Movement
There are over 100,000 dues-paying members in this outfit with a budget to match that number. Their goal is to end all livestock and poultry production.

FARM sponsors the Great American Meat Out every March 20, and of course has a vegetarian philosophy.

HFA - The Humane Farming Association

This organization is affiliated with **Buddhists Concerned for Animals**. During the last year or so, HFA launched a big advertising campaign aimed at ending "factory farming." Their budget is over \$50,000.

There are several hundred more animal rights' groups ranging from Doris Day's Animal Rights League to the Student Action Corps for Animals.

Next time - The difficulty that farmers and ranchers are facing due to pressure from these groups.

Speak your mind,
but ride a fast horse

LET THE FOOD PYRAMID WORK FOR YOU

Vegetables
3-5 servings

Every time you hear someone say, "I don't like vegetables," remind them that vegetables have vitamins and minerals in them that are very important for the body.

VITAMIN A

Helps children grow, keeps skin and eyes healthy.

VITAMIN C

Keeps gums and blood vessels healthy.

IRON

Makes red blood.

FIBER

Prevents constipation.