



Arlene Boileau  
4-H & Youth

Bob Pawelek  
Livestock

Clint Jacks  
Staff Chair, Madras

Norma Simpson  
Home Economics

Sue Ryan  
4-H Assistant

The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant program with OSU, United States Department of Agriculture, Jefferson County and the Confederated Tribes of Warm Springs cooperating. The Extension Service offers its programs and materials equally to all people.



## The Clover Speaks

by Sue Ryan

Last time in Cloverspeaks, the 4-H program covered the use of a compass. This time, another tool for planning outdoor activities - a guideline for children's skill levels at different ages. These age characteristics segments appear in the 4-H Discovery Learning Outdoors Leader Guide series - a Pacific Northwest Extension publication.

### Characteristics of Second-Graders

Children at this age have a great capacity to absorb information and the environment. They are becoming good listeners, may seem introverted, are sensitive about feelings, are best suited for short tasks, and can be very critical of themselves. They like praise and are very sensitive to disapproval.

Second-graders are cautious, do not like to lose, are somewhat awkward and inventive, like to collect and swap objects, have difficulty starting activities but are then quite persistent, and do not want to experience new situations alone.

### Characteristics of Third-Graders

Children at this age are improving their large motor skills. They like organized games and activities, as well as swimming, bicycling,

and hiking. Physically, the girls are growing faster than the boys.

Third-graders enjoy problem solving, love trivia, are able to judge their own behavior, and have longer attention spans. They are more comfortable in an organized world.

At this stage, children have a well-developed sense of humor, and become frustrated when they do not like an assignment. They like to show their independence, but also want to know the rules. Peers are very important. These children need praise, can work through difficulties, like and accept themselves, and may withdraw rather than rebelling outwardly.

In relating to their peers, these children play in small groups, love to be chosen, like to plan and take trips, are great joiners, and are most cooperative when adults are fair. Boys express friendships by pushing, punching, or wrestling, while girls tend to have one best friend at a time.

### Characteristics of Fourth and Fifth-Graders

Children at this age are competitive at sports, games, and other activities. The girls are growing faster than the boys. Their cognitive skills are broadening. They are able to judge themselves, enjoy new experiences and knowledge, and understand social problems. Fourth and fifth graders are pleased that they do well, but are not receptive to criticism. They may daydream about the future (this may seem lazy to adults, but is an important part of their intellectual growth). Fourth and fifth graders may challenge adults, as they are starting to develop their own values.

Emotionally, they can work through difficulties, they like and accept themselves, and value the opinions of their peers. At times they may seem emotionally rocky, as they often extend themselves and may become upset when things go wrong. Children in this age group form loyal friendships, can be critical of parents' judgment and may withdraw rather than show outward rebellion.

Fourth and fifth graders respond well to

one-on-one interactions with adults, like to plan and take field trips, are great joiners, are most cooperative when adults are fair, and like to meet and travel in groups to public places. Boys express peer friendships by pushing, punching, or wrestling, and girls tend to have one best friend at a time.

### Characteristics of Sixth-Eighth Graders

At this age, children experience many changes physically, emotionally, mentally, and socially. When working with them, keep the following information in mind. Rapid changes in physical appearance, such as growth spurts, acne, voice changes, and menstruation may make these new teenagers uncomfortable or embarrassed. Girls usually develop at a younger age than boys. Changes in hormones may cause mood swings and emotional reactions.

Sixth-eighth graders begin to use more abstract thinking. If they are interested in a subject they will explore it intensely. Adult solutions to problems are often rejected in favor of developing their own solutions. However, during these years, values are also being tested. Spending time with adults who are willing to talk about values and morals may have a lasting effect. This is a time for adults to help with self-knowledge and self-discovering activities. It is important to avoid comparing young people with each other; instead, a young person's present performance should be compared with past accomplishments.

Peer acceptance is very important. Small groups provide an opportunity for these children to test ideas and develop social and leadership skills in a less intimidating environment. Young teens are willing to be away from their parents and are beginning to mature friendship skills. For most activities, boys still will cluster with boys and girls with girls, although they begin to be interested in what the other group is doing. Opportunities are needed for boys and girls to mix without feeling uncomfortable. This works best if they plan the activities themselves.

## What's it mean when an orange is green?

by Norma L. Simpson

When you reach into a stack of oranges at the supermarket, which orange do you pick? The orange that is orange? Or the orange that has green on it?

Both answers are correct. The difference between the orange that has green on it, is an orange that was picked when the ground temperature has caused "re-greening," meaning that the chlorophyll returned to the fruit.

A citrus cooperative sales manager tells us that this fruit is actually fully ripe, juicy and ready to eat. Jonathan Roberts also says that the "Best buys" are the smaller size fruit, the valencia orange that comes from California and Arizona.

Another characteristic of oranges is the amount of dietary fiber that help to fill you up. If you fill up on high-fiber foods you tend to eat less high-fat and less high calorie foods.

Fiber is the part of fruits, vegetables, grains, nuts and legumes that can't be digested by enzymes in the human intestinal tract. One benefit of dietary fibers is the prevention or treatment of constipation. The insoluble fiber produces a larger, softer stool that the digestive system can pass through the body more quickly and easily.

Recent research reported from Harvard University School of Public Health found

that middle aged Americans can cut their heart attack risk nearly in half by eating more fiber.

Research so suggests that soluble fiber can improve blood sugar control and thus reduce the need for insulin or medication by diabetics. The gums and pectins especially seem to delay the emptying of the stomach, slowing down the absorption of glucose in the intestines.

The best sources of dietary fiber are fruits, vegetables, grains, nuts and legumes. Unfortunately consumption of these items in the diet has declined and health professional organizations, like the American Dietetic Association, are urging the public to increase their usage of these foods in their daily menus.

Well the season is finally coming to us, as fresh fruits, roots and other vegetables are growing as the sunny weather finally says it is summer. Every one is trying to stretch their supply of huckleberries through the summer. We can begin to fill the space in the freezer with spring and summer fruits, and empty last years jars of pie fillings, and canned fruit.

We can control the additives and preservatives in our diet by using the fresh fruits. If we choose low-acid fruits like asian pears or vegetables, we need to follow the newest recommendations to add extra acid or to pressure can the wonderful variety gifts from the creator.

## The Ties That Bind series offers life's lessons

by Norma L. Simpson

Despite today's high divorce rate, one out of five first marriages lasts 50 years. That's what Jan Hare says in the latest series of publications that she completed, called **THE TIES THAT BIND**. She will soon be leaving the Oregon State University Extension staff to be a member of the faculty at the University of Wisconsin-Stout.

One of the series include "LONG-LASTING MARRIAGES: WHY DO THEY SUR-

VIVE?" as well as "Sibling Relationships in Later Life" and "Grandparenting Today." You can find the publications in the OSU pamphlet rack in the Education Center.

"Grandparenting includes the many helpful hits to Long-Distance Grandparenting, Visits with Grandchildren, Step Grandparenting and Cooperation among Grandparents. A few does in don'ts in each section. Hare also includes a list of TEN BEST GIFTS FOR GRAND CHILDREN. I'll just give you the short version. The publication (EC 1459) give you the reasons why the gifts are so special.

### TEN BEST GIFTS FOR GRAND-CHILDREN:

1. The Gift of Self-worth
2. The Gift of Example
3. The Gift of Caring
4. The Gift of Growing Older Gracefully
5. The Gift of Knowledge
6. The Gift of Change
7. The Gift of Heritage
8. The Gift of Hope
9. The Gift of Happy Memories
10. The Gift of Love and Acceptance

Another in the series **TIES THAT BIND: SIBLING RELATIONSHIPS IN LATER LIFE**. As Jan Hare says, "Sibling relationships are unique in that they're the only close family relationships with the potential to last a life time. Siblings share biological and cultural heritage and many memories."

Approximately 75 percent of older adults consider at least one of their siblings to be a close friend. It doesn't mean that we all think a like or that we always agree. But we often cherish the moments that we are together. You will also find that it is a time to help each other and to help our parents. Hare's circular (EC 1458) has many ways to think of the future together.

Finally, **TIES THAT BIND: LONG-LASTING MARRIAGES** contains some insight into What keeps spouses attracted to one another in long marriages. Here are some of the pointers that you might want to consider.

- \* Trusting and confiding in one another
- \* Respecting and valuing each other
- \* Expressing feelings to one another
- \* Intimacy and closeness
- \* Mutual sexual satisfaction
- \* Expressions of understanding and support
- \* Encouraging independence in one another
- \* Expression of contentment and appreciation

## "Native" plants enhance gardens



Mountain Laurel

Growing "native" plants can help save water and provide food and habitat for local native wildlife. Because native plants are adapted to an area, they often can thrive on less water and fertilizer than some of their more exotic horticultural cousins.

Ecologists debate about the true definition of a native plant. In the strictest sense, plants are considered native based on a combination of location, habitat and genetics.

For the home gardener, native is a fairly general term. We usually think of native plants as those that naturally exist in certain habitats. For example, if your yard is a shady wooded site, plants that naturally grow in forested areas at similar elevation would be considered native.

Many plants native to the Pacific Northwest make delightful and ecological additions to the home landscape. Some can be plants in difficult to cultivate place, including hot dry spots, or wet, shady corners. It all depends on the type of habitat they are found in the wild.

For returning a larger yard or woodland to its original natural beauty, native wildflowers such as trillium, fawn lilies or wood violets can add a perfect touch of authentic-

ity to a natural landscape. Farm buildings, pastures and hedgerows can also be beautified with native including hawthorn, wild rose or mountain ash—all of which also provide natural food for wild birds.

Each type of native plan has its own requirements for temperature, moisture, light, soil and terrain. Pay attention to the micro environments in your home landscape and purchase or propagate and plant native accordingly.

Never dig up native plants from the wild, unless the area is under certain threat of destruction, such as in road cuts or in logged areas. It is illegal to collect in any state and national park and in other designated "natural areas." Permission or permits to collect on public lands are often necessary. Ecologists recommend that home landscapers either grow native plants from seeds, cuttings or layering, or purchase native plants from a reputable native plant nursery.

OSU Extension has numerous publications to help home gardeners with their planting needs. Call the Warm Springs office at 553-3238.

## There may still be time to get a new lawn in; plan carefully

By Bob Pawelek

If you're interested in getting a lawn seeded, time is about running short for this spring. You can still get it done with a little luck and the cool weather holds out for a few more weeks.

### Soil preparation

As long as your soil is adequately crumbly, that is, if you pick up a handful of soil and it doesn't stick like fry bread dough, or it doesn't fall through your fingers like sand in an hourglass, you're probably alright.

The soil preparation step is probably where the most sweat will be involved. First, if the

area is grown up in tall weeds, ask a neighbor if they wish to stake their horses out in it for a day or two. This will make it much easier to rototill. Rototilling is the second part of this step, by the way.

Rake or drag the soil in a manner that rain water will drain away from the house. If additional topsoil is needed, do the grading first, then add the topsoil to the final grade. Topsoil should be a loam material free of trash, plant roots, and weed seeds. Distribute the topsoil over the graded area. Again, till lightly to mix the added topsoil into the top 1 or 2 inches of the underlying soil.

To determine the amount of fertilizer and lime needed in your soil, it is best to obtain a soil analysis. If time does not permit this, add fertilizer materials that will supply 2 pounds of actual nitrogen (N), phosphorous (P2 O5) and potassium (K2O) per thousand square feet.

For example, if a complete fertilizer mixture with a 10-10-10 analysis ratio were applied, it would require 20 pounds per thousand square feet to supply those minerals. Fertilizers should be applied evenly to the area to be seeded.

Till lightly or rake the fertilizer into the top several inches of soil before seeding. Considerable care and effort should be put into preparing the surface for your lawn. If done properly, it will look so.

### Planting

When a satisfactory surface has been prepared, lightly roughen the surface by raking. Divide the seed into two quantities. Sow one half of the seed while walking in one direction and the second half traveling at right angles to the first seeding. Then lightly rake the surface again to partially cover the seeds. Remember that grass seeds are extremely small and need to be covered only lightly with soil.

If you are still intent on planting the grass seed once the weather warms, a surface mulch may be necessary. Use a bale of sphagnum moss or similar material to lightly cover the grass seed.

To stimulate early growth of grass, immediately after seeding and before final raking, spread 5 pounds of ammonium sulfate per thousand square feet to supply nitrogen near

the young seedlings.

### Watering

Keep the soil surface moist until the seeds have germinated. If dry weather follows your seeding, a light watering may be needed every day or several times per day. As the grass begins growing, gradually decrease the watering frequency while increasing the amount of water being applied at each watering. By the end of the first 6 weeks after seeding, the watering schedule should be on a weekly basis, with about 1 inch of water per application.

### Protection

Keep critters such as dogs and horses off newly seeded lawns. Grass seedlings cannot tolerate digging or grazing and all your hard work may be for naught if not properly fenced.

## Freezing, canning classes set

by Norma L. Simpson

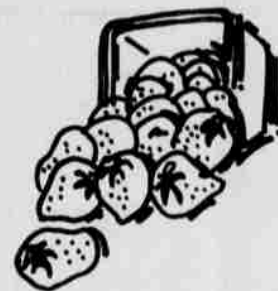
Recently a man on the post office wanted to know when we would be having a cooking class on canning strawberries. Well we generally do not can strawberries, but we do like to freeze them. During the month of June the Wellness kitchen will be a buzz happy canners canning, jamming and freezing. We look at all the options for the month, and ways to preserve the best of fruits and vegetables in the class.

It is a hands-on session, at the Health and Wellness Center Kitchen from 5:30 to 8 pm.

People who attend the class get really involved in trying new foods, and ways to use them fresh, frozen and canned. Why don't you join us.

My next class will be about **seasonal fruits and vegetables on June 6**. We taste what we prepare and then later in the classes we show ways to combine all kinds of food.

The last two classes have had three or four men, who tried techniques that they had never done before. And then there are the regulars who teach as much as they learn. **Why Don't You Join Us?**



## Stockman's RoundUp—USDA cattle outlook bleak



by Bob Pawelek  
OSU Livestock Agent

The United States Department of Agriculture recently released its "Cattle and Sheep Outlook Report." Several statements in the publication are quite pertinent to the current situation and they reinforce some fears of my own.

First, the good news. The January 1996 beef cow inventory was more than three percent below earlier projections and will result in a smaller calf crop in 1996 and lower slaughter supplies and beef production in 1997.

A far more positive outlook for improving

returns in the industry appears likely now, assuming normal crop development this summer and favorable grazing conditions in the next 10 months.

Now, the bad news. High grain prices are gonna stay high for a while. That puts the squeeze on order buyers who will continue to keep the bidding low at the local auction markets.

Abundant total meat supplies will limit any increase in beef prices in the Pacific trade region in the medium term. Beef production is expected to continue rising in the U.S., Australia, and New Zealand through 1997. This adds to already record U.S. pork production in 1996 and continued record poultry output. These large meat supplies, according to the USDA, will depress U.S. beef prices for several years.

With eventual recovery in Japan's economy, continued rapid economic growth in other Asian countries, and further improvements in market access in that area, import demand will likely catch up eventually with the growth in beef supplies. As a result, beef prices in the Pacific trade region are projected to start increasing again late in the 1990's.

By that time, Asia will be the largest beef importing region in the world, with total beef imports projected to exceed 1.6 million tons annually. This is some half a million tons larger than the total projected beef imports by NAFTA countries from outside North America.

## How to get rid of starlings, sparrows

Starlings and house sparrows are non-native birds that have proliferated at the expense of Oregon's native species.

More aggressive by nature and present year 'round, starlings and house sparrows take over bird houses and natural nesting cavities used by woodpeckers and migratory songbirds, including bluebirds and chickadees.

How can home gardeners help discourage these two "weed" birds. The following procedures are recommended:

- \* Block the entrances to bird houses until native species arrive.
- \* Remove nesting materials starlings and house sparrows place inside bird houses, cavities or nest boxes. Block off entrance for a few days, then reopen when natives arrive.
- \* Block off open eaves and place hardware cloth over known nesting sites for starlings and house sparrows.
- \* Put up nest boxes with oval holes no larger than one and one-eighth inches in diameter, to favor native song birds.
- \* Discourage house sparrows by placing nesting boxes and bird houses within four feet of the ground, as they won't nest this low. However, be sure to shield these nesting boxes or bird houses from predator cats by placing sheet metal around the supporting pole. Or post

houses on metal rather than wood poles. Put a sheet metal collar around the upper portion of the support pole to keep marauders out.

\* Avoid feeding birds millet. Black oil sunflower seeds encourage native birds. Starlings and house sparrows like millet.

## It's hedge-trimming time

Hedges need periodic trimming to keep them the size you want. The best time to clip your hedge is in the late spring during a flush of new growth.

Prune your hedge with sharp shears or clippers, making sure to leave the bottom a bit wider than the top to allow adequate light to hit the lower leaves.

Cut back new growth, without removing all of the new wood entirely. A second trimming may be necessary later in the year, as some shrubs will send out more new growth after the first trimming.

Make sure to prune early enough in the season so the new growth has enough time to mature before autumn frosts, generally no later than late summer.