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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

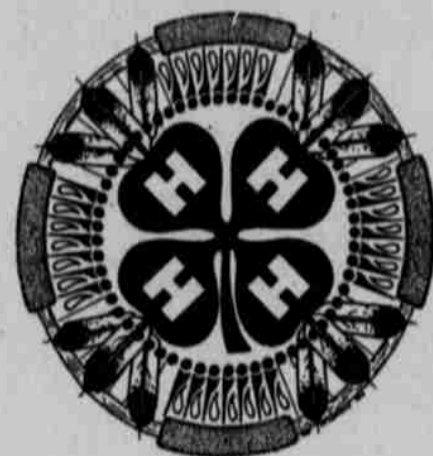
Cornell Study Says Path to Better Grades and Behavior: Join 4-H

ITHACA, NY — Young people who participate in New York state 4-H clubs do better in school, are more motivated to help others and achieve more than other kids who both do and do not participate in other kinds of group programs and clubs, according to a two-year Cornell University study.

Members of the youth organization also are more educationally motivated, have higher levels of self esteem, place more emphasis on having a value system and communicate at more of an adult level, says the study conducted by June Mead, a program evaluator for Cornell Cooperative Extension; Eunice Rodriguez, an assistant professor in the Department of Policy Analysis and Management; and Tom Hirsch, a professor in the Department of Rural Sociology at Cornell.

The findings from the study on how 4-H clubs make a difference in young people's lives are based on the "New York State 4-H Clubs: Members Only" survey of almost 3,200 fifth-through 12th-graders (30 percent male, 70 percent female) in 50 New York counties, including New York City. Statewide, 4-H club enrollment is now about 10,600 males and 18,300 females. The Cornell researchers analyzed the data from

the "Members Only" survey and then compared the data with that of the "Search Institute Profiles of Student Life: Attitudes and Behaviors" survey that included young



people who were involved in some type of club or organized group program and those who were not. The research by the Search Institute of Minneapolis found that the more opportunities young people have to develop their capacities in positive ways, the less likely they are to engage in problem behaviors and the more likely they are to engage in positive, pro-social behaviors.

Of the 254,400 young people in the

Search Institute's survey, the 41 percent who participated in some type of club or organization similar to 4-H scored higher in almost all of the areas studied. Hundreds of young people said that 4-H clubs provided enrichment activities, broadened their worldview and expanded what they learned in school. One youth wrote, "[My] 4-H experiences, such as public presentations and educational projects, have given me an edge in school. Most importantly, the leadership experiences that I have had through 4-H have helped me to become a more outgoing person, ready to take on all different sorts of responsibilities." Many young people reported that they had developed skills in leadership, public speaking, self-esteem, communication, and planning and that they have made lasting friendships through their club participation. One 4-H'er reported, "I've had a lot of fun in 4-H, learned many new skills and learned that my little help can count. 4-H has given me opportunities to grow and have fun doing so. For this gift, I am very grateful." Another wrote: "Without 4-H, I don't know where I'd be."

Natural Resource notables

by Zach del Nero, Natural Resources Agent

Spring warm-up is on the way

It is the end of February and I was expecting to see 2 or 3 feet of snow on the north end and 20-foot drifts on the pass roads - well, maybe next year. It appears that spring is getting close, we've been seeing some warmer days lately and the rains too. Now is a good time to start thinking about weed control, pasture plans, gardening plans, and anything else you want to get done this year.

You might have noticed a lot of articles here about weeds over the past couple of years - they are a serious problem for agriculture, yards, fire management, pasture quality, livestock health, and native roots and other plants. In just a few weeks, many problem weeds are going to start sprouting in your fields and along roadsides. Learn how to identify problem weeds and learn what you can do to control them. Weeds affect everyone - herbicides are costly and can cause environmental damage, wildlife and livestock lose out on feed quantity and quality, and native roots are crowded out (just look at what medusa head has done to many traditional root areas). Some weeds, like puncturevine (goat head, bullhorns), won't come out 'till the weather warms up in June or so - but it's a good idea to be ready for anything. If you would like some help with identification or control methods - contact us at OSU Extension.

For help with your pasture or other livestock plans - please contact Bob Pawelek, OSU Livestock Agent, for tips on improving your returns and the health of your grazing lands and livestock. Remember - livestock producers are dependent on a healthy pasture - if we are good at "farming" grass and other forage, then we can take the "gravy" off with livestock.

Interested in gardening this year? Fred Meyer in Redmond has a great selection of fresh produce - and lots of "organically-grown" stuff. Safeway in Madras has been getting more and more "organic" items too, including milk and eggs. Organic produce is priced higher than

"commercial" produce, because it is a



smaller market right now. Often, organic produce is more expensive to grow, because there can be a lot more manual labor involved. The big advantage of "organic" goods is that they are grown without the use of many agricultural chemicals, pesticides, and hormones that are potentially harmful to the environment and to you (of course, anything that damages the environment ends up damaging us anyway). So why not grow some of your own? March is a good time to plant some seed flats for "cole" crops like cabbage, cauliflower, broccoli, and brussels sprouts (some of the best known "cancer-fighting" foods known). As soon as the soil is warmed up and ready, these flats can be transferred to the garden. Right now, you can pick out a spot on your property for your "Y2K" garden. It's too early to work the soil up, but at least you can plan where you want it and what you are gonna want to plant this year. Pick an area that'll get plenty of sun from morning to evening, with good soils (may need to add some mix anyway), and access to water. It's a good idea to plan on fencing off your garden, since dogs and loose horses & cows like to tear into gardens when they can. If gardening sounds good to you, give us a call at OSU Extension and we can help with your plan. Also, I hope we can get together this year and work on the Community Garden - it's a great opportunity to work together for something that benefits everyone.



HOME SWEET HOME

By Bernadette Handley, Family & Community Development Agent



Raising a child is probably the most gratifying job any of us will ever have — and one of the toughest. In large part, that's because times have changed. We live in a world that challenges us everyday with a wide range of disturbing issues that are difficult for children to understand and for adults to explain. Chatting about sex, HIV/AIDS, violence, drugs and alcohol may be uncomfortable for you especially with young children. But consider this: our children are already hearing about these issues from TV, movies, magazines and school friends. If we don't talk with them early and often — and answer their questions — they'll get their facts from someone else. And we'll have missed an important opportunity to offer our children information that's not only accurate, but also in sync with our own personal values and moral principles.

Start Early - Kids are hearing about and forced to cope with tough issues at increasingly early ages, often before they are ready to understand all aspects of these complicated ideas. Research and public health data tells us that when young children want information, advice and guidance, they turn to their parents first. Once they reach the teenage years, they tend to depend more on friends, the media and other outsiders for their information. We need to take advantage of this "window of opportunity" with young children and talk with them earlier and more often, particularly about tough issues like sex, HIV/AIDS, violence, alcohol and drugs.

Initiate Conversations with Your Child - While we want our children to feel comfortable enough to come to us with any questions and concerns — and thus give us the opportunity to begin conversations — this doesn't always occur. That's why it's perfectly okay — at times even necessary — to begin the discussion ourselves. TV and other media are great tools for this. Say, for instance, that you and your 12-year-old are watching TV together and the program's plot includes a teenage pregnancy. After the show is over, ask your child what she thought of the program. Did she agree with how the teenagers behaved? Just one or two questions could help start a valuable discussion that comes from everyday circumstances and events. Also, when speaking with your child, be sure to use words she can understand. Trying to explain AIDS to a 6-year-old with words like "transmission" and "transfusion" may not be as helpful as using simpler language. The best technique: use simple, short words and straightforward explanations. If you have more than one child — and your kids are widely spaced — try to speak with them separately, even about the same subject. The reason? Children of varied ages are usually at different developmental levels, which means that they need different information, have different sensitivities and require a different vocabulary. What's more, older children will often dominate the discussion, which may prevent the younger ones from speaking up.

Even about Sex and Relationships - If you feel uncomfortable talking about such sensitive subjects - particularly sex and relationships —

with your young child, you're not alone. Many parents feel awkward and uneasy, especially if they are anxious about the subject. But, for your kid's sake, try to overcome your nervousness and bring up the issue with your child. After all, our children are hearing about it both through the media and on the playground, and that information may not include the values that we want our kids to have.

Create an Open Environment - Young children want their parents to discuss difficult subjects with them. However, our kids will look to us for answers only if they feel we will be open to their questions. It's up to us to create the kind of atmosphere in which our children can ask any questions — on any subject — freely and without fear of consequence. How do you create such an atmosphere? By being encouraging, supportive and positive. For example, if your child asks, "How many people have AIDS?" try not to answer with, "I don't know. Please just finish your lunch."

No matter how busy you are respond with something like, "That's an interesting question, but I'm not sure. Let's go look it up." (FYI: Don't worry that if your children learn that you don't know everything, they won't look up to you. That's simply not true. Kids accept "I don't know," and "let's go find out," and they are better responses than any inaccurate or misleading answers you may be tempted to offer.) One more point: You don't need to answer all of your children's questions immediately. If your 10-year-old asks, "Mom, what's a condom?" while you're negotiating a tricky turn in rush-hour traffic, it's perfectly okay for you to say something like, "That's an important question. But with all this traffic, I can't explain right now. Let's talk later, after dinner." And make sure you do.

Communicate your values - Begin the conversations before anyone else can confuse him/her with "just-the-facts" explanations that lack the sense of values and moral principles you want to instill. Likewise, when talking with your child about sex, remember to talk about more than "the birds and the bees," and communicate your values. Remember: research shows that children want and need moral guidance from their moms and dads, so don't hesitate to make your beliefs clear.

Listen to Your Child - How many times do we listen to our children while folding clothes, preparing for the next day's meeting, or pushing a shopping cart through the supermarket? While that's understandable, it's important to find time to give kids our undivided attention. Listening carefully to our children builds self-esteem by letting our youngsters know that they're important to us and can lead to valuable discussions about a wide variety of sensitive issues. Listening carefully also helps us better understand what our children really want to know as well as what they already understand. And it keeps us from talking above our youngsters' heads and confusing them even further.

For example, suppose your child asks you

what crack is. Before you answer, ask him what he thinks it is. If he says, "I think it's something you eat that makes you act funny," then you have a sense of his level of understanding and can adjust your explanations to fit. Listening to our children and taking their feelings into account also helps us understand when they've had enough. Suppose you're answering your 9-year-old's questions about AIDS. If, after a while, he says, "I want to go out and play," stop the talk and re-introduce the subject at another time.

Try to be Honest - Whatever your children's age, they deserve honest answers and explanations. It's what strengthens our children's ability to trust. Also, when we don't provide a straightforward answer, kids make up their own fantasy explanations, which can be more frightening than any real, honest response we can offer. While we may not want or need to share all the details of a particular situation or issue with our child, try not to leave any big gaps either. When we do, children tend to fill in the blanks themselves, which can generate a good deal of confusion and concern.

Be Patient - Often it can feel like forever before a youngster gets his story out. As adults, we're tempted to finish the child's sentence for him, filling in words and phrases in an effort to hear the point sooner. Try to resist this impulse. By listening patiently, we allow our children to think at their own pace and we are letting them know that they are worthy of our time.

Use Everyday Opportunities to Talk - It's important to try to talk with your kids about tough issues often, but there isn't always time in the day to sit down for a long talk. Also, kids tend to resist formal discussions about today's toughest issues, often categorizing them as just another lecture from mom and dad. But if we use "talk opportunities," moments that arise in everyday life, as occasions for discussion, our children will be a lot less likely to tune us out. For instance, a newspaper item about a child expelled from school for carrying a gun to class can help you start a discussion on guns and violence. A public service TV commercial can give you an opportunity to talk about AIDS.

Talk About it Again. And Again. - Since most young children can only take in small bits of information at any one time, they won't learn all they need to know about a particular topic from a single discussion. That's why it's important to let a little time pass, then ask the child to tell you what she remembers about your conversation. This will help you correct any misconceptions and fill in missing facts. Finally, in an effort to absorb all they want to know, children often ask questions again and again over time — which can test any parent's nerves. But such repetition is perfectly normal, so be prepared and tolerant. Don't be afraid to initiate discussions repeatedly, either. Patience and persistence will serve you and your child well.

Edited from <http://www.talkingwithkids.org/> first.html

Satellite Events

OSU Extension hosts a series of educational satellites developed by the U.S. Department of Education.

Multiplying Excellence - April 18

Connecting with Youth - May 16

Learning Everywhere - June 20

Programs will be offered in the 1st floor classroom of the Education Building from 5PM-6 PM. Contact OSU Extension @ 553-3238 if you are interested in attending.

Limit: 10.

Have a safe & fun-filled Spring Break!

U.S. farmers' oil costs up as much as \$3 bln-USDA

WASHINGTON(Reuters) - U.S. farmers may pay an extra \$3 billion for fuel to run their tractors and other machinery this year due to soaring oil prices, a top U.S. Agriculture Department official said Monday.

USDA Chief Economist Keith Collins had said late last month that a spike in oil prices, which has come right as farmers need to run their machinery during spring planting, would raise farmers' fuel costs by \$1 billion. But Collins is now raising his estimate to somewhere between \$2 billion and \$3 billion in added costs. Farm fuel expenses totaled \$6.4 billion last year, according to USDA estimates. "Oil prices have gone up further than we thought and are staying high

longer than we thought," Collins told reporters after attending a government briefing on spring drought prospects.

Crude oil prices have skyrocketed over the last several months, reaching a nine-year high of \$34.14 last week. Prices have risen largely due to a coordinated cut in production by members of the Organization of Petroleum Exporting Countries, U.S. officials are now hoping that OPEC will agree to increase output to help drive down prices at its next meeting later this month.

Collins said unless crude oil prices drop soon, they will have a significant impact on U.S. farmers, not only in direct fuel costs, but also in added transportation charges for shipping crops and higher fees for oil-dependent fertilizers and pesticides. The oil price hike will cost farmers an extra 12 cents per bushel to grow commodities such as corn and wheat, he said.

Twelve cents may not sound like much, but with depressed commodity prices, such as wheat trading at \$2.62 per bushel and corn trading at \$2.30 per bushel, those 12 cents could cause significant problems in farm country, officials said. "This is a very serious problem affecting agriculture," Agriculture Secretary Dan Glickman told reporters. "It shows how vulnerable agriculture really is." The oil price spike could also drive down consumer demand for some high-value agricultural goods, as grocery shoppers have less money in their wallets to spend on food after paying higher prices to fill the gas tanks in their cars. The Energy Department predicts the national price for gasoline could hit a record \$1.80 a gallon this summer. Glickman said the department is putting together a report on the impact of higher oil prices on farmers. "We are looking at it and we will do a full-scale analysis and work with the Energy Department on it as well," he said.



by Bob Pawelek
OSU Livestock Agent

SPOKANE, WASHINGTON, March 14, 2000 — Washington State Directors for

USDA's Farm Service Agency (FSA), Natural Resources Conservation Service (NRCS) and Risk Management Agency (RMA), announced today their plans for seven Public Listening Sessions scheduled throughout the State of Washington. The purpose of the sessions is to gather farm owner and operator input on the future of agricultural policy in the United States, particularly farm safety net and conservation programs within the 2002 Farm Bill.

The format of the Public Listening Session is one that allows for prepared testimony, as well as remarks by those who wish to address specific programs.

FSA, NRCS and RMA administer. The Western Washington meetings will be held in cooperation with WA Dairy Federation; Central Washington meetings with the WA

Horticultural Association and the Eastern Washington meetings with the WA Association of Wheat Growers.

Scheduled Listening Sessions throughout Washington State

April 17, 2000; Colfax, WA; 7-9:00 a.m.; Public Service Bldg, 310 N. Main Street

April 17, 2000; Waterville, WA; 9:30 a.m.-Noon; Douglas County Fairgrounds

April 17, 2000; Walla Walla, WA; 1-3:00 p.m.; Pioneer Methodist Church, 209 E. Birch

April 17, 2000; Yakima, WA; 4-6:30 p.m.; Davis H.S. KIVA room, 212 So. 6th Ave.

April 17, 2000; Kennewick, WA; 6:30-8:30 p.m.; Benton Co. PUD Auditorium 2721 W 10th Ave.

April 18, 2000; Mt. Vernon, WA; 10:30

a.m. - 12:30 p.m.; WSU Research Center 1468 Memorial Hwy.

April 19, 2000; Chehalis, WA; 10:30 a.m. - 12:30 p.m.; First Baptist Church, 1866 So. Market St.

To submit statement for the record: Producers who are unable to testify at a field hearing may instead submit written testimony for the official record. Testimonies must include their name, address, phone number and forwarded to USDA-FSA, Chris Bieker, 316 W. Boone, Suite 568, Spokane, WA 99201 by May 1, 2000.

Persons requesting special accommodations (e.g.: translator, disability) to participate in any one of the above listed meetings should contact Jo Lynne Seuffer at 1-800-205-9953 by April 10, 2000.

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