

Teen-Age Fears Due To Inadequacy Feelings

By ESTHER KIRMIS

What are Teen-Agers scared of?

"How can anybody think teen-agers are afraid of anything?" Many an adult may ask, looking with a somewhat jaundiced eye at the antics of the 1961 version of his own "flaming youth." For at first thought it may appear that today's young people are afraid of neither man, God or the devil.

(These are the words of Ernest Osborne in an article that appeared in the National Parent-Teacher magazine in January, 1960. It is part of the background material that Roberta Frasier, OSU family life specialist, has requested project leaders to read before she conducts the two-day workshop on "Understanding Teen-agers" at Pine City School on October 24-25).

Besides unit project leaders, invitations were sent to pastors, school administrators, school board members, PTA leaders, and 4-H leaders to attend this workshop. Interested youth leaders are asked to call the county agent's office (6-9642) if they would like to attend.

Such reasoning, reassuring as it may seem, is far too simple and too complicated, continues Mrs. Osborne. It reflects a careless habit of us grown-ups—the habit of basing our ideas about teen-agers on the way they act rather than on the way they feel underneath.

What are they scared of?
(1) Trying to live up to his parents, teachers, and other grown-ups expectations.

Yet they take him to task for being too independent. "As long as you're living in this house," announces his father emphatically, "You'll do what I say." Or even as he attempts to do what is expected comes the shattering, "If you keep up like this you'll never amount to anything." Despite all our sympathetic talk about teen years, many of us tend to forget what a sensitive period this really is—how much an ungentle criticism can hurt an adolescent.

(2) They are afraid of not being accepted by their own group. The phrase "Tyranny of the Group" applies to teen-agers as well as to adults, and many adolescents are in deadly fear lest they be branded "squares" or "oddballs."

(3) They are afraid of being inadequate.

Over and over again, boys and girls tell us that we frequently let them down—until some may even give up the struggle. Treated like irresponsible beings, like little children, they may start acting as grownups seem to expect them to act. Others may become antagonistic, striking back in one way or another at those who make them feel inadequate.

(4) The feeling of growing up frightens teen-agers. The thought that now they are responsible for all their actions. No longer can people say, "She is only a child and don't blame her."

(5) Still another worry is that of learning to act like a male or a female.

What do you do in order to be a desirable friend to members of the opposite sex? How fare do you go in necking and petting? How do you square the values that you learned in home, church and school with those that seem to be accepted by your group? These are but a few of the disturbing questions.

Each teen sooner later, will have to cope with the developmental tasks they all face. But we parents and teachers can help by realizing that it is normal for adolescents to have some fears.

To a considerable degree our task is one of standing by and keeping the channels of communication open so they are able to work out their anxieties and fears—in ways that make life sound and satisfying.

"Venison takes to smoking and drying and many people prefer it this way," announced Mrs. Dick Borman, Heppner, when she told about making jerky at the Morrow County Red Hat day in September.

The Bormans are veteran hunters and Lorna (Mrs. Borman) is known for the good jerky she makes. She dries it right over her wood stove in the kitchen.

Here's her recipe to try: Remove fat from venison and slice meat into pieces about 1 inch thick and about 4-6 inches long. Any cut may be used, but tender cuts are best. They are better if cut across the grain of the meat.

Place the strips layer on layer in a large bread pan or crock, using about 1 oz. of smoke salt per pound. Salt each layer as

it is stacked. Allow to stand 6 hours or overnight.

As you hang each piece to dry on a rack, brush with liquid smoke. (A pastry brush is good for this). A paper clip opened is good too for hanging each meat strip on a rack.

Let dry from 24 to 48 hours, depending on sizes of pieces of meat.

Nematodes Pose Serious Threat To State Crops

Nematodes — microscopic worms that can injure nearly all agricultural crops in Oregon, are posing a serious threat throughout the state, Oregon State University's agricultural experiment station reports.

Grass seed yields have been reduced as much as 75 percent in some badly-infested fields. Eastern Oregon sugar beet lands, once regarded as among the few nematode-free sugar beet areas in the United States, have been invaded in recent years.

Some 3,000 acres of potato land in the Klamath Basin must now be fumigated each year to combat nematodes.

These are typical examples of widespread damage to Oregon fields, orchards, and nurseries.

Dr. Harold J. Jensen, OSU nematologist, says at least 19 of the 140 nematode species known to attack plants are now considered major pests of Oregon field and fruit crops, ornamentals, vegetables, forage, and specialty crops.

Damage to Oregon crops, life cycle of nematodes, and methods of combating the pests are outlined in a new OSU experiment station now available for public distribution.

Authored by Dr. Jensen and based on 10 years research, the bulletin is one of the few published works in the United States that outlines specific nematode problems for an entire state.

Oregon residents may obtain free copies of the bulletin, "Nematodes Affecting Oregon Agriculture," from local county extension agents or from the OSU bulletin clerk, Corvallis.



DYNAMITE AND SWEAT are the two major ingredients in current progress on Portland General Electric company's Round Butte dam on the Deschutes river as construction forces pioneer access roads into the 1,000-foot-deep canyon. PGE's thirsty Ernie Harmonson says a drink is a drink, but most agree there are better places to partake than on several hundred pounds of high explosives.

15 Farmers Here Plant New Gaines Variety of Wheat

First plantings of 120,000 pounds of Gaines wheat seed—a brand new variety completed after 13 years of rigorous tests at Washington State university, Pullman, Wash.—will be made this fall by 15 Morrow county wheat growers, each of whom will plant 8,000 pounds of seed.

Gaines, a semi-dwarf variety with high rust resistance, is a bearded common type head with white chaff and soft to semi-hard white grain. It has good shatter resistance and thrashes well and resists kernel cracking when thrashed.

Agreements were signed re-

cently between the Oregon State Experimental Station, Pendleton branch, and 15 growers in Morrow county. Contracts call for growers to distribute at least 60 percent of the increase to neighbors next fall at a price not to exceed \$7 per hundred pounds.

Delivered seed in the fall of 1962 must be cleaned, treated, bagged and certification tagged.

The new variety, named for Dr. E. P. Gaines, former plant breeder at Washington State university, is the culmination of experiments launched back in 1948 on the Pullman campus. First crosses were made between a Japanese dwarf variety and Brevor.

Farmers receiving seed for planting this fall include Kenneth Peck, James Peck, Tad Miller and William J. Doherty, all of Lexington; Melvin Moyer, Kenneth Cutsforth, Kenneth Turner, Fritz Cutsforth, Raymond French, Gerald Swaggert and

Visit By Family Life Specialist Set For County

Teenagers who were playing spin the bottle yesterday are now young mothers heating it in the middle of the night. Today, 58 percent of Oregon's brides are 19 years of age and younger, and a large share of them are having a baby the first year of marriage.

These and other marriage trends are pointed out by Mrs. Roberta Frasier, extension family life specialist at Oregon State university.

Today's typical mother bears her last child when she is 26 years of age and has her children within a period of four years. A generation or two ago the child bearing period was spread out over an average of 10 years and there were usually older children to help care for the little ones. Today's families have few such built-in baby sitters.

Not only are girls marrying younger, having babies earlier and more closely spaced, but today's young woman can anticipate spending about 25 years of her married life working outside the home.

Mrs. Frasier urges young women to get all the education and vocational training they can get before marriage because the need for unskilled workers is disappearing.

The dream a girl may have of getting married so she won't have to work often turns out to be a "pipedream," says Mrs. Frasier. Chances are, she's going to work both at home and at another job.

Mrs. Frasier will be visiting Morrow county several times in the next nine months. On October 24 and 25 she will be conducting project leader training for extension units at Pine City school. On the evening of October 24 she will be meeting with a steering committee made up of representatives of different communities and organizations in the county to plan a four-evening short course in January on "Understanding Boys and Girls." Everyone interested in bettering their relationship with their boys and girls will be invited to sign-up for this course.

The family life specialist will also be the speaker for the women's homemaker festival planned for May 15.

Leonard Rill, all of Heppner, and Gar Swanson, Lewis Carlson, David Baker and L. D. Houghton, all of Ione.

TELL 'EM YOU SAW IT IN THE GAZETTE-TIMES

Livestock Club Elects, Hears Judging Talk

The Ione Livestock club met at the home of Alfred Nelson, Jr., on October 15. There were seven members present. We elected officers. They are, president, Steve Lindstrom, vice president, Keith Nelson, secretary-treasurer, Paul Proudfoot, and news re-

porter, Kerry Peterson. Mr. Kenneth Smouse gave an announcement about judging livestock. We also discussed our projects for the year with our leader, Mr. Nelson. Then Mr. Smouse showed a movie about Hawaii.

Kerry Peterson, reporter

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