



# THE COAST RANGER

OREGON STATE UNIVERSITY EXTENSION SERVICE LINCOLN COUNTY

May 2007

29 SE 2nd Street, Newport, Oregon

Volume XXIII, Issue 3

RETURN SERVICE REQUESTED

Nonprofit  
Organization  
U.S. Postage Paid  
Permit No. 64  
Newport OR 97365

## Genetic Salmon Tracking: the CROOS Project

Jeff Feldner, Fisheries & Seafood Specialist

As anyone who has ever watched one of the popular CSI TV shows knows, it is possible to identify the human origin of a microscopic, otherwise unidentified sample of tissue by analyzing its genetic “signature”, which is in some arcane way written into its DNA.

While this technology has actually been used for over 30 years for solving human mysteries, recent advances in genetic technology have now made it possible to even backtrack to the origin of our food ... for instance, that beautiful salmon in your grocer’s display case.

A group of geneticists from Alaska through California are developing techniques to link a tiny sample of tissue from a salmon to the river of origin of that fish, and to have this information in as little as 24 hours. This ability not only offers the potential for much more accurate and timely management of the salmon fisheries, but also opens up new possibilities for marketing these fish.

Last summer, over 80 Oregon salmon fishermen got to put on a “scientist hat” and help advance this technology.

When it became apparent last spring that the entire 2006 salmon fishery from northern Oregon to southern California was going to be severely constrained in order to reduce impacts on Klamath River Chinook salmon, a group of scientists and

fishermen who had been meeting informally to try to design a future genetic stock identification (GSI) project for salmon, decided to accelerate their efforts. The CROOS project was formed.

CROOS stands for Collaborative Research on Oregon Ocean Salmon, and is composed of a team of people from the OSU Coastal Oregon Marine Experiment Station (COMES) lab,

(continued from page 3)



### INSIDE THIS ISSUE:

#### Page

- 1, 3 The CROOS Project
- 2, 14 Nutrition
- 4, 5 Family Care Connection News
- 6 4-H Forest Stewards
- 7-10 4-H Clover Connection pull-out section
- 11 More 4-H Events
- 11 Master Gardener information
- 12-13 Natural Resources
- 12-13 Natural Resources
- 15 OSU Extension Service Garden Calendar
- 16 4-H College Scholarship Winners

# NUTRITION



OREGON  
Nutrition  
Education  
PROGRAM

## OREGON NUTRITION EDUCATION PROGRAM (OFNP)

Through classes, demonstrations & displays, participants learn to make better food choices, to handle food safely, and to stretch their food dollar, as well as incorporating physical activity into their daily lifestyle.

## Thrifty meals on a Food Stamp budget

Will the Governor and his wife need to eat lots of peanut butter the last week of April? To draw attention to Hunger Awareness Week (April 23-29) they'll be restricting their food costs to the Oregon average for individuals using Food Stamps: \$3 per day. That's \$42 per week for a couple.

Governor Kulongoski has challenged other Oregonians to join them on this low-cost food budget. With careful planning and home meal preparation, you and the Governor can eat a varied diet that isn't based on peanut butter.

The Oregon State University Extension Service has some tips for healthy, thrifty meals. First, you'll need to do some pre-planning. Build main meals around rice, noodles, or other low-cost grains. Use small amounts of meat, poultry, fish or eggs to stretch your budget. Try one-dish meals such as rice, vegetables (including dried beans), and chicken. For a well-balanced meal, sprinkle grated cheese on top and serve with fruit for dessert.

USDA's "Recipes and Tips for Healthy, Thrifty Meals" publication has sample weekly menus and low cost recipes: <http://www.cnpp.usda.gov>. Check OSU Extension's "Healthy Recipes" web site for more low-cost suggestions: <http://healthyrecipes.oregonstate.edu>

Make a shopping list and avoid impulse purchases that may not fit your budget. If you have transportation, shop at stores with the best prices. Only use coupons for foods that you'd be buying anyway. Buy only the amount of food that your family will eat before it spoils. If bulk foods (such as pasta) are available, they may be a better buy. Avoid expensive convenience foods (such as frozen entrees). Cook them yourself instead.

You can save money by choosing foods wisely. For example, buy lower cost brands of ready-to-eat cereals and regular rice instead of instant and flavored types.

Buy fruits and vegetables in season when they're less expensive. Otherwise, try less expensive brands of frozen vegetables or canned fruit. Prepare salad greens yourself rather than buying them in bags.

Milk with less fat (such as 1 percent) costs less. Cheese that isn't aged as long (such as mild or medium Cheddar) costs less. Grate the cheese yourself.

If you eat meat, buy types that cost less per pound. Keep the amount of bone in mind when you compare prices. Buy whole chickens and cut them into serving size pieces

yourself. Include dried beans as an occasional less expensive option (such as in vegetarian chili).

Eating out may be too expensive on your low-cost budget. Another option is to cook quick and easy meals on the weekend. Package them in portions to enjoy at work or at home during the week.

Eating on a Food Stamp budget can be challenging, but you can still eat well.

Prepared by Carolyn Raab, OSU Extension Foods and Nutrition Specialist, April, 2007

## Tips for Healthy, Thrifty Meals

SP 50-873 Revised April 2007

How can you serve healthy meals on a limited budget? It takes some time and planning, but you and your family can eat better for less.

### Tips for Planning

When you plan meals and snacks, include a variety of foods for a healthy diet: grains, vegetables, fruits, milk, meat and meat alternatives (such as eggs and peanut butter).

Check weekly newspaper ads for specials and plan menus using those foods.

Build the main part of your meal around rice, noodles, or other grains. Use small amounts of meat, poultry, fish or eggs to stretch your budget. Try one-dish meals such as rice, vegetables, and chicken.

Use leftovers to save both time and money. For example, cooked meats and vegetables can be used in soups and stews. Prepare foods yourself. Most pre-prepared foods (such as frozen meals, grated cheese) cost more.

### Tips for Shopping

Make a list of the foods that you need. Check to see what you have on hand (including leftovers). Stick to the list to avoid "impulse" purchases.

Shop only once a week or less. The more you shop, the more you spend.

Shop at stores with the best prices. Costs may be higher at mini-marts than at warehouse-type stores.

Look for the "unit price" tag on shelves to compare costs. Store (generic) brands and large sizes usually cost less per unit (such as ounce or cup).

Use coupons only for food that you would buy anyway.

Buy only the amount that your family will eat before it spoils.

Stock up on sale foods if you have room to store them.

(more **Nutrition** Info on page 14)



# SEA GRANT

**SEA GRANT**



**Kaety Hildenbrand**  
541-574-6534 Ext. 27  
kaety.hildenbrand@oregonstate.edu

Oregon State **OSU** Extension Service

**FISHERIES & SEAFOOD SPECIALIST**



**Jeff Feldner**  
541-574-6534 Ext. 33  
jeff.feldner@oregonstate.edu

Oregon State **OSU** Extension Service

**Oregon Sea Grant** provides programs to promote and enhance a better understanding of fisheries management, working towards creating vibrant and sustainable coastal communities. **Sea Grant** is often a bridge between commercial fishermen and researchers, and includes projects such as Scientists and Fishermen Exchange, Port Liaison Project, Fisheries Experience Program, and Sea Safety Training. We act as a consultant on many educational programs relating to commercial fisheries, and answer a variety of marine-related questions that come to the Extension Office.

## Genetic Salmon Tracking: the CROOS Project (continued from page 1)

the Northwest Fisheries Science Center (NMFS), Oregon Sea Grant, Oregon Department of Fish & Wildlife (ODFW), the Community Seafood Initiative, the Oregon Watershed Enhancement Board, and the salmon industry represented by the Oregon Salmon Commission (OSC).

In late June, the OSC received a grant from Oregon Watershed Enhancement Board (OWEB) to administer the pilot CROOS project. Salmon fishers from the entire length of the Oregon coast were contracted to gather samples during the few open sectors of the salmon season and deliver them to the COMES lab to be genetically identified. The Oregon Legislature Emergency Board approved funding for the project on June 17<sup>th</sup>, and CROOS had boats on the water the next day.

During the remainder of the 2006 salmon season, the CROOS project paid out over \$350,000 to the participating fishers, who gathered over 4000 samples for analysis. Analysis of these samples showed about 2/3 of the Chinook caught off the Oregon coast originate in California's Central Valley (mostly Sacramento River), and about 5% each coming from the Klamath, Rogue, and other Oregon coastal rivers.

By linking this information to real-time oceanographic observations, scientists and state

and federal fisheries managers are optimistic that these new techniques can significantly benefit both the fish and the fisheries that depend on them by allowing faster, more accurate responses to stock-specific marine distribution and migration patterns.

As summed up by Scott Boley, a fisherman from Gold Beach (and member of the CROOS team), "Up to now we've managed fish based on past averages rather than in real time. This new tool allows us to track what is happening now, to track when and where specific stocks are in the ocean."

An additional possible application of these tools is in new and innovative ways of identifying and marketing fish. Labeling river of origin, location and time of capture, maybe even who caught the

fish, could become a marketing strategy tool, similar to the Copper River salmon marketing program.

Plans are being developed to continue the project into the 2007 season, and pending the securing of appropriate funding for the projects, to expand the work into California as well as Oregon fisheries. Salmon fishers should keep tuned, as the projects will begin as soon as final word on funding is received.

*Jeff Feldner is a seafood and fisheries specialist with the Oregon Sea Grant Extension. Jeff has been a commercial fisherman for over 30 years, and has also been involved with the Pacific Fisheries Management Council and the Oregon Department of Fish and Wildlife Commission.*



# FAMILY CARE CONNECTION



**Family Care Connection** is a free service, making the *CONNECTION* for families in Lincoln County with the child care and respite care they need. As Lincoln County's **CHILD CARE RESOURCE & REFERRAL (CCR&R)** Agency, we provide a critical link for parents – to child care providers in their communities and consumer education on the importance of choosing a high quality child care environment. To promote the success of child care providers we provide training, scholarships, consultations and technical assistance. As the CCR&R, Family Care Connection is the primary organization that works with and relates to all parts of the child care system – families, child care providers, educators, businesses and policy makers. Our **LIFESPAN RESPITE CARE NETWORK** recognizes all caregivers need occasional breaks, whether caring for a child with a disability or a spouse with dementia. Respite is a wellness concept, restoring both the emotional and physical well-being of caregivers. We connect families to respite care providers, respite payment resources and information to help families navigate the process of hiring a respite care provider.

## Announcing Provider Appreciation Day: Friday, May 11, 2007

Nina Roll, Family Care Connection Director

Every year in the month of May a special day is set aside to recognize child care providers, teachers and educators of young children everywhere. *Provider Appreciation Day* was first started in 1996 by a group of volunteers in New Jersey and is now appropriately celebrated each year on the Friday before Mother's Day.

The founding organizers saw the need to recognize the tireless efforts of providers who care for children of working parents. Since then, momentum and support for this event have grown each year and recognition presently includes individuals and government organizations throughout North America, Europe and Asia.

A national study, *The National Economic Impacts of the Child Care Sector* sponsored by the National Child Care Association, showed at least 2.8 million people earn a living by teaching and caring for young children or by working in directly related jobs. According to *The Economic Impact of Oregon's Child Care Industry*, a study completed by Oregon State University Extension Service, Oregon's child care industry employs over 14,400 individuals.

Over the past decade, the demand for child

care has increased. Who's minding the kids is crucial. It is estimated that of the 21 million children under age 6 in America, 13 million are in child care at least part time. An additional 24 million school-age children are in some form of child care outside of school time. *Provider Appreciation Day* is held so everyone can appreciate the number and importance of child care workers. The early childhood profession not only plays a critical role in supporting healthy families and children but is also a key part of our national, state and local economies.

Today's child care providers are the world's unsung heroes. The child care profession is one of the most underpaid occupations in the country; yet early childhood is the most critical developmental period for all children. It takes a dedicated person to be a successful child care professional in today's demanding world. *Provider Appreciation Day* offers a unique opportunity to recognize and commend the unselfish dedication, compassion and strong family values that child care providers demonstrate everyday.



# FAMILY CARE CONNECTION

## Older Americans: Making Choices for a Healthier Future

Never has it been more evident that one of the biggest challenges facing the United States is how we will care for our grandparents, parents, and loved ones as they age. Views may vary on how to prepare for what will be a diverse wave of seniors, whose ranks are growing due to the aging of 78 million baby boomers who will begin to turn 65 in 2011. But all agree that this shift in our nation's demographics will have profound implications for our economic and social landscapes at the national, state and community level.

Federal, state and community leaders are witnessing sweeping fundamental transformations in the way we think about and deliver health and long term care in this country. More and more we hear that the overwhelming preference of the American people is to remain at home for as long as possible and to have choice and control over how and where they live as they age. The nation's national aging services network, led by the U.S. Administration on Aging and comprised of State, tribal and area agencies on aging, as well as more than 29,000 community service providers, caregivers and volunteers, know this and have worked hard to carry out their mission under the Older Americans Act to provide for and protect the independence and dignity of our older citizens.

For 44 years, our nation has paused to honor older Americans during May. During this special month, the ongoing contributions of our older citizens are highlighted with a national proclamation issued by

the President of the United States, and activities and events planned in communities across America.

The theme for Older Americans Month 2007 is "**Older Americans: Making Choices for a Healthier Future.**" This theme encourages us to think differently about health and long term care, and work together to rebalance and modernize our current systems so that we may adequately plan for and address the needs of current and future generations. Older persons are entitled to live lives of dignity and independence through:

- Streamlined access to information as well as to home and community services, including information that will enable people to plan ahead for long term care,
- Information about cost-effective prevention practices and activities that will improve health and quality of life and reduce risk of disease, disability and injury, and,
- Innovative, affordable and flexible options of care and support that will provide an array of choices about how and where to live.

We urge people of all ages to seize upon the occasion of Older Americans Month to plan, promote and participate in activities during May and throughout the year that reflect the tenets of the national theme. We must all work together to ensure that every older person in this great country is treated with dignity and respect and moreover, has the opportunity to make the choices they desire to enjoy a healthy and rewarding future.

## Oregon State UNIVERSITY | Extension Service

### How to reach us:

#### Lincoln County Extension Office

29 SE 2nd Street, Newport, OR 97365

Phone: 541-574-6534 Toll Free: 888-350-2125

**Office Hours:** 8 a.m.-12 Noon & 1-5 p.m., Monday-Thursday  
8 a.m.-12 noon Friday (closed Friday afternoon)

**Support Staff:** Patty Mann &  
Kathy Buisman

**Master Gardener™ Hours** - April - October 9 a.m. - 12 noon, Monday, Wednesday & Thursday

Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, or disabled veteran or Vietnam-era veteran status. Oregon State University Extension Service is an Equal Opportunity Employer. This publication will be made available in accessible formats upon request. Please call 541-574-6534 for information.

# 4-H FOREST STEWARDS



## 4-H Forest Stewards Mission

To foster natural resource and science knowledge throughout Lincoln county. This year, I will focus on developing four middle school after-school programs, continuing in the development of our Summer Natural Resource Crews and a transition from our *Blast to the Past* Camp to providing outdoor school in Lincoln County.

## After School Program in full swing in the Spring!

by Laura Seager, After School Program Representative

Spring is here and the After School programs are popular as ever. These programs run in several different locations, Waldport, Toledo, Newport and Lincoln City. They provide education, enlightenment, and fun! OSU Extension supports the hands-on, minds-on instruction. I'll discuss a couple of the programs. Newport Middle School is working with Cait Goodwin on a Quest project. This is an exciting, self-guided, clue directed "hunt" around the Newport area. For those of you who have yet to experience a Quest....Big Creek Quest was established in September 2006. It's a fun way to explore Big Creek



Newport after school students looking for clues at the Big Creek Park Quest

Science Center Visitor Center. To complete the quest, you write letters found in numbered boxes on the back of the booklet. These letters make a message. The answers can be checked when you discover the hidden Quest box. It takes about a ½ hour for this Quest. The whimsical rhymes and secret message lead you to a secret box!

There's a place to stamp your book,  
and around the park take a look,  
Big Creek Park has much to do,  
but nothing as fun as the Quest for you!

Waldport Community Learning Center has an enthusiastic group doing a lesson on forensic science-solving a crime. Not a real crime, mind you. However, the crime scene is roped off, the outline of a body is

surrounded by items that relate to the host of characters. Student detectives are learning observation skills,



**Mystery Festival Crime Scene, note the clock, the sun glasses, the footprints, the blood and if you look very close you will see the silhouette of the deceased in the upper right hand corner .**

the classroom. They have made copies of their own footprint, and have identified theirs, and others, footprints outside. Several of them have "jumped" to a preliminary conclusion...then needed to go back and do some science to prove, or disprove, their theories. A Newport Detective will visit class and will discuss the importance of forensic science, and will surprise students with a few "really happened" detective stories. At the end of the student investigation, after doing more testing and recording of hair types, DNA, finger printing, pH testing, resurrecting the "secret note", and looking at handwriting samples, the students will stage a mock trial with OSU Parker Ogburn as Judge.

This methodical investigating is tough, but...we'll see if the murder suspect and motive is determined by using good science testing, logical thought, and poignant articulation and presentation of findings. In other words, it may take a couple more weeks to determine, "who dun it". Oh but the journey is fun!

recording skills, hypothesis skills, as well as a bit about themselves. Students have identified their own fingerprints and have discussed how each person is unique. They have noted who can roll their tongue, different color of eyes, different type of hair, etc. They have collaborated on an observation of a person briefly visiting

# 4-H CLOVER CONNECTION



**Vanessa Klingensmith,**  
4-H Agent



**Lorraine Rich** is a part-time  
4-H Program Assistant.

## Important Dates to Remember

All events are subject to change, please verify times and locations with the Extension Office, just in case.

**LCEO** = Lincoln County Extension Office

**LCFG** = Lincoln County Fair Grounds

### May

- 5<sup>th</sup> Loyalty Days Parade
- 7<sup>th</sup> -11<sup>th</sup> Rabies Clinic
- 7<sup>th</sup> Leaders Association, 6:30pm, LCEO
- 12<sup>th</sup> Dippity Ewe and Salesmanship, 9am, LCFG
- 15<sup>th</sup> Animal Science Committee Meeting, 6:30pm, LCEO
- 15<sup>th</sup> Auction Committee Meeting, 7:30pm, LCEO
- 19<sup>th</sup> Weigh In for market swine, lambs and goats, LCFG
- 19<sup>th</sup> Horse Pre-Fair, 9am, LCFG
- 28<sup>th</sup> Horse Committee Meeting, 6:30pm LCEO

### June

- 2<sup>nd</sup> Bow Wow by the Sea, 9am
- 4<sup>th</sup> Leaders Association Meeting, 6:30pm, LCEO
- 18<sup>th</sup>-22<sup>nd</sup> 4-H Camp, 4-H Conf/Ed. Ctr, Salem
- 19<sup>th</sup> Animal Science Committee Meeting, 6:30pm, LCEO
- 19<sup>th</sup> Auction Committee Meeting, 7:30pm, LCEO
- 25<sup>th</sup> Horse Committee Meeting 6:30pm, LCEO
- 27<sup>th</sup>-30<sup>th</sup> 4-H Summer Conference at OSU
- 29<sup>th</sup> **ALL FAIR ENTRIES DUE** at Extension Office by 5pm
- 30<sup>th</sup> Mini Meals Contest, 9am, LCEO

### July

- 2<sup>nd</sup> Leaders Association Meeting, 6:30pm, LCEO
- 4<sup>th</sup> Office CLOSED
- 4<sup>th</sup> Glenden Beach Parade
- 5<sup>th</sup> Dog Judging Contest, 7pm, LCFG
- 11<sup>th</sup> 4-H Dog Fair, LCFG
- 13<sup>th</sup> 4-H Fashion Revue Judging, 10am, LCFG
- 14<sup>th</sup>-15<sup>th</sup> Horse Fair, LCFG
- 16<sup>th</sup> Static Exhibits Due at LCFG, 12pm (noon) - 4pm
- 17<sup>th</sup> Static Exhibit Judging 9am - 4pm, LCFG
- 18<sup>th</sup> Large and Small Animal Check-In
- 19<sup>th</sup>-22<sup>nd</sup> Lincoln County Fair
- 20<sup>th</sup> Fashion Revue, 2pm, LCFG
- 21<sup>st</sup> 4-H Animal Auction, 7pm, LCFG
- 23<sup>rd</sup> Horse State Fair Meeting, 7pm, LCEO



**Fair Books will be available Monday, June 4th, in the OSU Extension, Lincoln County Office in Newport.**

# 4-H CLOVER CONNECTION

## 4-H Leader's Banquet

The annual 4-H Leader's Banquet was held at the Lincoln County Fairgrounds on April 22. It was a potluck dinner with a Hawaiian theme, with senior Tovee Rowley in charge of decorations and setup.

Announcements were made of the annual 4-H Awards winners: Coastal Critters leader Liz Fox was named the Individual Contributor winner, and Steve Patterson, assistant leader of Giddy Horse Shoes was named the Alumni Contributor winner. Sandy Patterson, leader of the Giddies, was named Volunteer Award winner.

Businesses or entities which were recognized again this year for their contributions were the Newport Feed Corral, Georgia Pacific, JC Market, the Siletz Tribal Charitable Contribution Fund, Animal Medical Care of Newport, Wal-Mart, Pepsi and the Lincoln County Fairgrounds. A new group added to this award is the Lincoln County Veterinary Medical Association.

Leaders were honored with pins and certificates for years of service to 4-H and a silent auction and dessert auction organized by the Horse Committee were also part of the entertainment. Proceeds from both fundraisers will go towards participation in the county fair for all 4-H projects.

Vanessa Klingensmith, the new 4-H agent, and Becky Goulet, president of the 4-H Leader's Association announced the winners of the local 4-H college scholarships. (See separate article in this paper)

## Spring Fling Fundraiser Bazaar

The new Spring Fling Bazaar was held this year at the Lincoln County Fairgrounds on March 31. This was a



Members of Yvonne Erickson's 4-H club, the Barclay Bunch, pose at the Spring Fling. They are left to right: Melissa Goetz, Caitlin Anderson, Samantha Jones, Courtney Kittel, (in middle) Tiffany Saturen and Sarah Klatt.

fundraiser for 4-H fair participation and Food Share. It was a resounding success, bringing in \$630 for 4-H and 300 pounds of food and \$50 for Food Share. There were about 35 booths selling a large variety of items, from knitted hats to bird houses to quilts.

Arlene Rector, an assistant leader of the Barclay Bunch, was raffling a quilt for fair expenses as well as the general Leader's Association Fund. She will continue to sell tickets

for this raffle right up until fair time. To buy tickets, you may call her a 563-2678.

The kitchen was operated by Debbie Jones and the teen girls who are going to the American Youth Foundation Leadership Camp this summer. They were selling baked potatoes that were furnished by a number of local restaurants, Mo's Chowder and chili. Carol Flemming from Yachats donated bread to go with the lunch and also sold home baked goodies such as blueberry scones and pumpkin muffins.

Yvonne Erickson, the coordinator of the event, remarked that she was very inclined to hold this event next year and that the vendors were even encouraging her to raise the prices for table rentals next year. It may also be a two day event in the coming years.

Liz Fox organized a table of crafts for children which may expand to a "make and take" adult craft session next year. The Siletz club, Kountry Kritters, manned a photo booth with the opportunity to have a photo taken in an Easter scene with live bunnies. Kathy Neal, the leader of the club, brought a laptop computer and a printer to e-mail the photos to buyers, or print them off right there.

Thanks to all who made this event a huge success!

## Introducing our newest 4-H leaders!

Ron Clifford is the new leader of the **South County Surf Club**. Ron was a city engineer in Norwalk, California and has been teaching surfing and AutoCAD on the computer for many years. Ron has lots of enthusiasm for teaching surfing through 4-H and has a "huge heart and is motivated to encourage and support area youth," according to one acquaintance. We welcome Ron and are thrilled that he has joined our very unique surfing program here in Lincoln County.

Denise Dean is a new **animal science and leather craft** leader in south county. She has three children who are home schooled and will be raising animals for the fair. She hopes to include a neighbor child or two in learning leather craft to display at the fair. Denise is very talented in lots of rural skills that fit very well with 4-H and we are looking forward to working with her and her children, Marisa, Marshall and Nolan. We're happy to have you!

Another south county resident, Ryan Miner is our new **shooting sports** leader. Ryan is a Lincoln County Deputy Sheriff and is a very accomplished outdoorsman who also runs his own fishing guide service. He has one young daughter and is very enthusiastic about teaching kids the right way to use firearms. Ryan was required to take two days of special 4-H shooting sports training in Central Point in April and we are grateful to him for taking the time out of his busy life. If your child is interested in joining shooting sports, give us a call at 574-6534, and we will pass along your name to Ryan. Space will be limited, so call early! We hope to be able to display some targets from the new club at the county fair!

# 4-H CLOVER CONNECTION

## Online Livestock Judging Contest

Showmaster feeds is hosting an online judging contest with great prizes April 1 –May 15, 2007

Put your judging skills to the test ONLINE and have fun in the first-ever Showmaster® National Livestock Judging Contest!

The top 10 winners in each age group will win GREAT PRIZES and bragging rights for the season. This exciting new Showmaster® contest is comprised of 12 animal classes in total, with four animals in each class. Classes include:

Hereford Steers	Market Lambs (two classes)
Shorthorn Steers	Crossbred Market Hogs
Angus Heifers	Duroc Market Hogs
Simmental Heifers	Hampshire Market Hogs
Suffolk Ewes	Meat Goats (two classes)

The Showmaster® National Livestock Judging Contest is open to everyone, young and old alike. Entrants must be legal residents of the United States and all minors must obtain the consent of parents/guardians prior to registration. Entries are divided into four age groups to keep it fair. Your age group is determined by your age on January 1, 2007. Only one entry is allowed per person and per e-mail address.

The Official Age Groups are:

10 years and under  
11-13 years of age  
14-18 years of age  
19 years and over

For more information, go to:

<http://www.showmasterfeeds.com/Screens/General/OnlineJudgingMain.aspx>

## Summer Science Camp

**Seeking 48 exceptional future scientists to begin the learning adventure this summer!**

**Middle School Students Are Invited to Apply for Summer Science Camp Full Scholarships!**

Youth Staff Members are also needed for the Summer Science Camp Program. High School youth who have completed grades 10-12 are encouraged to apply. In addition to supervising campers outside the education programs, high school youth will be involved in all the program content and interaction with scientists and teachers. Applications are available at <http://oregon.4h.oregonstate.edu/programs/events/techcamp.htm> and must be turned in by May 25<sup>th</sup>.

We're excited to announce that the Oregon State University Department of 4-H Youth Development has been awarded a grant by the Bernard Harris Foundation and Exxon Mobil Foundation and to host a summer camp for middle school (entering grades 6- 8) students to attend a Summer Science Camp on the OSU campus in Corvallis, Oregon.

We are seeking 48 exceptional future scientists to begin the learning adventure this summer! Students are invited to apply for this two-week residential camp, to be held Aug. 5-17, 2007. **The full cost of the camp's education program, field trips, food and lodging will be covered by a scholarship for those students selected to participate.** The application deadline is May 25, 2007.

Selection will be based on academic commitment (not necessarily performance) and teacher recommendations.

We particularly hope to receive applications from female students who belong to populations who are traditionally underrepresented in the fields of science and math and students from rural areas.

This is an incredible opportunity to attend a college quality camp experience! We will offer innovative programs to enhance middle school students' knowledge in all areas of science, technology, engineering and mathematics (STEM). We'll work in labs, visit researchers and teaching professors, travel to the Oregon coast and the Cascade Mountains and enjoy a wide range of recreational options as well. While teaching subject matter skills, we're also encouraging students to stay in school and fostering leadership and citizenship. Students will live in the dorms with their assigned "camp family" including high school, college and adult staff.

The Summer Science camp will be conducted as a joint effort of the Department of 4-H Youth Development Education, the Science and Math Investigative Learning Experiences (SMILE) program, Science Math Education Department and the College of Engineering.

The application process is simple, just download and print the PDF application forms from <http://oregon.4h.oregonstate.edu/programs/events/techcamp.htm> and mail it to: Summer Science Camp Registrar by the May 25, 2007 deadline.

Department of 4-H Youth Development  
105 Ballard Hall  
Oregon State University  
Corvallis, OR 97331

Application cover and some information are provided in English and Spanish on separate forms.

# 4-H CLOVER CONNECTION

## Loyalty Days Parade

4-H will again be represented in the Newport Loyalty Days Parade on May 5. The Horse Committee is working on having horse members participate and the Animal Science Committee is planning a float. The K-9 Crusaders Dog Club is a traditional participant. If your 4-H'er would like to take part, call the Extension Office and we will let you know what time and where to meet.

## OSU Summer Conference

The OSU campus is the setting on June 27-30 for a great learning experience for 4-H'ers in grades 7-12. The youth and their chaperones stay in the dorms and experience campus life, while taking advantage of a wide variety of classes taught by OSU faculty and other community volunteers. The cost is \$200 and full scholarships are available to low-income youth and chaperones. We are looking for a parent or leader to organize a carpool and chaperone our Lincoln County kids while they are there. If you are interested, Becky Goulet at 336-2204, can advise you on the responsibilities. Registrations need to be submitted through the county 4-H office by Wednesday, May 30. Forms are available for downloading online at <http://oregon.4h.oregonstate.edu> or search "Oregon 4-H Summer Conference." Forms will also be available to pick up at the Extension Office. Call Vanessa or Lorraine at 574-6534 for more information.

## Spring Horse Classic

One team from Lincoln County participated in the 2007 Oregon 4-H Spring Horse Classic at Klamath Falls on April 28 & 29. Cory Schaffer, Katie Joynt, Haylie Martin and Chelsea Chirrick comprised the intermediate team, along with their coach, Sarah Shields.

Results of the competition were not available at press time. We are proud of our Lincoln County team!

## Dippity Ewe

Lincoln County Animal Science will be hosting their annual Dippity Ewe event at the fairgrounds on Saturday May 12<sup>th</sup> at 9am. This is a great opportunity to get your sheep sheared, vaccinated and hooves trimmed and help out 4-H too!

If you are interested in knowing more about this event please call the Extension Office at 574-6534, Pat Neal at 444-4517 or Theresa Young at 444-2711. Registration deadline is May 10<sup>th</sup>.

## Sea Fest Hands-On Learning about Science

Don't miss the opportunity for hands on learning about oceans, estuaries and the wonder of the natural world! It's all happening in Newport at the Hatfield Marine Science Center, Saturday, June 23<sup>rd</sup> 10am-4pm.

For information on how to participate, please e-mail [seafest@oregonstate.edu](mailto:seafest@oregonstate.edu) or call 541-867-0234.

## Salesmanship Training

Salesmanship training for youth participating in the market animal auction at county fair will be held on the fairgrounds in the craft hall directly after Dippity Ewe.

## Market Lamb, Swine and Goat Weigh In

All market lamb, swine and goats must be weighed in at **on Saturday May 19<sup>th</sup>** at the fair grounds to be eligible to sell in the auction at fair. Animals will be weighed and tagged at this time. Weights taken at this date will be used in determining rate of gain requirements for participation in the auction.

## Horse Pre-Fair

Horse Pre-Fair will be May 19<sup>th</sup> at the fairgrounds. Registration starts at 9:00am and showing begins at 10:00am. Pre entries will be \$4.00 per class (post marked by May 11<sup>th</sup>) and \$6.00 the day of the show. Divisions will include Junior, Intermediate and Senior. Available classes are: Western Equitation, English Equitation, Showmanship and Trail. **BOOTS AND HELMETS ARE REQUIRED!**

Come and practice showing under the Judge that will be at County Fair in July! This is a great opportunity to learn what she will be looking for so you can improve on your skills.

For more information or registration forms please contact the Extension Office at 541-754-6534.

## Rabies Clinic

The annual Rabies Clinic is set for May 7<sup>th</sup>- 12<sup>th</sup>, 2007; which is national pet week. Each year the Lincoln County Veterinarian Association along with the K-9 Crusaders 4-H Dog Club holds rabies clinics county-wide. The cost is only \$ 7.00 per shot. Dates, locations and times are as follows:

Date	Location	Time
Monday May 7 <sup>th</sup>	Animal Medical Care Newport	5-7pm
Monday May 7 <sup>th</sup>	Bayside Animal Clinic Waldport	5-7pm
Tuesday May 8 <sup>th</sup>	Toledo Feed and Seed Toledo	4-6pm
Tuesday May 8 <sup>th</sup>	Animal Clinic Lincoln City	4-6pm
Thursday May 10 <sup>th</sup>	Central Coast Spay & Neuter Clinic – Newport	3:30-5pm
Saturday May 12 <sup>th</sup>	Oceanlake Veterinary Clinic Lincoln City	12-2pm
Saturday May 12 <sup>th</sup>	Grove Veterinary Clinic Newport	1-3pm

The proceeds will benefit the Lincoln County dog program towards the county fair awards. For more information contact Sue Giles Green at 444-9247.

## More 4-H Events on page 11 & 15

# 4-H & COMMUNITY NEWS

Please check with the local Farmer's Markets for their opening date. →



## Lincoln County Master Gardener™ Association

### Spring Garden Sale

Featuring:

- ♣ Annuals
- ♣ Perennials
- ♣ Veggies
- ♣ Native Plants
- ♣ Soil testing (pH only)
- ♣ Garden Tools
- ♣ Garden Art
- ♣ Book Sale
- ♣ Compost Info

Saturday,  
May 19th  
9:00am - 3:00pm

At the  
Lincoln County Fairgrounds Main Exhibit Hall  
Master Gardeners will be on hand to answer questions.

For more information,  
Call OSU Extension  
Office, 574-6534



There's a  
**FARMER'S  
MARKET**  
near you!

Lincoln City's  
Farmer's Market is every Sunday from 9:00am - 2:00pm on the Delake School lawn & parking lot just 1 mile north of D River Wayside on the east side of Hwy 101. For more information, please contact Shirley Balloch, 541-265-5843.

Newport holds its Farmer's Market every Saturday from 9:00am - 1:00pm at the National Guard Armory (on the east side of Hwy 101, 1/4-mile north of Yaquina Bay Bridge). For more information, please contact Carol, 541-867-6293.

Toledo's Farmer Market happens every Wednesday from 10:00am - 2:00pm beginning June 21st, and is located in the City Hall parking lot, with sidewalk sales up & down Main Street. For more information, please contact Celeste Mathews, 541-336-2247.

Come to the Yachats Farmer's Market on Sundays from 9:00am - 2:00pm outside The Commons (or inside, depending on the weather!). It is located on the west side of Hwy 101. More information is available from Peter Karassik, 541-528-7192.

→ More 4-H Events on page 11 ←

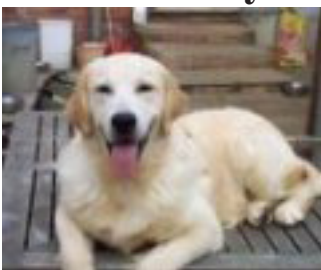
## 4-H Summer Camp

Camp Whodunnit.....can you solve the mystery??? will be held June 19th-23rd at the 4-H Center (NE of Salem). At camp you will be able to try out all sorts of cool things like games, crafts, science projects and of course, many will have to do with solving mysteries. After lunch campers will have time to spend swimming, archery, swings (from a huge tree!), canoeing, crafts and more. After dinner games will be played with the whole camp and you'll end the evening with a camp fire under the stars. Plus, just for coming to the camp you'll get a T-Shirt.

Registration must be in by May 25th and spots fill up fast. For more information about 4-H Camp or Registration materials please contact the Extension Office at 541-574-6534.



## Bow Wow by the Sea Dog Show



The 19<sup>th</sup> Annual Bow Wow by the Sea Dog Show will be at 9am on Saturday June 2<sup>nd</sup> at the Lincoln County Fairgrounds. The event is open to all 4-H dog members, but anyone is welcome to come and watch. There will be a food booth available.

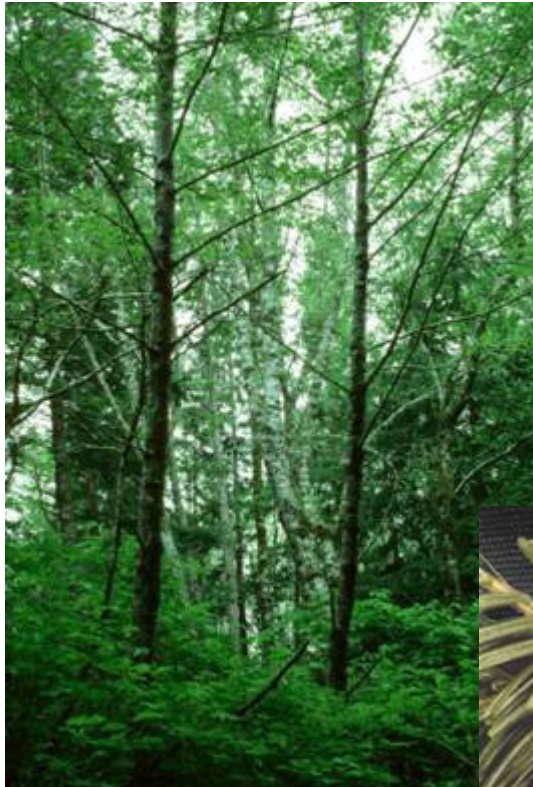
Pre registration is due by May 18<sup>th</sup>. Registration is available the day of the event, but it will cost you more! Information and registration materials are available at the Extension Office. If you need any questions answered, call Sue Giles Green @ 444-9247.

# NATURAL RESOURCES

## Red Alder Management & Swiss Needle Cast Management

**Sam Angima**  
Extension Agent

Tuesday May the 22<sup>nd</sup> is training day for Red Alder Management as well as managing Swiss Needle Cast fungal disease in Douglas fir stands. This training is for everyone that has interest in our local forests and want to know new methods, constraints and problems faced when managing forests. OSU forester from Astoria, Glenn Ahrens will cover the red alder management portion and Dr. David Shaw, OSU professor from Corvallis will cover the Swiss needle cast disease. Classroom discussions will take place in the morning from 9 am to 12 pm at the US Fish & Wildlife conference room (this is not ODFW) located at Hatfield Marine Science Center in Newport. After lunch



we will have a field tour to discuss management options available for use. Weather is unpredictable, so please come prepared. Field tours will be at the Toledo and Siletz areas.

There is a nominal fee of \$10 that will go to cover lunch and materials provided during the training. Please pre-register by calling Patty Mann at 541-574-6534 before May 18, 2007. If you have any questions, please call me for details.

## **PINE PRUNING WORKSHOP ~ May 12th ~ 9:00 a.m. at the Central Lincoln PUD Building in Newport**

Correct pruning and care of shore pines can make a big difference in how the trees look and how healthy they will be. A workshop on pine pruning and care will be held on Saturday, May 12th, beginning at 9 a.m. at the Central Lincoln PUD Building in Newport. Rennie Ferris of Ferris Landscaping and Sam Angima, Oregon State University Lincoln County Extension staff chair will be the instructors for this popular free workshop.

Classroom instruction 9 am to noon. Short hands-on outdoor session to follow. Bring your own pruning tools and wear appropriate clothing. Pre-registration is requested by calling OSU Extension Service in Newport at 574-6534 or 1-888-350-2125.

# NATURAL RESOURCES

## OSU Extension to Help Link Farmers with Chefs/Restaurants & Consumers in Lincoln County

Sam Angima  
Extension Agent

Starting April 2007 OSU extension has started an ambitious project aimed at linking local farmers and area restaurants showcase what is produced locally. For as long as we have known, farmers and fishermen



are always specialists in producing the food we eat and restaurants specialize, too, on preparing this food. However, these two groups do not usually have a direct link that is easy to use given the

current cost of inputs. What OSU Extension has done is step in between these two good groups and provide some means of communication so that restaurants can feature locally grown foods in their menus.

This link is in the form of a dedicated person that gets requests from both restaurants and producers and interchanges both of these requests to those needing and/or providing the goods. Our initial system has been set up with two toll free numbers. One is a fax (1-877-574-4347 or local number 541-574-4347) and the other one is a voice line (1-877-574-4355 or local number 541-574-4355).

This is how to use them. When a restaurant has a need for a particular product, they will fax us their request. Using our database for the producers that grow that particular item(s), we will fax or call these producers and present the request. From here, the producers will take it on with the restaurants and arrange price, quality and delivery form with individual restaurants. Likewise when producers or fishermen have a product, they will fax us the request or call it in, we will compile the requests and fax them to restaurants that are interested in those products. To complete the transaction, the restaurants will arrange with individual producers how to deliver and get paid for their product.

The second phase will be the development of a website where we can list fisheries/produce available

and individual consumers can then take the initiative to connect with local producers to get their supply of local foods. This is still in developmental stage at this point.



So producers and restaurants and consumers, please take advantage of this linkage to establish this needed connection. Our hope is that by next year, 2008, this relationship could become stable to be independent of any further linkage help. Consumers, when you go to restaurants ask for a local foods menu, if available, to start enjoying "fresh from Lincoln County".



### Here's an excerpt from one of the Workshop's attendees:

*"Many thanks to OSU Extension service for their program, From Farm to the Table, given Wednesday, April 18 at the fairgrounds. . . ."*

For more insights, please go to <http://www.newportnewstimes.com/articles/2007/04/20/opinion/letters/letters05.txt>

# NUTRITION (CONT.)

## Farmer's Markets

Farmer's Markets are places where farmers can sell their fruit, vegetables, and other products to you directly (instead of through a grocery store).

Some Farmer's Markets accept Food Stamps. If you receive WIC Farmer's Market coupons or Senior Farmer's Market coupons, you can use them at many Farmer's Markets throughout the state.

Some Farmer's Markets mark down their produce at the end of the day, or donate leftovers to food pantries.



## Los Mercados de Agricultores

son lugares en donde los mismos agricultores le venden a usted directamente sus frutas, verduras y otros productos, en vez de vendérselos a través de una tienda.

Algunos Mercados de Agricultores aceptan Estampillas de Comida. Si usted recibe cupones del Mercado de Agricultores para mayores de 65 o a través del WIC, puede usarlos en muchos de estos mercados en cualquier parte del estado.

Algunos de estos mercados rebajan sus productos al final del día o donan lo que no vendieron a las despensas de comida.

Para saber si hay un Mercado de Agricultores en su vecindario, llame a la Asociación del Mercado de Agricultores de Oregon: 503-233-8425 <http://oregonfarmersmarkets.org>

## Resource Spotlight

OregonHelps is a website that can help you find out if you and your family can get help from 28 different services, including food, medical care, housing, and others. OregonHelps is free and confidential.

## Where to Begin:

<http://www.oregonhelps.org/>

Note: Your library might have computers that you can use for free.

## Family Meals

Family meals nourish the body as well as the spirit. Families that eat together eat better. Studies have shown that children that eat with their families have a more nutritious diet, and might suffer less depression, use drugs less often, and get better grades.

## ¡Ojo a los Recursos!

OregonHelps es una página en el internet que puede ayudarlo a averiguar si usted y su familia, pueden recibir ayuda de 28 servicios diferentes incluyendo comida, cuidado médico, vivienda y otros. OregonHelps es gratis y confidencial. Cuando usted visita la página en el internet, usted no tiene que usar su

## En dónde empezar:

Visite esta página en el Internet: <http://www.oregonhelps.org/>

Nota: su biblioteca puede tener computadoras para usar sin costo alguno.

## Comidas en Familia

Las comidas en familia nutren tanto el cuerpo como el espíritu. Las familias que comen juntas, comen sanamente. Los estudios han demostrado que los niños que comen en familia, tienen una dieta más balanceada, pueden sufrir menos depresión, no usar drogas y tener mejores notas en la escuela.

# GARDEN CALENDAR

Oregon State University Extension Service encourages sustainable gardening practices. Always identify and monitor problems before acting. First consider cultural controls; then physical, biological, and chemical controls (which include insecticidal soaps, horticultural oils, botanical insecticides, organic and synthetic pesticides). Always consider the least toxic approach first. All recommendations in this calendar are not necessarily applicable to all areas of Oregon. For more information, contact your local office of the OSU Extension Service.

## May

Leafrolling worms will affect apples and blueberries. Prune off affected leaves and place pheromone traps or spray with approved pesticides.

Trap moles and gophers as new mounds appear.

Control spittle bugs and aphids in strawberries and ornamentals, if present; wash off or use insecticidal soap as a contact spray. Follow label directions.

Fertilize rhododendrons and azaleas; remove spent blossoms

Plant chrysanthemums for fall color.

Plant dahlias, gladioli, and tuberous begonias in mid-May.

Control cabbage worms in cabbage and cauliflower, 12-spotted cucumber beetle in beans and lettuce, maggot in radishes. Control can involve hand removal, placing barrier screen over newly planted rows, or spraying or dusting with appropriate materials.

Spray cherries, plums, peaches, and apricots for brown rot blossom blight, if necessary.

Control aphids with insecticidal soap, a hard spray of water, or hand removal; by promoting natural predators; or by using approved insecticides labeled for the problem plant.

Tiny holes in foliage and shiny, black beetles on tomato, beets, radishes, and potato indicate flea beetle attack. Treat with Neem, rotenone, Bt, or use nematodes for larvae. Follow label directions.

Fertilize roses and control rose diseases such as mildew with a registered fungicide. When selecting new roses, choose plants labeled for resistance to diseases.

Prevent root maggots when planting cabbage family, onions, and carrots, by covering with row covers or screens, or by applying appropriate pesticides.

Control slugs with bait or traps and by removing or mowing vegetation near garden plots.

Place pheromone traps in apple trees to detect presence of codling moth. Plan a control program of sprays, baits, or predators when moths are found.

Monitor broadleaf evergreens for root weevils. Look for notches chewed on new leaves. Mark plants to treat with parasitic nematodes in autumn when soil temperatures are still above 55°F.

Plant these vegetables (dates vary locally; check with local gardeners):

Oregon coast: snap beans, broccoli, Brussels sprouts, cantaloupes, pickling cucumbers, dill, kale, parsnips, peppers, pumpkins, summer and winter squash, sweet corn, tomatoes.

Western Oregon: mid-May, transplant tomato and pepper seedlings.

## June

First week: spray cherry trees for cherry fruit fly and brown rot if fruit is ripening.

First week: spray for codling moth and scab in apple and pear trees.

Continue use of pheromone traps for insect pest detection.

Apples and crabapples that are susceptible to scab disease will begin dropping leaves as weather warms. Rake and destroy fallen leaves; spray with summer-strength lime sulfur, wettable sulfur, Immunox, or Captan.

## June (cont.)

Plant insectory plants to attract beneficial insects to your garden. Check with local nurseries for best selections.

Plant dahlias and gladioli.

Learn to identify beneficial insects and plant some insectory plants (Alyssum, Phacelia, coirander, candytuft, sunflower, yarrow, dill) to attract them to your garden. Check with local nurseries for best selections.

Lawn mowing: set blade at 0.75 to 1 inch for bentgrass lawns; 1.5 to 2.5 inches for bluegrasses, fine fescues, and ryegrasses.

Spray with Orthene to control adult root weevils in rhododendrons, azaleas, primroses, and other ornamentals.

Or, use beneficial nematodes if soil temperature is above 55°F.

Remove seed pods after blooms have dropped from rhododendrons, azaleas.

Prune lilacs, forsythia, rhododendrons, and azaleas after blooming.

Fertilize vegetable garden 1 month after plants emerge by side dressing-alongside the rows.

Harvest thinnings from new plantings of lettuce, onion, and chard.

Construct trellises for tomatoes, cucumbers, pole beans, and vining ornamentals.

Use organic mulches to conserve soil moisture. An inch or two of sawdust, barkdust, or composted leaves will minimize loss of water through evaporation.

Pick ripe strawberries regularly to avoid fruit-rotting diseases. Blossoms on squash and cucumbers begin to drop: nothing to worry about.

Control garden weeds by pulling, hoeing, or mulching.

Control aphids on vegetables as needed by hosing off with water or by using insecticidal soap or a registered insecticide.

Watch for cabbage worms, 12-spotted beetles on beans and lettuce, flea beetles in lettuce. Remove the insect pests or treat with labeled pesticides.

Spray peas as first pods form, if necessary, to control weevils.

After normal fruit drop in June, consider thinning the remainder to produce a larger crop of fruit.

Late this month, begin to monitor for late blight on tomatoes.

Birch trees dripping means aphids are present. Control as needed.

If indicated, spray cherries at weekly intervals for fruit fly. Last week: second spray for codling moth and scab in apple and pear trees.

Move houseplants outside for cleaning, grooming, repotting, and summer growth.

Make sure raised beds receive enough water for plants to stay free of drought stress.

Oregon coast: plant cauliflower, broccoli, cabbage, kale.

Western Oregon: plant sweet corn, other tender vegetables.

Western Oregon: apply fertilizer to lawns.

**For more information about gardening, visit the OSU Extension Service**

**Web site at <http://extension.oregonstate.edu/gardening/>**

# 4-H SCHOLARSHIPS

The 4-H Leader's Association recently announced the winners of continuing education scholarships and graduating senior scholarships. Sarah Klatt, of Otis, received \$2,600 from the Everett and Gladys Barclay Endowed Scholarship for Continuing Education and \$1,000 from the Rocky Lockler Memorial Scholarship for Continuing Education. Ashley Kaps, of Toledo, was awarded \$2,600 from the Barclay Scholarship for Continuing Education.

**Sarah Klatt** attends George Fox University and majors in Theatre with the goal of becoming a writer, actress and director. She is currently the costume manager for her theater department and her sewing skill learned through 4-H has served her well. Sarah recently helped with the "Spring Fling" 4-H fundraiser in Newport and will be coming to the county fair to judge the cat show and help with Fashion Revue.

**Ashley Kaps** will graduate next year from Oregon State University with a B. S. in Animal Science. She is thinking about going on to graduate school in the area of equine exercise. Ashley is the president of the college "Reining Club," and has taken part in a colt training class. The trained colt was sold and the proceeds benefited the horse program at OSU. Ashley has been an assistant leader of the Horse Club, Diamonds in the Rough with her mother, Tammy for several years. She has also joined a collegiate 4-H club.

Lincoln County 4-H has three scholarships available for graduating high school seniors. **Tovee Rowley**, of Toledo, was awarded \$1,200 from the Everett and Gladys Barclay Endowed Scholarship for Graduating High School Seniors. She also received \$250 from the June Neigebauer Memorial Scholarship and \$1,000 from the Rocky Lockler Memorial Scholarship Fund. Rowley is graduating from Newport High School and plans to attend Reed College in Portland. Tovee has had many animal projects, as well as other projects, in 4-H over the years and plans to major in wildlife biology and behavior. She plans to come back in the summer and help at the Lincoln County 4-H fair and also volunteer with a Portland 4-H club.

The Everett and Gladys Barclay Scholarship gives special consideration to students from the south county and four students from that area have received scholarships. **Sheila Thurber**, from Tidewater, was awarded \$1,000 from the Everett and Gladys Barclay Senior Scholarship and \$250 from the June Neigebauer Fund. She is graduating from Newport High and plans to attend either Lewis and Clark or Whitman. After that, she would like to attend medical school and specialize in radiology. She has been a member of a number of 4-H clubs through the years, with many different animal projects. She has volunteered as a camp counselor at

the state 4-H camp for the last three years, and plans to do so again this summer.

Waldport resident **Rikki Nyus** graduated early from Waldport High School and is attending Phagan's Newport Academy of Cosmetology. Rikki has been very active in the 4-H horse project, qualifying for Horse Bowl and Judging state teams numerous times. She has also been a junior leader in her club and is on the Lincoln County Rodeo Court

this year. Rikki wants, eventually, to own her own stables, rent out stalls, train horses and of course, be the leader of her own 4-H horse club. She remembers meeting Gladys and Everett Barclay at her sisters' 4-H meetings, and is being awarded \$1,000 from the Barclay scholarship.

**Brendi Helms**, another Waldport High student, will also receive \$1,000 from the Everett and Gladys Barclay Scholarship. Brendi has been active in horse 4-H for six years, including participation in state fair. She has been a junior leader in her club for four years as well as a star athlete in softball. She plans to attend Linn-

Benton Community College and then OSU and major in accounting to become a CPA. Brendi will come back to help with Lincoln County 4-H and hopes to have her own 4-H club in the future.

**Caitlin Anderson** is also graduating from WHS and has been a member of Barclay's Bunch 4-H club for six years. An award of \$1,000 from the Barclay Scholarship was given to Caitlin. She has been involved in sewing, cooking, leadership, photography and other projects. She has taken part in the 4-H Fashion Revue a number of times and hosted a 4-H Japanese Exchange student. Caitlin has decided to get certification as a pharmacy technician and also acquire an associate's degree in business at Linn-Benton. From there, she hopes to go on to OSU and eventually become a pharmacist. Barclay's Bunch is like her second family and she will definitely be back to help the newest members in the club.

**Kaitlin Kevek**, from Logsdon, was awarded \$1,000 from the Rocky Lockler Memorial Fund for Graduating Seniors. Kaitlin has been very active in animal projects and has served as an officer of the 4-H Auction Committee for the last three years. She has also volunteered to raise the Lockler lamb, which is sold at auction to raise money for this scholarship. Kaitlin will be attending Linn-Benton in the fall and hopes to become a kindergarten teacher.

All the 4-H college scholarships are based on leadership, community service, school records, and the scope of 4-H project and participation. Complete 4-H records are an essential part of the application process.



4-H Scholarship Recipients, L-R: Kaitlin Kevek, Tovee Rowley, Ashley Kaps, Caitlin Anderson, Brendi Helms, Rickki Nyhus.  
Not pictured: Sheila Thurber, Sarah Klatt