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# WHAT HAVE WE DONE FOR YOU LATELY?



OREGON STATE UNIVERSITY EXTENSION SERVICE

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Ernie Smith, director, OSU Extension Service

Front cover: Agent Sue Williams chats with a youngster in a Curry County Extension program. For more information, see page 13.

Back cover: Extension soil specialist Don Wysocki checks for erosion in a Columbia Basin agricultural field.

# I'M PROUD OF OUR CONTRIBUTIONS

Although I'm a native, I'm continually amazed and delighted by Oregon's varied geography and climate. Not surprisingly, this variety carries into educational programs the OSU Extension Service has developed to serve people who live in our diverse state.

But as Oregon begins the 1990s, I see strong common concerns growing among Oregonians. There are concerns about how to balance the use and protection of our natural resources; concerns about the safety of our food supply; concerns about the future of our youth and our family structures; and concerns about individual and collective abilities to make a decent living.

These have become the concerns of the Extension Service as it carries out its mission of delivering research-based, objective information that helps Oregonians help themselves. People who take part in Extension Service programs develop leadership skills, and learn to solve problems and manage resources wisely.

Extension is addressing the concerns of Oregon's citizens through an initiative programming process that focuses the work of agents and specialists on particular problems or opportunities.

*The bottom line is that Extension listens to your concerns.*

Examples of current state initiatives include revitalizing Oregon communities, improving Oregon's water quality, assisting families and youth at risk, and expanding leadership development.

But the challenges facing the state, and thus the concerns of its citizens, continually change. Because of that, Extension intends to enhance its educational programs in three general areas. The first involves bolstering our work with families and youth at risk,

and rural communities. The second focuses on expanding efforts in environmental protection and food safety.

The third involves increasing support to the state's economically important agriculture and forestry industries.

The bottom line is that Extension listens to your concerns. Each county office works closely with a citizens' advisory group in forming its priorities. The result has been a diverse, problem-oriented program that reflects local needs and is paying dividends in many areas.

I'm proud of Extension's contributions to the state. The following pages present a glimpse into some of our programs. After reading about them, I believe you'll agree with me that Extension is an important investment in Oregon's most important resource, its people.





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# EXTENSION ATTACKS POOR NUTRITION

It's graduation day for the Snack Attack Train and the Hungry Tigers, two 4-H Snack Attack clubs. They've gathered at Portland's Columbia Villa housing complex to celebrate their accomplishments. Most of the kids are grade school age, but a few are as young as 4 years old.

The youngsters spent six weeks this summer learning how to make nutritious, low cost snacks. They learned about nutrition and food safety and how to use cooking utensils. It's more than an academic exercise. Many of these kids come from low-income, single-parent families and the responsibility for feeding themselves and younger brothers and sisters falls heavily on them.

"If we can get these kids eating a better diet, they'll be healthier and that will carry over to other areas of their daily lives," says Janice Broome, an Extension agent who spearheads a special 4-H

Youth program on nutrition. She works with agent Caroline Cannon, who focuses on adult programs, and several program assistants to conduct OSU Extension's Expanded Food and Nutrition Education Program (EFNEP) in Multnomah County.

"Sometimes we reach the families through the kids..."

A typical Snack Attack club meeting might include a review of proper hand washing and a lesson on how to use a blender or an oven, or how to measure and mix recipe ingredients. Then they review the basic nutrients in the snack and clean up the kitchen.

The Snack Attack program is part of an ambitious project, spurred by a rise in youth gangs and drug

activity, to improve the quality of life for the 1,600 residents of this north Portland housing complex. The Extension Service is one of many city, county and state agencies whose efforts have already brought welcome change to Columbia Villa.

Cannon and other EFNEP staff work with teen mothers and other low income homemakers, teaching them how to stretch their food dollars, fix tasty meals, reduce the amount of foods high in sugars and fat, and handle and store food safely.

"Sometimes we reach the families through the kids, sometimes through the homemaker. We don't care how the information gets into the home, just as long as it gets there," Cannon says.

After the graduation ceremony the Snack Attackers squeeze around the table covered with snacks. They've been patient. Now it's time to dig in.

*4-H Snack Attack Club members at Portland's Columbia Villa housing complex.*



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# HELPING PEAR GROWERS WITH A FEARSOME TRIO

Southern Oregon pear growers face the dreaded "Bermuda Triangle" of pests—codling moths, pear psylla and spider mites. To control these pests in a standard spray program, growers used to apply more than \$440 worth of pesticides per acre each year. With 9,000 acres of pears in Jackson and Josephine counties, that came to \$3,960,000 annually.

Then Phil VanBuskirk, an OSU Extension Service horticulturist, came on the scene.

Armed with more than two decades of integrated pest management (IPM) research data compiled by Peter Westigard, an entomologist with OSU's Southern Oregon Agricultural Experiment Station at Medford, VanBuskirk introduced growers to two new programs that reduce pesticides in the environment. They also save southern Oregon growers millions of dollars each year.

*Extension agent Phil VanBuskirk checks for pests in a Medford orchard.*

VanBuskirk has been helping pear growers be their own Extension agents. Rather than spray routinely, growers learn to scout for insect pests in their orchards to see if they should apply a pesticide. A grower can save hundreds, or thousands, of dollars if the level of pests is low enough to skip a spraying.

*VanBuskirk has introduced two new programs that reduce pesticides in the environment.*

After three years, more than 65 percent of the pear acreage in Jackson and Josephine counties is in the Orchard Scouting Program. Through workshops, newsletters, demonstration plots and one-on-one contact with

Extension agents and Experiment Station researchers, growers have learned to tell the good bugs from the bad. Savings add up to \$100 to \$120 per acre per year.

Southern Oregon pear orchardists can save another \$140 per acre in OSU's Selective Pesticides Program. In the program, biological methods and pesticides that kill only certain insects are used to control pests. In the last two years acreage in this program has increased by 20 percent. If fully implemented, Southern Oregon pear growers could save more than \$2 million annually in this program alone.

Extension agents like VanBuskirk are the conduit for OSU agricultural research information, getting it where it matters most—to the growers.



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# OUR VOLUNTEER LEADERS

They were a potentially rowdy bunch.

A few years before, Nancy Vendelin probably wouldn't have imagined herself staring at their faces, setting the agenda, extracting comments on key issues, generally guiding the neighborhood meeting on where to locate a controversial bike path.

But that was before Vendelin volunteered for the Family Community Leadership program in the OSU Extension Service's Lane County Office.

"Every side got to speak its piece," says Vendelin, a Eugene homemaker and part-time computer programmer, "and I think because we were outsiders with nothing to gain or lose people felt comfortable with us running the meeting."

The Family Community Leadership program, coordinated by Extension agents but operated by volunteers, is

in 25 of Oregon's 36 counties. It assists with meetings like the one in Eugene. But one of its main goals is much broader: to help Oregonians participate more effectively in the democratic process.

*"I don't know of any other locally based educational program like it."*

In exchange for a commitment of two days a month, volunteers receive training that helps them train others in areas such as making effective presentations, resolving conflicts, building teamwork, setting goals, and influencing public policy.

Recent examples of their work include training a politically minded coalition of senior citizens and others on giving public testimony, training the board of a

community opera on how to work together, and helping scouting and PTA groups hold better meetings.

"Each county has different needs," says Greg Tillson, the statewide coordinator for the program. "I don't know of any other locally based educational program like it. Our volunteers often go on to be community leaders, or even enter political office."

The program started as an attempt to help homemakers be more involved in political issues involving families. But the focus has broadened, says Nellie Oehler, coordinator of the Lane County program.

"What's a family issue? Is clean air? Is the governor's race," asks Oehler, rhetorically. "Just about every issue affects families."

*Eugene volunteer Nancy Vendelin*



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# THE WHEAT SQUAD

When Mike Stoltz calls a huddle on the field in eastern Oregon's Columbia Basin country, the team members don't show up in football helmets and shoulder pads.

Stoltz works with an interdisciplinary group of soil scientists, agronomy researchers and grain crop specialists. Their home turf is Umatilla, Morrow and Gilliam counties, where much of Oregon's annual multimillion dollar wheat crop is grown. Their goal is to help growers maintain cost efficiency and limit production problems such as crop diseases.

"If we've got a specific problem to address we call in the appropriate researchers," says Stoltz. "We often interview researchers for articles in grower newsletters, and we've included researchers in summer grower tours and winter meetings."

*Extension specialist Don Wysocki (left), Extension agent Mike Stoltz (center) and OSU cereal breeder Matt Kolding.*

The starting lineup includes Gary Reed, an entomologist, and Matt Kolding, a cereal breeder. Both work at the Hermiston Agricultural Research and Extension Center. There's also Dick Smiley, a plant

*"Working together, we've saved the growers millions of dollars."*

pathologist; Tom Chastain, a crop scientist; Don Wysocki, an Extension Service soil scientist; and Pam Zwer, a crop scientist. They all work at OSU's Columbia Basin Agricultural Research Center at Pendleton. And that team list doesn't include campus members.

There are always plenty of problems to solve.

"Growers have had difficulties with rhizoctonia root rot on dryland wheat, take-all root

rot on irrigated winter wheat, and cercospora foot rot, or strawbreaker disease, on dryland and irrigated wheat," says Stoltz.

"We've done whatever necessary to deal with the diseases," he says. "Sometimes the researchers go to the field. Other times we set up test plots for the researchers and arrange for maintenance of the plots."

The team has worked on new crops for the region, too.

"Right now Canola seems to hold the most promise as a crop growers can use in rotation with winter wheat," he says. "It's not an ideal crop alternative yet, but we're on the right track."

The industry consults the team often, according to Stoltz.

"One person doesn't begin to do it all," he says. "But working together, we've saved the growers millions."

"The Oregon Wheat Commission funds a lot of the research here," he adds. "They wouldn't be doing that if they didn't trust us."



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# THE CHILDREN'S CHAMPION

Curry County kids have a friend and champion in Sue Williams.

The OSU Extension agent develops programs for "at risk" kids in the South Coast county. There's Project Quest, for boys and girls in grades three-six; Tiger Eyes, an after school program in Gold Beach and Brookings; a mentor program based on the Big Brother-Big Sister model; Latchkey parent/kid courses; and even a drug prevention effort in the county's grade schools.

Williams, a former high school teacher, understands the background of most of the children: single parents, limited incomes, abusive home situations. She knows too well that unless children have positive experiences enhancing their self-image, they may add to school dropout, teen pregnancy and juvenile justice statistics.

She can only take 30 youngsters at a time in

Project Quest, which is supported by grants. Children are placed in 4-H clubs, Scouts, Little League or other activities that interest them. To help them achieve,

Unless children have positive experiences, they may add to school dropout statistics.

Williams may use some of the money to send a youngster to a sports camp. She sees each boy or girl twice a month.

Tiger Eyes provides after school activities five days a week. The program, a cooperative effort of local school districts, the Extension Service

and the state Children's Services Division, includes a 4-H activity each day. Parents pay for their children.

There's also the mentor program and the latch key classes, which she hopes relieve the anxiety of youngsters who are left alone, as well as easing parental guilt over leaving children.

Her drug prevention effort in the county's three school districts was modeled after the Lightspeed program pioneered in Roseburg. Lightspeed reaches all Douglas County schools through the efforts of Extension, Roseburg public schools and the local Education Service District. The Douglas County program is a national model for such drug education and prevention efforts.

*Agent Sue Williams chats with a youngster who's in the Curry County Extension Office's Project Quest.*



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# SWARD'S GOAL IS CRYSTAL CLEAR

Mary Ann Sward is an educator with a cause.

She wants to keep consumers from spending money on water purification equipment they don't need and she wants people to understand the complex issues under the term "water quality."

The housing specialist is one of the leaders in Extension's water quality initiative, an interdisciplinary effort to develop educational programs to help Oregonians understand the issues. The initiative involves specialists and agents from all areas of Extension.

Educational programs on domestic water have been held in Douglas, Jackson, Josephine, Polk, and Umatilla counties. These programs focused on private water supplies, mostly wells, covering water testing, water treatment, and health effects and water quality.

Although the initial emphasis of the initiative was

private domestic water supplies, the program has broadened to place more emphasis on agriculture and municipal water supplies under the leadership of

Water quality...  
will be a major...  
concern for some...  
time...

James Moore, agricultural engineer and initiative coordinator.

Sward notes that opinions about the importance of water quality range from "there's no problem" to those who don't want any risk. Communicating about risk is an important part of the educational effort.

For instance, many people fear their well may be contaminated, but they have no evidence. That's why they're encouraged to have

the water tested in a state-certified laboratory. Many don't realize that agriculture also depends upon high quality water for livestock and irrigation. This requirement is reflected in the Best Management Practices (BMPs) recommended to farmers and ranchers.

Sward and her water quality co-workers assembled resource notebooks now in every county Extension office and conducted in-service education programs for Extension agents. In-service educational programs will be enhanced by a grant from the U.S. Department of Agriculture, which is also making water quality a priority program.

Water quality for both agricultural and domestic use will be a major concern for some time and an important Extension program.

*Housing specialist Mary Ann Sward is helping lead work on Extension's water quality initiative.*



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Service Forest  
Extension For  
Consulting For  
Log Buyers  
Master Woodland  
Wood Work Books  
Neighbors-Town  
Linn County Extension  
Nat'l Woodland Council  
American Tree Farm  
Program a Member  
County Woodland Assoc  
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# HELP IN THE WOODS

Call it fate, or maybe luck.

At a time when Oregon faces a major timber shortage, the OSU Extension Service has trained 100 Master Woodland Managers to help small woodlot owners increase timber productivity.

The Master Woodland Managers, who live in several western Oregon counties, are volunteer participants in an Extension program of the same name. The purpose of the program is to provide "helpers" for Oregon's many small woodlot owners.

"The Master Woodland Managers try to motivate woodland owners to manage their land more efficiently," says Rick Fletcher, an Extension agent and the program's coordinator. "They talk to owners about timber markets, timber harvesting practices, how to contact a consulting forester, and many other topics, everything having to do with forestry."

*Woodlot owners near Lebanon, Ore., listen to a talk by Master Woodland Manager Don Oakes.*

Fay Sallee, of Lebanon, is one of the volunteers. She finished her training last year and has more than 300 hours of volunteer service working with small woodland owners.

*"These volunteers are a resource that small woodland owners otherwise wouldn't have..."*

The most important thing we do in this program is make small woodland owners more aware of their timber as a resource," she says. "For example, very few small woodland owners I've talked to have any idea of the value of their timber. As Master Woodland Managers we try to get owners to think about timber's value, and not

just for harvest but as a resource for recreation and wildlife habitat."

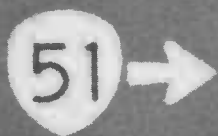
Volunteers in the program receive 85 hours of instruction in a wide variety of forestry-related topics. In return, they give 85 hours of their time visiting small woodland owners to answer forestry questions and hand out information.

According to Fletcher, the 100 Master Woodland Managers trained so far represent thousands of hours of time that will be repaid through volunteer service.

"That's the equivalent of four or five full-time forestry Extension staff for one year," says Fletcher. "These volunteers are a resource that small woodland owners otherwise wouldn't have and at a time when there is a huge need to improve forest management on small, non-industrial ownerships."

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# A BOOST FOR RURAL TOWNS

Pat Corcoran links OSU research in economic development with communities that want to help themselves.

The Extension Service community economics specialist focuses on rural communities, helping them assess their strengths and weaknesses and determine what the community wants to be. Communities don't exist in a vacuum. So Corcoran tries to put their development efforts into perspective with economic and social trends in the region and the world.

Corcoran works with organizations to develop educational forums about such topics as changes in the wood products industry, the pros and cons of tourism, and explaining the effect of economic development.

He networks with state and federal agencies concerned about economic development and community revitalization to emphasize what the knowledge developed at OSU and other Land

Grant universities can bring to such work.

At times, Corcoran has used the classic development model in a community. A task force of concerned citizens decides what things

Corcoran links OSU research with communities that want to help themselves.

need to be done. A community workshop explains the development process and participants divide into work groups to develop action plans.

They learn economic development is difficult. Community politics, local

traditions, the state and national economies and population trends all come into play. Enthusiastic volunteers can become discouraged at the work and time needed to make changes as they discover that follow-up and project implementation are the toughest steps in the model.

Corcoran has worked in such communities as Monmouth, Independence, Cave Junction, Paisley and Gold Beach. He's also helped local leaders think through regional economic strategies in Linn, Malheur, Morrow, Sherman and Hood River counties.

Corcoran and other Extension specialists and agents working in land use, leadership, taxation, citizen involvement and other areas will continue helping Oregon's rural community revitalization efforts with educational programs that help people help themselves.

*Extension specialist Pat Corcoran in Independence, Ore.*



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# PLANNING IS MORROW'S ESTATE

No one likes to plan for an unexpected catastrophe. Most people avoid thinking about it.

"Most parents live to see their children's 18th birthdays. Most children never need guardians, conservators or trusts. Statistically it is unlikely that one parent will die while his or her child is a minor. It is even more unlikely that both parents will die. But it does happen," says Alice Mills Morrow, a family economic specialist with the OSU Extension Service.

Estate planning is more important now than ever, according to Morrow.

Divorces, single parent households, handicapped children and second marriages make planning even more crucial.

Alice Mills Morrow sees herself preparing people to cope with life transitions. Over the last 10 years, she has conducted estate planning workshops for more

*Every family's needs are different, says Extension family economic specialist Alice Mills Morrow (left).*

than 10,000 people in 34 Oregon counties.

"You don't have to be old and rich to have financial and estate planning needs," says Morrow. "Young families and middle income people have many reasons to plan for the future."

*"We are not selling a product. They view us as unbiased."*

Morrow is an attorney, a certified financial planner and a certified home economist. Morrow brings an unusual perspective to estate planning. Her approach blends finance, family-oriented decision making, and law. And the program is geared to people in all stages of life and all lifestyles.

"Every family is different, so each has different estate planning situations," says

Morrow. "For example, when divorced parents remarry, they create families of 'yours, mine and ours.' If a family has a handicapped child, extra planning is usually needed. And rural folks have special needs to be able to keep farms and ranches going after a death."

Why would so many people come to OSU's Extension Service for their estate planning help?

"We're different," says Morrow. "People may trust the OSU Extension Service more than an insurance agent or lawyer. We are not selling a product or service. They view us as unbiased."



# THEY'RE KEEN ON GREEN

From people doctor to plant doctor. That's been the transition for Carl Carlson, a retired physician who lives in Roseburg.

Carlson, in his seventh year with the OSU Extension Service's Master Gardener program, is typical of the many Oregonians who volunteer for Master Gardener training. He's an enthusiastic home gardener with a thirst for more gardening knowledge, and a willing sharer of this information with others.

The Master Gardener Program is entering its second decade in Oregon with a reputation as one of Extension's most popular offerings. Relying on volunteers, as many Extension programs do, the goal of Master Gardener is to better serve the information needs of a gardening public that is growing every year. Horticultural professionals and

educators give participants gardening instruction. In return, volunteers commit their time to help county Extension agents answer

*The Master Gardener Program is entering its second decade.*

gardening questions from the public.

The Extension Service offers a similar program in home food preservation called the Master Food Preserver Program.

For most gardening volunteers, the initial attraction is the training. Carlson calls it "a marvelous opportunity to expand gardening knowledge." But the majority of Master Gardeners discover the sharing of this knowledge

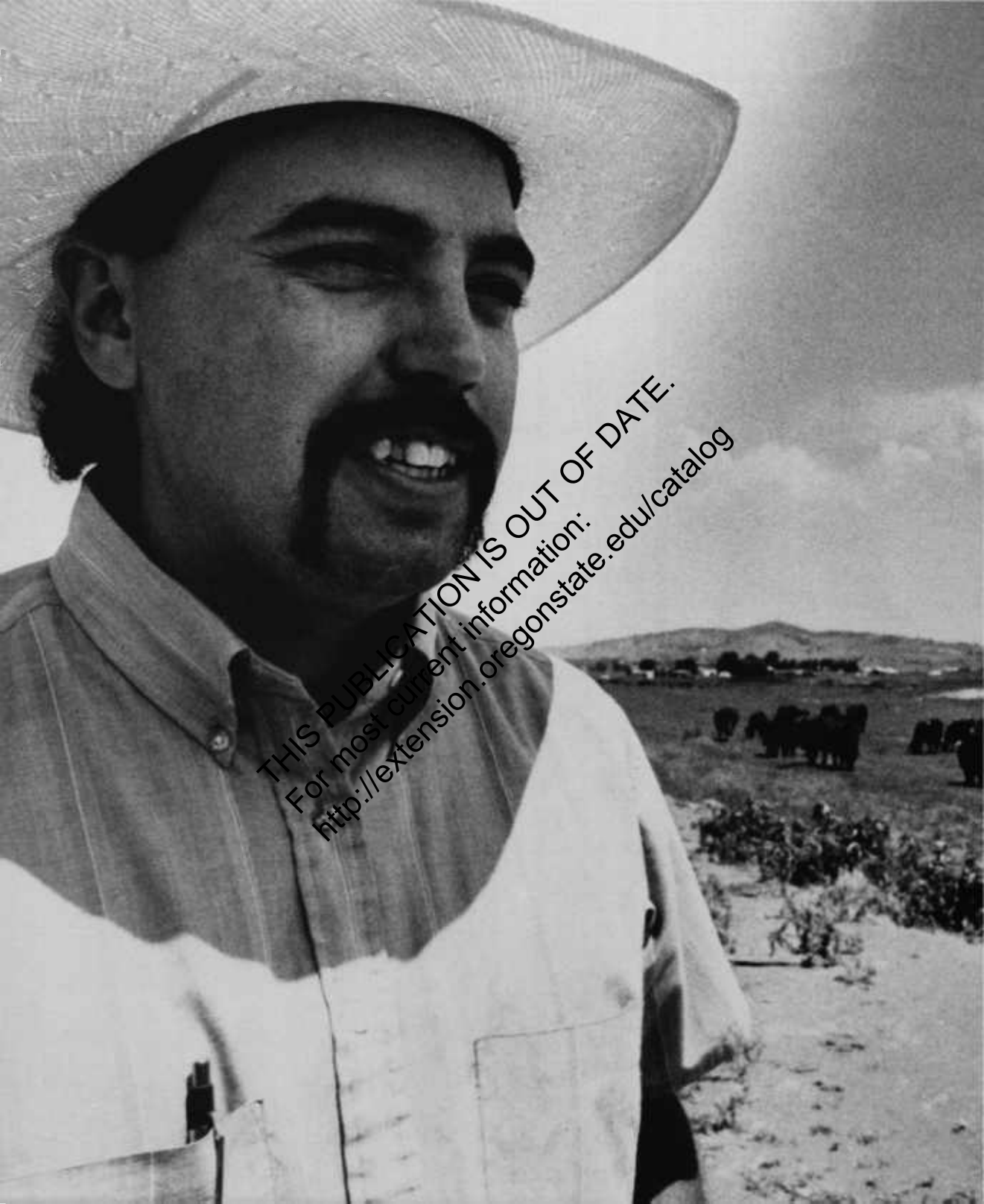
with others is even more rewarding.

"It's been a continual learning experience," says Carlson. "I've taken every training course offered since my first in 1984. I've acquired a lot of gardening knowledge to offer others interested in gardening. It's more than answering questions, it's sharing an understanding of living things with others who also share my enthusiasm on this subject."

There is an economic impact, too. Every year Master Gardeners like Carlson, in urban and rural parts of Oregon, find themselves growing more fruits and vegetables for home use.

"For my wife and me," says Carlson, "our home garden production gives us more than token self-sufficiency."

*Portland-area Master Gardener Patrick Rogers assists a resident at a Tigard retirement center.*



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# THE COMPUTER COWBOY

Cows, calves, computers and cash returns are big in the life of William (Willie to his friends) Riggs. He helps Oregon beef producers become "better and more efficient business people."

The OSU Extension Service district farm and ranch management agent has developed new tools for beef producers to use in analyzing costs and returns. Riggs hasn't done it by himself; south-central Oregon ranchers and local Extension livestock agents were involved in every step.

Riggs started in July of 1989 with a grant from the U.S. Department of Agriculture. His challenge: Look for ways to provide beef producers with production and marketing tools to keep them competitive. His home territory: Klamath, Lake, Jefferson and Crook counties.

*Willie Riggs, a district agent with the OSU Extension Service, works with ranchers and farmers in Klamath, Lake, Jefferson and Crook counties.*

The result? Four programs that can be used on IBM-compatible microcomputers. Riggs and his advisors modified and changed other programs to fit Oregon needs. Also involved were

*He helps Oregon beef producers become more efficient information managers.*

agricultural lenders, for, as Riggs notes, "they need to accept the information as valid."

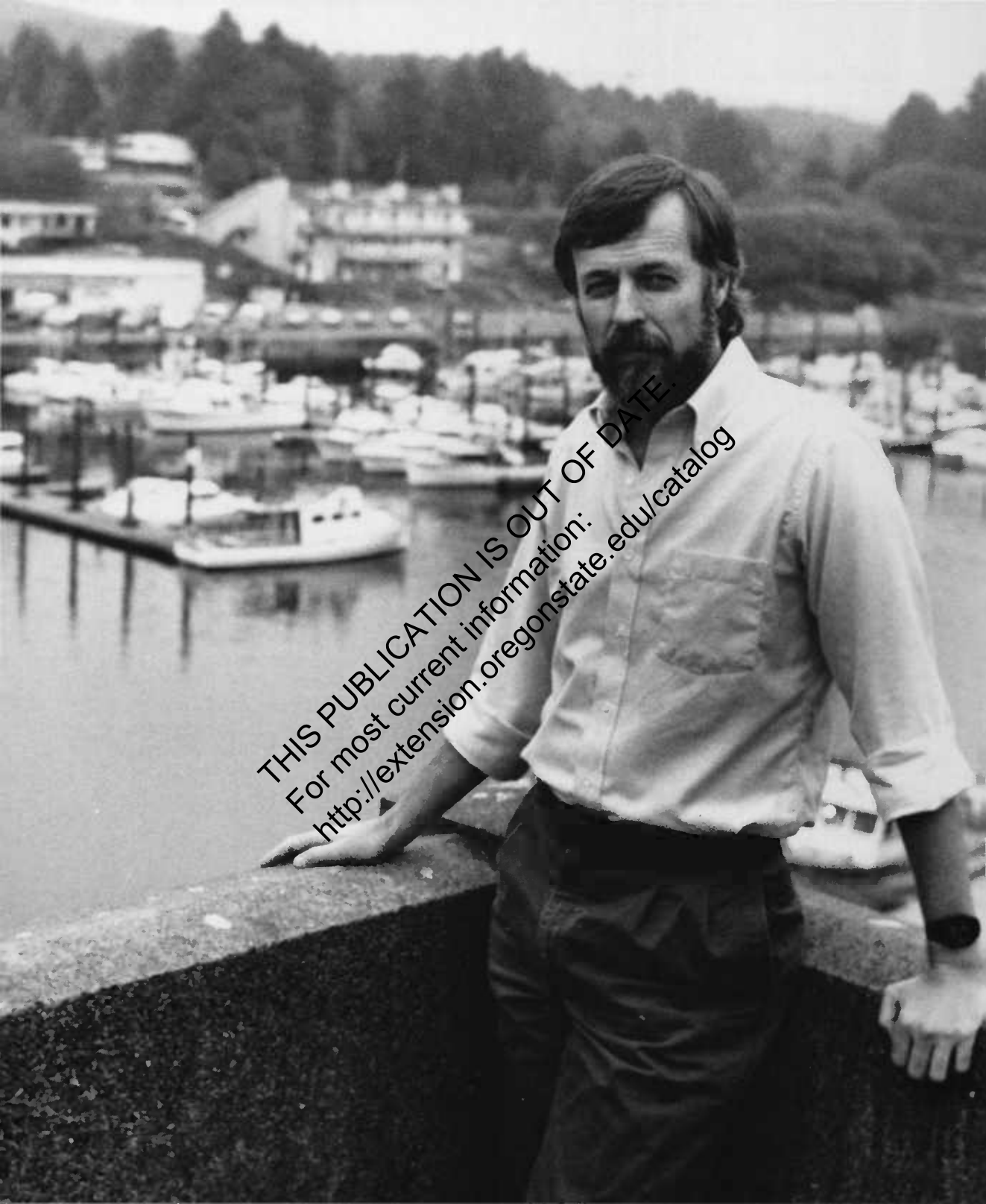
A program called CALFWNTR analyzes costs and returns of raising pre-conditioned weaner cattle. Another, GRASSFAT, analyzes pasturing of yearlings or "stocker cattle." FEEDLOT helps the producer decide if it's profitable to retain ownership of the cattle

in the feedlot. RANCH is a spreadsheet allowing the producer to look at the entire ranch budget.

The comments of ranchers, Extension agents and lenders helped Riggs keep his efforts focused on developing the programs for use throughout Oregon and perhaps in other Western states.

The result, Riggs believes, puts Oregon in front in the development of computer software that can be run on a wide variety of machines. The programs "aren't big elaborate computer modeling systems."

What Riggs and his advisors produced are useful tools enabling beef producers to make cost and return analyses quickly. It could be done with pencil, the agent points out, but that takes time—time that could be spent more profitably on other management tasks.



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# HE COVERS THE WATERFRONT

Jim Good has a drawing of a pelican and photographs of a seal and fishing boat on the walls of his campus office.

The marine decorations aren't surprising. The last 6 years he's been working to help small cities and towns in Oregon revitalize their waterfronts by turning them into attractive places for locals and tourists.

A lot of people associate the Extension Service with farming, ranching and forestry. Good is an oceanography professor who specializes in marine resource management. He works for the coastal arm of the OSU Extension Service. It's called Extension Sea Grant.

"The coast is going to be very different 25 years from now," says Good. "Today, there's a disturbing sameness developing from town to town. We don't need New England along the Oregon Coast. We need to focus on what's unique, what's special about each place."

As examples of that approach, he cites Astoria's plans to recapture its maritime and Victorian heritage. He also mentions Reedsport's plans for a visitor center at a historic site on the Umpqua

*"I see the role of Extension as being a catalyst for most cultural information."*

River, as an anchor to attract private investment in restaurants, shops, and other businesses.

Keeping fishing and other traditional industries on the waterfront, but doing a better job of telling visitors the history and significance of what they see, is better than the "Disneyland approach," Good contends.

"Many people along the Oregon Coast see the growth of tourism as a mixed blessing," he says. "It brings in money but destroys the authenticity that attracts those tourists in the first place. We aren't saying yes to tourism. We're saying you can do something productive that local people can live with, and it will attract visitors."

"With the waterfront project, I see the role of Extension as being a catalyst and facilitator," says Good, "helping communities be aware of what is possible, helping individuals and groups work together to make the tough decisions about what they want, and helping them find the resources they need to get started on a successful waterfront program."

*Marine resource management specialist Jim Good at Depoe Bay.*



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