

Extension Notes:



Breakfast Bowl Report

Breakfast cereals are one of the most varied and competitive foods in the American supermarket.

What should shoppers do when confronted with the variety of cereals at the grocery store? "Read the labels," says Sue Gangler, Warm Springs Extension Agent.

Cereal packages must list their ingredients in their order of predominance by weight. In addition, every cereal must have a nutritional label. Comparing labels is helpful to people who want cereals rich in a particular nutrient, such as iron, or who want to avoid sugar, sodium or preservatives.

Nutritional labels are usually based on one-ounce servings. Since the bulk of that ounce varies from cereal to cereal, family eating habits must be considered when comparing costs and nutritional values. An ounce of granola-type oat cereal fills a quarter-cup, while an ounce of a fortified toasted oat cereal fills a cup and a quarter.

Cost comparisons show that regular and one-minute oatmeal are usually the most economical. Ready-to-eat dietary supplement cereals and individually-packaged cereals are the most costly. Giant-size boxes of cereal offer some savings, but there is

little difference between the small and medium boxes.

Sugar-coated cereals are usually more expensive than uncoated ready to eat cereals, according to Velma Seat, Oregon State University Extension food marketing specialist.

The recent interest in dietary fiber has made some long-established bran cereals into the fastest selling products on the market. Their sales outpace the newer granola-type cereals.

Nutritionists generally recommend four or more servings of whole grain or enriched bread or cereals each day as a source of protein, iron and B vitamins.

Most cereals that require cooking, some ready-to-eat cereals, and the granola cereals provide these nutrients at about whole-grain levels.

Some hot cereals and most ready-to-eat types have been fortified beyond wholegrain levels. They contain additional nutrients as well.

A few cereals are fortified to the extent that they are labeled as "dietary supplements" or "multivitamin and iron supplements." The Food and Drug Administration requires this label on fortified foods which provide 50 percent or more of the U.S. Recommended Daily Allowance of one or more nutrients.

Cattle Industry Improving, Future Up To Cattlemen

After several hard years, the outlook for cattle ranchers is improving.

Whether or not the cattle industry continues to improve is largely up to the ranchers and their management techniques, says Robert Raleigh, Oregon State University animal scientist at the Eastern Oregon Agricultural Research Center near Burns.

"It has been a pretty tough three or four years," said Raleigh. "First the price was down to a point where ranchers were losing money every time they sold an animal, then the drought came along and really mixed things up."

During the drought, about a third of the female cattle in eastern Oregon were culled because not enough feed was growing on the range to support full herds. Also, yearling calves were sold early to help reduce the feed demand. Because of this, many fewer cattle are available to market and the price has taken a sharp jump.

"Prices most likely will stay up until a year from now or longer," said Raleigh. "It takes a year to get a calf born, and actually, total time to get one ready to slaughter might take 16 to 18 months. So, I think a year from this fall prices still ought to be good."

Ranchers themselves might be responsible for the next downward fluctuation in price, warned Raleigh.

"Let's take a good look at all the factors before jumping back in with both feet," Raleigh tells the cattle ranchers. "The boom

and bust cycle that happens every time the price goes up like it has recently will continue if we flood the market with cattle as soon as possible."

Raleigh advocates not running herds back up to the pre-drought level right away.

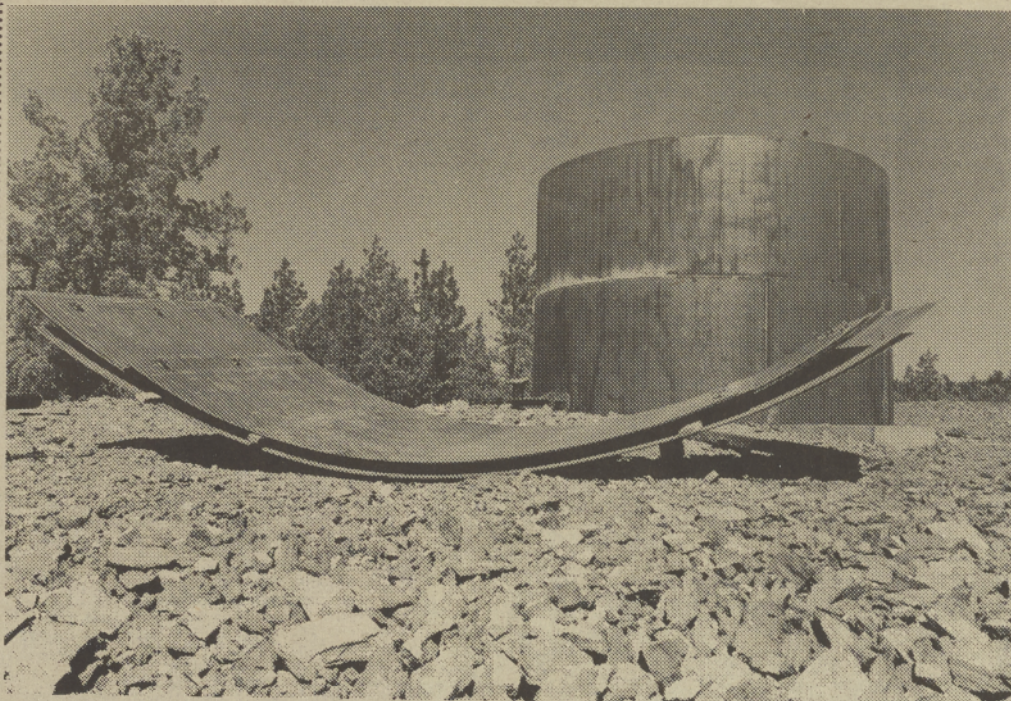
"Ranchers tend to be optimistic and tailor their numbers of cattle to the good years and not the bad years," said Raleigh. "This means that under normal conditions the range is overgrazed. I'm saying let the range return and in the mean time take a real hard look at our management practices."

Basically, the Agricultural Experiment Station researcher is urging cattle ranchers to raise fewer cattle more efficiently. The cattle culled last year should have been the least efficient weight gainers.

"Last year we sold the bottom end of the herd," said Raleigh. "Because the ones left should be the best, they should gain weight more efficiently. I think we ought to take this unique opportunity to consider the alternatives to building up the weaker end of the herd just to cash in on the higher prices."

The price increase has put some profit in the beleaguered cattle industry, but not much, Raleigh said.

"A year ago, a rancher was losing \$20 or more on every cow that was carried through. I think that with prices the way they are now, that figure is at a break-even point or maybe making a few dollars. But the ranchers are not making a lot of money. No way. It just isn't there."



The top tier of the new Simnasho reservoir rests in the foreground as welders prepare to hoist it into place. The apparent inactivity belies the amount of work going on inside the structure. The entire Simnasho-Schoolie Flat water system should be ready for the big test next month. Sandy Rangila Photo

From The W.S. Parenting Committee

Discipline In An Atmosphere Of Respect

"How many times am I going to have to spank you for doing that?" shrills an outraged mother. What is the problem? Is her three-year-old too young to understand? No, indeed. Knowing exactly what he's doing, he deliberately repeats his misbehavior. Why? Because his parents say, "No, you can't," and his behavior says eloquently, "Oh yes I can. Just try and stop me."

Punishment and reward belong in an autocratic social system. With the greater realization of democracy as a way of life, parents can no longer assume the role of autocratic authority. Today our whole social structure is changed. Our power over children is sharply diminished, and they know it whether we do or not.

Today's children are willing to take any amount of punishment in order to assert their "rights." The use of punishment usually only helps the child develop greater power of resistance and defiance.

The "obey me or else" approach needs to be replaced by a sense of mutual respect and cooperation. Our children need our guidance and will accept it if they know we respect them as equal human beings. Our job is

to create an atmosphere of mutual respect and consideration and to provide opportunities for our children to live comfortably and happily with others.

If your best intentions break down occasionally and you are provoked into spanking your child, there is no need to feel guilty about it afterwards. Oddly enough a frank admission to yourself ("Sure I hit him, but he certainly asked for it, and it made me feel better") can keep up your courage and your feeling that you can cope with the child. It won't help the child, but it may relieve your own tension.

Rewarding children for good behavior can be almost as bad psychologically as punishing them. Such behavior indicates the same lack of respect. We "reward" our inferiors for doing what we want. In a system of mutual respect among equals, people do a job because it needs doing. Paying children for doing their part keeps their attention centered on themselves and keeps foremost in each child's mind, "What's in it for me?" That outlook in a child fosters the idea that she-he counts only when she-he is getting something in return for her-his actions.

Contrary to most thinking,

praise, like other rewards, fails to give children a sense of belonging. It tends, in fact, to lead them in the wrong direction. They learn to do what has to be done in order to win the reward of praise rather than to contribute. When not praised, they feel discouraged or abused and give up. "Why should I bother to be good? No one praises me for it."

A reward may indicate parental approval at the moment, but what about the next moment? Considering the number of moments, one soon runs out of rewards. Furthermore, a reward system establishes false values, since youngsters assume that the world should repay their every effort. When nothing is forthcoming automatically, they become resentful and revengeful. In our mistaken efforts to win cooperation through rewards, we are denying our sons and daughters the deep satisfaction that comes from a sense of contribution and participation.

It can be seen that the term discipline takes on a different meaning in a democratic setting. Order can no longer be maintained by pressure from without in the form of punishment and reward, but only inner stimulation.

Avoiding Baby Walking Blues and Related Disasters

It seems like a miracle when babies start walking. But it also can be the beginning of a worrisome time, says Sue Gangler, Warm Springs Extension Agent.

When a child begins to walk everything within reach is fair game, from soap flakes under the kitchen sink to the water in the toilet bowl. And as parents soon discover, babies are into everything.

In spite of the possible perils, however, the ability to move around freely allows children to satisfy their natural curiosity about things around them, according to Marcelle Straat-

man, Oregon State University Extension human development specialist.

While ash trays tumble to the floor, dirt spills from flower pots and fluff from under the bed goes in the mouth, babies are finding out about textures, shapes and tastes.

Nonetheless, parents should not let children have a free rein. Some things are dangerous, such as cleaning chemicals and sharp objects. Other things have great personal value. Straatman advises parents to decide early what things to keep out of reach of children.

"Children will inevitably break valuable possessions, but removing important items does get rid of apprehension," says Mrs. Straatman.

Keeping dangerous or valuable things away from children also prevents the hurt children feel when they have done something bad.

Another way to avoid crisis is to give children plenty of things to play with that can be touched, banged, and lugged about. Also, children love to play in water. A sink full of water and a few toys will keep children occupied for a long time.