

Teach children to handle disagreements

Despite the hopes of most parents, sibling conflict doesn't gradually fade as children grow into their teenage years. On the contrary, bickering and fighting between teenage sisters and brothers often become increasingly sophisticated and more disruptive of peace and quiet at home.

Every family can expect conflict between children in the family group. Sibling rivalry often erupts in teasing, quarreling, name-calling, and even some pushing and shoving. Unfortunately, understanding and expecting sibling rivalry doesn't make it any easier to deal with on a day-to-day basis.

Adolescents fight for the same reasons younger children fight, but teens are bigger. They are physically and intellectually able to hurt and be hurt by the words and actions of another.

It would be nice if a gentle reminder that teens are old enough to stop fighting would bring a cease-fire, but it rarely does. The specialists point out that sibling fights are considered a learning experience for adolescents. They find out how to express feelings and hold their own ground in disagreements. Fighting among siblings provides a safe place to discover how certain words and actions affect

another person.

Children who are not allowed to fight are often hesitant to speak up for themselves or to express their opinions confidently in school or social situations.

Squabbling that appears to have no reason at all may signify a teenager's need for more parental attention. To youngsters "love" means attention. Many teens are embarrassed by parental affection, but gain needed attention by fighting with siblings. They may be jealous of other children in the family.

Teens are under many pressures. School competition for grades and social relationships is often intensive. Teens feel pressured about real or imagined conflicts between their adult and child roles and choices they may make. Fighting with siblings is often a symptom of various anxieties that adolescents bring home to resolve.

You can stop this fighting or at least limit its effect on the family environment. The first major step is to decide not to tolerate certain kinds of fighting. This is easier said than done, but sticking to your resolution is important in bringing peace to your home. Adolescents are old enough to be told

you will no longer tolerate physical or verbal aggression.

Tell them that while it's normal to have disagreements, their disruption of peace at home upsets you and that you will no longer be judge of their disputes.

One parent reported that everytime a fight started, he said to his teens, "You're fighting and I'm leaving." He went out to work in the yard or to run an errand. After a few try-outs, the 5:00 battlefield habit disappeared.

Some parents use a "time-out" strategy. They send each child to a separate room until they agree to get along. Other parents make loud fighting or skirmishes illegal in the house.

Another way to reduce sibling fighting is to help teens feel better about themselves. Find time for each one to hear and feel your enthusiasm about who they are and what they are doing.

Probing too deeply or anxiously into their affairs usually meets with resistance, but use moments when they want your attention to listen to them and restore feelings of closeness. Praise teens for what they do well and don't overlook admirable qualities such as loyalty, a sense of humor, kindness, and thoughtfulness.

Avoid initiating competition among your children. Comparisons of cleanest room, highest grades, or other accomplishments make rivalry and jealousy more intense. You reduce feelings of conflict and hatred when all children feel special because of their own qualities.

Don't insist on sharing. Everyone is entitled to ownership of some things and owners have the right to share or not. Avoid the tendency to force older children to give in to younger ones just because they are smaller or don't know any better. In fact, younger children initiate many sibling fights.

Parents can set an example for ways to handle conflict. If they use physical force or scream and yell, children will do the same. It takes tremendous patience to allow for a child's growth while establishing limits for behavior that will not be tolerated in the solving of disagreements.

By the end of the teen years, most youngsters develop feelings of respect and care for their siblings. They learn more acceptable ways of handling disagreements at home and in their other relationships.



Old tires help in garden

Discarded automobile tires may not be what most people would choose to decorate their home gardens, but old tire casings can help tomato plantings in two important ways.

An old tire placed around a tomato plant absorbs heat during the day and releases it to the plant the night. As a result, the tomatoes grow faster. The tire also tends to keep the plant upright and off the ground. Use one tire casing around each plant.

When the tomato plants too small, clear plastic can be stretched over the tire on clear nights to hold in warmth and produce a greenhouse effect. Be sure to remove the plastic during the day.

Eventually the plants will need some type of support to keep the leaves and fruit off the ground. Frames or stakes minimize fruit rot and keep the branches out of reach of slugs. More importantly, a support

structure improves air circulation around the plant and helps prevent disease, especially late blight.

Effective supports, about 18 inches in diameter and one to five feet high, can be made of wood or concrete-reinforcing wire. No pruning is necessary.

Concrete-reinforcing wire can be found at hardware or building supply stores. It is preferred because the holes in it are large enough to reach through when gathering tomatoes. Chicken wire is not recommended because the small mesh makes harvesting difficult.

Supporting tomato plants with stakes involves a bit more work since the smaller shoots must be removed to eliminate extra side branches. Leave one to three main stems for the plant. If necessary, up to three stakes can be used.

Place the stakes when the plant is young to prevent damage to the roots later.

Winning the supermarket game

Has going to the supermarket lost its appeal? If so, you're not alone. Research studies indicate that consumers no longer view grocery shopping as being any fun. One approach is to turn grocery shopping into a challenging supermarket game—a game at which you, the consumer, can win in several ways. Equipped with a basic game plan, you will save money without sacrificing good nutrition or variety. At the same time, shopping will become an interesting and rewarding experience rather than a chore.

The first step in developing a game plan is to learn how to comparison shop. Many of the more than 14,000 items sold in the average supermarket are available in different sizes, shapes, forms and qualities. Apples, for example, can be purchased fresh, frozen, canned, dried, whole, sliced and as sauce, pie filling and juice. During the fresh apple season, when the fruit is at peak quality and carries the lowest price, you will save money and increase eating enjoyment by purchasing fresh apples. During the summer, before the new

crop becomes available, apples purchased in a form other than fresh may be a better buy.

The way in which you plan to use an apple or other fruit or vegetable will be a factor in your selection, too. If an apple will be served as part of a cheese and fruit dessert, appearance is important. So, you probably will want to choose large, attractive, fresh apples because the end use justifies the higher price per pound. But if the apple will be chopped and stirred into hot cereal, then smaller, less perfect apples at a more economical price would be a better choice.

The second step in developing a supermarket game plan is learning how to use unit pricing—the per unit measure (i.e., the cost per ounce or pound). Consumers not familiar with unit pricing often are surprised to discover that an item with a high price tag really may not be as expensive as it first appears. How can you tell? Look at the shelf sticker near the product. Many supermarkets include both the unit price and total price on this sticker. But if

not, unit price can be quickly figured with a hand calculator or in your head. Simply divide the total price by the number of pounds or ounces the item contains.

Contrary to popular belief, the large or "giant" size package is not always the best buy. Once you have used unit pricing to determine which size is least expensive, you need to make another judgement. Is the size right for you? Even if it costs

less, the larger size is never a good buy if the food will spoil or family members will tire of it before it can be eaten. Some foods, however, can be used in a variety of ways making the large package a good buy even for a small family. Rolled oats, for example, can be used as a cereal and as an ingredient in both cooking and baking. So, the large package is an exceptionally good value regardless of family size.

Test detects eye disease

Thanks to medical science, we now have new insight into preventing and treating many kinds of eye diseases.

Then: Because the eye disease glaucoma has no pain or symptoms in its early stages, people often don't know they have it. Then there was not treatment available for the disease. The combination of these two factors meant blindness for many, as the disease slowly progressed destroying vision.

Now: Today, a short simple test with a device called the tonometer helps eye doctors de-

tect glaucoma easily, even in its earliest stages. According to the National Society to Prevent Blindness, it's a good idea for people over 35 to have their eyes examined every two years to insure early detection of glaucoma. The disease can now be controlled with eye drops. Some cases may require surgery.

Free Booklet: Send a SASE to your Society to Prevent Blindness or the National Society to Prevent Blindness, 79 Madison Avenue, New York, New York, 10016.

Hands-on range camp offered

Hiking into the Strawberry Wilderness, hands-on investigation of soils, plants, stream and wildlife biology, plus range management are just a few of the experiences offered at the Oregon Range Camp, to be held this summer, June 23 to 28.

Oregon Range Summer camp is sponsored by Oregon State University Extension Service and the Society for Range Management. The camp is open to older youth interested in learning more

about range, forest and wildlife management. Campers must be high school age, between 9th and 12th grade.

Complete information about Range Camp and application forms are available from the Warm Springs Office of the Jefferson County Extension Service, 553-1161, ext. 238/239.

Being located at the base of the Strawberry Mountains in Logan Valley, Grant County,

provides a perfect setting for the Range Camp, allowing campers to learn first hand about rangeland and its relationship with other natural resources. In addition to the hands-on investigations campers will also visit local ranches to observe range production practices, participate in discussion on wild horses and eastern Oregon history. Evenings around the campfire, plus meeting individuals from all around the state help round out

the camping experience.

Camp sponsors are now seeking girls or boys who would be interested in attending Oregon Range Camp. Interested youth should contact the Extension Office today to receive application forms. Local businesses and organizations will help provide partial scholarships for interested campers.

Camp participants will find Oregon Range camp a highlight of their summer activities!

Workshops offered through extension

Several workshops are planned for the month of May. The workshops are being offered through the Warm Springs Extension service. All workshops are free unless otherwise noted. They are geared for homemakers.

The following schedule of workshops are being given:

(1) Tips on moving Workshop: Date, Tuesday, May 7; Time, 7:00 p.m.; Location, Warm Springs 4-H Center; Instructor, Anna Hurtado and Mollie Driscoll. Tips will be given on packing, labeling and safe storage techniques when moving. Items to look for when selecting a home or apartment to move into. Anna will discuss Warm Springs Housing Authority Regulations when moving into Tribal housing.

(2) Food drying and smoking workshops: Date, Wednesday, May 8; Time, 7 to 8 p.m.; Location, Warm Springs 4-H Center; Instructor, Mollie Driscoll.

Demonstrations will be given on drying fruits, vegetables, fruit leathers, meats etc. and on smoking meats. A Harvest Maid Food Dehydrator and "Little Chief Smoker" will be used in the demonstration. This equipment is available for check-out from the Extension Service.

(3) Machine Quilting Workshop: Date, Thursday, May 9; Time, 7 to 9 p.m.; Location, Warm Springs 4-H Center; Cost, Free but participants need to provide own fabric.

(4) 4-H Mother's Day Breakfast: Date, Sunday, May 12; Time, 7 to 9 p.m.; Location, Warm Springs Community Center, Cost, Mothers FREE, \$2.50 each or \$10.00 per family. Children are invited to bring a note, flowers or small gift to give their mothers. Door prizes will be drawn throughout the breakfast. Proceeds will be used to fund summer 4-H activities.

(5) Quilt exhibitions and rose

garden tour: Date, Wednesday, May 29; Time, 8 a.m. to 5 p.m.; Location, Portland Oregon Historical Museum and Rose Garden; Transportation, Van will be provided; Cost, \$3.00 entry

fee to museum. We will tour the museum (over 100 hand-made quilts will be on display). We will stop for lunch and will finish the day by smelling the roses at the Portland Rose Garden.

Pests despoil stored foods

Finding "weevils" in your oatmeal or "worms" in your flour, is not an uncommon occurrence in the home. Each year, Oregonians discard thousands of dollars worth of food because it has become infested with insects.

Several kinds of pantry pests feed on dried food in storage. All pantry pests are small and go unnoticed until they become numerous or begin crawling or flying about the house.

Pests often enter packages of food as tiny eggs that go undetected when the food is pack-

aged. During storage, these eggs hatch and the young insects develop. This is why food kept for long periods may become infested even when there are no breaks in the food packaging.

Other pests simply fly in during warm weather. Or, pests may be brought into the house on decorative dried plant materials such as grains, nuts, flowers, and seeds.

Most damage is done by the young beetle grubs, or by "worms," which are really cater-

pillars. Both grubs and caterpillars are usually light-colored and small, and they are quite hard to see in the infested food.

Often you can prevent pantry pest infestations by buying food in small quantities and using it within a short time. Never buy broken or damaged packages of food. They may already be infested.

Use older foods before opening newer food packages. Avoid adding new food to an old storage container until it has been

cleaned.

If desired, food can be treated before storage to destroy eggs. You can heat-sterilize many dried foods by placing them in an oven set at 140-150 degrees F for 20 to 30 minutes. An alternative is to place the food in a freezer for a week or two.

Foods that are heavily infested with pests should be discarded. Clean the storage area thoroughly.

In most cases, cleaning and proper storage conditions will control unwanted pests.

Beef growth implants effective

The use of beef growth implant products to increase gains and efficiency of yearling market animals is one of the most efficient dollar investments a cattle producer can make. Research from across the United States and Canada consistently report five to 15 percent increased in weight gain and five to ten percent increased in feed efficiency for implanted beef animals.

There are several types and brands of implants but the three most common used products are Synovex, Ralgro and Compu-dose.

Synovex has three different implants. Synovex C, approved April, 1984 is for use in suckling calves weighing up to 400 pounds. Synovex-S (steers) and H (heifers) are approved for animals weighing greater than 400 pounds. Active components, progesterone, testosterone, and estradiol benzoate, are natural hormones chemically identical to those produced by the animals endocrine glands.

Ralgro (zeranol), approved in 1980, can be used on all class steers, heifer and in lambs. Zeranol is a protein anabolic agent that enhances protein deposition and promotes skeletal growth without an increased deposition of fat.

Compudose, approved in 1982, increases the rate of gain for suckling calves, growing steers feedlot steers. It is not approved for heifers. Compudose releases a natural steroid estradiol-17B, which, with its metabolite estrone, is produced in all mammals. The implant

stimulates the animal's pituitary gland, resulting in increased growth.

Proper absorption is dependent on proper location of the implant. Each produce is implanted subcutaneously on the back side of the ear 1-1.5 inches from the head.

Implanting too close to the end of the ear or implanting in the cartilage or in the skin gives poor absorption. Implanting in veins causes to rapid absorption.

The Synovex products and Ralgro implants are effective for 80-120 day while Compu-dose's effectiveness lasts 200 days. Thus, for best results are in the animals implanted with synovex or Ralgro should be implanted every 90-100 days. The final implants must be more than 65 days before slaughter for Synovex and Ralgro. There is no withdrawal period for Compu-dose.

Research as shown that cattle must be growing from .4 to .7 pounds per day before an implant response is observed. Cattle on good quality pasture would be expected to gain .2-.4 pounds per day more if implanted. Over a 150 day grazing season then could represent 30 to 60 pounds additional gain for each animal, or an \$18-\$36 increase in gross income for \$60/cwt. steers.

It is emphasized that these implants are for use only on market animals, not breeding stock. Research from Oklahoma State University has demonstrated that heifers given multiple implants have fertility greatly reduced or all but wiped out.