

## Working parents need support

### From Employers:

1. Flexible working hours: leads to greater productivity because of less absenteeism and tardiness; allows employees/parents to be where they are needed most.
2. Part-time work or job-sharing that is decently paid and respected for both mothers and fathers; companies can retain valuable employees; employers benefit by having workers who are more eager and alert; removes the pressures between career and child-care needs for parents; allows more jobs in times of high unemployment.
3. Recognition of the conflicting demands made on working

### parents.

4. Cafeteria style program of fringe benefits to include on-the-job child-care or child-care subsidy and both maternity and paternity leave.
5. Allowing sick leave to apply to both parents and children.
6. That it's okay for kids to make limited and planned phone calls to parents at work.

### From families:

1. All family members need to recognize that adults have needs and work demands.
2. A change in family members' expectations that all their needs will be met immediately.
3. Cooperation and participation of all family members in

### household management.

4. A commitment from all family members to spend some time together.


### From communities:

1. Development of various child-care options: latch-key, day-care, night-care, sick children, infant/toddler care, combining with senior citizen programs, summer day-care, park and recreation programs, YMCA/YWCA programs.
2. Postive attitudes toward families with working parents encouraged within the community.
3. Connection with other single adults.
4. Teachers encourage an aware-

ness in their students of the large number of working parents and variety of family/job combinations represented in their peer group.

5. Recognition by school personnel that there may not be an available parent at home to provide support in case of illness, accidents and other problems.\*

\*Opening communications with employers, families and school personnel about the above topics may help you cope with being a working parent.



**OREGON STATE UNIVERSITY  
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**Clay Penhollow  
Mollie Driscoll  
Joan David**



Gene Harvey instructs 4-H Indian Heritage Club members in the art of making bustles

## Controlling your diabetes

The balanced diabetes treatment program includes both meal planning and exercise to reduce body weight and control blood glucose levels. If you're already on a diet to lose weight, an exercise program can help by decreasing appetite and helping your body burn fat more efficiently. As you lose excess weight, insulin receptors on body cells increase in number. Exercise also increases the uptake of glucose by active muscles cells so that blood sugar declines. Many people with diabetes find they can use exercise to help control hyperglycemia. However, exercise needs to be coordinated with meal planning and medications (if any) to be effective in lowering blood glucose. Regular aerobic exercise—the kind that gets your pulse rate up—also strengthens the heart and may decrease the risk of heart disease. Regular Exercise can make you feel more energetic, give you confidence, and is a great way to reduce stress and tension.

Exercise reduces blood glucose levels by increasing the body's demands for energy. Active muscles draw increased amounts of glucose from the blood. For several hours afterward, muscle cells continue to take in glucose from the blood to replenish their sugar supply.

Exercise may help override a genetic tendency to develop

diabetes. If type II diabetes runs in your family, that's all the more reason to start and exercise program now.

Vigorous aerobic exercise is a good preventative approach to heart disease and artery problems. Exercise, coupled with meal planning, can help shed excess pounds.

## Give your houseplants a thorough mid-winter cleaning

While doing your house cleaning, clean your houseplants too.

Most houseplants can be washed in warm, soapy water at bath temperature, about 90-100F. The exceptions to houseplant bathing are hairy-surfaced plants such as African violets and begonias.

Washing houseplants removes dirt, insect eggs, oily deposits from oil heat, and insecticides. It also helps control houseplant

insect pests such as mites, mealy bugs, and scale insects.

Wash all leaves, stems, and buds. Clean both sides of the leaves, shake and allow to dry overnight in the sink or on a newspaper.

You can also put the plants in the shower, under a fine gentle spray to rinse off the soap. Cover the soil in the pot with aluminum foil or plastic if you put the plant in the shower.

### Literature available

The Extension Service has these publications available for check out: 1986 Buying Guide, Money Management Library, Complete Do-It-Yourself Manual, Simplicity Pattern Books, The American Heart Association Cookbook, Cooking for the Diabetic.

Magazines available at the Extension Services are: Consumer Report, Changing Times, Organic Gardening, Newsweek, Science '86, Parents Magazine, Better

Repeat the washing at frequent intervals to bring out the natural shine of plant foliage. And don't water the plants every time you pass by. More plants die from over-watering than from under-watering. Water houseplants thoroughly, but only enough to prevent wilting. If you over-water, the fine roots, or feeder roots, rot and can't absorb water for the plant.

Homes and Gardens and 1001 Home Ideas.

### Equipment loaned

The Extension Service lends equipment (pressure canners, dehydrators and sewing machines) and publications (buying guides, sewing cookbooks) to the public. Persons having Extension equipment and publications checked out need to return them so others can borrow them. Thanks!

## Understanding your child's behavior

Individuals are born with a basic behavior style or temperament. The qualities that are inborn include: activity level, regularity in sleeping, eating and elimination patterns, readiness to accept new people and situations, adaptability to change, sensitivity to light and noise, general mood of cheerfulness or unhappiness, intensity of responses, persistence.

Infants show a mix of characteristics and combinations of traits making some babies more demanding of parental tolerance and patience than others. Because parents have an image of the "perfect baby," infants who enter the world with predominantly intense reactions such as high activity level, a general mood of unhappiness, and longer periods of wakefulness are most likely to be misunderstood. If your infant is like this you'll need all the imagination you can muster to be the consistent, loving playmate baby needs.

Knowing about the characteristics infants are born with keeps parents from blaming themselves

or feeling guilty about baby's behavior. If your baby is a poor sleeper, poor eater, constant cryer, stiffens in your arms when you're trying your best, it's just the way the baby is. Much of the spark of this infant's temperament will remain but by the end of the first year or by midchildhood many of the characteristics will have modified. Like any other infant, adjustments to life depend on your loving attention to bring about a transformation in baby's less convenient behaviors.

## Chefs meeting regularly

Junior Chefs 4-H Club met January 16, 1986. Leaders are Orthelia Miller and Nina Rowe. Secretary Bobby Horn, Reporter Joy Soto, Members are Frank Reese, Jolene Soto.

We learned how to make biscuits from master mix. We made them out of different shapes and sizes. We shared our biscuits with the group home.

At the January 29 meeting we

learned to cook fast foods. We made tossed green salad. We enjoyed it very well. We also made soup, and ate crackers with it.

Attending were Joy, Alvita, Jolene, Carol, Shaunetta, Alyssa, Frank and Jake. Leaders present were Orthelia and Nina.

Signed Club Reporter Jay.

## Rabbit club hopping along

Tommy Kalama is the leader of the Rabbit Club. There is a lot more to raising rabbits than one would think. Learning to care for rabbits can be a fun

experience.

Here are a few of the things 4-Hers can learn in Rabbit Club:

1. Proper nutrition (surprisingly lettuce isn't always good for rabbits!)
  2. Different type of rabbits (Learn how to tell the different breeds).
  3. Proper Animal care (Why do you need clean pens? What is the right shelter for rabbits? These questions and many others will be answered)
  4. Pelts (Skinning pelts for clothing).
  5. Judging (Techniques to prepare your rabbit for judging).
- Most of all the good feelings you get from taking responsibility for their care.

## Here's a spud recipe

### Smoked Fish 'N' Taters

- 4 large baking potatoes (about 10 ounces each)
- 1/2 cup coarsely chopped mushrooms
- 2/3 cup minced celery
- 2 tablespoons each minced green pepper and onion
- 6 tablespoons melted butter or margarine
- 1/4 cup half and half or milk
- 1/2 cup shredded Cheddar cheese
- 2 cups of flaked smoked fish
- Salt and cayenne pepper, to taste
- paprika, for garnish

Wash potatoes, pierce skin and bake in 400 degree F. over, 50 to 60 minutes, until tender. In skillet, saute mushrooms,

celery, pepper and onions in two tablespoons of the butter. Cut cooked potatoes in half lengthwise; scoop out pulp leaving enough to make a sturdy shell. Mash pulp with remaining four tablespoons butter and the half and half until fluffy. Stir in vegetables and cheese. Fold in fish. Season with salt and cayenne. Spoon mixture into potato shells. Place on baking sheet; bake in preheated 350 degree F. oven ten minutes or until tops are lightly browned. Dust with paprika. Makes eight stuffed potato halves.

Note: One can salmon, or other canned or cooked fish can be substituted for the smoked fish.

## Financial publications aid planning

Before people make major financial decisions, they need a clear understanding of their present financial situation.

Two new financial planning publications from the OSU Extension Service are designed to help people gain that understanding before borrowing money or purchasing major assets such as real estate or stocks.

"How to Prepare an Income-Expense Statement" will show people how they're spending their money and how much income comes from what sources.

Income-expense statements are a picture of how you've spent

your money. And allow you to compare income and expenditures to your goals and values.

Some goals, such as down payment on a house or college education, require long-term saving plans. Your statement is a tool to determine where to trim expenditures in order to increase funds for savings or special expenses.

The circular includes a sample completed statement as well as a form for the family to prepare its own statement.

The second publication, "How to Prepare a Net Worth Statement," tells how to list assets

and liabilities and determine net worth. The statement gives a picture of the fair market value of assets held as well as total debt at the time the balance sheet is prepared.

Net Worth statements can be useful for measuring progress toward long-term financial goals. The statements may also be useful when applying for credit or talking with an estate planner.

Although not every person or family may need to calculate their net worth, people need to know their present situation before increasing debt or making decisions about major investments.

## Clean soil necessary

A clean, nutritive planting soil is the key to successfully growing plants indoors. Whether grown for indoor decoration or transplanting outside in the garden, any plant's early health and vigor depends on disease free soil.

Clean soil usually means pasteurized soil where planting mixes for transplants are concerned.

Any soil that has been pasteurized and has the following characteristics will promote good plant growth.

—Contains a reasonable amount of nutrition or plant food.

—Loose enough that both water and air can pass through readily and yet retain moisture.

—Contains a large amount of humus (organic matter) and is easily crumbled and readily

worked. The pasteurization process cleans the soil, killing any nematodes, weed seeds or harmful bacteria it may contain.

Clean potting soil can be made at home or purchased at garden and nursery stores.

The first step is making the soil mix at home is to blend equal parts of sand, loam and peat moss. Pasteurize the mix by first moistening it to a state suitable for seed germination. Then place it in a shallow pan and bake it at 175F for 30-45 minutes. Afterward, turn off the heat and wait until the oven cools before removing the soil.

Take care not to overcook the soil or the beneficial bacteria it contains will be destroyed along with the bad.

## Roping club to begin

The Roping Club plans to start in the spring. J.R. Smith will be the leader.

4-Hers in the club will learn to ride and how to handle a rope.

Barrel racing techniques will also be offered.

Most importantly, proper horse care will be demonstrated and practiced.

These are only a few things to learn in the 4-H Roping Club. Call Extension at 553-1161, ext. 238 or 239 to sign up.