

Look for the best in your child

No parent intentionally contributes to feelings of low worth in their children; however, sometimes carelessly or thoughtlessly, the best of pictures are not presented to children. Here are a few items to think about:

Appropriate expectations. Few children can live up to parental expectations. Standards are important to work toward but can become detrimental to children's views of their abilities. Children do their best to learn manners, remember rules, sit still, and share, measure themselves by your standards, do you make them feel that they're improving? A child who cannot meet a parent's expectations, soon gets the message, "I have little faith in you when you aren't measuring up." Remembering what children of each age can do will help you have more realistic expectations.

Promote trust. Let children

show unhappy or angry feelings without fear of rejection. It's easy to share in accomplishment and joy, but other feelings are also part of getting along in different situations. You enhance self-image when you understand and comfort children in different times. Avoid degrading them in front of others or allowing others to tease or belittle them. Preschoolers must believe you're on their side.

Respond immediately when children behave well. "You were helpful when we were in the grocery by sitting quietly in the cart" makes a child proud. They strive to hear you say it again. Too often children's desirable behaviors are taken for granted while attention is focused on mistakes. This makes it difficult for children to gather enough positive pictures of themselves to build a high self-image. Con-

stant encouragement for positive efforts, praise for tasks well done, and a sense of humor about mistakes give children the background for building high self-esteem.

Be sensitive to children's feelings. Shyness, anger, extreme dependence on you, misbehavior, or nervous habits may signal a troubled self-image. Put yourself in your children's shoes. Is there enough recognition, tenderness, and encouragement flowing their way? Some children need more encouragement than others to help them feel good about themselves.

Psychologists define love as helping someone to grow. Aside from the unconditional affection you freely give your children, helping their growth lies in understanding the world from their point of view.

Well-meaning parents often limit their conversation with preschoolers to give orders of disciplining them. Make conversation with your children each day. Take turns listening and speaking so you can better understand one another. Parents may want to:

Practice making frequent uplifting remarks to children.

Focus on the effort going into an activity or action.

Look for the good rather than the poor parts in an effort.

Find ways to correct mistakes without discouraging positive activities.

Look for and comment on a child's potential skill.

Preschoolers are filled with wonder at what they see and can do. Share the delight of their discovery and mastery with them as you grow together.

Treat for ants

As the weather warms early in the year, many insects emerge and begin spreading out in search of food and nesting areas. Frequently these insects, including ants, invade homes.

Many homeowners are concerned that ants they see in the house come from nests in the walls or in the subflooring.

In many cases these ants come in from outdoors, but if they are present in fairly large numbers, they may have a nest inside the home.

To find the source of the ant invasion, first take steps to keep ants from coming into the house. Apply an emulsifiable pesticide in the form of a spray around the foundation of the house. Diazinon is one formulation available for this purpose.

In preparing the spray, dilute the concentrate with water according to label directions. Do not use more pesticide per gallon of water than is specified on the label and do not reuse measuring devices for any other purpose.

Take a challenge

Are you ready to take a challenge?

Hike in four miles to campsites; carry personal belongings in a frame pack; sleep under the stars; learn "no trace" camping; identify trees, plants, and wildflowers; learn outdoor skills; explore the Pacific Crest Trail.

Then sign up now for Mid Columbia "Outdoor Challenge" backpack trip to Mt. Adams. August 8, 9 and 10.

Seventh, eighth and ninth graders are eligible. The cost is \$20.00. Call Mollie or Joni at 553-1161, ext. 238.

If this pesticide application doesn't stop the spread of ants in home, you may have ant nests inside. To eliminate the nest, use a household pressurized spray. Many brands are available at garden stores. Apply the spray as near as possible to where you believe the nests are located.

Apply the pesticide on nearby surfaces and into any cracks or openings that ants can use to enter a room. You may have to treat such places as cracks along baseboards, window frames, and door frames; cracks in floors or walls; areas around electrical outlets and plumbing or heating pipes; and areas around sinks, and bathtubs. Treat ceiling molding if you have high-climbing ants.

Limit the treatment to places frequented by the ants.

If ants continue to appear after a treatment, they probably are entering over surfaces that have not been treated. Treat surfaces that may have been missed before. Give the treatment a few days to take effect.

Take mother to breakfast

The annual Mother's Day Breakfast sponsored by the 4-H leaders association will be held May 11, from 8:30 to 11:30 a.m. Cost is \$2.50 each and \$1.00 for pre-schoolers. Location is the Community Center.



Control diabetes through meals

Careful meal planning is an essential part of the treatment program for type II diabetes. Many people with type II diabetes have learned to control their blood glucose simply by making minor, but strategic, changes in what they eat, how much they eat, and how often they eat. You may think that "watching your diet" means that you'll be restricted to tasteless foods or have to cut down drastically on calories. This isn't usually the case. While some foods may have to be avoided, you will soon discover that many of the things you like—ice cream, breads, can be included in a well-planned diabetic diet.

Weight control is important in managing your diabetes. By

reducing body weight, insulin is given a chance to work. Blood glucose levels return to normal more quickly when you're at ideal weight.

Good meal planning, combined with regular exercise, is an effective approach to losing weight. Any progress you make in shedding excess weight helps you to control diabetes.

Large meals are a particular problem for a person with diabetes.

Food exchanges. Concentrated sugars (corn sweeteners, table sugar, and honey); foods rich in animal fats (red meats and dairy products); and low-fiber foods can elevate blood glucose and fat levels. Ask your dietitian about food exchanges.

Prune hedges after flush of spring growth

There is no time like the present to trim shaggy hedges in the home landscape.

Hedges are generally trimmed to promote compact growth and to make the individual plants blend with one another.

The best time to trim a hedge is after the flush of spring growth which is generally sometime in March, or in some years as late as April. Trimming after the flush of growth will help the

hedge hold its desired shape longer because growth which is generally sometime in March, or in some years as late as April. Trimming after the flush of growth will help the hedge hold its desired shape longer because growth later in the year will not be as dramatic.

When shearing a hedge, remember to make the bottom wider than the top so the light can reach all the leaves.

Budgeting may spell relief

Here's help from the Oregon State University Extension Service. In spite of the modest economy recovery the nation has experienced many Oregonians find themselves in serious financial difficulty. Extension explains the symptoms.

You're maybe not saving as much as you would like to be saving or you've been saving but now you're dipping into it to meet everyday expenditures, or perhaps you're going into debt or going further into debt.

When the end of the month comes, sorting through the bills and deciding which ones you'll pay and which ones you're not going to pay is another sign of financial distress.

Unfortunately, the various brands of antacid on the market won't spell relief for financial stress. Earning more can be one answer. But for most of us it means involving the whole family in eliminating non-vital expenses in the budget and changing our spending habits.

Slumber with Halley's comet

The 4-Hers are sponsoring an overnight to watch "Halley's Comet" on May 3rd. The group will depart from Madras at 4:00 p.m. and will plan on camping out at the Pine Mountain Observatory.

Faculty from the observatory will lead the group in a discovery program about the comet and each person will be able to view the comet from the telescope (Weather cooperating). For many

of us this will be a once in a lifetime experience.

For reservations please call the Extension Office in Madras. Cost will include \$5.00 for food and the cost of the gas for transportation divided by the number of participants.

Any person interested in this outing is encouraged to register, as one need not be an enrolled 4-H member.

Foods to avoid, and substitutes

Added sugars like those in candies, cakes and sodas raise blood sugar minutes after they're consumed. Read labels and watch for sucrose, dextrose, fructose, honey, or corn sweeteners.

Animal fats raise blood fat levels after a meal. If you eat fatty foods often, blood fats are apt to remain high. This may aggravate such diseases as atherosclerosis, heart attack, and stroke.

Low fiber foods are deficient in a non-digestible plant substance (fiber) that slows the absorption of sugars. Most bakery goods contain little or no

fiber. Salty foods may aggravate heart disease. Because you may be at increased risk, salt intake should be limited. Avoid canned food and cured meats and don't add salt.

Preferred substitutes

Natural sugars occur in milk, fruit, even meat and vegetables. But, unlike sugars that are added to foods, these natural sugars don't raise blood glucose levels as quickly nor to the same high level.

Vegetable fats also raise blood fat levels after a meal, but they



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Clay Penhollow
Mollie Driscoll
Joan David

Register for range camp in Strawberry Wilderness

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, July 13-18.

Oregon Range 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 Extension Office, (553-1161, ext. 238).

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 range-land 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 their local 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!

Quick salad recipe

Quick Fix Salad

1 head romain lettuce
1 bunch leaf lettuce
1 large tomato, cut in wedges
1/2 cucumber, sliced
1 small avocado, sliced
3 green onions, chopped
or substitute orange and/or grapefruit sections for tomato and cucumber.

Celery Seed Dressing

1/3 cup cider vinegar
1 cup salad oil
1/4 cup sugar or artificial sweetener to taste
1 tablespoon grated onion
1 teaspoon celery seed
1 teaspoon prepared mustard
2 tablespoons horseradish
1/2 teaspoon salt
Combine ingredients in blender. Store in refrigerator.

Make children's play dough

Are you looking for an inexpensive way to keep the kids amused this summer? Try this easy play dough recipe!

1 cup flour
1/2 cup salt
1 cup water

1 t. vegetable oil
1 t. cream of tartar
Mix all ingredients in heavy saucepan. Cook until mix forms a ball. Store in plastic bag or coffee can in refrigerator.

Sign-up starts for camp

4-H camping time is fast approaching again. This year we have three 4-H camps to choose from:

Mid-Columbia, Wamic, Oregon, June 21-26.

Round Lake, Sisters, Oregon June 21-26.

Heppner, Heppner, Oregon, June 27 to July 2.

We are limited to the number of children to take so please sign up early. For more information and to sign up call Joni David at the Extension Office, 553-1161, ext. 238 or 239.

Craft items anyone?

4-H is in need of items, maybe your throw away junk, to be used in craft projects for camp.

If you have, leather, yarn, old sheets, dye, beads, macrame jute, or any other items you think might make good craft projects please contact the Extension Office, 553-1161, ext. 238 or 239.



CHECK THE BOARD—The Oregon State Extension Office put up a board on which all 4-H Clubs schedules are posted. Mollie Marsh stated the schedule was put up so parents and 4-Hers could just stop by, take a look and know where and when the meetings would take place.