

## Five-year-olds can feel pressure

Five-year-olds are generally happy people who find themselves satisfying. They find life appealing as they bubble with affection and cooperation. But as with previous pleasant stages the mood changes at about age 5½ when a fresh set of strong demands and emotional upheavals affect their behavior. They seem to want too much, try things that are too difficult, and make new claims on the center of attention. Children approaching six feel pressured by themselves and others and act more grown-up than they really are.

During the fifth year, well-developed motor skills allow children to perform more complicated tasks like riding a two-wheel bike. Better eye-hand coordination lets them lace and tie shoes and handle a knife and fork more easily. They can use paint, scissors, pencils, or other art materials constructively. They now show right or left hand preference.

Initiative, or planning and organizing, is characteristic of this age. Their plans and routines in the

bathroom may not be familiar to you, but the main thing is they are trying to get the job done. Efficiency comes a bit later.

Five-year-olds reach a new level of cooperation in play with others. Most of them are happy, successful group participants. They want to be in on everything others do. But they are not ready for competitive games and are very discouraged by losing. Play for preschoolers is different than it is for adults. It's a child's beginning stages of thinking, planning, and organizing. These are also the years of their peak imagination—the rules for play are always their own.

Socially, five-year-olds have made great progress in learning what is "right" to say and do. They are more sympathetic toward others and usually in control of their emotions. They enjoy their independence and like to be given responsibility for running simple errands or taking a message to a neighbor.

Although fives can distinguish between what is true and false, they

may exaggerate or tell "tall tales." Preschoolers deal with a shakey sense of reality and many unknowns. Was it real or wasn't it? Is it mine or isn't it?

Honesty is learned gradually. It begins to take shape in a child's thinking during this year. Families communicate the value of truth or not taking other's things with and without words. Lies may be imaginative tales, failure to understand your questions or given in anticipation of punishment. Taking things is part of learning to distinguish what is theirs and what belongs to others. Even knowing that something belongs to someone else does not wipe out a desire to have it. This is not stealing. Accepting lying or taking things as mistakes and help them understand why it is wrong.

Five-year-olds can understand reasons for behavior. Without being preachy or making them feel like criminals, help them return articles to their owners and praise their honesty. They soon get the idea that certain things belong to others.

Make sure they have their own treasures too.

Five-year-olds talk a lot! They are very curious and constantly ask how, what, when, and where. They have many stories to tell that flow more logically now. They'll sit for a chat or enjoy talking on the telephone. Their interest in exploring words is rapidly expanding. They ask, "What does this say?" It's time-consuming for you, but learning words is a powerful accomplishment for fives.

Clocks and telling time become a new source of interest. They have little concept of next week or next month, but, when the clock hands are straight up and down, it's time for dinner.

Children of this age are interested in everything from the smallest leaf to the biggest machinery. Satisfy this yearning to see and touch things in your surroundings—a walk in the woods, a trip to a farm, or watch street construction. Collect and save objects from their excursions for stories and books.



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## Gardening classes available at mini-college

Once again this summer, home gardening enthusiasts will have an opportunity in late August to trade their garden patch for the classroom.

The fourth annual Master Gardener Mini-College will be held at Oregon State University August 17-21. This year's Mini-College is shaping up as the best yet.

The Master Gardener Mini-College, sponsored by the OSU Extension Service and the Oregon Master Gardener Association, will be held at the LaSells Steward Center on the OSU campus. Housing and meal service for out-of-town participants will be available at a nearby dormitory.

The Mini-College gives both novice and advanced gardeners an opportunity to receive home horticulture and landscaping instruction from university faculty and local professionals.

Session topics offered include:

high desert gardening, growing mushrooms, horticultural photography, weed identification, tree growth and development and more.

Class size is limited to 70 persons and enrollment will be done on a "first come" basis.

Pre-registration will help ensure that those signing up get the classes they want.

Check-in and registration for the Mini-College is scheduled for Sunday afternoon, August 17 beginning at 1:30 p.m. Classes begin 10:30 a.m., August 18 and end at noon Thursday, August 21.

The cost of the five-day event is \$150 for Master Gardeners and \$165 for other participants. These fees cover registration, meals and a double occupancy dormitory room for four days.

For more information, contact local county offices of the OSU Extension Service.

## Teens face nutrition challenge

Teenagers holding part-time jobs face formidable challenges in getting adequate nutrition. You, the parent, can help your teen meet that challenge.

According to a recent study, teens with part-time jobs are less likely to eat their evening meals at home. These young adults usually have a sandwich type meal, which does not include a vegetable other than potatoes. And, teens working part-time are more likely to skip the evening meals than non-employed teens.

As a result, the study found, employed teens had lower calcium, riboflavin, vitamin A, and vitamin C intakes than non-employed teens.

Including extra fruits, vegetables and milk products in morning and noon meals will help provide working teens with these nutrients. But helping adults select snacks with an eye for high-nutrient foods may have a better and longer-lasting effect.

For example, many fast food restaurants now have orange juice as a beverage selection. It is tasty, thirst quenching, nutritious and socially acceptable if it is poured over ice in a soft drink container and sipped through a straw.

Encourage teens to tuck an orange or apple in a pocket or purse so it is handy when hunger strikes.

Keep containers of yogurt in the refrigerator with plastic spoons for a quick snack after school or work, on the run, or before bedtime. Yogurt is also a great breakfast item.

Ready-to-eat snack vegetables such as carrot sticks, broccoli flowerettes, and green pepper slices will provide vitamin A, vitamin C. These vegetables are especially useful for calorie counting teens.

By providing teens with nutritious foods at "access points" and helping them be aware of nutritious alternatives, you can assist your young adults toward life-long good health.

## Potatoes provide fitness fuel

Across the nation, people of all ages and athletic ability are jumping on the fitness bandwagon. During the summer, celebrate the nation's commitment to better health. Potatoes are a nutritious addition to a fit, active life-style. A medium potato (about 1/3 pound) contributes half of our daily need for vitamin C, 15 percent for B6 and iodine, and eight percent for thiamin and iron—all for only 110 calories.

To keep fit and trim exercise and eat healthy, nutritious meals containing plenty of fiber-rich complex carbohydrates—like potatoes—the body's best form of fitness fuel. After a good work-out, try a light, savory salad of cooked potato chunks, cherry tomatoes and sliced zucchini drizzled with a spicy, low-cal dressing.

## Family Fun: A sensitive barometer

Psychologists know that having fun is serious business for children and that play is essential for normal development. And, as Dr. David Palframan, a Canadian psychiatrist, points out in Medical Aspects of Human Sexuality, a sense of fun is critical for the parents and the family as a whole.

Fun-loving families exhibit these three traits:

They enjoy camaraderie in their daily lives—at meals, at work, at bedtime.

They encourage individual patterns of seeking recreation. Reading may constitute fun for one person, dancing for another, basketball for another, but a family gathering can make room for everybody. Tolerance and respect must be the keynote, and differences in age and taste must be accommodated.

They believe in the need to relax together. According to Dr. Palframan, "they have a sense of involvement in the planning (of family recreations), are willing to compromise about tastes, and con-

stantly set the stage for exchange of affectionate love." Fun, they know, is not something beyond their control but an art to cultivate.

Fun-loving families talk together at meals. They celebrate birthdays and special occasions. They take vacations together that serve as intense periods of renewal. They often tease and banter, but in nonhostile ways.

Children especially need to see adults having fun in order to surmount the all-too-common ado-

lescent notion that being a grown-up means only hard work and boredom.

Finally, the ability to have fun and to benefit from it is certainly not confined to traditional nuclear family units. Nontraditional families, particularly those fragmented by separation, divorce, or death, urgently need fun, because it demonstrates to adults and children alike that they can carry on and gives them a way to overcome their grief and anger.

## Tired lilacs may need pruning

Lilac shrubs in the home landscape that aren't blooming as heavily as they once did may need some pruning to regenerate their vigor.

Through the spring or early summer when lilacs bloom, they are doing more than just creating beau-

tiful flowers. They also are producing their new annual growth and next year's blossom buds.

This growth pattern means there is no time of year that a lilac can be pruned without removing some flower buds.

## Toys may be flammable

Making stuffed animals is a popular home craft these days, and materials for these toys are readily available at many hobby and craft stores. However, finding stuffing material that is certified non-flammable may be a problem.

There are no fire safety codes

that apply to the flammability or non-flammability of stuffing materials used for home-made stuffed animals.

Generally, polyester fiberfill will be less flammable than polyurethane foam. And coverings of modacrylic fleece generally will be less flammable than acrylics.

To get around this, prune the shrub so that only non-flowering wood is removed. Flower buds are produced from large buds on the ends of vigorous new growth.

Prune out the lateral and spindly growth that rarely produce blooms. Both types of growth are usually best removed in the winter, but can be cut out any time of year.

Annual pruning, though not essential, will keep the lilac bush in good health.

Renovation of old bushes is usually also best done in the winter, but can be safely done in the late spring after bloom. To renovate lilac shrubs, remove some of the old wood in the shrub near ground level. Be careful to prune no more than a fifth of the shoots that have already bloomed.

This severe pruning of some branches while leaving most intact gives the shrub a solid framework on which new growth can quickly become established keeping the shrub young. Renovation pruning is needed only every few years.

To promote a healthy crop of lilac blooms next year, clip the blossom heads off the plant after bloom this year.

## Appliance questions answered

**Q:** How does the humidity sensor work in my microwave oven?

**A:** Humidity sensors play an important part in the microwave oven cooking controls called "auto" or "instant" cook. To work properly, food must be covered during cooking. As the food cooks, moisture builds and when it is released as a burst of steam, the sensor is activated. If food is not covered properly, the humidity sensor is activated prematurely before the food is cooked completely.

## Helpful household hints

Do not cut the foliage of spring flowering bulbs for bouquets. The foliage manufactures food for the bulb so that you can have blooms next year.

The best time to clean your self-cleaning oven is while it is still hot from baking. It will need less heat to reach the required cleaning temperature.

Fireplace bricks can be cleaned with a solution of 1 gallon warm water and ¼ cup tri-sodium phosphate. If a stronger treatment is needed, a dilute solution (1 part acid-8 parts water) of muriatic acid can be used. Follow immediately

with a thorough water rinse. Handle the solution carefully. Wear rubber gloves. The acid can damage fabric and wood surfaces. Tri-sodium phosphate and muriatic acid are available in hardware stores.

Pink the bottom of a shower curtain instead of leaving it hemmed. Water seeps into a hem and forms mildew and mold which causes the curtain to deteriorate quickly.

Lime scale forms in tea-kettles or sterilizers can be loosened with boiling water and vinegar (half and half). Let it stand overnight, then scrape out the deposit with steel wool.

replace the cook, but to give extra reassurance to the doubtful and eliminate the need for stirring and turning the food through the use of covered containers.

**Q:** Can I crush ice and grind coffee in my food processor?

**A:** Some brands caution against these tasks because the blades become dull, while others have special accessory blades ideal for this type of grinding. Consult the use and care manual for individuals brand recommendations.

Odor zipper: If active wear and other garments smell of perspiration, give them a soak in four tablespoons to one quart of water. Rinse and wash as usual.

Black heel marks should be removed from a linoleum floor by using floor wax on a pad of #000 steel wool.

A bowl of fruit next to a bouquet of flowers sounds attractive, but not for long if they are too close. Most non-citrus fruits like apples, peaches, pears give off ethylene gas, a ripening hormone. The gas makes flowers age quickly; after one day the petals may completely fall off.

## Non-smokers get discounts

Earn a healthy discount on insurance—Have you quit smoking? Makes you tell all your insurance carriers—life, health, even your auto insurer. Many companies offer hefty discounts on policy premiums if you change your lifestyle to include regular exercise and proper diet and eliminate unhealthy habits. Life insurance carriers have been offering the incentive to stop smoking for

quite a few years. But the discounts have grown—to as much as 50 percent with some companies—if you can also prove you exercise regularly. (Health clubs membership is one way). And some auto insurers now offer up to 25 percent off if you're in good shape. Check your health coverage too. Premiums could be reduced as much as 22 percent.

## Changes necessary at middle age

For many people, middle age means slowing down on everything except eating! About 40, the basal metabolic rate begins to decline. To avoid "middle age spread" or active obesity, food intake must be decreased and/or physical activity must be increased. Obesity is a concern because it aggravates heart and artery disease and osteoarthritis. It may also be a risk factor in the development of hypertension, arteriosclerosis, hernias, gall bladder disease, and Type II (maturity-onset) diabetes—especially if these health problems run in the family. Middle age can be an emotionally stressful time when many changes

occur. Good health can't eliminate stress, but does help up cope with new challenges. Exercise is especially important at this time—for improved blood circulation, muscle tone, and joint flexibility. Inactive people should begin exercising gradually—with long brisk walks or gardening! Once the muscles are in shape, more strenuous activities like cycling, hiking, jogging, tennis, and swimming may be added to a fitness program.

At this age, complete annual physical examinations are a good idea. The doctor may detect a minor health problem early—when it can easily be treated.

## Grow squash in a tub

If your gardening spot is too small to accommodate some of the fast and large growing vegetable plants, why not put them in a tub? One gardener's plot was too small to handle the spreading vines of a winter squash. His solution was to plant three seeds of a Butternut squash in a 10-gallon tub and set it in an unused corner of the patio.

The squash plant in its tub made a good family project, everyone got involved in watering and caring for it, and it was a good conversation piece.

This particular tub is a rigid, wood fiber pulp container that can be found at most local retail nursery stores. Fill it up with homemade compost or a good potting soil. The tub can be reused if you dump it out in the fall and clean it before spring.

Tubs like this are good for the larger growing vegetables. Cucumbers and melons, egg plants and large vining tomatoes, all of the squashes and plants like the artichoke will do fine in a large tub. Just make sure the tub will hold seven or more gallons of soil.

## Low-cholesterol menu guide

To make all these principles easier to follow, here are some tips on reading menus.

1. Learn which terms and phrases telegraph low-fat preparation. Look for: steamed, in its own juice, garden fresh, broiled, roasted, poached, tomato juice, dry broiled (in lemon juice or wine).

2. Be aware that some low-fat, low-cholesterol preparations are high sodium. Watch out for foods that are: pickled, in cocktail sauce,

smoked, in broth, in a tomato sauce.

3. Menu descriptions that warn of saturated fat and cholesterol preparation may also indicate high sodium. Avoid foods that are: buttery, buttered, in butter sauce, sautéed, fried, panfried, crispy, braised, creamed, in cream sauce, in its own gravy, hollandaise, au gratin, parmesan, in cheese sauce, escalloped, marinated (in oil), stewed, baked, casserole, prime, hash, pot pie.

## Strawberry glaze pie

1½ quarts strawberries  
3 tablespoons cornstarch  
1 tablespoon butter  
whipped topping  
1 cup sugar  
½ cup water  
1 baked 9" pie shell

Hull and wash strawberries; drain well. Crush enough to make 1 cup. Combine sugar and cornstarch in

saucepan. Add crushed berries and water. Cook over medium heat, stirring constantly until mixture boils. Cook and stir two minutes. Will be thick and clear. Remove from heat and stir in butter. Cool. Place whole berries in shell, reserve a few for garnish. Pour cooked mixture over berries. Cover and chill at least two hours. Garnish pie with whipped cream and reserved berries.

It's early summer lawn feeding time. An application of nitrogen fertilizer in June will keep home lawns growing vigorously throughout the summer.

Many fertilizer formulations manufactured specifically for grasses are available for lawns.

Weed and feed combinations will do extra duty by killing early summer weeds. Follow all directions for using these fertilizers printed on the package.

Ammonium sulfate nitrate are alternatives to special lawn fertilizers. When using these nitrogen sources, apply one pound of actual nitrogen per 1,000 square feet.

Ammonium nitrate contains 33 percent nitrogen; a five pound box will fertilize 1,500 square feet. Ammonium sulfate contains 21 percent nitrogen; a five pound box will cover 1,000 square feet of lawn.