

## There are several reasons for misbehavior

Children misbehave when they don't feel well. Children need plenty of sleep, healthy food, exercise and fresh air everyday. They're hard to live with when they don't get it. If you rule out sickness, your children may need time outdoors or a snack to hold them over until the next meal.

Children misbehave because they lack knowledge and experience. They make mistakes when they are learning new things but haven't learned how or when the new things are appropriate. Three-year-olds learn to spit but need to learn to spit outdoors, not at others. Four- and five-year-olds learn shocking words but have to discover you don't use them in social situations. Children make behavior mistakes just as they make mistakes getting their shoes on the right feet. Some mistakes call for patient explanations, others are best ignored.

Children misbehave when they are upset. Children need order and

routine to feel secure. They are upset by a new babysitter, a new baby, a sick parent, a family move, parent squabbles, divorce, or death. Just when your energies are focused on resolving changes, children want and need more attention because they, too, feel insecure.

Children misbehave when they are discouraged. What's the use of doing good things if no one notices? Sometimes families make a habit of giving mistakes all the attention. Without regular approval and praise for desirable behavior, your children may think the only way to get attention is by misbehaving. Negative attention seems better than none at all. Kind words encourage, scoldings discourage.

Children misbehave when they feel rejected. All humans crave love and acceptance and want it shown toward them. Feeling of rejection or of being unloved cause children to strike out with destructive or angry action. The feelings may

come from harsh words or even having a new baby in the home. Older pre-schoolers may think they are being treated unfairly. Talking about the problem and showing extra affection usually helps.


There may be other reasons for misbehaving, but it's easier to attend to what's bothering a preschooler now than later with a teenager. Steady guidance and their maturing nature eventually ends the toy snatching, truth stretching, tattling, and demands for attention you now deal with. But they will test you, rebel, or forget the rules many

times before they learn how to control themselves.

### Cattle management session Dec. 16

Don't forget the second session of the Beef Cattle Management Series titled "Winter Brood Cow Management." The session will be held Tuesday, December 16 beginning at 7 p.m. at the Senior Citizen's Center.

Topics will include feeding and nutrition, herd health, production records and culling and marketing.



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**Clay Penhollow  
Mollie Marsh  
Arlene Boileau Joan David**

## Everyone needs recognition praise

Recognition. Everyone seeks status in a group. We need to know that others accept and approve of our work. By giving your 4-Her's recognition, you'll improve their self-respect and give them feelings of worth.

Provide positive reinforcement. Give specific praise: "Mary, you did an excellent job showing that goat. All that extra time spent practicing really paid off!"

Recognize your 4-Hers in front of their peers and parents whenever possible.

Affection. All of us need to know that others care and will give us understanding and support. Our friends act as a stabilizing force when things go wrong and share in our satisfaction when things go well.

Listen to your 4-H members. Watch their verbal and nonverbal actions. Listen to their problems and successes. Let them know that you care about them as individuals.

## Time is right to dig dahlia bulbs

Don't forget to dig and store your dahlia tubers while getting flower beds around the home landscape ready for winter.

Dig dahlias after a killing frost, or after continued cold rains have blackened the plant.

Dig the plants carefully to avoid breaking the roots. The large, fleshy roots taper to a neck where the stalk is attached to the root. The eye, or bud, for next year's growth is located in the neck area.

Divide the roots so that each section carries a part of the stem with eyes on it. It is advisable to cut the plant above ground level and leaving a six-inch stalk of the old cane as a convenient handle.

Since feeder roots extend in all directions from the root clump, begin loosening the soil around the plant, with a spading fork, about 16 to 18 inches out from the plant stalk. Then the entire root clump can be lifted from the ground with a minimum of damage. Most of the soil should fall away.

Then turn the entire clump upside down, wash it with water from the garden hose, and place the clump in a shady spot to cure for several hours.

Power. We all need to master new things and do something well. Your 4-Hers will earn power by accomplishing what they set out to do. Accomplishments contributes to their feelings of self-worth and self-acceptance.

Help your members select projects they can successfully complete. Some may need to start with projects that can be finished in a day or two so they'll earn instant power and success.

New experiences. Most youngsters crave adventure, excitement and challenges. New activities may lead to life-long hobbies.

Security. Knowing we belong is basic to our sense of stability. Love from parents and siblings provides a haven of protection and security for children. Unfortunately, many families are not stable. You can serve an important role in a child's life by providing some of the security that may be missing at home.

## Careful consideration needed before rustproofing

If you're buying a new car, the dealer may suggest rustproofing and add \$250-\$600 to the price. Should you have the dealer do it, take it to an outside firm, or not have it done at all? First, read the new-car warranty. Many automakers have taken measures to make their cars more rustproof. Chrysler and AMC now provide protection from rust-through for five years. So does GM on some models. Other makers have also added guarantees against rust-through for various terms, so ask.

If you plan on keeping the car longer than the warranty term, it might pay to get more protection. The rustproofing warranty should cover the whole car, from windows down, and not exclude "untreated areas." That means if a technician misses a spot, you'll be responsible. Look for a warranty that reimburses you for repairing the rusted areas and doesn't just refund your money if the car rusts. Other wise

you'd get the purchase price for the rustproofing back, not the amount it costs to fix the rust—a big difference. Some warranties make you take the car back yearly or every couple of years to inspect for rust. If you don't, the warranty is voided. So make sure you know when to go. Want to save even more money? If you're handy, buy a complete rustproofing kit in auto supply stores for about \$25 and do the job yourself.

## Turn fallen leaves into compost

When raking up leaves in the yard this fall, do yourself a favor and rake them into the garden or the compost pile.

Leaves make excellent mulch and excellent compost.

A layer of leaves two or three inches spread over the garden plot yields several benefits. The leaves hold down weed growth, add organic matter when plowed or rototilled under in the spring, and the leaves protect garden soil from compaction caused by rainfall.

## T.V. is fattening!

Even though TV does not contain calories it is fattening, especially for children. The more time children spend watching TV, the more snacks they will eat, and more of those snacks are likely to be foods advertised on TV.

Foods advertised heavily on children's television programs are colorfully dense foods such as sugared cereals, candy bars, cakes, cookies, and soda pop.

Unless they do a lot of running, jumping, swimming, walking, or are otherwise very active physically,

children won't use the calories contained in such foods.

To complicate matters, stars of children's TV programs are rarely obese themselves. As a result, children may not associate eating the prominently advertised, high-calorie foods with overweight.

A study conducted on 13,000 children found that obesity increased 1 to 2 percent for each hour of TV watched each day. This was true even though the obese and non-obese children spent the same number of hours in other activities with friends.

## Consider 4-H

## Sharing spending decisions prevents problems

In good as well as bad times, hidden feelings about money are frequently found to be the basis of a large number of family arguments at Christmastime and afterwards, when the charge bills start replacing Christmas cards in the mail.

In financially-pressed households, scarce dollars involve more than practical spending questions. Deeply rooted within each family member are beliefs and values about handling family finances that affect every decision involving the spending money.

Values are seldom expressed or understood, but they come out in anger when the spending practices of one family member go against another's sense of right or wrong.

Little things like a child's request for allowance, wasted food, check-

ing account errors and charge-card purchases often trigger conflict. Or feelings about spending surface over grocery and clothing purchases, recreating, gift giving or savings.

Values play a vital role in how each of us talks and acts and in the choices we make every single day. In making family financial decisions, individual attitudes must be regularly talked over and clarified to maintain good feelings in the family.

This is especially important at Christmastime when decisions about the value of a gift are more often made at point of purchase instead of around a friendly planning session.

Families can learn to make amicable spending decisions if everyone knows what is going on. But that takes practice.

Values and attitudes are very complex because they are instilled by what is heard and seen in families among peers, and in the community.

What is deemed important by one is not so readily acceptable to another. In economically-pressed families, new issues about spending are likely to emerge. Encourage your family to share their feelings about spending, how priorities must be set, and ways to compromise.

A money attitude checklist will help you find out who in your family believes what and how this affects cooperative family decisions.

Encourage everyone to express how they think family income should be spent.

Have all members express how much money should be spent on gifts. Can some gifts be handmade? Could some gifts be intangible such

as babysitting, fishing trips, special jobs, time together, meals shared, etc.

Allow all family members to express their priorities regarding the use of family income.

Discuss how different families hold different beliefs and attitudes about case or credit lifestyles.

Once families begin talking together about their attitudes toward spending, they are in a better position to make cooperative and friendly decisions. Sometimes parents hold attitudes left over from their youth and children hold attitudes that are influenced by their peers and television.

Financial attitudes are in a period of dramatic change. Dual income families appreciate the two checks but spending decisions are just as difficult. Feelings about spending and the values they represent need to be shared often.

## Poinsettia care tips

The most beautiful holiday poinsettias are the healthy and well-cared for plants. Regardless of the size, shape or color of poinsettias you want to purchase for holiday decorations, selection and care guidelines for the plants are the same.

You can buy tall poinsettias for display in large tubs, low ones for a table centerpiece and any size in between.

Green foliage all the way to the soil line indicates a disease-free plant with active roots.

Plants that have no flowers are

past their prime and will have a shorter life. The red, petal-like leaves on the plants are not the flowers. The actual flower is a small, yellow, pea-shaped structure located in the center of the colored leaves or bracts. The absence of the flower may be due to the plant going through temperature-change shock, causing the flowers to drop.

Care guidelines: On the trip home, wrap the plant in paper to protect it from cold temperatures. Once home, water the plant thoroughly. Then water again only when the surface of the soil in the planting pot seems dry.

The best room temperature for poinsettias is 65 to 70 degrees F by day, 55 to 60 degrees F at night. They need sunlight, if available, but when placing the plant near a window don't let the leaves touch the windowpane or they will shrivel and drop.

Several weeks after bringing the poinsettia home, feed the plant with a soluble fertilizer diluted in water. Use one-fourth the dilution required for houseplants. Fertilize the plant every three or four weeks, as needed, to keep it actively growing.

## The ideal indoor garden

Terrarium gardening was invented in the 1800s and it has been growing in popularity ever since.

Terrarium gardening is probably the easiest, simplest and cleanest way to grow plants indoors. A terrarium is also ideal for starting new plants under perfectly controlled conditions.

Almost any type of glass container can be used as a terrarium. Glass jars, old-fashioned candy jars, fish bowls or tanks, goblets or bottles will all work well. The containers should be of clear glass, as frosted glass filters out too much light.

Use of a cover is optional, but moisture and humidity are easier to control inside covered terrariums. The size of the container is also optional, but the opening should be large enough to put small plants through with ease.

Use a soil mixture of one part sand, one part peat moss, and one part fertile loam. Ordinary garden soils used alone are usually too heavy.

The soil mixture by itself usually is fertile enough for most terrarium plantings.

Since terrariums have no drainage hole, provisions must be made for drainage. A layer of moss can be used on the bottom of the terrarium as a drainage layer in small containers. For larger containers, broken pieces of flower pot or charcoal, or a layer of sand or fine gravel may be added after the initial moss layer.

Terrarium plants need only light watering. Water when the soil is dry. After placing the planting in a terrarium do not place it in direct sunlight. Set it in medium light for a week and then move it into bright indirect sunlight.

Either tropical or native plants can be grown in terrariums. Tropical plants often flourish in the humid atmosphere of a covered terrarium. Succulent plants such as cactus should not be grown in terrariums because the humid growing conditions can cause them to rot.

## Advice given on Christmas trees

### Choose a fresh cut tree

When selecting a Christmas tree freshness a priority. A fresh tree will be less of a fire hazard in the home and should remain beautiful throughout the holiday season.

Check the freshness of a cut tree by lifting it up about a foot and then dropping it so the butt of the tree hits the ground. If green needles fall from the branches, the tree has probably been cut for some time.

Practically all trees will shed some brown needles from the inner part, but fallen green needles are a cause for concern. Select a tree with green needles that hang on.

When you get the tree home, cut an inch of trunk from the bottom of the tree. This removes dried and dead cells from the trunk end and exposes live cells that will take in water. Put the base of the tree in a bucket of water until moving it inside for decorating. Misting the needles will help keep the tree fresh.

Before taking the tree inside, tap the trunk against the ground several times to remove the brown inner needles. Once inside, place the tree in a stand that supports the tree firmly and holds water against its trunk.

Water, which the tree absorbs, will keep the tree fresh longer and act as a fire retardant.

Always keep the water line above the cut end. A fresh tree may use several gallons of water while it is in the house.

Keep the tree away from furnace vents, warm radiators, baseboard heaters, wood stoves and open fireplaces. Do not use candles or other flame decorations. Check electric decoration lights, and all electrical connections and cords to ensure their safety.

### Living trees

The living Christmas tree is a popular holiday decoration with many Oregonians. A living tree, like any other plant, needs an environment conducive to continued growth. Unfortunately, moving the living Christmas tree indoors and then outdoors again complicates the tree's chances for survival.

Any kind of containerized tree to be used as a living Christmas tree must be moved indoors gradually.

Trees that were given in their containers and have well-developed root systems are harder than those that have just been dug and transplanted to large pots. If you are buying a containerized tree this Christmas, find out how it was grown before making the purchase.

Once the tree is at home, a two or three stage relocation procedure will allow the tree to adjust to warmer inside temperatures. Place it in an unheated garage for four days, then in an unheated room in the house, if possible.

Place it in the coolest location in the room where it will be a decoration. Keep it away from hot air ducts and large windows where the sun could cause severe scald. The tree should be kept at normal indoor temperatures no more than 4-5 days.

The tree may respond to the higher indoor temperature by starting to grow. Test the container soil surface daily and add water when it feels dry.

Most people fail to water the tree enough and as a result it dries out and the roots are damaged.

Decorations are fine as long as they do not break twigs and branches. Keep hot bulbs away from the foliage and never use flocking or artificial snow.

When it's time to move the tree outdoors after the holidays, reverse the procedure. Move it to successively cooler locations before placing it completely out of doors. It may be a good idea to put the tree where sawdust or barkdust can be heaped around it to protect the root system from freezing temperatures.

## Focus on positive attitudes

"Honey catches more flies than vinegar" is an old saying that is still true.

A pleasant soul is much more attractive than a sour one. If your outlook is one more associated with vinegar than honey, you will find it plainly not fun having everyone dislike you because of your rotten disposition or obvious lack of caring for others.

When someone gets a kind word or compliment from you, they also get a higher regard for you. They tend to continue behaving well since it brings them the reward of feeling confident and worthwhile.

Since you have a choice, why choose to be a griper or complainer,

when it feels so nice to be pleasant? It's mostly a matter of habit.

You can choose to control your tongue, curb your impulses, and retain your power of observation. Negative habits of observation and expression are learned and practiced until they become automatic. Positive observation and expression habits can become automatic in the same way.

Don't worry about breaking habits of negative thinking. It only accentuates the habit and makes you feel bad.

When changing a habit, concentrate on the new behavior. Become more positive. Focus on finding the good in every person or situation.

Soon the negatives will seem less important.

Your mind, like magic, will focus on good things and you automatically become more likeable and nicer to be with. It's not what you do for yourself but what you do for others that makes the difference.

### Attention!

Leaders, please remember that in order for your club to be officially enrolled in the 4-H program, your enrollment forms need to be turned into the office. The earlier your enrollments are received, the sooner your members and you will be on the mailing list, so that activities won't be missed.