

## Make reasonable New Year's resolutions

Are New Year's resolutions made only to be broken? That depends on how you go about it and—according to social psychologists—how well you understand yourself.

If your list of resolutions reflects unrealistic goals ("I resolve never to lose my temper again") or basic dissatisfaction with yourself ("I'll be a better mother this year"), or if your stringent demands tempt you to fail ("no more chocolate bars, ever"), you may be setting yourself up for disappointment and frustration.

Making resolutions is one form of goal setting. Reachable goals with a little room in them for failure and restarting are likely to be more serviceable than the impossi-

ble dream. As reported recently in the journal of personality and social psychology, "proximal goals"—that is, attainable ones—provide a sense of satisfaction that can improve future performance. Children, for example, who are determined simply to learn the arithmetic lesson at hand may make more progress than those worrying about more distant goals. Resolving to make a two-mile walk a part of your daily routine is better than promising yourself to "get back in shape." And if you miss your walk for a day or two, you need not feel guilty. Just start walking again.

It also helps to state your resolution positively. Instead of vowing to go on a diet, promise yourself a healthier style of eating—more fiber and vitamins, less fat, cholesterol, sugar, and salt. Then plan a week's menu that fills your requirements but sounds appetizing, too. Carrying out a resolution should offer some intrinsic satisfactions on the

way to the goal. So keep your resolutions simple, and start with the idea of being kind to yourself, rather than punishing past misdemeanors. Having a few clearly defined goals set down on paper can help you get where you want to go. And with resolutions like these, why wait till New Year's?

### Soda can add sparkle

Baking soda can make bathroom surfaces shine. Sprinkled on a damp sponge, baking soda will gently clean your fiberglass shower stall, shower curtain and plastic toilet

seat cover as well as the sink and tub. It is strong enough to remove soap residue and mildew but no matter how hard you scrub, baking soda won't scratch the surface.

### Money resolutions to consider

Consider these ideas for financial resolutions for the new year:

1. Save ten percent a month right off the top of your paycheck. That way, you will be able to cover emergencies and make down payments on major purchases.
2. Organize your vital records.
3. Leave your credit cards at home when you're "just shopping."
4. Comparison shop by telephone. That will save time and money, and reduce impulse buying.
5. Get control of impulsive mail-order shopping. Fill out the order form down to the last detail, then put it away. If you still want the item a week later, than mail the form.
6. Make your will. Consult a attorney for legal advice.

Resolutions are made with good intentions, but most are not kept because they are not well planned. Set a date for changing your behavior.



Local youths were not idle during the Christmas vacation as many trekked to Mt. Bachelor for a try at cross country skiing. Doug Dunlap demonstrated to inexperienced skiers how to fall without injuring themselves.

## Substance abuse "Up" among youth

One of the most alarming signs of our times is the ever-growing number of school-age children who are being introduced to, and using, alcohol, tobacco, marijuana, cocaine, heroin, and hallucinogenic drugs (LSD, PCP).

National experts estimate the American youth have the highest rate of drug involvement found in any developed country in the world.

The University of Michigan's Social Research Institute has monitored the patterns of alcohol and drug abuse among America's high school seniors since 1975. Institute reports indicate that between 1975 and 1984 the percent of high school seniors have used marijuana or hashish increased from 47 to 55 percent; cocaine from nine to 16 percent, and alcohol from 90 to 93 percent.

On the more promising side of the statistics, the use of hallucinogenic drugs has decreased from 16 to 11 percent, and cigarettes from 74 to 70 percent.

Apparently, anti-drug/alcohol public service announcement campaigns, proposed drinking age legislation, tighter school policies, community task forces, and celebrities lending their names to prevention efforts have accomplished little.

The intensity and high frequency of alcohol use among high school seniors is not just an occasional flirtation with a can of beer. Of the 93 percent of high school seniors having used alcohol more than once, the majority report having used it ten or more times annually with 28 percent reporting 40 or more alcohol-use events in the past year.

That figures out to over three times a month for the most frequent users. Nearly half the seniors in a two-state survey reported consuming "five or more drinks in a row" during the two weeks before the survey was conducted. Sixty-one percent of the two-state survey group reported driving a vehicle after drinking in the last 12 months.

The patterns of chemical use by kids in elementary and junior high school are even more unsettling.

In a recently completed study of 8,000 fifth through ninth grade students, nearly one out of four had used alcohol in the past 12 months, and one out of ten report being drunk at least once during that period of time.

Parents, schools, and youth leaders are the most important

components in preventing adolescent chemical abuse. Six positive influences on adolescents are:

**Parental expectations:** Alcohol and drug use is low among adolescents whose parents set strict rules about chemical use, enforce the rules and monitor behavior. These parental expectations that drug use is not part of the adolescent rite of passage.

**Peer influence.** Chemical use or avoidance is strongly related to what friends do. Parents can steer children toward relationships, groups and social events that are drug free.

**School environment.** Chemical use tends to be lower where firm policies about drug use are maintained and enforced.

**Social activities.** Adolescents involved in adult-supervised pro-

grams or organizations have less chemical use.

**Social competency.** Social skills such as friendship-making, communications, decision-making, and the ability to say "no" are developed in families, schools, churches, and community programs.

**Personal values.** Adolescents who refrain from drug use are more committed to education, and goals for their future. Such children are more committed to people-helping activity, more confident in their future, more confident in religious values, and feel more accepted by friends and family.

These influences work best in a combined effort when parents and community cooperatively assume responsibility for the promotion of healthy, and wholesome experiences for young people.

### Ten factors that affect blood pressure

**Exercise.** Most experts suggest aerobic exercise for 20 to 30 minutes at least three times a week to lower mildly elevated blood pressure.

**Potassium.** High intake appears to lower high blood pressure slightly. Eat three to four servings of grain products, fresh fruits and vegetables daily to maintain potassium intake.

**Calcium.** Extra calcium may lower blood pressure. Eat low-sodium, low-fat milk products to get the recommended daily allowance of calcium (1,000 mg for men; 1,000 to 1,500 for women).


**Polyunsaturated fat** (corn, soy, safflower oil). Lowers high blood pressure in some cases. Despite potential benefits, daily intake should be no more than ten to 12

percent of total calories. **Vegetarian diet.** Lowers high blood pressure, perhaps because it is low in sodium and high in potassium, polyunsaturated fat, and fiber.

**Sodium.** High intake increases blood pressure. Limit intake to three grams a day by avoiding high-sodium foods and not adding salt during cooking or eating.

**Stress.** Effect may vary greatly, but repeated stress appears to raise blood pressure, while relaxation techniques may lower blood pressure.

**Obesity.** Gaining excess weight, especially between ages 24 and 36, usually raises blood pressure; losing weight at a moderate pace almost always lowers high blood pressure.



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Marie Sanders gave cross country skiing a try in December at Mt. Bachelor. A family ski trip is planned for January 31. For more information, contact the Extension office.

### Banana Shakers

Freezing the sliced banana makes the drink colder and more refreshing. 1 cup unsweetened pineapple juice 1 cup skim milk 1 cup vanilla ice milk 2 ripe large bananas, peeled, sliced, and frozen. 2 teaspoons vanilla.

In a blender container combine all ingredients. Cover and blend mixture til smooth. Makes four servings.

Nutrition information per serving: 124 calories, 3 g pro., 20 g carbo., 4 g ft, 16 mg. chols., 61 mg. sodium. U.S.S EDA: 12 percent C, 11 percent riboflavin, and 13 percent calcium.

## Consider a cow's needs

Table 1. Nutrient Requirements for Beef Cattle (Daily nutrients in lbs. per animal)

WEIGHT (lb)	INTAKE (lb)	DAILY GAIN (lb)	CRUDE PROTEIN (lb)	TDN (lb)	Ca (lb)	P (lb)
<b>Third Trimester of Pregnancy:</b>						
1,000	20	.7	1.06	9.4	.033	.033
1,100	22	.7	1.12	10.0	.033	.033
1,200	24	.7	1.19	10.7	.035	.035
<b>First 3-Months Postpartum:</b>						
1,000	25		1.89	11.0	.057	.057
1,100	27		1.98	11.7	.059	.059
1,200	30		2.13	12.3	.062	.062

Nutritional requirements of the productive cow must be considered in terms of her biological cycle. She has both critical and non-critical feeding periods during this cycle.

The energy maintenance requirement for the mature cow is constant (Fig. 1), although it actually increases in times of stress (extreme cold or heat).

The energy requirement for pregnancy lactation should increase corresponding to the biological cycle of the cow (Fig. 1). The critical feed periods for energy consumption correspond to the last 1/3 of pregnancy (3rd trimester) and to the first three months post-calving. The non-critical feed period for the cow is from late lactation through the second trimester of pregnancy.

Table 1 shows the cow's daily requirements for dry matter, crude protein, energy (TDN), calcium and phosphorus during these critical feed periods.

The first critical feed period—last trimester of pregnancy—is a time of rapid fetal growth. In this period, the fetus should gain an average of .7 pound per day.

Once the cow has calved, her ration must be increased to meet the increased demand of lactation. She must also be in condition to conceive during the 83-day post-calving period if she is to calve

chronologically (every 365 days).

For more information, consult The Cow-Calf Management Guide, Oregon State University Extension Service, or call at 553-1161, ext. 238.

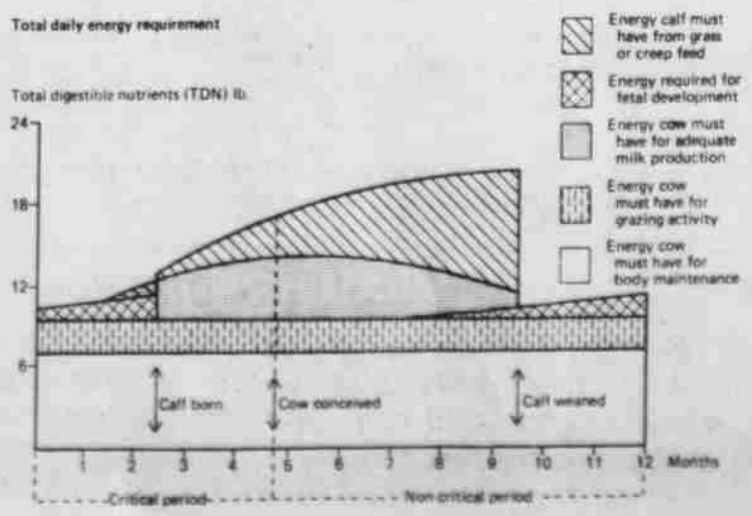


Fig. 1. Estimated energy requirements of a mature, 1,000-pound beef cow during her 12-month reproductive cycle, based on a 16-lbs calving season and 100-pound calf at 7 months of age (11 months).



4-H leader Caroline Tohet third from left, was presented the "Outstanding Cooperator" award given by OSU Extension Service at their annual agent's conference in Corvallis. Local Extension staff recommended Caroline for the award based on her 25 years' involvement with local 4-H programs and youth.