### Parents use different techniques with their children

to get children to do things, or to stop doing certain things, fall into five categories or techniques. Some parents may successively shift through each of these categories while trying to get little Joel to put his wagon away.

First there is the demanding parent. He or she gives a simple positive command: "Joel, I want you to put your wagon away." Many behaviors can be taught with short orders rather than cluttering your requests with words that children learn to turn off.

There is the negative parental approach in which the parent tells the child what not to do: "Joel, don't leave your wagon in the yard."

In this approach, however, the child isn't told what the parent wants him or her to go ahead and do. A child's life is full of don'ts. Children need to know what to do in addition to what not to do.

The threatening parent tells the child he'll be punished in some way: "Joel, if you don't put your wagon away, I'll hide it and you'll never get again." Will you really do that or are you making empty threats? Threatening communication is a tiresome style for kids to

In the punishment style the par- of hearing loss.

The methods many parents use ent puts the wagon away without comment to the child and forbids use of it the next day. But how will children learn if you aren't a positive teacher?

> The reasoning parent explains the cause and effect: "Joel, put your wagon in the basement because it will get wet outside and the rain

teacher. This parent creates a positive attitude toward the instruction, increases the child's knowledge, and develops a routine behavior pattern for similar situations in the

While some ways of communicating take more time than others. the time-consuming methods are often more effective in teaching The reasoning parent is the best children appropriate behavior.

# Seek doctor's help if

Do you find that familiar sounds are not as loud as they used to be? If so, see a physician about it. Hearing impairments can often be treated, but you must seek help

A loss of hearing may be caused by a variety of conditions, including a build-up of wax in the ear, an ear infection, prolonged exposure to noise, head injuries, certain drugs, other health problems, heredity,

and age-related changes in the ear. Studies show that 30 percent of people 65 through 74 years of age. and almost 50 percent of those 75 to 79 years old suffer some degree

#### Evaluate credit insurance carefully

and the lender suggests credit insurance so the loan would be paid "in case anything happens." Should you purchase credit insurance?

Each person has to evaluate his or her situation when it comes to credit insurance.

You need to assess your overall financial status when considering the purchase of credit insurance. If you have sufficient life insurance or savings to cover your debts, then you probably don't need it.

Credit insurance on consumer loans is big business. Nearly 70 million policies with a coverage of almost \$200 billion were issued in 1985 to insure individual borrowers against default on car loans, not afford or medically qualify for personal loans or other extensions regular life insurance, credit insuof consumer credit, according to rance may be a worthwhile buy. the Federal Reserve Bank of San

Francisco. Credit insurance, designed to repay a borrower's debt in the event of death, disability or loss of property, comes in three basic types: credit life, credit account and health, and credit property insurance. Credit life insurance is the type most commonly purchased by consumers. It is usually written as declining term insurance.

Accident and health insurance will repay a debt during a period in which the borrower suffers a loss of

Exercise: Most experts suggest

aerobic exercise for 20 to 30 min-

utes at least three times a week to

lower mildly elevated blood

to lower high blood pressure slightly.

Eat three to four servings of grain

products, fresh fruits, and vegeta-

bles daily to maintain potassium

Calcium: Extra calcium may lower

high blood pressure. Eat low-sodium,

low-fat milk products to get the

recommended daily allowance of

calcium (1,000 mg for men; 1,000

Polyunsaturated lat: (corn, soy,

safflower oil). Lowers high blood

pressure in some cases. Despite

potential benefits, daily intake should

be no more than 10 to 12 percent of

Vegetarian diet: Lowers high blood

Sodium: High intake increases

blood pressure. Limit intake to

three grams a day by avoiding

high-sodium foods and not adding

Stress: Effect may vary greatly,

but repeated stress appears to raise

blood pressure, while relaxation

techniques may lower blood pressure.

salt during cooking or eating.

pressure, perhaps because it is low

in sodium and high in potassium,

polyunsaturated fat, and fiber.

to 1,500 for women).

total calories.

Potassium: High intake appears

pressure.

intake.

You've just bought a new car income due to illness or injury. Such policies often feature a clause requiring the borrower to be disabled for a specified period of time before insurance payments begin.

Credit property insurance insures property purchased with the proceeds of a loan or to insure property used as collateral for a loan.

Credit insurance may have advantages for some individuals. It is convenient to buy and available in small amounts. The premium rate is constant and doesn't depend on the size of the loan or the insured's health or age. Generally no proof of insurability is required and the policy can't be cancelled. For older borrowers, or for those who can-

The disadvantage is cost. Credit Insurance is often very expensive in comparison to other forms of insurance. Consumers may be able to find the same protection at less cost. For instance, younger borrowers can usually add coverage to an existing term life policy for less money.

Like any financial decision, the consumer needs to evaluate his or her situation before deciding to accept or reject the credit insurance offered by the lender.

Five factors that affect blood pressure

especially between ages 24 to 26,

usually raises blood pressure; los-

ing weight at a moderate pace

almost always lowers high blood

Smoking: Don't smoke. Smok-

Always unplug any small electri-

cal product after using it, cautions

the Association of Home Appliance

Manufacturers (AHAM), Underwri-

"off," there's no danger of electro-

cution. This may not be true if the

product comes into contact with

water. Electrocutions may occur in

kitchens, bathrooms, or outdoors-

while bathing, or never put one

Never use any electrical product

Salads have become a popular

alternative to the standard Ameri-

can fare of meat and potatoes,

offering a great variety in flavor

and texture without adding unwanted

fat and salt. However, an examina-

tion of a typical restaurant salad

bar indicates that consumers with

special dietary concerns need to

exercise a certain amount of cau-

tion when selecting from among as

anywhere near water sources.

Don't assume that if the switch is

ters Laboratories (UL).

Impaired hearing can be devastating in many ways. It can hinder communication with others, limit social activities, and reduce the monitoring of one's environment.

For example, persons with a hearing loss may not hear a car coming or the honking of a horn. In group situations, hearing loss may cause individuals to become suspicious of others-they're not sure if someome is talking to them or about them.

Hearing loss frequently causes a person to withdraw socially to avoid the frustration and embarrassment of not being able to understand what is being said. The older hearingimpaired person is sometimes wrongly labeled as "confused," "unresponsive," or "uncooperative."

Some common signs of hearing impairment are:

Words are difficult to understand. Sounds such as the dripping of a faucet or the high notes of a violin cannot be heard.

A hissing or ringing background noise is heard continually.

Other people's speech sounds slurred or mumbled. Television programs, concerts,

and social gatherings are less enjoyable because much goes unheard. If you are having trouble hearing, see your doctor for treatment

or referral to a hearing specialist. Don't ignore loss of hearing. You may be overlooking a serious medical problem that is treatable. Help is available in the form of surgery, treatment with medicines, special training, a hearing aid or other listening devices. Good hearing adds quality to life.

#### learned trait Good citizenship isn't something

Good behavior a

you're born with-it's something you learn. And it's something you can teach young people, as a volun-teer 4-H leader. Want to get involved in your community's future? Then help young people learn to get involved? Teach them to care, to ask questions, and to be leaders. And you'll find the deepest sense of satisfaction you've ever known. Call your county Extension office. Give something back to your community by helping its young people grow. Be a volunteer 4-H leaderit's a great feeling!



Mollie Marsh

Arlene Boileau

Joan David

# you suffer hearing loss Tips given on planting shrubs

Many types of trees now available at garden centers for transplanting in the home landscape are balled and burlapped. Planting them isn't difficult, but following a few simple directions will get the tree

off to a good start. A balled and burlapped tree has its roots covered with a ball of soil that is then covered with burlap. This is done to protect the tree roots during transplanting and to lessen transplant shock.

Balled and burlapped transplants available in garden stores now are evergreens such as conifers, pines

and firs, and evergreen shrubs, such as rhododendrons.

Balled and burlapped trees usually get off to a faster start than bare-root transplant trees because roots aren't disturbed during planting. However, even though the roots

of the trees are covered, they are very susceptible to damage during transportation from the store and during storage.

Recommendations are to protect a balled and burlapped transplant tree or shrub from the wind and sun even when transporting it a short distance.

After getting the tree or shrub

home, plant it as soon as possible Balled and burlapped trees and shrubs that can't be planted right away should be "heeled in," which involves digging a shallow trench that the plant is put in. Be careful to place the plant in an upright position and then cover its burlapped portion with bark, sawdust or other organic insulating material.

The planting hole for the tree or shrub should be one foot wider and the same depth as the root-soil ball. When chosing a location for the transplant, remember that most trees and shrubs grow best in welldrained soils

#### Garden p lanning essential

Success in the home garden is largely determined by good planning. In most cases, the more successful home gardeners are the good ones who plan what they want to

A lot of gardeners find the planning almost as much fun as the gardening.

Begin by deciding how big the garden plot will be and how much produce your family can use. As far as possible, plant at times that will make vegetables available throughout the entire growing season.

Select seed that is adapted to your area and plant it at the times recommended on the seed packets. Garden stores usually have information on types of vegetables that Before planting, prepare the gar-

den soil thoroughly. Use two or five wheel-barrow loads of wellrotted manure or compost for each 100 square feet of garden area. A complete commercial fertilizer, 5-10-10 or similar, may be used in addition to, or in place of, the manure and compost. Apply the fertilizer at a rate of four cups per 100 square feet.

Mix the fertilizer with the garden soil at least six inches deep. Work the surface soil thoroughly to prepare a fine seed bed.

Gardeners who have been growing vegetables on the same plot of ground for several years should for them.

consider some crop rotation.

Crop rotations help control plant diseases such as root-knot, clubroot. fusarium wilt and potato scab. These diseases build up in the soil if one crop is planted in the same spot year after year.

Another advantage of shifting crops around into different areas is that vegetables such as peas or beans, which are legumes, can take nitrogen out of the air and put it into the soil.

There are many plans and ideas on what should be planted where in the garden. Some gardeners adhere strictly to traditional plans, others use whatever layout is convenient

#### Prune raspberry bushes 4-H camp sponsored

The camp will concentrate on developing: leadership skills, positive communication techniques and explore 4-H camp counselor expectations. Any Warm Springs 9th-12th grader is welcome to attend.

If you are interested in expanding your leadership skills, this is the perfect opportunity. Sessions will

Alcohol: Limit intake to two

ounces a day (equivalent to two

four-ounce glasses of wine, two

eight-ounce glasses of beer, or two

shots of spirits). Greater amounts

where it can drop or be pulled into

the tub or sink. If the appliance

accidentally falls into the water,

don't reach into the water for it.

Unplug it immediately at the wall

Never leave a small portable

electrical appliance within the reach

of small children. Children left

unattended could pull the "plugged-

in but switched-off" appliance into

the tub or sink and risk being

many as 20 taste-tempting

juice or diluted vinegar and oil

For example, dressings may be

Obesity: Gaining excess weight, and clearly contributes to heart

Off" appliances can kill

outlet.

electrocuted.

ingredients.

ing briefly increases blood pressure can raise blood pressure.

disease.

be taught by OSU Specialists and 4-H Agents. You will meet new friends, as well, since youths from ten counties will be attending.

The camp will be held April 10-12 in Goldendale, Washington. If you are interested please contact Joni David at 553-1161, ext. 238 or

#### Slides and tapes useful aides

Slides/videotapes are available through the Extension office and add a lot to club meetings. Come look through the catalog and see what meets your clubs needs. We can photocopy pages from the catalog for you. You must order the slides 3-4 weeks ahead of when you'll need them. Please plan ahead. They can be mailed to you or you can pick them up at the Extension

Something new this year: 4-H leaders using slides or videotapes from OSU must now pay return

#### postage for them. Winter rains

not enough

Don't count on the winter rains to provide water to all plants in the home landscape.

Many plants grow in areas protected from the rains. Plants underneath the wide eaves on many

Oregon homes, for example, may be quite dry. Rain water doesn't spread into sheltered areas, so you may need to get out the garden hose and give

sheltered plants a watering. high in calories and sodium, as are Although most landscape plants such items as cheese, meat or bacon. are dormant in the winter, they still Best choices: lettuce, spinach, cucumuse some water. And with more bers, radishes, carrots, tomatoes cold winter weather coming up, a and onions with a simple lemon well-watered plant has greater protection against freezing than a dry

to stimulate production Pruning red raspberries now will canes for each plant. The weak and stimulate spring growth and berry spindly canes should be taken out first. Then select the healthiest canes grown last summer to leave for

It's important to prevent raspberry bushes from growing in a fruiting this year. tangled thicket by pruning and

training them. Prune to remove weak canes and the tips of long canes and to help maintain some sort of trellis system. The canes of one-crop varie- to the wire. ties are biennial in habit. They grow the first year and make fruit the second year.

production for next summer.

The new canes that appeared last summer will yield next summer's berries. Although pruning the new canes will remove some flower buds that would form fruit, the remaining buds will make larger and better fruit.

Canes that bore fruit last summer If not remove them first. Then cut above the wire. out all but 10 to 12 healthy new

There are several methods of trellising or holding the canes erect. The simplest is a strong wire set about five feet off the ground, attached to posts. The canes are tied Some gardeners use a three-wire

support where two parallel wires are placed a couple feet off the ground. The canes are trained between the two wires and the tops are tied to a third wire five feet off the ground

Once the pruning is finished, the remaining canes should be tied to the top wire of the trellis system with a strong twine. Then prune off should have been removed by now. the cane ends six inches to a foot

#### Drunk driving laws tough? If you think U.S. drunk driving

laws are tough, here are examples from other countries. Australia-The name of the

drivers are sent to the local news-

paper and are printed under the heading 'He's drunk and in jail. Malaya-The driver is jailed and if he's married his wife is jailed,

United Kingdom, Finland and Sweden-Automatic jail term of

South Africa-A ten-year pri-

son sentence and the equivalent of a \$10,000 fine, or both. Turkey-Drunk drivers are taken

20 miles from town by the police and are forced to walk backunder escort. Bulgaria-A second conviction

results in execution San Salvador-Your first offense

is your last. Execution by firing

Reported in "Tale Lites" publication of the New Jersey Motor Vehicle Division.

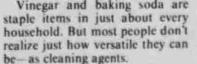
# 4-H teaches leadership

Teaching young people to take charge-that's part of the 4-H. As a volunteer 4-H leader, you can guide young people up the rungs of the leadership ladder—teaching them self confidence, poise, decision making and leadership skills. It's your chance to give young people a head start on life-to help them be their

best and to be creative, caring, involved human beings. What do you get out of it? How about more time with your own kids, a feeling of satisfaction, and the knowledge that you're learning as much as your kids are! Call your county Extension office today-volunteer

## Good 'old cleaners

Salads a good alternative



For just a few cents vinegar and like the expensive commercial

#### Some houseplants can clean the air in homes

Several houseplants appear to have air purifying characteristics. according to scientists at the National Space Technologies Lab in

Mississippi. These plants include spider plant, golden polthos, peace lily and Chinese evergreen. They can cleanse the air of carbon minoxide, nitro-

According to one of the scient-

ists, a spider plant place in a scaled chamber filled with formaldehyde can reduce the concentration by 85 percent within 24 hours. (They don't say how big the chamber is.) They go on to say that in an average-sized house, as few as 15 plants might significantly cleanse

# Skewers!

11/2 ounces Monterey Jack, mild cheddar or Muenster cheese, cut in 1/2-inch cubes.

such as apple, banana, pineapple, peach, melon etc. Alternately skewer cheese cubes and fruit chunks on toothpicks.

8 chunks 1/2-inch each fresh fruit

Yield: one portion. Per portion: 319 mg. calcium, 190 calories.



Many times in the bathroom there will be a mineral deposit from water that has dried and evaporated. Vinegar's very good at breaking down these mineral compounds. Vinegar's also good for getting the odor from pet stains out of carpet.

Vinegar and baking soda are Ammonia mixed with vinegar is good at cutting greasy soils and cleaning windows. Baking soda's an excellent cleaner, both for cleaning the inside of refrigerators, ranges. It's also good in a paste form to around the bathtub shower fixtures clean the top of a kitchen counter without scratching it.

baking soda will perform exactly

gen dioxide, and formaldehyde.