

## Parents use different techniques with their children

The methods many parents use to get children to do things, or to stop doing certain things, fall into five categories or techniques. Some parents may successfully 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 endure.

In the punishment style the par-

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 will rust it."

The reasoning parent is the best

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 future.

While some ways of communicating take more time than others, the time-consuming methods are often more effective in teaching children appropriate behavior.

## Seek doctor's help if you suffer hearing loss

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 first.

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 of hearing loss.

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 someone 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 hearing-impaired 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.

## 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

## Good behavior a learned trait

Good citizenship isn't something you're born with—it's something you learn. And it's something you can teach young people, as a volunteer 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 leader—it's a great feeling!



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## Tips given on planting shrubs

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 choosing a location for the transplant, remember that most trees and shrubs grow best in well-drained soils.

## Evaluate credit insurance carefully

You've just bought a new car 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, personal loans or other extensions of consumer credit, according to 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

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 cannot afford or medically qualify for regular life insurance, credit insurance may be a worthwhile buy.

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

**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 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 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 10 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 to 26, usually raises blood pressure; losing weight at a moderate pace almost always lowers high blood pressure.

**Smoking:** Don't smoke. Smoking briefly increases blood pressure

and clearly contributes to heart disease.

**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 can raise blood pressure.

## "Off" appliances can kill

Always unplug any small electrical product after using it, cautions the Association of Home Appliance Manufacturers (AHAM). Underwriters Laboratories (UL).

Don't assume that if the switch is "off," there's no danger of electrocution. This may not be true if the product comes into contact with water. Electrocutions may occur in kitchens, bathrooms, or outdoors anywhere near water sources.

Never use any electrical product while bathing, or never put one

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 outlet.

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 electrocuted.

## Salads a good alternative

Salads have become a popular alternative to the standard American fare of meat and potatoes, offering a great variety in flavor and texture without adding unwanted fat and salt. However, an examination of a typical restaurant salad bar indicates that consumers with special dietary concerns need to exercise a certain amount of caution when selecting from among as

many as 20 taste-tempting ingredients.

For example, dressings may be high in calories and sodium, as are such items as cheese, meat or bacon. Best choices: lettuce, spinach, cucumbers, radishes, carrots, tomatoes and onions with a simple lemon juice or diluted vinegar and oil dressing.

## Good 'old cleaners

Vinegar and baking soda are staple items in just about every household. But most people don't realize just how versatile they can be—as cleaning agents.

Many times in the bathroom around the bathtub shower fixtures 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.

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 clean the top of a kitchen counter without scratching it.

For just a few cents vinegar and baking soda will perform exactly like the expensive commercial cleaners.

## 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 office.

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.

Although most landscape plants are dormant in the winter, they still use some water. And with more cold winter weather coming up, a well-watered plant has greater protection against freezing than a dry one.

## 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 monoxide, nitrogen dioxide, and formaldehyde.

According to one of the scient-

## 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 newspaper 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, too.

**United Kingdom, Finland and Sweden**—Automatic jail term of one year.

**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 back—under escort.

**Bulgaria**—A second conviction results in execution.

**San Salvador**—Your first offense is your last. Execution by firing squad. 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 for 4-H.

## Skewers!

1½ ounces Monterey Jack, mild cheddar or Muenster cheese, cut in ½-inch cubes.

8 chunks ½-inch each fresh fruit such as apple, banana, pineapple, peach, melon etc.

Alternately skewer cheese cubes and fruit chunks on toothpicks.

Yield: one portion.

Per portion: 319 mg. calcium, 190 calories.

