

## Advice given on how to handle an angry child

Handling children's anger can be puzzling, draining, and distressing for adults. In fact, one of the major problems in dealing with anger in children is the angry feelings that are often stirred up in us. It has been said that we, as parents, teachers, counselors and administrators, need to remind ourselves that we were not always taught how to deal with anger as a fact of

life during our own childhood. We were led to believe that to be bad, and we were often made to feel guilty for expressing anger.

It will be easier to deal with children's anger if we get rid of this notion. Our goal is not to repress or destroy angry feelings in children—or in ourselves—but rather to accept the feelings and to help channel and direct them to

constructive ends. Parents and teachers must allow children to feel all their feelings. Adult skills can then be directed toward showing children acceptable ways of expressing their feelings. Strong feelings cannot be denied, and angry outbursts should not always be viewed as a sign of serious problems; they should be recognized and treated with respect.

To respond effectively to overly aggressive behavior in children we need to have some ideas about what may have triggered an outburst. Anger may be a defense to avoid painful feelings; it may be associated with failure, low self-esteem, and feelings of isolation; or it may be related to anxiety about situations over which the children has no control.

Angry defiance may also be associated with feelings of dependency, and anger may be associated with sadness and depression. In childhood, anger and sadness are very close to one another and it is important to remember that much of what an adult experiences as sadness is expressed by a child as anger.

## How to live safely with pets

With 110 million dogs and cats kept as pets in the United States, the question of pet-associated illness is one that doctors have certainly thought over. Pets can, of course, make people sick. Some intestinal parasites from dogs—such as roundworms or hookworms—may cause diseases in humans. Cats can carry toxoplasmosis, a parasitic disease that can be transmitted through cat feces. It is particularly hazardous to an unborn child if contracted by the mother. Then there are bacterial infections and rabies, both of which are largely associated with animals that run wild. And pets can carry fleas and ticks, which in turn can carry disease. But a recent article in The New England Journal of Medicine, summing up current research, states that you can cut the risks to a minimum if you take a few sensible precautions.

Putting a dog or cat will not transmit disease from animal to human. (Allergies to animal dander are another matter. If cat or dog fur causes such problems, the only solution is to avoid the animal.) Animal parasites and bacteria are most commonly transmitted when people somehow ingest parasite

1. Protect small children from animal urine and feces, and make sure they don't play in contaminated dirt or sandboxes.
2. Don't let dogs run free on other people's property or in parks or playgrounds where no one can clean up after them. Always clean up after your dog on the street or even on your own lawn.
3. Cat litter should be changed—not just raked through—daily. If toxoplasmosis is present, this will get rid of the eggs before they have a chance to develop. To avoid touching litter, place a small amount of it on newspapers or liners that you can pick up easily from the cat box.
4. Women who are or might be pregnant should not handle thoroughly.
5. When you've cleaned up after a pet, wash your hands thoroughly.
6. If you're gardening in soil that may be contaminated, wear gloves. How to keep your pet disease-free.
  1. If an animal is sick, take it to a vet. Diarrhea should always be regarded as a danger sign.

2. See that your pets get proper inoculations, particularly against rabies.
3. Don't feed your pets raw meat, and try to keep them from eating raw prey. Toxoplasmosis and other infections can be transmitted from a bird or mouse to your pet.
4. Deworm your dog as necessary. Make sure a new puppy has been dewormed.
5. Be on the lookout for ticks. Check your pet regularly in tick season. When removing a tick, use tweezers, and be sure to wash your hands thoroughly afterward. A tick collar can be of limited help in infested areas.
6. Practice flea control. In general, flea dips are more effective than shampoos or sprays. Follow the manufacturer's instructions when using flea-control products, especially flea collars, and handle them with care. (Flea collars, according to The New England Journal of Medicine, contain insecticides that may harm the animal if combined with other antifea compounds.) Use flea bombs or sprays to kill larvae where the cat or dog sleeps. Ask the vet for advice.

## Want to be liked?

Honey catches more lies 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 sense of self-esteem

and have 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.

## Here's the scoop on "lite" foods

Michelob Light Beer has 134 calories in a 12-ounce serving, compared with 133 in Heidelberg regular beer and 110 in Stroh's Light. Stouffer's lean Cuisine Oriental Beef with vegetables and rice has about 31 calories per ounce versus 34 calories per ounce in Stouffer's regular beef teriyaki in sauce with rice and vegetables. The Food and Drug Administration doesn't formally define what "lite" and "lean" should mean when they're used on food labels, but a few new rules are in the works that could shed a little more light on

those and similar food claims. Starting March 31 new USDA standards will define "lite" and "lean" meat and poultry products. The FDA wants to set standards for "reduced-cholesterol" products. The USDA proposes allowing food processors to put less fat and more water in hot dogs. The Center for Science in the Public Interest wants so-called light beers to be limited to 100 calories per 12-ounce serving. So far, however, that proposal hasn't carried much weight.

You can choose to control your tongue, curb your impulses, and restrain 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. 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.

## Bassinet safety

Some badger bassinets may need repair kits. Badger bassinets produced before 1982 may collapse due to failure of the leg brace, so the firm is providing locking rings to correct the problem. Consumers should remove the mattress label "Do Not Remove Under Penalty

of Law," and send to Badger Basket Company, Edgar, Wisconsin 54426, together with name and address for free repair kit. Bassinets produced after 1982 do not have the problem, according to the U.S. Consumer Product Safety Commission.

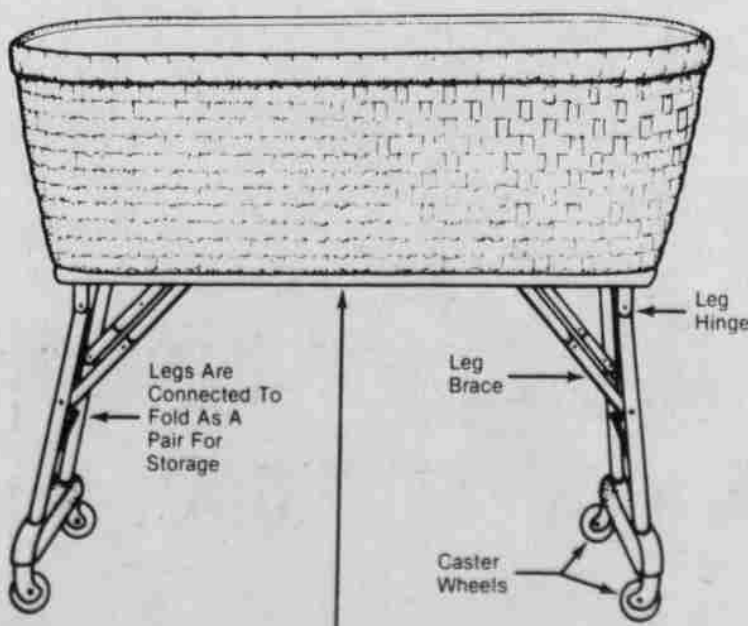
### Consumer Product SAFETY ALERT

FROM THE U.S. CONSUMER PRODUCT SAFETY COMMISSION, WASHINGTON, D.C. 20207

August 1986

Under laws administered by CPSC, an estimated 325 million potentially hazardous products have been called back from the marketplace and consumers since 1973 (when CPSC was created). Most of these were voluntarily recalled by manufacturers who established programs to repair or replace the products, or to refund the purchase price.

### Repair Program To Prevent Injury From Bassinet Collapse



Only those bassinets produced and sold prior to 1982 are affected. Production after 1983 contains a date code on the bottom of the bassinets which clearly distinguishes the new-style leg brace from the old.

## Health care insurance a must!

The cost of health care may make you ill—especially if you do not have health insurance coverage. Cost for an average stay in the hospital has soared to more than \$2,000 today compared to \$670 in 1971. For families without adequate health insurance an illness or accident can cause financial disaster. Families cannot afford not to have insurance but buying insurance is becoming increasingly complicated. Choosing the right policy may give you a headache but it does pay to shop around.

Basically, there are five types of health insurance: hospital, surgical, regular medical or physicians, major medical and disability income. In addition to these five basic coverages, supplemental (sometimes called limited) policies take care of costs associated with some things such as dental care; dread diseases, (cancer); accidents, travel mishaps; intensive care; hospital indemnity; nursing home care and others. These supplemental policies need careful evaluation. They may not be necessary if you hold a good comprehensive policy. Many people are covered by group insurance contacts provided by their employers, labor unions or affiliations with various professional, fraternal or religious organizations. If you are self-employed or ineligible for group coverage, you must purchase health insurance as an individual, an often expensive proposition. In addition to the familiar health insurers, there are the newcomers: the preferred providers organizations (PPO's) and the health maintenance organizations (HMO's). These emphasize preventative health care and lower costs and combined a prepaid plan of health insurance with the actual delivery of the

health care. Whether you're a first time purchaser, have found out that your present coverage is inadequate or carries to high a premium, or your employer has adopted a new group plan, you may be in the health insurance market. Be prepared to spend sometime carefully studying the options. When you make your decision, remember that most plans allow a ten-day waiting period during which you can change your mind. To help you avoid a headache, here's a handy check list of things

- to watch for:
  - Buy broad coverage including the five basic types.
  - Choose a company that returns a high percentage of the premiums. For every dollar the consumer spends on premiums the company returns somewhere between 20-95 percent of the premium in the form of benefits. This is called a loss ratio, and information on loss ratios is available at public libraries.
  - Beware of advertising that sounds too good to be true.
  - Review your present coverage.
  - Not pre-existing condition clauses.
- Choose the largest deductible you can afford.
- Check renewal provisions.
- Update your insurance to keep pace with inflation and your family situation.
- Know the difference between a service benefit policy, which either pays charges in full or a percent of the charges, and an indemnity benefit policy that pays only a fixed amount.
- Be sure you understand the circumstances under which you would receive disability benefits.

## Keep records for taxes

Do you dread tax time because it's such a nuisance to collect the records needed to fill out your tax form? All the vows you made last year to keep things handy and in order probably were forgotten April 16th. You can keep better track of records without trapping yourself in a complicated and soon abandoned system. Start by sorting your papers according to subject matter, then name each with a general term. For example, health insurance policies, dental and doctor bills, would be filed under "medical." Place each category in a file folder or manila envelope. Then divide the folders into active and inactive files. Inactive files could include all active files more than three years old, for example. You decide the cut-off point. You may prefer instead to start a "1986 taxes" category. Include everything you will need to do your taxes at the end of the year. Past tax returns are a good source of information in deciding what items you will want at hand.

- Store active files in a box, but keep it accessible. The front hall closet, linen shelves, or the kneehold under a desk would be fine.
- Place all irreplaceable or difficult-to-replace items in a safe deposit box. Include family birth and death certificates, marriage licenses, divorce
- decrees, deeds, automobile titles, and household inventories. Keep a list of safe deposit box contents in your active record file.
- You may not be any happier to see tax time come next year, but at least you will be prepared.

## Students needed for jobs

Applications are now being accepted from Oregon college students who are freshmen or above for 13 positions in the 4-H department of the Oregon State Fair in Salem, according to Lyla Houglum, Oregon State University 4-H Youth Specialist. The students will help conduct 4-H activities during the 1987 State Fair in Salem from August 20 to September 8, she explained. Those hired will receive \$36.50 a day plus lodging in the State Fair dormitory. Priority will be given to those who participated in State Fair as a 4-H member. "Although most students will be hired for the entire team, some

positions are for shorter times because of specific responsibilities, such as helping with the state 4-H horse show," the specialist explained. Each student employed will have specific responsibilities. In addition, all student staff members will assist in opening, closing and cleaning the 4-H exhibit building. Applications are due in the state 4-H office by April 15. Application forms and job descriptions are available from Houglum in the State 4-H Office, Ballard Extension Hall 105, OSU, Corvallis 97331, telephone 754-2421, and from County Extension offices.

## OREGON STATE UNIVERSITY EXTENSION SERVICE

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## When to start estate plans

Most families avoid estate planning perhaps because the term itself evokes thoughts they would rather not contemplate. To some, estate planning conjures up images of old people in their twilight years preparing for the distribution of property after death. Others believe estate planning is only for the wealthy. "I don't have enough to worry about," they say. Still others neglect or postpone estate planning with such excuses as "I'm too young" or "It's too expensive" or "I'm in excellent health" or "I don't have time." And, many people are simply so concerned with living that they do not give any thought to the consequences of dying. The real reason, however, for avoiding this important function may be that estate planning deals with emotions about death and attitudes about property ownership, business arrangements, marriage

- and family relationships that people don't want to admit to their spouses, friends, relatives, or even to themselves. Accept the fact that you are going to die someday. And what if you should die before tomorrow? What will happen to the property you worked so hard to accumulate? To stimulate thought concerning your need for an estate plan, ask yourself, "If I should die before I wake—
- What would happen to the property I've worked a lifetime for?
- Would my spouse and children be provided for in an equitable manner?
- Would my spouse have adequate control of business and family affairs?
- Would the estate settlement be conducted by someone with my family's interest and ends in his thoughts and actions?
- Would inheritance and estate taxes be at a minimum?
- Estate planning is the process of arranging your affairs to meet your

wishes regarding the use, conservation and disposal of your property to best provide for and protect you and your family. It involves the coordination of all your properties (stocks, bonds, cash, social security, life insurance, business ownership, real estate) into a total program. You can't take these "riches" with you. Someone is going to inherit your property, so it seems only sensible to have the results of your hard earned efforts distributed according to your wishes. Most people simply do not have enough time to learn all that needs to be known to do a thorough estate planning job, and then stay updated on changes in state and federal laws to keep a plan current. Therefore, an individual should work with professionals such as attorneys, accountants, financial advisors, trust officers and life insurance underwriters to design and implement a plan that will meet this personal objectives.

### 4-H is like kite flying

Helping a 4-H member is like flying a kite—at the beginning it takes so much effort running, pulling and lifting them up out of the weeds that you both end up tattered, frazzled, and exhausted! Gradually though, 4-H members, like kites, learn to stay aloft and bounce from cloud to cloud needing only an occasional tug or guidance. Finally, they climb so high that they tug at the thin string connecting you, almost demanding to be set free! Satisfaction comes from releasing them with the knowledge that they can fly freely and will on their own... as the result of your help at the beginning! Best wishes for successful kite flying!

### Before you prune...

Before beginning spring pruning in the home landscape, consider the pruning needs of the plant you plan to trim. Most pruning of ornamental trees and shrubs should be done either in the late dormant season (early March) or just after the plants bloom. Prune shade trees and summer blooming shrubs in the dormant season before growth starts. Trees and shrubs that bloom early in the spring should be pruned soon after blooming. Most late-blooming plants will produce better flowers or fruits if pruned severely each spring. Plants that should be pruned in spring include: hydrangeas, roses, butterfly bush, pomegranate, coralberry and shrubalthea. Flowering fruit trees or shrubs that bloom along the sides of the branches or on spurs or last year's wood should be pruned in early spring before growth starts. Remove

excess branches and water shoots or suckers. Flowering fruit trees and shrubs include, cotoneaster, firethorn, holly, flowering quince, flowering crabapples and Hawthorne. Shrubs such as redbud, dogwood, yellowtwig dogwood and coralbark maple should be pruned severely in early spring to develop vigorous shoots with young showy bark. Early blooming shrubs and trees such as camellias, deutzia, Forsythia, lilac, spirea, moonlight broom and flowering plum should be pruned immediately after the blossoms have faded. Prune out older, branched or twiggy growth and crossing growth. These shrubs will grow new wood and form fruit or flower buds before the end of the growing season. Pruning prevents shrubs from becoming overgrown and formless. A timely trim also keeps plants healthy by removing dead, diseased, or injured wood.