

## FCL applications available from Extension

Applications for a leadership course with emphasis on public policy are available at the Warm Springs Extension office.

Six participants from Central Oregon will be selected to be part of eighty Oregon participants at the Oregon Extension Family Community Leadership Training Institute.

The training is open to anyone regardless of age, sex, race, or religion.

### Three-year-olds a relief after dealing with twos

You'll discover three-year-olds are a calm, cooperative relief after coping with two-year-olds. Around the third birthday, activity is more balanced and smooth. But by 3½ children again turn non-conformist and become very strong-willed. A strong inner drive prompts their occupation with gaining a sense of control of who they are and what they can do and direct. It is appropriate that they make some decisions for themselves, but your patience and understanding will be challenged as you help them understand the necessity for family routines and rules.

Physically, three-year-olds have increased running, jumping, and climbing skills. Improved muscular control allows them to balance on narrow surfaces, use alternate feet for going up and down stairs, and manage small objects like buttons, snaps and zippers. Some become picky eaters and all openly assert their likes and dislikes in food. Parents worry about decreased appetites but three-year-olds usually need less food as their growth rate slows.

Socially, three-year-olds are becoming more conscious of other people. They want to be with other children and show an increased desire to please others most of the time. You'll enjoy their willingness to cooperate with you. While playing with others has growing importance, three-year-olds have much to learn about cooperative play. They are beginning to share but still push, shove, or hit to get what they want. Their social problems stem from their natural self-centeredness and desire to call attention to themselves. "Look at me! I can ride the trike better than Billy!" is a bid for superiority. Help them feel good about themselves and reduce com-

petition with simple responses like, "You are a real whiz when it comes to riding a trike."

Three-year-olds rapidly progress intellectually. Experimenting with vocabulary building means they pay more attention to words and how to make sentences. Have their hearing checked to insure that words are heard and spoken correctly. They enjoy chatting with adults and asking many questions to satisfy their curiosity. Keep your answers simple—preschoolers aren't concerned about scientific explanations. Three-year-olds are learning to connect ideas and objects. Numbers and counting, naming objects, colors, different shapes, animals, and people are now firmly learned. They like sorting objects according to size, shape, and color. When you look at magazines or books, point out houses, barns, nests, or stores. They like to look for happy or angry people, funny people or animals, dads, moms, babies, or boy and girls.

Three-year-olds carefully observe activities in the home and on television. Imitation is the source of active pretending during play. They spend weeks as Superman or Strawberry Shortcake. Grown-up tasks are part of play, too, so capitalize on their willingness to help with doing dishes, making beds, folding clothes, cooking, and sweeping the floor.

When your end-of-month credit card statement arrives, do you open the envelope only to experience shock while reading the current balance due? Such shock occurs when consumers forget about some of the

## Write down credit purchases

credit card purchases they've made during the month. The purchases consumers most frequently forget are mail and phone orders charged to the credit statement until more than a month or two after they are made.

Participants who complete 30 hours of instruction and 20 hours of teaching will be certified as FCL trainers.

The participants will hear state and local speakers and work with elected officials from around the state. In small group exercises, they will "learn by doing" how to form a grassroots organization and how to make presentations to decision makers.

"Conference participants will have an opportunity to work in a mock neighborhood setting and solve a

community problem."

The Institute will be held at Menucha Conference and Retreat Center, Corbett, Oregon October 13-15, 1987. There will be a \$25.00 registration fee (plus transportation costs), but meals and lodging are covered by a grant from the Kellogg Foundation.

Family Community Leadership is jointly sponsored by the Oregon State University Extension Service and Oregon Extension Homemakers Council. For information call: 553-1161, ext. 238 or 239.

## Increase food shelf life with proper storage

A refrigerator can be full of surprises. Wilted lettuce, dried out cheese, apples which have lost their crispness, and other similar "surprises" inhabit the very best refrigerators. All are victims of poor food storage, and they represent thousands of dollars which consumers unknowingly throw away each year.

Cash in on proper food storage by giving groceries a little extra care when you bring them home from the supermarket. You'll save money, and the food you buy will stay fresh longer, retain more nutritional value and remain safe to eat.

Proper food storage really begins at the supermarket because the way we shop can affect food quality. Many shoppers remember to put fragile fruits and vegetables on top of sturdier items in the grocery cart, but let the ice cream melt while they wait in line at the bake shop or deli. A better solution would be to put frozen and refrigerated foods in the cart last, particularly if you have a lot of shopping to do. You also can ask the person bagging your groceries to put refrigerated and frozen foods in the same bag. These items stay colder during the trip home, and putting the groceries away becomes less of a chore.

The trip between the checkout counter and your kitchen needs to

be as short as possible. When refrigerated foods sit in the car for any length of time, they lose quality and spoilage can begin. So, it's a good idea to stop at the post office and library before doing the grocery shopping.

At home, "think cold." Frozen and refrigerated foods require the most care and should be put away first. Dairy products, meat, poultry, fish, most fresh vegetables and fruits, eggs, and baked goods filled with custard or whipped cream are just a few of the many grocery items which need to be refrigerated promptly.

Some foods require special handling. By taking care of these foods before you tuck them away in the refrigerator, you'll end up saving time as well as money. Iceberg lettuce, for example, keeps better if you remove the core and store the head in an airtight container or resealable plastic bag. Fresh meat, poultry and fish which are not prepackaged need to be rewrapped and stored in the coldest part of the refrigerator or freezer.

Storage items still vary even when groceries are carefully wrapped and refrigerated promptly. Berries and other fragile fruits, for example, have the best flavor and texture when eaten within a few days of purchase. Apples and citrus fruits,



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on the other hand, can be stored for a month or more in the refrigerator. Most fresh meats will keep several days. Poultry, fish and ground meats, however, should be used within one or two days. For longer storage, it's safer to freeze these items.

Storing refrigerated foods properly and for the recommended time period may not be enough, especially if your refrigerator is too warm. So, it's a good idea to check the temperature occasionally. Hardware stores carry thermometers just for this purpose, and they can be left on a shelf inside the refrigerator. The thermometer should always register 34 to 40 degrees F. (1 to 5 degrees C.). If your refrigerator is warmer than 40 degrees F., you need to adjust the temperature control dial to a colder setting.

## Gardens require moisture control

Certain home garden vegetable crops require uniform soil moisture to produce top quality material.

Knobbiness in potatoes, bitterness in cucumbers or stunted carrots may be due to alternating moist and dry conditions in garden soil.

There are certain times in the life of a vegetable when adequate water is extremely important. Potatoes become knobby when garden soil gets drier between waterings during mid-summer. The knobby effect occurs because the spuds grow in spurts, growing when there is moisture, and slowing to a snail's pace when they are dry.

Cucumbers and lettuce are generally bitter because of genetic parentage, but they will be more bitter if they've had to suffer from lack of water during their vigorous growing stages.

Carrots and parsnips grown in soil with fluctuating moisture levels will be badly formed and hardly

what you are expecting when it comes time to harvest. Maintain an even moisture content level in your garden soil by watering regularly, controlling moisture-robbing weeds and by using mulches to save the moisture in the soil. Apply at least one-half inch of water at each watering. Measure the amount of water by placing a shallow pan inside the garden sprinkler pattern. Stop watering when the pan has caught one-half inch of water or more. Then, a day later, dig down into the garden soil to see how deep the water, penetrated. Most garden vegetables need water penetration at least six inches down in the soil for plant roots to grow properly. Water frequently enough to keep garden soil moist to a depth of six inches. There is no substitute for proper watering.

## Explore alternatives for elder care

"Your mother can no longer live alone" the doctor says. Most of us aren't ready to hear that statement, and have avoided planning for it.

A rash reaction often follows. You rush home and tell your husband you must quit your job to care full time for your ailing mother.

This is the typical response of an adult daughter suddenly faced with the responsibility of "parent-caring." But it is not always the best response.

There are many problems with an impulsive decision. Alternatives have not been explored, other family members were not consulted, and most importantly, the aging parent probably was not included in the decision-making process.

Such hasty decisions usually are unwise, bring stress and heartache, and can be damaging to family relationships.

Of course, different degrees of parental dependency require different degrees of assistance. But in any situation, there are several factors to consider when an aging parent needs help.

First, it is important to assess your own abilities and limitations in being able to help. For example, you might ask yourself, "Can mother and I really live happily in the same house?" Think about what you are willing and able to give.

Then, consider the impact the commitment will have on your own family. It's important to talk with your spouse and children about your feelings, concerns, and responsibilities for your aging parent. You need their support.

Another important step is to

listen to your aging parent and observe carefully so you can decide together what the needs really are. All too often aging parents don't communicate their needs for fear of losing independence or of becoming a burden.

On the other hand, one of the easiest mistakes that adult children make is to overreact. Taking too much responsibility for an aging parent robs him or her of that important feeling of independence.

Also, be sure to involve your brothers and sisters, if any, in the decision-making process, even if they live far away. Sharing responsibility with them can prevent overload for you and possible future undermining of the present decision.

Once a plan is determined and set into action it's important to evaluate its effectiveness. Is it meeting the needs it was intended to

meet? How are you being affected? Is your aging parent happy? Plans may need to be revised.

It's a mistake to think that making a decision is a one-time task. Your needs and abilities, and those of your parents may change. There may be further declines or perhaps a recovery from an illness.

Of course, the main message in all of this is to be prepared. One of the most common errors that adult children and aging parents make is not looking ahead to times when parents may need assistance. It's a good idea to talk with one another about possible plans and desires for help before the need exists.

For more information see the Extension publication, "Aging Parents: Helping When Health Fails," PNW 246. Copies are available at the Warm Springs Extension Office.

## Home equity loans popular now

As the income tax deductibility of consumer interest is phased out, many consumers will consider using home equity loans when purchasing expensive consumer items.

Mortgage interest paid on home equity loans will be deductible on federal income tax returns on first and second homes, but in most instances only on loans that don't exceed the purchase price of the home plus improvements. However, if audited, the taxpayer will need proof of the purchase price plus the improvements.

An improvement is a replacement or addition which adds to the

value or prolongs the life of your house. For example, new plumbing, landscaping, a new furnace or storm windows are improvements. But the cost of painting, cleaning and repair are ordinary maintenance expenses, not improvements.

Most people have a copy of the original purchase contract which is proof of the purchase price. However, they are less apt to have records of the improvements added over the years. Now's the time to pull those records together, so you will have them if at some future time you are considering a home equity loan.

## Body heat can cause heat strokes

Although most everyone looks forward to the warmer days of summer, extreme heat can mean trouble for the elderly, especially those who have had strokes, have diabetes, or heart and circulatory disease.

During hot and humid weather, a build-up of body heat can cause heat stroke or heat exhaustion.

Heat stroke is a medical emergency requiring immediate treatment by a doctor. Symptoms include faintness, headache, nausea, loss of consciousness, body temperature of 104 degrees or higher, rapid pulse, and flushed skin.

Heat exhaustion takes longer to develop and may be more difficult to detect. It results from a loss of body water and salt. Symptoms include weakness, heavy sweating, nausea, and dizziness. The treatment is drinking cool liquids and bed rest away from the heat.

Both of these illnesses can be avoided by staying cool. Remain indoors in an air-conditioned room or go to a cool public area if your

home is not air-conditioned.

Take cool baths or showers, place ice bags or wet towels on your body, and use electric fans, taking care to avoid electric shock.

Avoid strenuous activity, and wear light-weight, loose-fitting clothing. Also drink plenty of liquids to replace lost fluids. Water, iced tea,

and fruit juices are the best. Avoid beverages that contain alcohol and excess sodium. The sodium can complicate existing medical problems, such as high blood pressure.

Most important, take the heat seriously and don't ignore danger signals like nausea, dizziness and fatigue.

## Suspected child abuse should be reported

Repeated injuries—bruises (often different colors), welts, burns. Injury inconsistent with explanation. Parents may seem unconcerned, deny that anything is wrong, or give unlikely explanations.

Neglected appearance—often manifested through lack of supervision, lack of adequate clothing or good hygiene, lack of medical or dental care, chronic absence from school. Sometimes, though, overneatness may be a sign of abuse.

Disruptive behavior—very aggressive, negative behavior constantly repeated can signal a desperate need for attention and help.

Passive, withdrawn behavior—When children are excessively shy and friendless, it may indicate that there are serious problems at home.

Parents who are "super-critical"—critical parents who discipline their children frequently and severely may begin to abuse when their unrealistic standards are not met.

Families that are extremely isolated—parents who don't share

in school or community activities and resent friendly contacts may be distrustful of people, afraid of their help.

Who to contact if you suspect child abuse—Call either your local law enforcement agency (the police) or the Children's Services Division.

## Seek help for abused

Child abuse is not a pretty subject, and the more I read about it and hear about it, the sadder and angrier I become. Child abuse is not "new," nor is it on the upswing—it's just being publicized more, and rightly so. It is more common than you think, so I'm including some signs to look for.

Important—Use caution and good sense in identifying child abuse. Every parent makes errors in judgement and action at some time, but when it seems plain to you that this is a pattern or becoming one, it's time for help.

## Regular check-ups can prevent gum disease

More and more children are growing up these days with few, if any, cavities, thanks to the widespread use of decay-preventive fluoride in toothpastes, mouthrinses and community water systems.

But these children may grow up to lose their teeth to another dental problem—periodontal, or gum, disease.

Gum disease affects the gums, bones and other supporting structures of the teeth, if left untreated, it can cause infections that ultimately destroy the bone supporting the teeth.

Although gum disease is commonly thought of as a disease affecting older people, children as young as 12 may be stricken by a form of juvenile periodontitis. In young patients with gum disease, the loss of the supporting bone may be so

rapid that many or all of the teeth may be lost by age 30.

The causes of gum disease are much the same for children as for adults. In both age groups, early detection is important to prevent

## Beef cattle management tips for July

Continue mineral supplementations (especially selenium and salt). Monitor water sources so that adequate water is supplied during the hot summer season.

Watch for pink eye and other eye problems.

Monitor range and pasture conditions to determine when the forage supply may dry up or become short as this may dictate the need to sell feeders and calves at an earlier time to attain the optimum profit margin.

tooth loss.

Gum disease strikes three out of four adults over the age of 35. Good dental habits and regular check-ups can help keep teeth healthy for a lifetime.

## Beware of errors in hospital bills

Determine forage and hay needs for the fall and winter seasons and begin identifying sources and securing winter hay needs.

We may not have direct control over the high cost of hospitalization, but we do have control over paying for what we get or don't get. According to a 41 state study by Equifax Services, 98 percent of the 3,850 bills they reviewed contained errors. If you or a family member is

hospitalized, ask for a copy of the bill, even if you're covered by health insurance. Look over the bill and make sure you weren't charged for treatments you never received. Don't be afraid to ask for definitions of terms you don't understand.