

Stress management strategies help lighten load

Managing stress sounds like serious business, but it doesn't have to be. On the lighter side of stress management are strategies such as sweating profusely, shooting spit wads, weeping loudly, shopping 'til you drop and screaming a lot.

Even serious students of stress management say a given percentage of people handle stress with a sense of humor, quick denial or dancing it away.

Stress management doesn't mean getting rid of all stress or pretending it isn't there. Rather, it means making thoughtful decisions about which stress to keep, which to let go and what activities will relieve the tension your body builds in response. Think of stress as a charge of energy intended to help you manage, adjust and control the trivial and traumatic events that come from living with happenings that make life less than satisfactory.

While stress is a very complex mind and body reaction, you can make a habit of listening to your combined stress signals. They are the result of enduring faint symptoms such as headaches from mental over-load, back-aches from carrying heavy problems or stomach-

aches from swallowing frustrations and anger.

In spite of minor ailments, such as irritability, confused thinking, depression or apathy, we tend to forge ahead, not being really sick but not feeling well either.

Dr. Hands Delye, an early researcher in the stress and health connection claimed, "Stress is the spice of life. Like spice, a certain amount flavors and motivates your life, but too much gags you."

Everyday brings countless opportunities to interpret situations and threats. The school calls, warning that Susan is not keeping up her homework. Rumors circulate of an upcoming promotion in the department. Co-workers stop talking when you enter a room and the company auditors are due next week.

To top it off, the kids ate the spaghetti, reserved for a warm-up dinner, as an afternoon snack.

We do not suggest this as a time to look around saying, "How can I make this a terrific stress management experience?" If, over the years, you've learned to agnoize, fuss and fume over all the hitches that spoil your day, you'll likely gear up to

fight. On the other hand, try recalling stress management messages onto your mental monitor. Keep in mind that stress is a response to threats, real or imagined. The monitor would most likely say:

* Does the threat really exist? (Maybe it's just inconvenient and awful.)

* Are these situations hazardous to my work or family relationships?

* Can I make a difference now?

If the answer is "no" to all three questions, don't waste energy on the stresses of that particular situation—they are not threatening your

existence. Most people stress themselves needlessly over misfortunes that appear as personal rejections, but in fact they may be tremendously trivial.

According to psychologist, Dr. Donald Tubising, "We tend to use 10 dollars worth of energy on 10 cent problems." Some problems you face demand every ounce of stress energy you can muster. That's where stress management can help you sort out and throw away stress trivia and save your energy for the real 10 dollar problems.



The Warm Springs Extension Service provides equal access to all its activities and programs.

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How to keep your house cool in the summer

Q. My house overheats during the summer. I saw an advertisement for a plastic film you can put on windows to help keep them cool. Does it work? Would it be a good solution to my overheating problems? H.T., The Dalles

A. If you choose the right type of film, it may help. But in some cases it's better not to use a film at all.

Sun-control films are most useful on west-facing windows where

afternoon sun can turn a house into an oven. They also may help on east-facing windows.

When selecting a film to reduce overheating, look for one with a low "solar shading coefficient" (SSC). This number tells how much solar energy passes through the film. For example, an SSC of .60 allows 60 percent of the solar energy that would pass through a single pane of glass to pass through the film. For severe overheating prob-

lems, you may want an SSC below .40. For less severe problems, an SSC between .40 and .40 may suffice.

To complicate matters a bit, some window films are "low-e" films. (Low-e means low emissivity.) These films are designed to save winter heating costs by reducing heat loss from the house. You might want a combination sun-control and low-e film on east and west windows. When looking for low-e films, look for emissivity of .30 and lower.

Some windows shouldn't have sun-control films applied to them. There is little advantage to sun control for north windows. South windows provide some helpful heat

in the winter, which the sun-control film would reduce. In the summer, because of the height of the sun, vertical south-facing glass doesn't contribute much summer heat gain. (Exceptions: sloped south-facing glass or glass facing a light-colored surface such as cement or white gravel.)

Finally, sealed insulated glass may not be suitable for sun-control films. These films absorb heat, and since they are applied to the room side of the window they cause the inside pane of glass to become much warmer than the outside pane. This causes the inside glass to expand, which can break the edge seal and lead to moisture condensation between the panes of glass.

Plants require extra care in hot, dry weather

Hot dry weather increases the water needs of garden and landscape plants in containers and hanging baskets.

During especially warm periods, daily watering of containers may be necessary.

Water container plants when the soil dries out. Don't overwater. Stop when water starts running out the container's drain holes.

Frequent watering may make more fertilization of container plants necessary because large amounts

of moisture leach nutrients out of the soil quickly.

Some general houseplants care may also be needed during the summer. Repot plants that appear crowded into their containers. Plants that grow out of bounds or become leggy in appearance can be trimmed back.

Plants that don't seem to be doing well may need some fertilizer or perhaps the soil they are rooted in should be changed.

Clean plants that are dusty or that have insects living on them. Trim away dead or diseased foliage.

When to harvest onions, garlic

When their tops drop, garden-grown onions and garlic are ready to harvest.

Pull the onions or garlic from the ground, shake the soil off and lay the bulbs out to dry.

Onions for storage must be dried thoroughly first.

When outdoor conditions are dry onions can be left in the garden to dry in the sun. A week of drying is usually enough.

If outdoor drying isn't possible, dry onions indoors in a dry, warm and airy place. Lay the onions on racks or screens so dry air can circulate around them.

In some cases, it may even be a good idea to simply discard a houseplant and buy a new one.

Onions, garlic

Onions have dried enough for storage when the neck has withered and the outer skin is dry and shiny.

The storage area should be a dry and dark location where the temperature is between 35 and 50 degrees F. Pull the dry tops off the onions. Then put the onions in mesh bags of slatted crates. Onions do not keep well in paper sacks or cardboard boxes.

The storage guidelines for garlic are basically the same as those for onions. Dry the garlic for about a week and then store it in a dry, cool, dark and well-ventilated place.

Help your child be good

1. **Catch your child being good.** Praise good behavior—you'll start seeing more of it.

2. **Make being good easy.** Putting your favorite vase out of sight for a few years isn't giving in. It's saving your sanity. And the vase!

3. **Help your child let off steam.** Your child doesn't have an energy crisis! Running, yelling, acting silly—outdoors in the daytime—will prevent frayed nerves at night.

4. **Don't keep your child guessing about rules.** Be clear. Be firm.

Be reasonable.

5. **Set a good example.** Anger is for gods, not fists.

6. **Give yourself a break.** That's why God made babysitters. A happy parent is a good one.

7. **Hug!** Who doesn't improve with hearing a genuine "I love you?"

Material drawn from "The Aggressive Child", F. Rdel and D. Wine-man. Copied from the Morrow County newsletter.

Passive smoke can harm young children

If a child could choose his parents, would he be better off picking nonsmokers? The answer is yes. Children are exposed to the same irritants as other passive smokers. Since children are generally more susceptible to colds and other respiratory ailments, researchers have long suspected that passive smoking—that is, inhaling smoke from someone else's cigarette—may cause chronic problems in the very young.

According to Dr. Scott Weiss and his associates at the Harvard Medical School, cigarette smoke is potentially harmful for babies. Several studies have shown that infants under age one have significantly greater incidence of bronchitis and other lower respiratory disease when one or both parents smoke. However, the cause is not perfectly

clear; it has not been determined whether the illness comes from passive smoking or is the result of maternal smoking during pregnancy.

As for older children, a body of research has built up showing that paternal smoking (especially maternal smoking) can reduce a child's lung capacity and perhaps predispose a child to chronic lung disease later in life. However, the study that showed the greatest adverse health effects dealt mostly with teenagers, who may already have become smokers themselves. Indeed the worst result of parental smoking is probably not the smoke kids inadvertently breathe, but the fact that children of smokers are significantly more likely to take up smoking.

Extra dollar worthwhile investment in beef promotions

There has been quite a lot of talk recently about the \$1.00 check-off taken out for each being animal sold at the auction yard. Many people may not have realized it, but 50¢ has been taken out for several years. That money has gone to the Oregon Beef Council for promotional work at the state level.

That initial 50¢ is being used for such things as working with Les Schwab Tire Company and the beef certificates, beef and chili cook-offs. Nutri-Facts material in supermarkets, educational materials for

schools, information sheets for nutritionists, dieticians and consumers, and restaurant recipes.

The new 50¢ fee (making the \$1 check-off) is being collected at the state level and is sent to the Cattlemen's Beef Promotion and Research Board. The board is made up of representatives that are cattlemen from each state. The National Cattlemen's Association (NCA) is not directly involved in the check-off program and has no control over the check-off funds. NCA's money comes directly from membership dues and only administers the check-off through a contract with the promotion and research board.

The Cattlemen's Beef Promotion and Research Board is governed by the Beef Promotion and Research Act which states that no more than five-percent of the total amount collected can be used for administering the program. Thus, one should not be concerned that too much money goes to administration. In fact, 95% of the check-off funds are used for promotion and research purposes.

You have undoubtedly seen the Cybil Shepard and James Garner commercials promoting lean beef. This is only a part of the promotions at the national level. Several other items have been developed such as information charts and graphs (which the state organiza-

tions use) as well as research and development.

So, you could agree that the cause is good and each one who raises beef will benefit from increased sales and per capita consumption of beef. For a while, it seemed that beef was losing ground and becoming the culprit for every conceivable nutritional or disease problem. Now we are back on track, providing accurate informa-

tion to all concerned, from doctors to consumers, about how healthy-lean beef can be for you.

The dollar per head invested with the others in this program will have a great benefit for the future of the cattle industry. It won't have that big of an impact on one's profit or loss at the end of the year.

For more information contact Clay at the Extension office, at 553-1161, ext. 238.

The best way to avoid colds

The most effective way to keep a cold from spreading is hand washing. If you have a cold, remember that it spreads via your fingers, so wash them often in soap and warm water. If you are around people with colds, wash your hands often and try to avoid putting your fingers to your nose and eyes. Try not to share objects with cold sufferers—their telephones, pencils, typewriters and other tools, drinking glasses, towels, or bars of soap.

Paper towels, paper cups, and liquid soaps for the bathroom are worthwhile investments during cold season. See that used tissues are disposed of promptly and properly. They should be discarded in a plastic-lined receptacle or paper bag, or in any manner that makes

rehanding them unnecessary.

Though megadoses of vitamin C have been highly touted as a means of "heading off" a cold, no clinical trial has ever shown vitamin C to be more than marginally useful; megadoses of vitamin C can cause diarrhea and other problems. Nor has any over-the-counter cold preventive ever been shown to work.

Important notice

Any 4-Her who went to OSU Summer Week and/or the 4-H Challenge Camp this summer and has not paid, please do so!

Stop by with your check or send it to Warm Springs Extension, PO Box 430, Warm Springs, OR 97761. Thanks!

Leader/parent mtg. scheduled

There will be a 4-H leader and parent meeting Monday, September 28 beginning at 5:15 p.m. at the 4-H Center.

The purpose of the meeting will be to:

1. Jefferson County 4-H Fair 1988; Jefferson County 4-H Fair planning process for 1988; pre-registration; record books; 4-H grade level for exhibition; bonifide 4-H made.
2. Jefferson County Fair Board representation
3. 4-H leader and parent calling

tree.

4. Establishing criteria for being a club leader

5. Establishing criteria and expectations of 4-H club trips, activities

6. 4-H awards program development

7. 4-H leader and parent training needs

8. Leaders will receive their 1987/88 leader packets

Potluck dinner—please bring one dish. Drinks and bread will be provided.

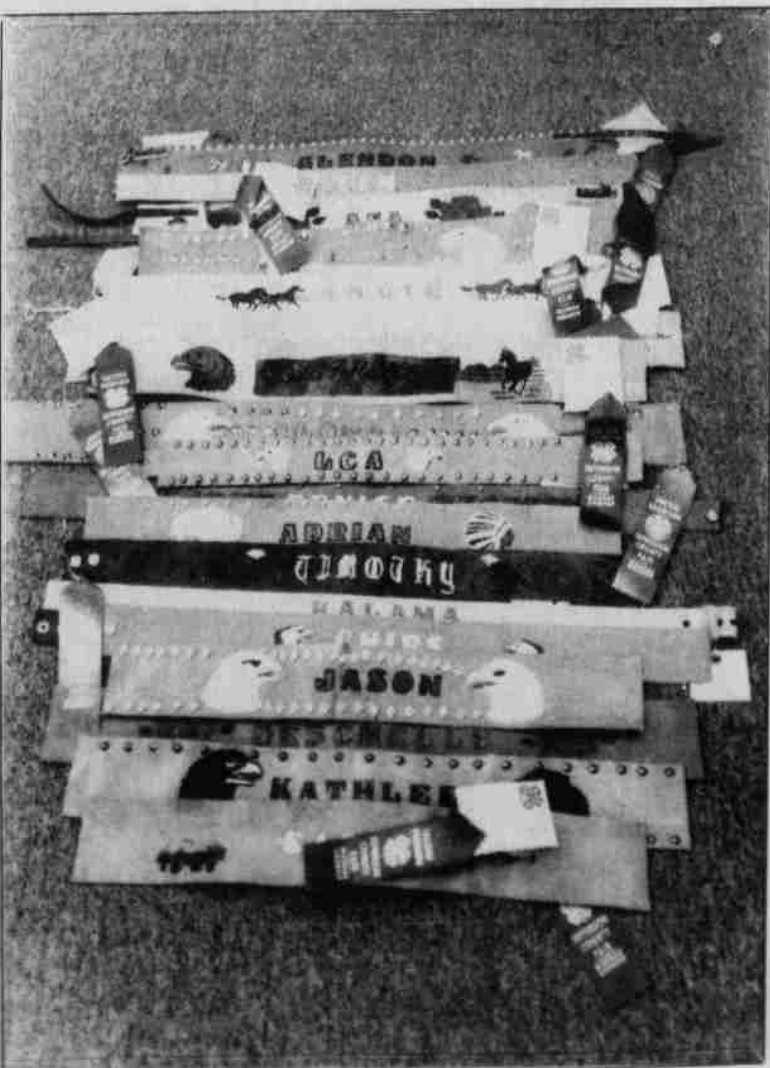
Bovine emphysema a fall threat

The dry summer has provided conditions to cause a large livestock outbreak of acute bovine pulmonary emphysema (ABPE) this fall. Cattle herds that have summered on mountain ranges and that will move to irrigated or after-math pastures over the next few weeks can be at risk to ABPE. Herds with a history of ABPE should be managed with care this fall to minimize the risk. Research and observations by the Department of Rangeland Resources at Oregon State University have provided ideas for management that successfully reduce incidence of ABPE. Check the summer range. If it is generally dry with small areas of green forage that have been closely grazed, the cow herd may be preconditioned to onset of the disease. Moving the

cows to luxuriant pasture can be expected to result in occurrence of ABPE in one or two weeks. This can be prevented by feeding hay to the cow herd (or grazing dry and abundant range forage) before stocking them on luxuriant fall pasture. Occasionally, the feed additives

Ruensin or Bovatec are used to alter the rumen microbe population and rumen PH to help prevent this condition. If your herd has a history of ABPE or you suspect the disease may occur in your herd, contact the Extension office for more detailed information.

A thought for the day
It's a world of laughter, a world of tears;
It's a world of hopes and a world of fears.
There's so much that we share,
that it's time we're aware,
It's a small world after all.



Jefferson County Fair ribbon winners

Enroll clubs early

Leaders, please remember that in order for your club to be officially enrolled in the 4-H program, your enrollment forms need to be turned into the office. The earlier your enrollments are received, the sooner your members and you will be on the mailing list, so that activities won't be missed.

Americans like peanut butter

Americans consumed 15 billion peanut butter sandwiches last year—the equivalent of four pounds of peanut butter per person. Despite the severe heat and drought in the southeastern peanut growing areas of the United States last summer, peanut butter should continue to be in ample supply without significant price increases.