

Grandparents important in the lives of children

The emotional power and influence of the bond between grandparents and grandchildren is second only to the bond between parents and children.

Grandparents serve as role models, teachers, and nurturers. They give children an additional outlet to vent their feelings—such as anger—especially if such emotions are felt toward parents. And, grandparents sometimes have more time and patience for children than parents, especially if both parents work.

Grandparents frequently are among the few older persons with whom children have an opportunity to develop relationships. They also are an important link between the child and his or her extended family history.

Divorce, physical distance and personal differences, however, sometimes prevents a close relationship from developing between a grandparent and grandchild. Each year many children lose their relationships with grandparents because of parental divorce.

Parents can make a major difference in the bond that develops between children and grandparents. These suggestions can enhance such relationships:

Keep communication open. If you don't like the way your parents or in-laws interact with your children, let them know why in a kind way. Offer alternative strategies. Find out what kinds of roles the grandparents want to play, without making assumptions. Don't burden them with child care unless they've definitely expressed an interest. Instead, encourage them to share appropriate activities and interests with your children.

Know the rules of the grandparents' house and discuss these with your children before visiting. Take the assertive role in getting together with grandparents. Allow your parents or in-laws private time with your children so they can develop their own relationships.

If the relationships is a long-distance one, help your children make a list of things they would like to share with their grandparents when they speak on the telephone or write.

Encourage your children to write thank-you notes and other letters to grandparents.

The bond developed between grandchild and grandparent can provide many rewards to both generations far into the future.

Plants need winter change

Now that the cold has set in, it's time to get houseplants ready for the long haul indoors until next spring.

Houseplants need less water during the winter. It's best to let the potting soil dry slightly before watering again with most plants. The soil should be moist after watering, not saturated. Be sure to let any excess water drain out the bottom of the pot.

Do not leave drain water standing in the dish or other receptacle the plant container sits in.

Fertilizer needs of indoor plants are reduced during the winter months. Houseplants can go without fertilizer for the entire period of time between Thanksgiving and Easter.

Remove seed pods, wilted flowers and leaves, and prune back long, straggly stems to within one-

eighth inch of a leaf joint. Also keep plants of a leaf joint. Also keep plants free of dust, and pick off any insects that may be hiding on houseplants.

Some plants may need to be put in larger pots to maintain their maximum growth. Most vigorously growing indoor plants require repotting every year or two.

A good way to find out whether a plant is potbound is to examine the root system. Spread one hand over the top of the soil, turn the pot upside down, tap the rim softly against the edge of a table to loosen the soil, and remove the old pot. A solid mass of roots with little or no soil visible indicates the pot is potbound.

When repotting, use a new container about two inches deeper and wider than the old one. This is usually one size larger if you are using clay flower pots.



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Foot rot may increase

With the wet winter season approaching, foot rot incidence will likely increase. Foot rot in cattle is usually caused by foot injury or foot injury followed by infection. When skin of the soft part of the hoof is injured by sharp objects such as stones, wire, nails and/or glass, injury often occurs and an infection follows. In many instances, conditions around feed bunks and watering areas are conducive to hoof injury. Exposure to manure laden mud or water, frozen rough ground, or extreme drought may also contribute to infection of the foot.

Foot rot is usually a seasonal disease occurring during periods of extreme moisture, sudden freeze ups following muddy yards or severe drought.

The first signs of foot rot observed are varying degrees of lameness from barely noticeable in one foot to an extensive condition where a number of animals will be reluctant to move.

If a single animal is exhibiting signs of foot rot, close examination of the hoof usually reveals injury from stones and glass, nails or other sharp objects. Individual medication along with removing the sharp object and/or trimming the hoof will usually correct this problem with a minimum of effort. However, a singly involved animal may be a warning of more acute impending problems.

Closer examination of the involved hoof will indicate inflammation extending into the hoof joint with exudate coming from the hairless skin at the top of the coronary band or swelling. A characteristic fetid odor often accompanies the described signs. Involved cattle will usually graze but may rest on their knees.

Any management procedure that will eliminate hoof damage or avoid stressing hoof health will contribute to the prevention of foot rot.

Maximum draining is an absolute essential to any feed lot arrangement and will aid in preventing the constant contact with manure laden mud or water.

Clean yards that are free from sharp objects or frozen muddy rough ground will aid in preventing hoof injury and infection. Frozen rough ground in lots can be corrected by spreading salt or fertilizer which softens the frozen soil and may also counteract some organisms.

One of the most common preventive measures utilized in many feed lots is the building of mounds of soil or manure. Mounds should be of adequate size to allow for comfortable standing on them and arranged so that they receive maximum exposure to the sun.

Concrete slabs placed in the lots can aid in providing a dry area for cattle to stand. The use of concrete around water fountains and feed bunks where animals frequently congregate are most helpful in preventing contact with extremely wet muddy conditions. To be of maximum benefit concrete must be cleaned periodically.

Good nutrition may be helpful in preventing foot rot. All cattle should be adequately provided with calcium, phosphorus, vitamins A and D for good bone and tissue health.

When all else has failed or has not been adequately utilized, medication is necessary.

Individual animals may successfully be medicated with many of the common chemotherapeutic agents. Penicillin or wide-spectrum antibiotics (tetracyclines) have probably been the most widely utilized antibiotics. These are usually of value if given in an adequate dosage and immediately following discovery of an involved animal.

Sulfa drugs have also been extensively and successfully used. Using the long acting sulfamethazine orally in conjunction with other medication has provided prolonged medication and aiding in the elimination of repeated medication.

The use of anti-bacterial and fungicides is helpful. Usually copper sulfate is the form most often used (Coppertox). This green liquid material helps to protect as well as begin the healing process.

Volunteers are necessary

Many will be shocked to find when the day of judgement nears, There's a special place in heaven set aside for volunteers.

There's nothing there to staple. Not one thing to fold or mail; There'll be no Friday Kitchen, and no Saturday rummage sale.

Mailing lists will be outlawed. But a finger snap will bring cool drinks and gourmet dinners, and

treats fit for a king.

Ask who'll serve these privileged few and work for all they're worth? Why, all those who reaped the benefit. And not once volunteered on Earth!

Volunteers are: outstanding, lovely, understanding, necessary, tenacious, exceptional, eager and responsible.

Plan gift buying to avoid overspending

Holiday shopping doesn't have to be the first step toward a long winter of overdue department store bills and cutting corners to make up for overspending on gifts.

A realistic shopping strategy is the key to keeping spending in line with your resources.

Who do I want to remember with gifts?

What price range is appropriate and affordable?

How much, if any, savings can I use for holiday gifts?

How much of my current income can I afford to spend on gifts?

How much, if any, can I afford to buy on credit?

If these questions reveal that the amount of money available is less than you need to complete your gift buying, give the gift list a second look.

You may be able to find less costly alternative to what you planned to give. You also may want to discuss budget limits with family members. If funds are tight this year, letting everyone know will prevent disappointments.

Not all gifts have to be purchased. Food and craft gifts are always appreciated. Gifts of service are especially thoughtful. Babysitting coupons for young parents or window washing "gift certificates"

for older friends often are welcome gifts. You may have gifts among the things you already own. Special family heirlooms make memorable gifts.

Gift giving should be a joy for

the giver as well as the receiver. Planning to make the costs of gifts fit within the limits of the family budget makes the holidays more pleasant.

Microwave turkey as you like it

11 to 12 pound turkey, thawed salt
1/2 cup butter or margarine
1 pkg. (8 oz.) herb-seasoned stuffing mix
1/2 cup chopped dried apricots
1/2 cup chopped dried prunes
1 cup chopped apple (1 medium)
3/4 cup water

Glaze

1/2 cup butter or margarine
1 teaspoon paprika
1. Remove giblets and neck from turkey. Set aside and use as desired. Wash turkey pat dry. Sprinkle cavity with salt.
Microwave (high) butter in large

power) 20 minutes. Turn breast-side-up and brush with remaining butter mixture. Cover with waxed paper.
7. Microwave (medium-high 2/3 power) 20-30 minutes or until meat is no longer pink and meat thermometer registers 165 degrees when inserted in inner thigh and under wing areas. Let stand 15 minutes before carving.
To complete in oven:
5. Omit butter glaze. Transfer turkey, breast-side-up, to clean baking pan.
6. Bake, uncovered, at 375 for 30-60 minutes or until golden brown and meat thermometer registers 165. Let stand 15 minutes before carving.

3. Microwave (high) 30 minutes. Turn turkey breast-side-down; cover with waxed paper.
4. Microwave (high) 30 minutes. To complete in microwave:
5. Microwave (high) butter in small glass dish. Stir in paprika. Brush turkey with about half of mixture. Cover with waxed paper.
6. Microwave (medium-high 2/3

Turkey works in many recipes

Turkey tacos

2 tbs. vegetable oil
3/4 cup onion, finely minced
1 pound ground turkey
1 1/2 tsp. chili powder
1/2 tsp. cumin
1/2 tsp. oregano, powdered or rubbed
1 1/2 tsp. salt
1 1/2 tsp. granulated garlic (or two fresh cloves, pressed)
dash cayenne pepper
2 1/2 tsp. cornstarch
5 tbs. water
3 tbs. taco sauce
Garnishes:
10 taco shells
1 tomato, diced
2 1/2 cups lettuce, finely shredded

2/3 cup cheddar cheese, finely shredded
8 ounces taco sauce

Directions

Use a favorite taco meat seasoning mix or proceed as follows for a made-from-scratch meat mixture. Heat oil in small frypan over medium-high. When oil hot, add onion and cook until translucent. Add ground turkey and stir, to break up. Cook just until cooked through, about two minutes. Stir in spices. Mix cornstarch with water and stir into mixture. Bring to boil, stirring. When mixture thickens, add taco sauce. Heat well and serve in preheated taco shells with garnishes.

Turkey Gumbo Soup

3 cups turkey or chicken broth
1/2 cup onion, chopped
1/4 cup celery, chopped
10-ounce package okra, cut, frozen
16-ounce can tomatoes
1/2 teaspoon salt
1/8 teaspoon pepper
1/4 cup rice, uncooked
2 cups turkey, cooked, diced
1. Heat broth to boiling.
2. Add vegetables, seasonings, rice and turkey.
3. Cover and cook slowly 15 minutes, until vegetables and rice are tender.

November through March is the sickness season in many households. No family with children escapes this plague of winter. Children's colds, flu, or minor illnesses can cause major concerns, but more in behavior than in health.

With good medical care and calm acceptance, parents and children will survive temporary sickness. But colds and flu create more problems for children than just aches and pains.

First, illness causes a break in a child's well-established routines.

They miss school and physical activity and are usually isolated from other children.

The limited activity and discomfort of sick children brings changes in attitudes and behavior. Since they feel out of control of themselves they demand more attention and tend to fret and cry easily. Loss of control also makes them restless

and difficult to satisfy.

Another common reaction of sick children is regression. The most self-sufficient youngster may react to sickness by thumb sucking, bed wetting, and whimpering to be fed. Sadness or depression is another possible reaction. A child expresses depression irritability, boredom, or a constant need for stimulation.

Plan holidays together

Think of the holiday season as a special time to build family strength. As a family, decide what this season means to you.

Find a time for all family members to be present and discuss what activities and traditions are especially important to each of you. Some of these activities might include visiting others, exchanging gifts, attending special music programs or religious services, baking, making gifts, sending greetings, or attending parties.

Now prioritize the activities your family will participate in and how you will divide responsibilities so everyone has fun and does not feel overwhelmed.

It's important that the special cooking, baking, gift making and shopping does not all rest on mom's shoulders.

The holidays are an opportunity for planning together and sharing, not only in the fun and excitement of the season, but also in the responsibilities.

Cacti long-lived

If you received a Christmas cactus, put it in full sunlight and water sparingly. To keep it for flowering next Christmas, the U.S. Department of Agriculture recommends that come April, you start giving it more water and some fertilizer. You can plant it outdoors come summer in an airy, partially shaded place. Give it fertilizer and water. Come September, bring it indoors cut back on the water, and place in a cool place where it will get at least 12 hours of total darkness.

Tasty stuffing ideas

Mushroom stuffing

Cook 1/2 lb. sliced, fresh mushroom and 1/2 cup minced onion on one cup butter or margarine, until tender, stirring occasionally, about five minutes. Mix in 1/3 cup chopped parsley, two tsp. celery seed, 1 1/2 tsp. salt and 1/2 tsp. pepper. Toss all with three quarts day-old bread cubes. Bake in buttered casserole at 325 for 30 minutes, or use to stuff 14-pound turkey.

Chestnut stuffing

1/2 lb. chestnuts (1 cup boiled)
1 tbs. butter, margarine or salad oil
1/2 lb. pork sausage
1/4 cup minced onion
1/2 cup hot water
1 tsp. dried sage
1 1/2 tsp. salt
1/8 tsp. pepper
2 cups lightly toasted bread crumbs (packed)
2 tbs. sherry
1. Wash chestnuts; make lone slit on both sides of each shell, bake

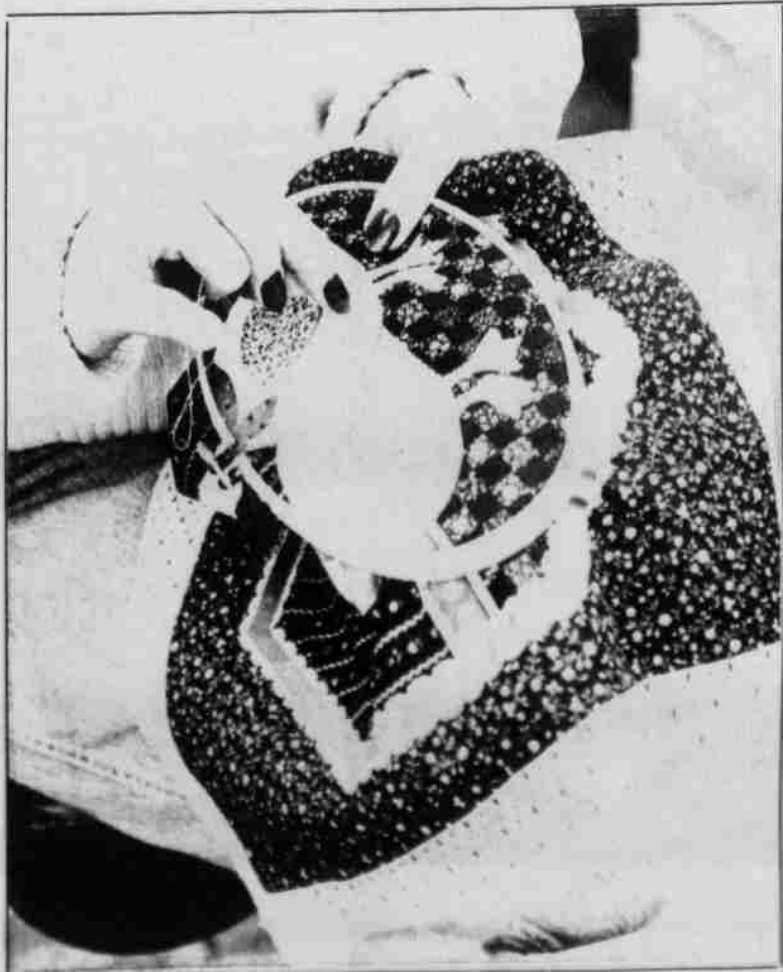
at 500 F for 15 minutes. Shell and skin nuts; then boil in salted water to cover, covered, 20 minutes. Drain; chop medium fine.

2. Sauté sausage and onion in butter for ten minutes or until sausage, salt, pepper, crumbs and sherry. Then add chestnuts, sausage mixture.

3. Stuffing will fill neck cavity of 8 lbs. turkey. Fill body with any other dressing.

Old-Fashioned dressing

Tear a 1 1/2 lb. loaf of day-old bread in 1/2-inch pieces to measure 3 quarts; set aside. Sauté three cups chopped onion and 2 1/2 cups chopped celery in 1/2 cup butter or margarine, just until tender. Add to bread along with 1 1/2 tsp. salt, 1 1/2 tsp. poultry seasoning, 1/2 tsp. pepper and 1/4 cup chopped celery. Toss lightly until well mixed. Stuff loosely into neck and body cavities of turkey or into two butter, covered baking dishes. Bake at 350 for 30 minutes. Uncover and bake ten minutes longer. Makes 8-10 cups after baking.



Handmade crafts can save you money.

Happy Holidays!
to all of you from all of us!

Turkey stir-fry a yummy meal

1-2 lbs fresh turkey breast slice
1 bunch bok choy (1 lb.)
1 can water chestnuts (8 oz)
1 cup fresh mushrooms
3 green onions
1 tbs oil

Sauce

1 cup chicken broth
1/4 cup soy sauce
2 tbs. dry sherry
1 tbs. cornstarch
1/2 tsp. garlic powder
1/4 tsp. ground ginger

Cut turkey breast slices into 1/2-inch strips. Slice bok choy, water chestnuts, mushrooms and onions. Heat oil in wok or Dutch oven on medium-high for 2-3 minutes. Add turkey. Stir-fry 3-5 minutes until turkey turns white and begins to brown; remove to plate. Add vegetables to wok. Stir-fry 4-5 minutes. Combine sauce ingredients. Pour over vegetables. Add turkey. Heat and stir 2-3 minutes more until sauce is thickened. Serve over rice or chow mein noodles. Makes six servings.