

Getting through teens' troubled times difficult

Healthy teenagers rebel against parents.

Arguments and quarrels with adolescents are not symptoms of an unhappy home or an indication that something went wrong with earlier discipline.

What appears to be rebellion in teenage children is a healthy struggle for independence. Parents expect their children to develop critical judgment, for opinions and change things, but, oh, the parental discomfort when teens start to take new ideas seriously.

Worried parents, who thought everything was going well, now face griping, arguing, defiance, complaining, alternating high and low moods, and negative reactions to family plans.

Going through this stage is necessary if the adolescent is to become an independent person.

It's the way teens explore the variations in family standards of living they see around them and the differences in their acquaintances. Most teenagers have been friends who are intellectually curious, drop-outs, socialites, or athletes.

The once untroubled thoughts of a grade school child now question religious, political, and ethnic differences, while switching opinions almost daily.

Teenagers who never have any desire to rebel or try out new ideas are not typical adolescents. For some the struggles are intense but for others, less so.

The intensity of rebellion is not a reflection of parental incompetence. Emerging adults need to learn to disagree, and be allowed to express

their typical exuberance and despair.

A mother of two teens stated she felt like a yo-yo for about eight years. "Around the age of twenty, the string broke and we settled down to a pretty reasonable life again."

Parental confrontation with teens is essential. When a disagreement exists, get it out into the open but be sure to stick with the issues. There's nothing teens rebel against more than parents who dredge up all past errors to add to every disagreement.

A show-down talk, an outburst of honest opinions, yelling, or even quarreling helps clear the air and releases tension. While they disagree with parents, teenagers depend on family for security and steadfast love. This includes a place to safely discharge aggression and frustration.

Only within families can teens have a good fight and a good cry without risking relationships. While a family with rebellious teenagers is normal, parents who get fed up with the situation are normal too. It's a stage of parenting most of

us could do without. Once a degree of independence has been achieved, warfare tends to vanish even though differences still exist.

Adolescent revolt has not always existed. Adolescents for thousands of years followed easily in their parents' alternatives.

However, it's safe to speculate that the personalities who achieved greatness in the past likely had a hard time convincing their parents and other authorities that there may be other ways to thinking and doing. That's progress!

Lice may threaten cattles' lives

Lice cause losses in all types of beef cattle operations. Some animals that develop extremely large lice populations may abort their calf or die from anemia caused by blood loss. But, the major loss results from poor feed conversion.

In cow-calf operations, lousy cattle will produce less milk and will wear lighter calves. Cattle feeders will find lousy cattle require more feed for each pound gained. Louse-infested cattle appear unthrifty and have dry looking skin. They also damage fences, corrals and feeder bunks by rubbing on them to relieve the irritation caused by lice feeding. Lice are primarily a wintertime problem because sunshine, rain, self-grooming and short summer hair coat make poor conditions for their development.

Cattle are the only host of cattle lice. Usually one or two percent of the cattle in a herd are carriers that

will harbor high numbers of lice year around. Bulls are often carriers since they have a denser coat and cannot self-groom as easily as the other cattle. Lice spread by contact from carriers to other animals in the herd. Cattle lice spend their entire life on the animal and will live only a few days off the host if removed. Lice can pass from egg to adult in 3-4 weeks. Eggs that fall off the host will not hatch unless the weather is hot and then the young must find a host within 2-3 days or they will die.

Each time cattle are handled they can be examined for lice in a few seconds. Part the hair with your fingertips and examine the animal in several places including the neck, withers, brisket, shoulders, midback, tailhead and behind the rounds.

Four species of lice infest cattle. Three of these species feed by piercing the skin and sucking blood. The fourth species feeds on the scales of the skin and causes irritation.

Chemical control. The best control in late winter and early spring is the use of pour-ons. Remember to purchase only ones that treat lice as the grub control season is past. Check the local supply stores, or contact your veterinarian. For further information contact the Extension

office at 553-1161, ext. 238.

Sanitation. Following simple sanitation practices will help you limit the spread of lice in your cattle. Isolate newly purchased animals and examine them. If they have lice, treat them before you move them into the herd. If bedding, feeder bunks, sheds or trucks have been contacted by lousy cattle, keep other cattle away from them for two days in winter or ten in summer, or sanitize them before reuse.

All insecticides are poisons. Read the label on the package and follow precautions carefully. Avoid contaminating the skin, eyes on clothing with any pesticide. To protect fish and wildlife, keep pesticides out of ponds and streams. Keep pesticides away from children and domestic animals and safety dispose of used containers.

Warning. These recommendations are based on the best information currently available. If recommendations are followed carefully, residues should not exceed the tolerance established for any particular chemical. To avoid excessive residues, follow recommendations carefully with respect to dosage levels, number of applications and minimum interval between applications. The cattlemen is responsible for residue.

Kids get jealous, too

Adults aren't the only ones to suffer from bouts with that green-eyed monster, jealousy. Young children have to deal with jealousy, too. Sometimes your happy home may be torn by spats of jealousy which afflict children for a variety of reasons.

A frequent cause of jealousy in children is the child's strong competitive desire for the undivided and unshared attention of the parent. They seem to literally crave the "whole" parent, body and soul!

This demanding attitude shown by two or more children at the same time can be exasperating. There are parenting techniques that counteract the jealous characteristics natural to all children.

Devoting a designated time period each day to each child individually is a good way to start. During that time, take care to do something the child really enjoys doing with you alone.

This "one-on-one" relationship satisfies the child's intense need of you, the parent, and at the same time gives you the opportunity to really know and understand your child.

What about the other child? Children are wonderful. Once you set up a pattern of "Jimmy's time" and "Dory's time" they will usually accept the time-share system and rigidly guard their private ten of fifteen minutes. Set the timer so the unoccupied child knows when his or her turn is due.

Youngsters and dirty clothes go together like peanut butter and jelly. In recent times, however, more children are associating with laundry from the opposite angle by helping to keep their families' clothes clean. Easy-to-use equipment and parents working makes laundry a task kids can do.

Listen, speak carefully to kids

Parents who stop to listen to themselves can get ideas about their methods of child guidance. It you hear yourself say "If I've told you once, I've told you a dozen times..." stop and think how this makes a child feel. It took you a long time to learn all of the things you know. Be patient with children as they learn. They have a short memory and cannot remember rules very long. Also, they don't always understand what you are saying.

Young children are unable to follow many instructions given at the same time. Father should not be surprised if Judy does not follow all of his instructions when he

tells her: "Take these toys to your room. Put your pajamas away and get your shoes and socks on. Then wash your face and brush your teeth—and hurry up!" Judy will probably wash her face and brush her teeth, thinking she has done what she was told to do. Being told too much, too fast is upsetting to young children. They remember fewer things for a shorter time than adults. They are more likely to follow your instructions if they are short, simple, and given one step at a time.

When these guides are followed, children can succeed at many tasks. When they succeed and gain par-

ents' approval, they feel good about themselves. Their pride in themselves helps them learn to do more things better.

Sometimes parents are surprised to discover what children are learning. Listen to your children with patience, interest, and understanding. Talking with your children about what they are doing and making plans with them adds to their use of words. Questions like "What happened then?" "What did you think about that?" "What should we do next?" develop ideas and communication.

How to save bread on bread

Bread is an important part of most family meals, whether for morning toast, noontime sandwiches or with dinners at night. Unfortunately, the cost of a loaf of bread is rising right along with most other prices.

Making bread at home may be one answer to rising bread costs. Of all the baked foods you can make at home, probably home-baked yeast breads bring the most comments, as few people can overlook that tantalizing aroma.

As you look at the cost of bread products, you can even single out special items that can really save a lot of money. You can save about half the cost of a loaf of bread, 30 to 40 cents, and can save three-fourths of the cost of sweet rolls or specialty breads. For example, pita bread, sometimes called pocket bread, costs about \$.04 a roll to make and about \$.25 to buy. Raisin bread costs about \$.60 to make and \$.1.90 to buy.

You will need to consider that your time in bread making is worth money.

If you have the time, you may want to bake bread in some quantity. Since homemade bread has none of the preservatives found in many commercial loaves, freezer space will be needed to store the extra loaves of bread.

Also required is skill in kneading bread dough and a suitable, draft-free place for the bread to rise.

For the most economical practices, try to purchase your flour, yeast and sugar in quantity to take advantage of lower unit costs. The recipe you choose can also affect

the cost of homemade bread. Some recipes, such as those for quick-rising breads, adds to costs by calling for twice as much yeast as would normally be needed. Whole milk can be replaced by nonfat dry milk mixed with water in many bread recipes.

Another way to bake your own bread, but save time, is to buy fro-

Proper nutrition important to health

The importance of good nutrition will again be highlighted by the American Dietetic Association during March. This year's National Nutrition Month theme "Good Nutrition—Feel the Difference" calls attention to the link between what you eat and how you feel.

Desires for conveniences and quality dictate many food choices among time-conscious men and women working outside the home.

Even when preparation time is limited, nutrient needs should not be forgotten. Moderation and variety continue to be the cornerstone of healthy diet.

Moderation in the consumption of fat, sugar, cholesterol, sodium and calories may help us avoid

4-H photo weekend set

All Oregon 4-H members, leaders and parents are invited to: Learn to take better photographs. Get interested in areas of photography that are new to you. Become acquainted with the joy of making prints in a darkroom. Develop skill with your camera controls, what they are and how to use them. Find new friends from other

zen dough. Frozen dough is slightly lower in cost (about \$.50 per pound, rather than \$.60 to \$.80 per pound) when you bake it as loaf bread. It really becomes economical when you use this dough for cinnamon rolls or sticky buns, a much more expensive item to purchase in the stores.

chronic conditions such as heart disease, diabetes, and tooth decay. All nutrients needed for good health will be provided in a diet that includes a variety of fruits and vegetables, breads and cereals, milk products, and meats or legumes in adequate amounts.

Food alone cannot make you healthy. But good eating habits are an important part of a health-promoting lifestyle.

Rockin' 4-H:

Workday: Saturday, March 12, 9 a.m., Tenino Feedlot, work cattle, I.D., brand, castrate. Next meeting: Monday, March 28, 7 p.m., 4-H Center (Old Boys Dorm basement).

4-H photo weekend set

parts of the state. Have fun! When: April 22 and 23, 1988. Where: Oregon 4-H Center west of Salem. Cost: \$40 for Friday and Saturday. \$25 for Saturday only. You do not have to be in photography projects to attend! For more information contact the Extension office at 553-1161, ext. 238.

The EXTENSION

AGRICULTURE/4-H
Clay Penhollow

HOME EC/4-H
Mollie Marsh

FAMILY LIFE/4-H
Arlene Boileau

4-H/YOUTH AIDE
Joni David

People
OFFICE MANAGEMENT
Eraina Palmer
TRAINEE
Deanna Lamebear

2126 Warm Springs Street — 553-1161, extension 238

Lunchtime consumer series

March 11

March 18

March 25

April 1

April 8

April 15

April 22

April 29

Buying Furniture
Ad Language Traps
Stopping Home Leaks
Saving Energy
Art of Skillful Buying
Sewing for Profit
Landscape Management
Backyard Greenhouse
Raised Bed Gardening

Each session will be held from noon to 1 p.m. at the Administration Building in Conference Room 3. Bring a sack lunch and learn valuable information. Sponsored by the Warm Springs OSU Extension Office.

The effects of aspartame

Does diet pop help you keep your weight under control? Maybe not. A recent study revealed that aspartame, the sugar substitute used by the soft drink industry, may stimulate appetite.

The study raises questions about the affect aspartame has on "motivation to eat." This is defined by hunger, desire to eat, fullness, and estimated consumption.

In tests conducted by researchers, 95 young men and women were

given water, a sugar solution (glucose) and an equally sweet aspartame solution.

The glucose solution caused a decline in the motivation to eat and an increase in feeling of fullness. Aspartame increased the motivation to eat and decreased the feelings of fullness.

Researchers reported that after ingestion of aspartame, the volunteers were left with a "residual hunger" that resulted in increased food consumption.

So the easy way of cutting down on calories may not be a simple solution to weight control after all.

If sugar-sweetened soft drinks have too many calories and diet soft drinks encourages you to eat more calories, how do you keep calories under control? Try ice cold water with a lemon slice or sprig of mint, bottled water such as club soda, or a cup of hot water.

Most people drink pop out of habit. You can continue the habit while switching to another beverage by selecting a non-calorie, non-caffeine drink that doesn't have a sweet taste.

Learn embroidery!

Learn the art of embroidery each Tuesday beginning March 1 and continuing through March 29. The session will be taught by Mollie Marsh from noon to 1 p.m. in Conference room 2 at the Administration Building.

Learning supplies will be furnished during class time so that participants can learn basic stitches. Participants will need to purchase their own project needles and hoop to be able to complete a project.

Bring a sack lunch and plan to join any or all of the session. Learn how easy embroidery can be and start now for those gifts you'll be needing this year.

Walnut cheesecake brownies

1 package (21.5 ounces) fudge brownie mix
1 package (8 ounces) cream cheese, softened
2 eggs
1 tablespoon sugar
1-2 teaspoons grated orange peel (optional)
1 1/4 cups chopped walnuts.

Prepare brownie mix as package directs. Spread half of batter evenly in greased 9-inch layer cake pan; reserve remaining batter. In 1-quart bowl beat cheese with eggs, sugar and orange peel until smooth. Mix in 1 cup of the walnuts; pour over brownie batter in pan. Gently dollop with remaining walnuts. Bake in center of 350 degrees oven 55 minutes to 1 hour until top is puffed and edges are lightly browned. Cool on rack. Serve warm or at room temperature, cut into wedges. Makes 8-10 servings.

Trade skills for services

You may have skills or items you can swap for things you need. The clothes you no longer wear, furniture you no longer need, or toys the children have outgrown may have value to others. Perhaps you can trade these unneeded items for the things you do need. What skills do you have that you could trade? For example, sewing or babysitting could be traded for transportation or repairs.