

## Plan ahead for when parents may need help

There comes a time for many older people when they can no longer take care of themselves. They need help.

It may be difficult for these people to face the possibility of having

to give up their independence. Most fear losing control and becoming a burden on relatives and friends.

Many put off asking for help to the last possible moment. Then it

often becomes a major crisis and all personal control is lost. A recent study of nursing home residents showed that those who entered the home by choice felt more in control of their lives than those who were forced into the nursing home by their relatives.

It may be hard to discuss your concern about your relative's ability to take care of him or herself. Your sensitivity to the need for independence and control is important. Here are some important points to be aware of:

- \* Make it natural. Watch for times when the subject can be brought into general conversation. For example, "I notice that Mrs. Jones has a visiting nurse to help her with Mr. Jones." You can also begin by pointing out some ways that a little outside help could make life easier. "If you hired someone to mow the grass, do household chores or go shopping for you, you might have more time to play golf."

- \* Talk with them, not at them. Approach the subject in a non-threatening manner. Lectures about preparing for the future will usually cause older people to become defensive, get angry and/or withdraw. Speak in terms of "I," rather than "you." The words "I am concerned about..." sound quite different than, "You should..."

- \* Don't push it. If you sense they do not want to talk about their future needs for help, back off. Let them know you are concerned and set up a date to talk at a later time.

- \* Be aware of their need for control. Assure them that asking for help is not giving you control. Rather, it is the reverse. Asking is very different from having something forced on you. Learning how to ask for help is the first step in learning how to gracefully accept it.

- \* Recognize their need for self-sufficiency. Assure them that you want to help them to remain self-sufficient as long as possible. However, remind them that quality of life is also important. Often letting go of some of the more difficult chores and accepting a little help may improve their quality of life. Accepting your help may be a first step in accepting help from others.

- \* Set up some check points. Let them know you would like some guidance about how to tell if help is necessary. Ask them to give you specific signals—when they can no longer do heavy cleaning or drive the car, for example.

- \* Make it a family project. Join together to research the services that are available. If possible, include your brothers and sisters in the project.

- \* Do it before it's too late.

## Plan your vacation

Want to have a fabulous vacation? Here are a few hints on how to have the best one ever. Not every family member wants the same thing you want out of a vacation.

It's important to find out what each person wants in a vacation. For example, if one person wants a break from cooking, others should be prepared to pitch in on cooking chores or planning restaurant meals.

A person who is tired of daily commuting and the "rat race" may prefer to sit on the beach, reading and relaxing. If this is the situation, other family members should be prepared to do sightseeing without that person along.

Sadly, some vacations fail because many people try too hard and plan too many activities or sights to see. They may go at vacations with the same intensity they devote to their jobs. To avoid this

kind of tension, plan shorter, less taxing trips and pre-plan your stops. Few things are more discouraging than a fruitless search for a motel room when everyone is exhausted after a long day's drive.

For young children, it often helps to make a trip seem as much like home as possible. Take along some familiar and comforting objects such as toys or books, and try to keep up daily routines for meals, naps and bedtimes.

And, don't rule out staying at home as a vacation option. Vacations at home can be among the most relaxing and creative. The trick is to fill your days with new activities. Ask yourself, "If we lived far away and came here for a vacation, what would we most want to see and do?" Then, go see those sights and partake of the activities.

## Add pizzazz to veggies

Whether or not you're lucky enough to have a garden, summer is the time to take advantage of fresh vegetable bounty...they'll never look or taste better and, of course, they're loaded with precious vitamins. To make sure your family eats lots—and doesn't get bored—here's a nifty way to zip them up with a quick, simple marinade based on olive oil.

Olive oil has a delicate yet distinctive flavor—and did you know it has no cholesterol?

Try combining one-third cup tarragon or wine vinegar, one-

fourth cup minced onions, two tablespoons chopped parsley and one tablespoon chopped garlic and one tablespoon Dijon-style mustard. Beat with wire whisk to blend, toss with vegetables and marinate two hours or overnight. Drain and broil or grill the vegetables individually or in kabobs. Zesty sweet corn, zucchini, tomatoes, onions, yellow or acorn squash, eggplant chunks, carrots, are all tasty in this marinade. While the vegetables cook, brush them with the remaining marinade.

## Stains be gone!!

Summertime brings a desire for more beverages and if you need to remove beverage stains from table linens, here's how. The following treatments are suggested for beverages including coffee, tea, soft drinks, wine and alcohol.

Sponge or soak in cool water. Then, pretreat with prewash stain remover, liquid laundry detergent, liquid detergent booster or paste of granular laundry product and water. Launder using chlorine bleach, if safe for fabric, or an oxygen bleach. Older stains may respond better to pretreating or soaking in a product containing enzymes, then laundering.

Some current folklore on stain removal is just that—folklore. For example, some people use dishwasher detergent to get food stains out of fabric, but this really isn't safe.

Dishwasher detergents are intended for use in closed dishwashers with very hot water. They are so

## Fun doesn't have to cost

Having fun doesn't have to be expensive. Recreation and enjoying leisure time as a family will strengthen ties and contribute to feelings of security and well-being. Shared recreation also helps family members communicate. Here are some kinds of family recreation that do not cost a lot of money.

Take time to hike, picnic, walk, fish, enjoy music, camp, take up a hobby, garden, play softball, study nature and read.

highly alkaline they can irritate your skin if you use them in stain removal.

## Wastefulness due to dated merchandise

American consumers are often accused of being wasteful with their plentiful food supply, even throwing food away. And it hasn't always been clear why this occurs. But recent research conducted in Oregon by food and nutrition graduate student Shirley VanDeReit provides one explanation.

Seventeen percent of all foods were discarded because the food was past the date on the package or for some other time reason. They were often afraid that it was unsafe to consume and they had become confused with quality changes as opposed to safety changes. A simple but costly misunderstanding.

VanDeReit says dates on perishable food items help store managers monitor product freshness and quality. Once the package is home and in the refrigerator, consumers need not worry about safety, only quality—and that's a matter of individual taste.

## Be well-prepared for job interview

Got a job interview? Having the proper documents shows the employer that you did some research and are prepared. Your Social Security card is a must. If you don't have one, fill out an application at your nearest Social Security office and allow six to eight weeks processing time. You will need your birth certificate to start off the process and it's a good idea to bring it with you to the interview.

You should also have your resume, the name and addresses of at least three references, and your diploma or recent grade reports. Other documents that you may need are: working papers, if you are under age 18; Selective Service registration card, if you are a male over 18 years of age; your alien registration card if you are a permanent, resident alien; and your driver's license, if you have one.

Your school counselor can tell you where to apply for these documents.

The resume is the one document that you prepare. It gives a picture to the employer of your personal, work and education experiences. Writing a resume is not that hard if you know exactly what should be included. There are many different formats to choose from and your school counselor should be able to help you pick which one is best for you. Whatever your choice, the resume must indicate:

- \* your name, address, and telephone number
- \* your education experience
- \* your previous work experience
- \* references that will be available upon request
- \* hobbies and skills.

Don't be concerned if you have little or no work experience. Every prospective employer at one point in

the past was a young person just graduating or still in school and looking for employment. There are many people willing to give a young person without experience a chance if he or she shows a desire to learn and take on responsibility.

## Prevent blindness

Experts estimate that 50 percent of all blindness can be prevented and that 90 percent of eye injuries are avoidable. According to the National Society to Prevent Blindness, an estimated 47,000 Americans become blind each year. That's one person every 11 minutes.

Regular eye exams could save the sight of many of these people. Of the two million Americans who have glaucoma, for example, about half do not know they have it because they have not seen an eye doctor.

possible to facilitate a bull's job. Often cattle are moved long distances during the breeding season, such as driving cows to a forest permit. Bulls will arrive in better shape.

The breeding program should be planned so as large a portion of cows as possible will have a chance to be bred prior to turn out on spring pasture or other expansive range.

In this case, use the best bulls first, so that the better bulls will have a chance to breed a large number of cows while the herd is still concentrated. This will maximize the input of these superior bulls on the entire calf crop and especially in the heifer group that will be candidates for replacements.

### Pinkeye

Pinkeye is the common term for a condition described by veterinary pathology as Infectious Bovine Keratoconjunctivitis. This terminology describes a disease condition of cattle which is infectious in nature and causes an inflammation of the transparent cornea, "white" of the eyeball and inside lining membrane of the lids.

A bacteria is the infectious agent usually involved. It may be trans-

ferred and specifically by the face fly. The organism may be carried by the face fly and remain viable for up to three days but it only survives for a few hours on the house fly. Some animals remain as inapparent carriers after they overcome the clinical signs of infection and later serve as a source of infection for a herd outbreak.

Other disease conditions which must be differentiated from pink-eye include "red-nose" and foreign bodies such as awns from June grass, or foxtail. The affected eyes will not heal until these foreign bodies are removed.

Blowing dust and ultraviolet radiation from sunlight may cause enough irritation to initiate pink-eye in a herd, and if combined with a face fly infestation, can result in an explosive herd outbreak.

The clinical signs of infection include wetness of the face due to excess "tearing" from the affected eye, squinting of the eyelids, reddening of the eyelid and occurrence of an ulceration on the transparent cornea. The specific signs evident depend on the stage to which the disease has progressed.

Preventive efforts should generally be directed toward controlling dust and flies. Corrals or fields may

cuisines have their dietary H-bombs, so you have to choose wisely. When dining Italian-style, avoid foods topped with mozzarella cheese, deep-fried dishes, sausages, cream sauce and cheese-cake. Concentrate on pasta with vegetables and tomato sauce, poached or broiled fish, and fresh mixed green salads. And tell the waiter you want the cook to go

easy on the salt.

In Chinese or Japanese restaurants, avoid deep-fried foods, such as egg rolls, sweet and sour sauces, soups or sauces with beaten eggs, and high-fat items such as spare-ribs and fried shrimp. Stick to stir-fried or steamed fish, chicken and vegetables and clear soups with bead curd vegetables and noodles.

## Something yummy to eat and drink

### Citrus Surprise Punch

1 can (six ounces) frozen concentrated orange juice, thawed and undiluted  
1 can (six ounces) frozen concentrated grapefruit juice, thawed and undiluted  
5 cups cold water  
1 bottle (28 ounces) ginger ale, chilled  
1 orange, sliced  
1 pint raspberry sherbert

Combine orange juice concentrate, grapefruit juice concentrate, cold water and ginger ale in pitcher. To serve, place orange slices and raspberry sherbert in punch bowl. Pour punch over top. Serve immediately.

Yield: 20, four-ounce servings.  
The "surprise" in Citrus Surprise Punch is the zesty flavor contrast of raspberry sherbert with orange

and grapefruit juices. Since teenagers have an affinity for soda fountain treats, they'll gravitate naturally to this "ice cream soda in a bowl."

### Tangerine Island Shake

1 can (six ounces) frozen concentrated tangerine juice, thawed and undiluted  
2 cups milk  
1½ cups vanilla ice cream  
Flaked coconut

Combine tangerine concentrate, milk and ice cream in container of electric blender. Process at high speed for 10 seconds until smooth. Pour into tall glasses and garnish with flaked coconut if desired.

Yield: Four, eight-ounce servings.

## Good nutrition gained through food handling

Good nutrition involves more than selecting the right foods. Proper handling helps preserve the nutritional content of foods.

Temperature and light affect nutrient retention. It is important not to overcook or to use too much water. Use foods when they are fresh and avoid bruising them. Store foods under appropriate temperatures. Try to incorporate cooking water and meat juices in recipes.

### Cucumber Yogurt Dip or Topping

1 cup plain yogurt  
1 cup grated cucumber (drained, remove seeds and pulp first from center of cucumber)  
1 Tbsp. lemon juice  
2 cloves garlic mashed  
2 tsp. sugar or one to two packets Nutrasweet  
2 tsp. salt  
½ tsp. pepper  
¼ cup minced onion

Combine and use as a dip, vegetable dip or topping for fish.

# Initiate effective bull management during breeding season

### Bull-to-Female Ratio

The major goal of any breeding season should be to get the cows settled as early in the breeding season as possible. Defining the optimum bull-to-female ratio is important to a successful breeding season. The number of bulls required to adequately cover the breeding females is related to many factors, some of which are listed below.

### Factors Influencing Bull-to-Female Ratio

Distribution of the breeding females is related to terrain, water availability, carrying capacity—feed intensity, pasture adaptation and pasture size.

Bull variation is caused by age, condition, mating ability, libido, fertility, sperm reserve, social behavior and/or injury.

Management decisions should include length of breeding season, reproductive diseases, breeding intensity and/or amount of observation.

Most of these factors must be considered to define the optimum bull-to-female ratio. Proper management during the breeding season should result in each female being

bred.

### Bull Observation

A good manager keeps an eye on his bulls during the breeding season to make sure that they are getting the cows bred. Injuries to bulls during the breeding are relatively common. When a bull does become lame or incapable of breeding because of injury to his reproductive tract, he needs to be removed from the breeding pasture and replaced by another bull. Occasionally a bull that has passed a breeding soundness exam may have difficulty serving cows in heat, especially after heavy service and low fertility are more detrimental than failure to detect cows in heat to calf crop percent.

Such problems can best be detected by observing bulls while they work. Likewise, a small proportion of bulls can wear out from heavy service and lose interest. These, too, will need to be replaced. The greater number of cows allotted to each bull in the breeding pasture the more critical it is that every bull be ready to work everyday of the breeding season.

### General Management

Good managers do everything

medication should be replaced at least every 12 hours and preferably more often in order to be most effective.

A subconjunctival injection is a good method for providing an extended period of medication from each treatment. The animals' head is well restrained, the upper eyelid is rolled back and approximately one ml of an antibiotic or antibiotic and cortisone mixture is injected with a syringe and needle. The needle is directed under the most superficial layers of membrane covering the white of the eyeball or the inside of the upper eyelid. The medication is gradually absorbed from this site over the next two to three days' time and provides a constant source of medication. One treatment is often sufficient but can be repeated if necessary.

The eye of the bovine species has great healing power and can repair much damage that may occur to it. When the excess tearing has stopped it usually indicates the repair process is well underway. Further treatment is generally not required but a long period of time may be needed for the body to repair previous damage and replace scar tissue.

## The

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## Take a challenge August 2-5, 1988

If you're a seventh or eighth grader and in the mood for a challenge this summer then 4-H Challenge Camp may be for you. The Camp, to be held August 2 through 5, will be conducted at the High Lakes Campground at Trout Lake. The Camp theme is team work: it binds a group together with a firm sense of belonging.

While at Camp, students will hike into the campsite, carry their personal belongings in a frame backpack, sleep under the stars,

learn "no trace" camping, cook over an open fire, identify trees, plants and wildflowers and learn outdoor survival skills.

The registration fee of \$40 will cover food, insurance and supplies. Deadline for registration is Tuesday, July 26. A health card is also required.

All campers and at least one parent or guardian need to attend an orientation meeting Thursday, July 28 at 5:15 p.m. at the 4-H Center in the basement of the old boy's dorm.