

## Consider child care services carefully



As a parent who uses child care services, you may not think of yourself as a consumer. But, indeed, that's exactly what you are.

Considering that your child may be in child care as much as eight or more hours a day, your child care choice is your most important consumer decision.

When you buy a car or washing machine, you shop around, compare quality and prices, ask the dealer questions, and talk to other people using the product. Once you've made your purchase, you continue to evaluate the product as you use it. Is it of the quality you expected? Is it meeting your needs?

When selecting child care or evaluating the child care you're already using, follow the same steps. That is, act like a consumer. Gather all the information you can beforehand. Do comparative shopping. And continue to evaluate the child care after you've enrolled your child.

Changing child care is confusing and disruptive to a child. So try to avoid starting in one child care setting, then finding it unsatisfactory and moving on to another one. Make a wise choice at the start.

That's not to say you should never change child care. But there should be a good reason for doing so. Certainly if the quality of care doesn't measure up to what you expected, or if you notice standards slipping, you should definitely

find new child care. Also, you may have to change child care to meet your child's changing needs as he or she grows.

**The Caregiver**—The quality of any child care really comes back to the person providing it. If he or she is a warm, caring, competent person who has appropriate training and enjoys children, chances are that everything else will fall into place—safety, nutrition, discipline, activities and so on.

**Attitudes**—Note the caregiver's general attitudes toward children. Every caregiver has an overall policy—be it written or informal—on handling discipline and setting limits with children. Is the caregiver's approach one that views children as noisy creatures who need to be kept in line? Or are children seen as people with individual needs, feelings and personalities of their own?

**Activities**—The activities should attend to the whole child, including the child's social, emotional, physical and intellectual development.

Variety is important. There should be time for both indoor and outdoor activities, structured ac-

tivities as well as free play, and vigorous physical exercise as well as quiet time and rest.

Visit the facility during different parts of the day. Compare the atmosphere in the morning, when everyone is fresh, to say, late in the afternoon, when children may be fussy and the adult's patience may be wearing thin. Also, try to stop by at a transition time—such as when children are going outside to play or sitting down for a meal—to see how these are handled.

**Physical Environment**—The child care environment should be safe, clean and attractive. It may look a little chaotic and cluttered—after all, this is a place for children—but it shouldn't be dirty.

Shiny new furniture and all the latest new toys aren't necessarily signs of quality care, either. Used toys and books and secondhand bean bag chairs are just fine—if there's an atmosphere of love, caring and stimulation.

Pay attention to your initial feelings and intuitions. Do you sense that the caregiver genuinely cares about children? Is the caregiver open to talking about policies and answering your questions? Or does

he or she seem impatient or defensive?

Do the children look and sound as though they're comfortable and happily occupied? Does this look like an appealing, homey place?

Imagine being your child and consider one final question: Does this feel like the kind of place that you would enjoy spending your day?

Quality child care for your child depends on both you and the caregiver. Share information with the caregiver about your child's needs, interests, problems, personality—anything that will help the caregiver provide the best care for your child.

If the caregiver has concerns about your child, listen without being defensive and be willing to talk it over.

Remember, you and the caregiver are not competing for your child's affection. No one can replace you. But the caregiver is an important person in your child's life. Both you and the caregiver want the same thing: To do all you can to help your child grow to be a happy, caring, whole human being.

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## Recipes show varied uses for vegetables and salmon

### Chinese Chicken Potato Salad

- 4 medium potatoes (about 1 1/4 pounds)
- 1 1/2 cups cooked chicken meat, cut into strips
- 1 6-oz. package frozen peas, cooked
- 2 cups fresh bean sprouts (or 1 16 oz. can of bean sprouts, drained)
- 1 cup thinly sliced celery
- 4 mushrooms, sliced
- 1/4 cup salad oil
- 3 Tablespoons white wine vinegar
- 1 Tablespoon soy sauce
- 1/2 teaspoon salt
- 1 teaspoon ginger
- 1 Tablespoon chopped coriander (optional)
- 1 pimiento, cut into strips
- Salad greens

Cook potatoes until tender. Peel and cut into long, thin sticks. Arrange potatoes, chicken and other vegetables in a lettuce-lined salad bowl or wok. Make dressing by blending oil, vinegar, soy sauce, salt, ginger and coriander. Drizzle over salad. Chill. Garnish with coriander and strips of pimiento. Makes 6 servings, 250 calories per serving.

### Broccoli Salad

- 1 bunch broccoli, cut in small pieces
- 1 small onion, chopped
- 1/2 cup raisins
- 1/2 cup sunflower seeds
- 2 Tablespoons imitation bacon bits

### Salmon Souffle

- 3 Tablespoons melted butter
- 3 Tablespoons flour
- 1 1/2 cups milk
- 3 well-beaten egg yolks
- 1/2 teaspoon salt
- 1 one-pound can salmon (flaked)
- 3 stiffly beaten egg whites
- 1/4 teaspoon nutmeg
- Dash of pepper

Preheat oven to 325°F.

Make white sauce of butter, flour and milk. Slowly add small amount of sauce to egg yolks, add remaining sauce. Add salt, nutmeg, pepper and salmon. Fold in whites. Bake in buttered casserole or individual baking dishes in slow oven for 45 minutes. Garnish with lemon. Makes four to six servings.

- 1/4 cup yogurt
- 1/4 cup reduced-calorie mayonnaise
- 2 Tablespoon white wine vinegar
- or gourmet rice wine vinegar

Toss all ingredients together and chill several hours or overnight. Serves 8 to 10.

### Potato Soup

- 3 medium potatoes (about one pound)
- 2 10 3/4 oz. cans chicken broth
- 2 green onions, sliced
- 1 large cucumber, unpeeled and diced
- 1 teaspoon garlic salt
- 1 cup plain yogurt
- Dash of pepper

Peel and dice potatoes. Place in a saucepan with chicken broth and onions. Bring to a boil; then simmer, covered, until potatoes are tender (about 10 minutes). Add cucumber, cook three minutes more. Pour half the soup into a blender container. On a low speed, whirl until smooth. Pour into large bowl. Whirl remaining soup with seasoning and yogurt. Add to first half, stirring to blend. Chill and serve in mugs or tall glasses garnished with a green onion or cucumber stick. (Makes seven, one-cup servings; 90 calories per serving.)

Variations: Omit the diced cucumber and substitute one of the following: Two cups sliced asparagus; 1 1/2 cups chopped broccoli; two cups spinach leaves or two cups grated zucchini.

## Cover all bases when remarrying

Remarried couples face special financial situations. Old methods of handling money may be inappropriate. The divorce rate for second marriages is higher than for first marriages; 54% of women and 61% of men in their 30s will divorce a second time.

Some of the problems remarried families face are:

—Limited discussion about finances prior to remarriage.

—Men feeling torn between financial demands of two families.

—Women afraid of imposing financial burdens of their children on their new husband and men reluctant to assume financial responsibility for their new wife's children.

—Some men putting off revising wills, life insurance and property titles. Both men and women reluctant to disclose all their assets. Women hesitating to reveal their financial status and wanting to rathole money because they fear another divorce.

—Financial uncertainty for the custodial parent who must rely on their former spouse for child support payments.

—Now spouses in noncustodial families fear their salary may be used to justify an increase in child support payments.

—Unclear financial responsibilities regarding medical, education and other needs beyond child support payments.

Some suggestions for remarried couples are:

—Communicate about mutual values and goals.

—Understand past decision-making and spending styles and agree on current styles.

—Decide how to handle current financial responsibilities including existing debts, spousal support payments, child support payments, support of elderly parents.

—Agree to pool or separate finances.

—Develop and use a family spending plan.

—Settle legal questions like custody of children, guardianship, property ownership, wills and estate planning.

## Preserving fish entails several steps

Smoking has long been used as a mean of temporarily preserving fish. The steps in the smoking process are necessary not only for safe preservation, but also to produce good flavor and aroma. Carp, suckers, buffalo catfish, salmon, trout and chubs may be successfully smoked. A safe, high quality product can be produced using the following brining and smoking procedures. Certain steps in the

brining and smoking process require careful attention.

### BRINING

• Use correct amount of salt in the brine.

• Use enough brine for a given amount of fish.

• Temperature during brining must be no higher than 40°

• Use similar size and kinds of fish in the brine.

### SMOKING

• There should be uniform heat treatment of all fish in the smoking chamber.

• The fish flesh should be maintained at 180°F for total smoking period.

### STEPS FOR SAFE SMOKING

• 1/2 cups salt to one gallon of water for 12 hours in refrigerator, OR

• 4 cups salt to one gallon cold water for 15 minutes.

Remove fish from brine and rinse. Place short stem of a meat thermometer in thickest portion of flesh or largest fish. Put fish in smoker when temperature is 100°F. You will need a second thermometer to measure this.

During smoking, air temperature should rise to 225°F. Fish flesh should reach 180°F and be kept there 30 minutes.

Smoked fish must be stored in refrigerator within one month.

Use only hard woods for making smoke. Maple, oak, alder, hickory, birch and fruit woods are all good for smoking. Do not use fir, spruce, pine or cedar.

### STORING

Store smoked fish in a porous material such as cloth or paper towels. This will retard mold growth on fish. The cloth or paper towels will absorb any moisture that may result from "sweating", a process where moisture moves from the fish to the inside of the bag, causing a wet spot where mold can grow. This is especially severe if warm, plastic-wrapped fish is placed in the refrigerator up to two weeks. For extended storage, tightly wrap and freeze smoked fish.

## Discuss phone bills

College students frequently purchase telephone service. Although convenient, telephone bills are a common source of disagreement among roommates unless there is a clear understanding about payments.

Avoid disagreements by deciding in advance how costs will be split among roommates. Who will pay the deposit, installation and equipment charges? If more than one name is listed in the telephone directory, there is additional cost.

Decide how monthly costs will

be divided, when they will be paid and by whom. Usually each roommate is responsible for their own long distance calls. It helps if each person keeps a record showing the date and number called.

Remember, regardless of the arrangements among roommates, the telephone company will look for payment from the person who contracts them. You could end up paying for your roommates' calls.

Communication and understanding among roommates early might prevent misunderstandings.

## Take care of sewing machine

Taking the time to care for your sewing machine will assure you that it will always be "ready to stitch."

Probably the most important thing you can do is to keep it clean and oiled. When you finish sewing for the day, take a minute or two to clean the bobbin area. Lint collects, which contributes to stitching problems.

When cleaning your sewing machine, use a lint brush (comes with the machine), a pipe cleaner

or an air canister. Never blow into a sewing machine since your breath is also humid. After cleaning the bobbin area, then add a drop of oil. Most manufacturers recommend cleaning and oiling after every ten hours of sewing—some say after three or four hours.

After oiling then stitch a few rows of fabric scrap to run the oil through the sewing machine system.

A few minutes of "care" will result in a machine always "ready to stitch!"

## Treatment and prevention of "cancer eye" detailed

Bovine ocular squamous cell carcinoma, commonly called "cancer eye", is one of the more serious problems faced by ranchers today. Although the disease occurs in several breeds and some cross-bred animals, Herefords are most commonly afflicted. The cause of the disease is unknown. Genetic predisposition of the Hereford breed together with prolonged exposure to ultraviolet light in the sunny climates of the West appear to be contributory factors, however.

Various forms of therapy have been developed to treat cancer eye including traditional surgery, cryosurgery (freezing the tumor), hyperthermia (heating the tumor), radiation and immunotherapy. The effectiveness of each of these treatments depends on the location of the tumor and whether it has invaded the underlying structure. Normally, tumors in the eyelid spread more quickly than those on the eyeball itself. Tumors on the eyeball tend to grow out from the surface rather than go in.

Traditional surgery does not always cure the disease. Normally, a 40 to 50 percent recurrence can be

expected. Additionally, cancer may have spread to the draining lymph nodes of the lesion (under the ear and jaw) before surgery and will continue to grow. A visible lump below the base of the ear usually indicates an invasion of the lymph system. Animals with this condition will be condemned at slaughter. Thus, a one-eyed cow presented at slaughter is always suspect for cancer.

Hyperthermia and cryosurgery can be more useful than traditional surgery if treatment occurs before the tumor has invaded underlying structures. These methods can usually save the eye. If extensive invasion has occurred, traditional surgery should be the treatment of choice. Radiation has not proven to be practical in the treatment of cancer eye and immunotherapy is still in the experimental stage.

Two considerations about cancer eye treatment: No method is 100 percent sure, and all treatment should be considered temporary procedure. For example, treat a cow with a small calf at side to allow her to raise the calf and then sell both in the fall. Heifers should

not be kept because the tendency to have cancer has relatively high heritability, and so they can pass it on to their offspring and future generations. Experience indicates that once a cow has cancer eye, she will probably get it again, although it usually will occur somewhere else or in the other eye.

Many producers are dismayed to find animals afflicted with cancer eye which were clean a few months previously. This unpleasant experience can be avoided to a large degree by learning to recognize early eye tumors, which are not yet cancerous, and treating them before they turn malignant. In other words, producers can practice preventive medicine in the case of cancer eye.

Most people have no trouble recognizing cancer eye, yet few recognize benign or precursor lesions—70 percent of which can become malignant—which are highly treatable. Precursor lesions on the eyeball are known as plaques or papillomas. They are easily recognized as white or pink growths at the edge of the colored part of the eye. On the eyeball itself, almost all

tumors are on the line where white joins black. Few tumors originate on other parts of the eye. Lesions in the center of the pupil are usually the result of pinkeye or physical damage and are usually not precancerous.

The third eyelid is the most common site for malignant tumors on eyelids. On the lower eyelid, these small tumors are often crusted over with scab-like material which resembles the dried eye matter which is always present. If the growth appears to be attached to the eyelash, it is probably merely dried eye matter. If the growth appears to be attached directly to the lid and removal of the scab reveals a small growth and perhaps a bit of bleeding, then it is probably a precursor lesion and is highly treatable. Remember, these precursor lesions have not yet invaded the deeper structures. Since they are more surface-oriented, they are highly susceptible to treatment.

Multiple tumors or precursor lesions (three or more) have been shown to indicate that a particular cow is prone to have cancer. The tendency to develop cancer eye is a

highly heritable trait. This was first reported in 1949 by Dr. John Knox of New Mexico and has been shown by various workers since that time. This heritability level is thought to be about .30, which is about the same as for weaning weight. Thus, selection against cancer eye can be a relatively effective tool. Do not save heifers from cows with cancer eye, particularly if the problem developed when the cow was young. Eliminate bulls with this trait. Brown pigment around the eyes

has been shown to decrease the incidence of cancer in eyelids. The brown around the eyes is a somewhat heritable trait that can be selected for.

Preventive medicine is important. Early recognition and treatment of benign eye tumors can drastically reduce the incidence of cancer eye in any herd. Close observation and treatment of precancerous lesion, used in conjunction with good culling practices, can lower the incidence of cancer.

