

Winter months may be the "sick season" for you

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 routine. They miss school and physical activity and are usually isolated from other children. The limited activity and discomfort of sick children bring 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 regressions, says Marcella Straatman, Oregon State University Human Development Specialist. The most self-sufficient youngster may react to the sickness by thumb sucking, bed wetting and whimpering to be fed. Sadness or depression is another reaction. A child expresses depression through irritability, boredom, or a constant need for stimulation.

Although it is difficult not to disapprove of the child's behavior, it's important to supply personal warmth, understanding and acceptance. Straatman points out. Just keep in mind that as the illness gradually decreases, the child will return to normal behavior.

Being sick is scary for children so an important part of their care is your own calmness. Taking temper-

atures, giving medicine or toileting has to be handled calmly to minimize a child's anxiety. Agree with them that some things required of a sick person are not pleasant, but it will soon be over. Chatting about what is going on with their body; why they vomit; how they got sick are all reassuring and helps them realize they will soon be back to normal. They also like to talk about how other kids they know felt about their sickness experience: what they got to eat and drink, or to play with.

Think back to the care you had as a sick child and some special things will be remembered, Straatman says. "I remember eggnog," says one mother. "How I loved it. We only got it when we were sick." Now her sick children enjoy eggnog as a "sick time" specialty.

Like all of us, children enjoy being indulged when they are sick. Finding a quiet spot near family activities relieves the feeling of isolation. While recuperating, a bed on the couch in the living room allows children to watch favorite television shows, play games with a sibling, and be part of everyday family activity. Toys, play materials and books keep children occupied. However, sick children do not concentrate as long as usual so avoid toys or activities requiring a lot of concentration. Toys require a lot of space or having small pieces are troublesome in bed. A large tray placed on the bed is useful for coloring or writing. Children over six will play with construction sets, card games or simple handicrafts.

Parents are naturally anxious when a child is ill and restricted to bed, Straatman says. Life goes on and parents need to be firm and

patient. It's difficult to see a child ill. You may react by being over-protective. Children are quick to sense they are in an advantageous position, but that does not mean discipline stops.

Taking care of a sick child can be physically and emotionally exhausting. Your outside activities tem-

porarily cease and you may resent a child's demands. To avoid frustration, make a concentrated effort to have someone take a turn at caring for your patient while you have time for yourself. You'll be a better caretaker and the ill child will be refreshed by a different person to interact with from time to time.

TURKEY: Various types, preparation methods offered

Turkey and wild rice are American classics for the holidays. Even though you may plan a small gathering, you can enjoy the best of the season's food traditions.

Easy celebrations begin with fresh, boneless turkey cuts instead of a whole bird. Each boneless turkey store cut—fresh turkey breast roast, turkey breast tenderloin and turkey breast slices—is high quality meat that cooks quickly. For your festivities, match the versatile turkey slices with orange marmalade and fresh cranberries for Orange-Cranberry Preserves over Turkey Slices.

This elegant meal is complete with a side serving of seasoned wild rice, fresh green beans and hot biscuits. The whole menu can be prepared in about an hour: the time it takes to steam the rice, whisk together the tangy sauce and brown the turkey slices. It's holiday fare without all the fuss.

Fresh Cranberry Sauce
2 (12 oz.) packages fresh or dry packed cranberries, rinsed and sorted
5 cups sugar
½ cup water
½ cup lemon juice
2 teaspoons cinnamon
1/3 teaspoon ginger

1. In large kettle, combine all ingredients except cranberries. Mix well and bring to boil.
2. Add cranberries, return to a boil.
3. Reduce heat; boil gently uncovered 35-40 minutes. Stir frequently.
4. Spoon into sterilized jars to within ½-inch of top.
5. Tightly place lid and band on each jar. Process in boiling water bath for 10 minutes.

Orange Cranberry Preserves over Turkey Slices
Wild Rice
4 slices bacon, cut into ½ inch pieces
2 carrots, thinly sliced
2 celery stalks, sliced
½ cup chopped onion
2 cups water
½ tsp. thyme leaves
½ tsp. salt
½ tsp. pepper
1 cup long grain wild rice
1 cup chopped fresh parsley

In two-quart saucepan, cook bacon, carrots, celery and onions over medium high heat, stirring occasionally, until bacon is browned. Add water, thyme, salt and pepper. Continue cooking until water comes to a boil. Add rice and parsley. Cover; reduce heat to low. Cook until water is absorbed and rice is tender, about 35 to 40 minutes.

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Preserves
2 tbsp. butter or margarine
10 oz. jar orange marmalade
1½ cup fresh whole cranberries
1/3 cup firmly packed brown sugar
½ tsp. ground ginger
In two-quart saucepan, combine all preserve ingredients. Cook over medium heat, stirring occasionally, until cranberries begin to pop and sauce is thickened (5-6 minutes).

Turkey
2 tbsp. butter or margarine
1 pkg. (About one pound) turkey store fresh turkey slices
½ tsp. salt
½ tsp. pepper
In 10" skillet, melt two tablespoons butter or margarine over medium high heat. Add turkey slices; sprinkle with salt and pepper. Cook until turkey is no longer pink, about two minutes on each side. Serve turkey slices with wild rice. Spoon sauce over turkey slices. Yield: 4 servings.

Aromatic Stuffed Turkey Breast
½ cup finely chopped onion
½ cup finely chopped carrots
2 cloves garlic, minced
1 Tbsp. vegetable oil
1 pkg. (10-ounce) frozen chopped spinach, thawed and drained
½ pound minced ham
1 large egg, lightly beaten
¼ tsp. each crushed fennel seed and thyme

¼ tsp. each salt and pepper
1 whole fresh turkey breast (5-7 pounds) ready for stuffing

To prepare stuffing, cook onion, carrots and garlic in oil in skillet over low heat about seven minutes or until softened. Stir in spinach, cook and stir three to five minutes longer until moisture is evaporated. Remove from heat. Add ham to spinach mixture, stir in egg. Add fennel, thyme, salt and pepper. Blend well and set aside to cool. Cover stuffing with plastic wrap and refrigerate overnight.

When ready to cook, lay flattened turkey breast on cutting board with inside meat facing up. Spread an even layer of stuffing over meat. Roll meat around stuffing and tie in several places with string to secure shape. Cover turkey roll with reserved skin. Place in lightly oiled ovenproof dish and drizzle top with oil. Bake uncovered in 350F oven about 1 hour, 15 minutes until inside meat juices run clear. Discard protective skin. Cut one-inch thick slices to serve. For buffet service, arrange slices on platter. Cover with plastic wrap until serving time. Make eight to 10 servings.

Select beef feed carefully

As livestock are brought in from the range it is important that the nutritional requirements, which include the needed energy to maintain body heat and for growth, be met.

Since the requirements are different for each class of livestock it is important to develop a ration for each specific class. If livestock are grazing on range utilizing dry grass, or aftermath from wheat or other crops, there should be some type of supplementation. With the rise in feed prices, for both grain and hay, and the outlook for continued price increases, it is important to supply feed that is the least costly but provides the nutritional requirements. A good example is feeding grass straw.

Beef buying seminar set for Dec. 10

Excell Corporation is the major processor of beef in this country. Several years ago, they implemented a different system for buying live cattle. With help from Texas Tech University they developed a system of grading live cattle for what they would look like on the rail. Using this, Excell would pay a premium for certain types of cattle and dock other types. Initially this met with a resistance by some sectors of the cattle industry. Some thought it was only a passing interest but Excell persevered. Excell is now

selling more beef in the northwest than ever, and Iowa Beef Packer (IBF) recently announced that they will begin buying cattle on type. Even if you don't sell directly to Excell or IPB, you will likely be affected by their buying tendencies.

On December 10, at the Jefferson County Fairgrounds, the OSU Extension Service and the tri-county Cattlemen will be presenting a workshop "Selecting Cattle on Type" beginning at 8 a.m. Dr. Bob Long, from TTU and Dr. Dell Allen from Excell will present an

indepth discussion of their program. There will be live cattle on hand from which they will select. This program may be our only chance to get the specifics on the Excell buying system.

The cost for the one-day seminar is \$15 is you pre-register by November 30, otherwise the registration cost is \$25.

If interested, register at the Range and Ag office or the Warm Springs Extension office prior to November 30 for free tuition. Registration fee after November 30 will need to be paid by the individual.

Riparian areas need management

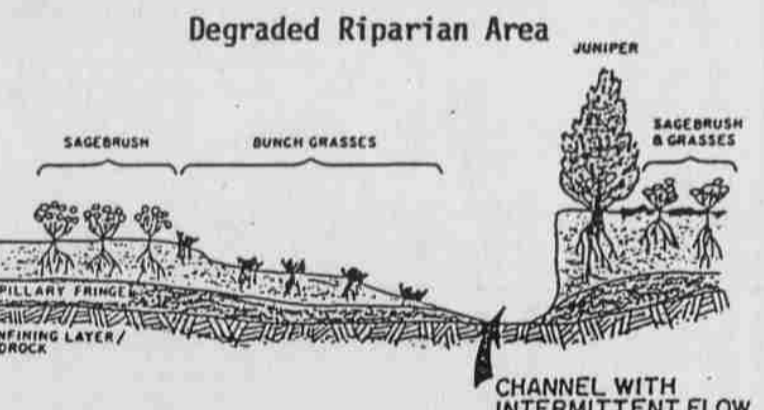
Over the last couple of years, there has been considerable discussion over the value and proper management and use of riparian areas.

What are riparian areas? Riparian areas are those areas adjacent to streams where wet soils predominate. Riparian areas are easily identified because vegetation in these areas is quite abundant and green nearly year-round. Generally, plant species that are water-loving (or water tolerant) are most abundant. These include willows, alders, cottonwood, grasses, sedges, rushes and a whole host of shrub species. The roots of these plants, particularly of the large, woody vegetation, help hold the riparian area together.

In eastern Oregon, riparian areas are divided into three distinct zones. The most obvious zone is the aquatic zone. This includes the free-flowing stream. Located immediately upslope from the stream is the riparian zone. Within the riparian zone reside many plants that protect the stream bank and provide shade to maintain cool water temperatures. Further upslope from the stream lies the upland zone. Although the vegetation in the upland zone is not as lush as in the riparian zone, the upland areas still influence the stream by providing some shade and serving as a source for woody debris input. This debris (rotten logs) creates pools (habitat) important for fish rearing and is an energy source for other aquatic organisms which the young fish prey upon.

Why riparian areas are important
Riparian areas are extremely important to the health of our watersheds. Like arteries and veins in the human body that deliver oxygenated blood to our muscles and transport bodily waste out, riparian areas, too, take on likewise similar functions within our watershed. For example, riparian areas help to regulate waterflows by reducing the intensity of flood waters and, at the same time, help maintain constant waterflows during the dry summer months.

Vegetation within the riparian areas screen out suspended sediment during high flows, thus maintaining water quality. When this suspended material falls out along the stream, the stream bank continues to build up and, in so doing, helps provide a major storage area for additional water. The "reservoir" of water is then later released



to maintain stream flow even during the dry summer months.

Riparian areas are also home to fish and many other water-dependent species. Upland birds and big game such as deer and elk use riparian areas for travel corridors, for feeding and for thermal cover during the summer. During the dryer months, the riparian areas are heavily used by big game because of the abundance of green vegetation and cooler temperatures.

The riparian areas are important to society as well. They are extensively used for cattle grazing. These areas are an important source of feed and water for livestock. Of course, riparian areas deliver the water to towns and cities below. Riparian areas are also important recreation areas, particular for fishing and camping.

Conflicts within the riparian areas

It's in our own self-interest to manage riparian areas wisely. Degradation from improper logging, over-grazing and excessive recreational use can lead to a decline in health of riparian zones. Severe degradation reduces grass, shrub and hardwood cover so that they no longer screen out suspended sediment or hold the soil with their roots. With the lack of streamside vegetation, water velocity increases, adding to the stream's erosive force during high flows. Steep cutbanks and gullies within the stream chan-

nel result. Over time, the stream channel widens and becomes very shallow. In addition, with the lack of water storage adjacent to the stream, the stream may no longer flow year-round. With little streamside vegetation, water temperatures can rise to the point where fish may no longer be able to tolerate in-stream conditions. This degradation process undoubtedly reduces the carrying capacity of the entire watershed.

Summary
Current riparian management seems to be in the area of restoring severely impacted streams. Although this is needed in many areas, we need to also recognize that the stream and riparian zone is but a small part of the watershed. We need to focus our attention on the upland areas as well, as the management of these areas can have great impact on the stream and riparian zone below.

Careful monitoring of our management practices in and around riparian zones will ensure their health. By periodically inspecting or checking the "pulse" of our streams and riparian areas, we can make a determination as to the overall health of the "patient"—the watershed. A proper diagnosis can go a long way towards prescribing treatments that will maintain a productive system for the future.

4-H builds youth positively

4-H is an informal, practical, learning-by-doing educational program. It helps youth establish real-life goals and become competent, productive citizens. 4-H gives young people an opportunity to take an active part in learning about and solving problems that face them and their communities. Often the knowledge and skills they develop through 4-H work opens the door to a lifetime of personal growth.

Today's 4-H program is for all youth—rural and urban—from all racial, cultural, economic and social backgrounds. It reaches girls and boys in a variety of ways: as members of organized 4-H clubs; as participants in special interest groups; as enrollees in short-term projects. It reaches them through television, camping and other educational methods; and in programs planned to meet specific needs of youth and the communities where they live.

4-H involves young people everywhere—in big cities and little towns, in the country and in the suburbs, on Indian reservations, and in the

District of Columbia, Puerto Rico, Virgin Islands and Guam. Activities are typically conducted in the homes of members or their leaders, in school, or in other community buildings. 4-H is found wherever professional Extension personnel and volunteer leaders are available to conduct the program.

Youth organizations in more than 80 countries around the world have adapted the 4-H idea. Opportunities for individual, club, community, state, national and international projects and activities are available through 4-H.

Instead of graham crackers, try

Orange Wheat Crackers
These tasty wheat crackers have about half the calories and one-third the sodium of graham crackers, their off-the-shelf counterpart. Serve Orange-Wheat Crackers with low-calorie fruit spread.

1 cup all-purpose flour
1 cup whole wheat or rye flour
¼ cup packed brown sugar
2 tps. baking powder
1 tsp. finely shredded orange peel
1/8 tsp. salt
½ cup margarine or butter
2/3 cup orange juice

In a medium mixing bowl, stir together flours, sugar, baking powder, orange peel and salt. Using a pastry blender, cut in margarine or butter till mixture resembles coarse crumbs. Stir in juice, one tablespoon at a time until mixture is moistened. Form into a ball. On a well-floured surface roll dough, half at a time, to 1/16-inch thickness. Use a floured 2½-inch fluted round cookie cutter to cut crackers. Prick each several times with fork. Place on an ungreased baking sheet. Bake in a 350F oven 12 to 15 minutes or until golden. Makes 72 crackers.

Nutrition information per cracker: 36 calories, 0 gram protein, 5 grams carbohydrates, 2 grams fat, 0 mg. cholesterol and 36 mg sodium.

Guide/Library available

Since 1983, the cow-calf management Guide and cattlemen's Library has been available through our office. Approximately 20 have been sold. This has been a good reference for the producer. The Guide and Library is coordinated with seven western states. Are you getting the updates? This reference is designed to provide continual updates as

new information is developed. Since it was written, several sections have been updated and others are planned. If you are not getting the updates, let me know. I'll see that your name is added to the list. For individuals interested in purchasing the Guide/Library, the cost is \$35. per copy.

The OSU Extension Staff wishes everyone a safe and enjoyable Thanksgiving Holiday!

Try your word skills on this

M S M U R O B O F O R C E
Y T R A N S F O R M E R S
L R M O N C H H I C H I N
I A C S S A R Q Q Q M U O
T W A T D R M Q * Q L P G
T B B R I E E A B E S O A
L E B A K B P O E F B L R
E R A W H E A X R O Z E D
P R G B C E C U T C Q P D
O Y X E T Y M S X A C O N
N S C S A S A A B B A S A
Y H R R P S N O N B B I S
D O N K E Y K O N G B T N
O R R V G I J O E D A I O
N T D P A C M A X X G O E
G C A B B H E M A X X N G
C A R E B E A R S V V K N
K K O N A P O O C H I E U
R E B U C S K I B U R V D

Hidden in this puzzle are the names of 18 toys and games that have starred on TV shows in the past—or will do so this year. The names go up, down, across and diagonally. How many can you find?

Flannel sheets make ideal gifts

If you and your family haven't discovered flannel sheets yet, this may be the year. Consider flannel

sheets for cozy, colorful family Christmas gifts. They have a soft, thick, fuzzy texture that feels warm for winter use. Flannel blends containing more polyester than cotton will wear longer. However, sheets of 100 percent cotton will be less likely than the polyester/cotton blends to pill. Look for these 100 percent cotton sheets through mail order sources or stores and compare prices. But be prepared, no matter what the blend, flannel will probably cost more than regular woven fabrics. Prolong the life of flannel sheets by reversing (top to bottom and inside out) sheets each time you put them on the bed.