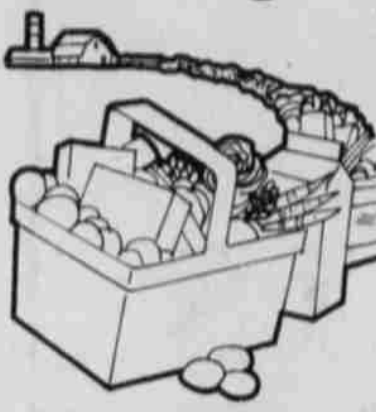


Home gardens and children grow together



Children's enthusiasm and curiosity are a perfect match for home gardening. Whether they are tending their own private patch or are contributing to the family vegetable garden, youngsters can have the satisfying feeling that comes from seeing their efforts transformed into successful gardens.

But how can adults help kids develop the attitudes and gain the basic knowledge they will need to become gardeners?

First of all, avoid presenting

gardening as something that is good for kids. Although it is certainly true that participating in a family or community garden can help young people learn about cooperation and sharing, kids are more attracted to an activity they think will be fun than one that is character building.

To ensure that gardening is fun for youngsters, start with some realistic goals. Let a first-time vegetable gardener plant and care for one row of beans or a small patch of lettuce or peas. These are vegetables that are easy to grow, quick yielding and generally are eaten by kids. Radishes, on the other hand, are easily grown, but most young gardeners won't even consider eating them.

A child's flower garden need not be a large one, either. An out-of-the-way part of the yard can be fine as a starter flower bed. Let kids experiment with different easily grown annuals such as marigolds, zinnias, pansies, salvia or impatiens. The arrangement and color

scheme may not appeal to your adult taste, but it is very important to show support for the youngster's choices.

When teaching young people about gardening techniques, it is best to stick to the basics. Explain how to sow seeds, set out transplants, weed, water and fertilize plants. But don't overwhelm kids with too much information, or

they will be turned off by the whole process.

Because kids love to see pictures of themselves, you can photograph them at work or as they bring in the harvest. Try making favorite recipes of theirs using the produce they have grown, or mention to family and friends that the kids grew the flowers that are in the living room vase.

Tired lilac bushes may need healthy pruning

Lilac shrubs that aren't blooming as much as they did a few years ago may need some pruning to regenerate their vigor.

Through the spring or early summer bloom period, lilacs are doing more than just creating beautiful flowers. They also are producing their new annual growth and next year's blossom buds.

This growth pattern means there is no time of year that a lilac can be pruned without removing some

flower buds.

To get around this, prune the shrub so that only non-flowering wood is removed. Flower blooms are produced from large buds on the ends of vigorous new growth.

Prune out the lateral and spindly growth that rarely produces blooms. Both types of growth are usually best removed in the winter but can be cut out any time of year. Annual pruning, though not essential, will keep the lilac bush in good health.

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Extension Service
Phone: 553-1161, ext. 238 or 239

Warm Springs Challenge Camp August 8 - 11, 1989

Open to students just completing
sixth, seventh and eighth grades
Trout Lake Campground
Watch for brochures

Watch for special sales

Shopping at special sales can be a good way to save money. Take advantage of special sales if they offer products and services you need at lower prices. But sometimes the word "sale" can catch the eye and end in an unplanned rush to the store.

Businesses offer sales for many reasons: To make room for new merchandise, to sell surplus or old items, to encourage you to come into the store, and to introduce new products. For example, clearance sales are generally used to sell items left at the end of the season or discontinued models. Anniversary and special promotion sales (such as back-to-school) are used to increase sales.

Shopping sales can be a good way to save money. But remember: Nothing is a bargain unless you need it.

Know the price of the item when it is not on sale. The time, money and energy spent getting to the sale may offset savings.

For the best bargains, shop at the beginning and the end of a big sale.

Be alert and watch for damaged articles.

Know the store's policy about returning sale items.

Sales to watch for include the following.

January—After-holiday clearance sales, white sales (sheets, towels)

February—Washington and Lincoln birthday sales

April—After Easter clothes sales

May—Memorial Day sales

July—After the 4th of July, look for sales on swimsuits and summer items.

July and August—White sales

October—Columbus Day sales

December—After-Christmas sales begin December 26.

Consider children's, working moms' situations

Household operations have become so much more efficient and family size is smaller so we cannot be certain that today's child with a working mother receives less attention than yesterday's child with a nonworking mother.

With more efficient households, women, with tiny children, may no longer need to make more sufficient and deep use of their abilities.

Due to higher employment rates for women, smaller family size and longer life expectancy, motherhood has come to occupy less of a woman's adult life and work has come to occupy more.

In the quality of mother-child interactions during the first years no difference could be found between working and nonworking mothers.

In divorce, the mother's job helped her cope more effectively, psychologically and economically.

It has been found that there are no negative effects among school children due to the fact that mothers often compensate for their absence by increasing the amount of direct interaction with the child when they are home.

Approximately one out of three marriages in this country involves a remarriage of previously divorced or widowed persons. Most divorced persons remarry within five years—75 percent of divorced mothers and 80 percent of divorced fathers. People who have been widowed tend to remarry within three to four years. This means that approximately 12 to 13 percent of all children under 18 years of age are currently living in blended families.

The tasks facing a blended family are difficult but well worth the effort of establishing a new family unit. It is important, however, to recognize problem areas so that solutions can be found.

Problem Areas—
Complex Family Structure: A

Among preschool children's social competence, it was discovered that the most competent children had mothers who worked and were sensitive to the fact that their work presented the child with a special situation that needed to be considered.

In the dual-career family, the father is less likely to have a second job, and as a result, has more time for the family.

...Money Matter\$ available

If you've ever wondered where the money goes, how to make a budget, or how you are doing financially, the Oregon State University Extension Service has a publication for you.

It's called "Your Money Matter\$." It is written especially for couples and parents.

Your Money Matter\$, available without charge, covers budgeting, use of credit, understanding insurance and savings. Worksheets are included to help readers analyze their own situations.

Your Money Matter\$ is available from the Warm Springs Extension Office. Stop by on the second floor in the Old Administration Building or call 553-1161, ext. 238 or 239.

remarried family is the joining of two family units. The new family can involve two sets of mothers and fathers, additional siblings, and many new cousins, aunts, uncles and grandparents. The time demands from such a complex structure are staggering.

Rules: Blending two families means a new set of rules that are shared by both families.

Loyalty: Children usually feel tremendous loyalty to their custodial parent and noncustodial parent. The new spouse entering the family can be viewed as a threat as the new person begins to bond with the family. Developing a relationship with a new family needs lots of time, patience and negotiation—especially if a child is older.

The data suggest that the working mother is more likely to encourage independence in her children.

The findings suggest working mothers provide models for what, most likely, the future holds for their daughters.

Most of the studies show positive effects for a mother's employment during a child's adolescent years.

Low-calorie recipes...

Nutritious foods non-fattening, too

Low-Cal Pie Crust

2 Tbsp. margarine
2/3 cup fine whole wheat bread crumbs
1/2 tsp. ground cinnamon
1 Tbsp. brown sugar

Grease an 8-inch pie plate well with margarine. Combine dry ingredients. Mix thoroughly and sprinkle over the surface of the pie plate, covering it well. Bake 5 minutes in 350 F oven until lightly browned. Add filling and refrigerate.

1/10 cheesecake with fruit—about 275 calories.

Rhubarb Jam

5 cups rhubarb
5 cups sugar

1 large can crushed pineapple
1 large package strawberry gelatin

Combine rhubarb, sugar and pineapple. Boil for 20 minutes, stirring occasionally. Remove from stove. Add strawberry gelatin, stirring until dissolved. Seal in sterilized jelly glasses.

No-Bake Low-Cal Cheesecake

1/4 cup water
1 packet unflavored gelatin
1 8-ounce package Neufchâtel cheese
1 15- or 16-ounce container ricotta cheese, made with part-skim milk
1 8-ounce container plain, low-fat yogurt
2/3 cup sugar
1 or 2 Tbsp. lemon juice (optional)

Low-cal pie crust
Fresh, frozen or canned fruit (the more extra fruit, the better and bigger the piece of cheesecake look)

Sprinkle gelatin on water; heat slowly until gelatin dissolves. Mix cheeses, yogurt, sugar and lemon juice. Add cheese mixture gradually to gelatin; stir. Pour over pie crust in pan. Chill at least two hours (or 1/2 hour in freezer) so pie will slice nicely. Spoon fruit over pie slices as you serve them.

Rainbow delight variation: use a "rainbow" of fruits to garnish the cheesecake, by selecting fruits of every color in the rainbow. Arrange each fruit in a circle around the cake.

Crispy Chicken

Unlike fried chicken, this recipe is low in fat and calories, yet is just as yummy.

1 whole or cut-up chicken fryer
1/2 cup low-fat milk
1 cup cornflake crumbs
2 tsp. rosemary
1/2 tsp. pepper

Mix cornflake crumbs, rosemary and pepper in a plastic bag. Dip a piece of chicken in the milk. Put in the bag and shake. Place pieces on a foil-lined baking pan. Repeat third step for each piece of chicken. Bake at 400 F for 45 minutes or until done. This recipe serves five.

Whole Wheat Waffles

Whole wheat flour and oat bran replace all-purpose flour in this high-fiber breakfast treat.

1 cup whole wheat flour
1/2 cup unprocessed oat bran
2 tsp. baking soda
1/2 tsp. salt
1/2 tsp. ground nutmeg
1/2 tsp. ground cinnamon
1 cup nonfat buttermilk
1/4 cup unsweetened orange juice
2 Tbsp. vegetable oil
1 egg
Vegetable cooking spray

Combine first six ingredients in a medium bowl; stir well and set aside. Combine buttermilk and next three ingredients in a small bowl; stir with a wire whisk until blended. Add to dry ingredients, stirring just until moistened. Coat a waffle iron with cooking spray, allow waffle iron to preheat. Spoon 1/2 cup batter per waffle onto hot iron, spreading batter to edges. Bake five minutes or until steaming stops. Repeat procedure with remaining batter. Serve topped with fresh fruit.

Yield: Six, four-inch waffles about 166 calories each.

Spicy Breakfast Sausage

1 lb. ground turkey
1 egg or 2 egg whites, slightly beaten
1/3 cup dry bread crumbs
2 green onions, minced
1 clove fresh garlic, minced
1/2 tsp. fennel seed, crushed (optional)
1/2 tsp. each pepper flakes, salt and nutmet
1 Tbsp. oil

Mix together all ingredients except oil. Form into eight patties. Brown patties in hot oil three to four minutes on each side. Makes eight servings.

Hints make cleanup a snap

Wash out blenders and food processor between recipe preparations by half filling them with water. Add a few drops of hand dishwashing liquid and turn the appliance on for a few seconds. Then, thoroughly rinse out the blender or food processor with water and turn it over to drain for a minute or two.

Food graters will be a snap to clean if you brush a little vegetable oil on them before using. Food won't stick in the holes that way.

Protect against oven spills by placing a piece of aluminum foil under the baking dish. But if spills mar your clean oven during baking, pour salt over the spills immediately. Then, just brush off the

How fast do you walk?

When done briskly, walking will keep you fit. To get a rough estimate of your speed count how many steps you take per minute and compare the results with this table.

This table is based on 2.5-foot-long stride. If your stride is closer

Walking Speed Conversion Table

Steps/minute	Minutes/mile	Miles/hour
70	30	2
90	24	2.5
100	20	3
120	17	3.5
140	15	4
160	13	4.5
175	12	5
190	11	5.5
210	10	6

burnt food when the oven cools.

Keep a few lemons handy. They're great for removing countertop and

Thinning a must for a healthy, productive garden

Garden vegetables need room to grow and that requires thinning, pulling and discarding some seedlings to provide growing space for others.

Many gardeners plant too much seed and then become so proud of all the plants growing up that they don't thin enough.

Leaving plants crowded in their

cutting board stains. Just squeeze a lemon over the stained surface and rub with a clean cloth.

rows can result in stunted, poorly developed vegetables or no vegetables at all. Most seed packets indicate the proper spacing between plants. Follow these seed packet instructions closely.

A reminder for onions, carrots and beets—they need space to grow both above and beneath the ground surface. The leaves of these plants are essential for gathering the sunlight the plant needs to manufacture the carbohydrates that will be stored in the edible root or bulb.

Encourage young readers

The U.S. Congress has declared 1989 the Year of the Young Reader. It recognizes the importance of encouraging and stimulating positive attitudes among children towards books and reading.

Parents are in a unique position to nurture this love in their children. Reading aloud to children from the very earliest age is the best way to create the reading "habit." These stories can provide some of the best moments you share with your child. Studies show that reading aloud to children also stimulates their language development and provides the best foundation

for their later success at independent reading. The cost is minimal—your local library is your greatest resource. Choose a comfortable spot and a convenient time, pick reading material that is interesting, exciting and short enough to fit the attention span and it's a sure bet that your child will be back for more!

And, remember, children learn by imitation. If they see you and others in the family reading regularly and experience it as a pleasurable activity to share with Mom or Dad, they're on their way to becoming a successful young reader.