

# Keep your cool when dealing with angry child

Handling children's anger can be puzzling, draining, and distressing for adults. In fact, one of the major problems in dealing with anger in children is the angry feelings that are often stirred up in us. It has been said that we as parents, teachers, counselors and administrators need to remind ourselves that we were not always taught how to deal with anger as a fact of life during our own childhood. We were led to believe that to be angry was to be bad, and we were often to feel guilty for expressing anger.

It will be easier to deal with anger if we get rid of this notion. Our goal is not to repress or destroy

angry feelings in children or in ourselves, but rather to accept the feelings and to help channel and direct them to constructive ends.

In dealing with angry children, actions should be motivated by the to protect and to teach, not by a to

punish. Parents and teachers show a child that they accept his or feelings, while suggesting other ways to express the feelings. An adult say, for example, "let me tell you some children would do in a situa-

like this..." It is not enough to tell what behaviors we find unacceptable. We must teach them acceptable ways of coping. Also, ways must be to communicate what we expect of them.

## Be energy efficient

Some experts believe that we waste one-fourth of the energy we Needlessly leaving on a 100 watt wastes about one fluid ounce of oil about 1 and 1/3 ounces of coal) for hour it operates unnecessarily. In

time those "little" ounces add up to thousands of gallons. Some means to help save energy are: Turn off lights when they are not needed.

Close doors to rooms not being and shut off heat or air condition-

ing to those areas.

Make use of FREE heat! Open draperies, and shades on the sunny during the day to let sun warm house; and keep them closed on a summer day.

Keep cold air out in the winter cold air inside in the summer.

Save water by using stoppers in sinks when washings dishes, or and faces.

Use cold water rather than hot you can.

Take five-minute showers instead of baths.

Portable TV and radio sets use energy to operate than console sets.

Color TV costs twice as much to as black and white TV sets and nine times more than radios.

Turn TV and radio sets off when in use and unplug "instant-on" TV when not in use. (This also prevents possible damage during clecstorms).

Use fluorescent light bulbs possible.

Keep light bulbs and shades clean. Light colored paint and/or wallpapers on walls and ceilings of rooms and hallways reflect light and the rooms need less artificial light.

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# Fall webworms are appearing now

Fall webworms are out again in the home landscape spreading their unwelcome webbing all over ornamental trees and shrubs.

Because the damage webworms inflict on shrubs and trees is similar to that caused by ten caterpillars, many homeowners confuse the two. Actually the tent caterpillar is active in the spring and early summer. The fall webworm is a late summer and fall pest.

Fall webworms feed on plant leaves near the tent like webbing they produce on branches and twigs. This feeding may severely injure or kill small trees and smaller branches.

Many ornamental trees, such as alder and birch, and large bushes, such as lilacs and others with soft foliage, are favored by the fall webworm. Walnut and fruit trees, including flowering cherries and crabapples, are frequently infested.

Adult moths lay their eggs on the underside of leaves in June and July. The eggs hatch about a month later.

The fall webworm is a pale yellow to brown caterpillar with a yellow stripe along each side and dusky stripe along the back. Full grown caterpillars are about an inch long.

The webbing can be cut out and burned, or the caterpillars can be controlled with insecticides. Diazinon and BT (Bacillus Thuringiensis) are recommended for use on ornamental. Follow the directions on the insecticide label.

Spray as soon as the tents appear. Large tents are difficult to penetrate unless you have a pump type sprayer that develops a powerful spraying force. Repeat applications may be needed.

# Job change can cause trauma

Employment changes in reaction to economic conditions should be considered a potential cause of family crisis.

The breadwinner may lose a job or add a second one, the spouse may re-enter the work force as a result of financial worries.

Household tasks, family relationships, and the interplay of different aspects of family living may be altered. The family is forced to improvise and find new ways for solving problems and for living and working together.

The unexpectedness of a job change often adds to the problem. If the change is anticipated, family members can prepare themselves for the shift. Attitudes, past family experiences and values can be examined, and each person's opinions and intentions can be considered.

Following discussion, the family can try out new ways. Each person should pay close attention to both positive and negative responses to the experiments. Giving approval to each other helps make the shifts more agreeable to all concerned.

This kind of preparation can lessen or eliminate the crisis impact upon the family.

Couples should base their decisions on who will do what on such things as competency, interest, and available time, not gender. Household tasks need to be shared by all family members, including spouses and children.

All family members should be involved in discussions and decisions about the changing home job situation. This will help avoid potential negative effects and resolve changes with a minimum of disagreement and conflict.

## Some humor can injure

If you have ever been the object of mean-spirited teasing, you know only too well that some humor hurts. "Humor can either be a powerful tool to build people up or a terrible weapon to tear people down," says Joel Goodman, head of the HUMOR Project in Saratoga Springs, New York.

Put-down humor includes laughing at someone because of their race, religion, sex or the way they look, dress or talk. Put-down humor may wound or damage self-esteem.

In the long run, using put-down humor hurts the teaser's self-esteem, too, say Annette Goodheart, a therapist in Santa Barbara, California. "It promotes the fear that if I do that to someone else, they will do it to me—I could easily be next."

If you are the victim of put-down

humor, try having a tunny comeback ready, says Charles Lindner, who teaches comedy at the New School in New York City. For example, when teased about being short, Lindner's friend replies, "So what? When it rains, I'm the last one to get wet." At the HUMOR Project, that type of reply is called "tongue-fu." It takes those who insult you off guard and tells them that you can laugh at yourself and choose not to let them hurt you.

# Shopping need not hurt

Even elementary school children are clothes-conscious these days. But one thing hasn't changed: shopping for clothes doesn't hold a child's interest very long.

You can keep your back-to-school shopping trip from turning into a disaster by remembering how short a child's attention span can be. Here are some suggestions to help make your shopping trip

with your child a success:

- \*Be realistic: Don't go beyond your child's interest limits, even if your shopping isn't completed. Come back another day. You'll both be happier.

- \*When shopping, select several garments that are acceptable to you in price and durability. Then, let your child pick from the group-

# Do balms really work?

Do balms and liniments soothe muscle aches away? Maybe we would buy fewer of these over-the-counter remedies if they were tagged "counter irritants." When you apply such preparations—sold as ointments, as well as balms and liniments—many of their active ingredients stimulate sensory nerve endings in the skin to produce sensations of superficial pain, heat, or cold that presumably distract from the more intense pain in sore muscles. One theory holds that heightened stimuli from the skin actually block pain impulses before they can travel along nerve pathways to the brain.

For these products to take effect they have to be thoroughly rubbed in to reach nerve endings (they don't reach the muscle.) The gentle massage used to apply them may

indeed stimulate blood flow and relax muscles. For some people the aroma probably has a strong psychological effect.

If you use these products, observe the following precautions:

- \* Don't use counter-irritants in conjunction with heating pads or lamps.

- \* Don't use a sauna or steam room after applying balms or ointments. Heat applied over-the-counter irritants can result in severe burns and blisters.

- \* Don't bandage or cover treated areas tightly. Burning and blistering may result.

- \* Don't let counter irritants get near your eyes, mouth or nose. Don't apply to broken or irritated skin.

- \* Discontinue use of a products if a rash develops.

# Checking accounts are helpful for consumers

A checking account has many advantages. You don't have to carry a lot of cash, you have a safe way to pay bills by mail, and the cancelled checks provide records of expenditures.

However, not keeping your checkbook balanced may cause problems.

An overdraft occurs when you write a check for more money than you have in your account. This usually means the check is returned to the person whom you gave the check. This is expensive. Overdrafts usually mean penalties.

Balancing a checkbook is easy. Compare your own records with the financial institution's records.

There are different formats for balancing checkbooks. There may be a form on the back of the monthly statement for use in checkbook balancing. If a form is not provided the steps to follow in balancing an account are:

- \* Subtract any service charges listed on the statement from your

checkbook balance. Go through the returned cancelled checks and mark them off against your check book record. Some checks may be outstanding (not yet cancelled and returned with the statement). Outstanding checks should be deducted from the account balance shown on the bank statement.

- \* Money very recently deposited in the account, but not yet credited to the account on the statement, should be added to the statement's account balance.

- \* Your checkbook balance minus service charges should equal the statement balance minus the outstanding check and deposits.

If your figures and the statement figures don't match up, check the following:

- \* Is there a math error?
- \* Do the amounts written in your ledger match the amounts written on the checks?
- \* Are all non-check items, such as deductions for an automatic savings plan, deducted from your

checkbook:  
\* If it is a joint account, did both people on the account record all of their checking transactions?

If there is an error you cannot find, take the checkbook, statement, and cancelled checks to the financial institution. The longer a

# Check the "off" button

Most new television sets still draw 1.5 to 8 watts of power when they are turned "off" according to a study by the Rocky Mountain Institute (RMI). The continuous power drain is needed to run their remote control, electric tuning and "instant on" features. This means that the equivalent of a 1000 megawatt power plant or 1/750th of our nation's electric generation capacity must run continuously just to power television sets while they are "off". RMI has proposed the DOE require television manufacturers to inform consumers about the standby energy usage of their sets. RMI also suggests that a front

mistake exists, the more confusing the problem becomes.

Once you get into the practice of balancing your checkbook, you have the security of knowing exactly how much money you have in the account, and that's protection against overdraft and bounced checks.

# Summer watering is critical

Spells of hot, dry weather in late July and August are critical times for watering the home garden.

Lack of sufficient water can be ruinous in the garden at particular times such as when seed corn begins to show tassels, or when tomatoes, cucumbers and summer squash are setting fruit.

Dry periods cause plants to wilt, lose their quality and, in some cases, invite disease. With tomatoes, the result of lack of water is blossom end rot.

A variety of garden watering methods are available. Use a garden sprinkler, such as an impact or oscillating type. Apply about one inch of water during each irrigation. Measure the amount by placing a can where it will collect water from the garden sprinkler.

A thorough watering should keep garden plants in good shape for five to seven days, depending on weather and soil type.

If water begins to puddle during irrigation, the sprinkler is deliver-

ing water faster than the soil can take it in. Crusted soil, which prevents water from penetrating the soil, can be broken up with shallow cultivation.

Also, an application of fertilizer in the garden early in August will help fatten the harvest. Don't apply fertilizers high in nitrogen, however. They encourage the growth of leaves and stems at the expense of vegetable fruits.

Apply a complete fertilizer such as a 10-10-10 combination. Either broadcast the fertilizer over the planted row or apply it along the plants in the row. See the fertilizer package for application recommendations.

# Canning demonstration August 25

One day, two class workshop  
First demonstration 1:30 to 3:30 p.m., second demonstration 7:00 to 9:00 p.m., Friday, August 25, 1989.

The ABC's of canning, how to preserve garlic, how to make huckleberry jam, and where to purchase fruit. Find out about a purchasing co-op. Just bring yourself. Limited to the first ten that sign-up. Class will be held at the 4-H center. If you have any questions call us at our new office 553-3238, 1134 Paiute Street.

Class demonstrated by Master Food Preserver, Marge Deister.

# Hints to save fat, nutritious values of foods offered

One six-ounce potato contains about 40% of the vitamin C you need each day. It's also high in fiber, niacin and potassium and has just 180 calories. Provided you skip the butter and sour cream. Many of the nutrients are found in or near the skin, so eat the skin if possible.

Don't store medications in the glove compartment. Temperatures there can be as much as 50 degrees higher than outdoors, quickening the deterioration of drugs. If you keep medication in your car, leave it in insulated containers on the floor shielded from direct sunlight.

To decrease the fat in soups and stews, chill them after cooking then skim the fat that congeals on top.

Keep disposable lighters out of reach of young children. These lighters are easy to use, and kids may be attracted by their bright colors. The Consumer Product Safety Commission estimates that 140 children die each year as a result of playing with disposable lighters.

Skinless turkeys contain about

one-third less fat than skintless chicken.

Keep your eyes closed for about three minutes after putting in drops. Otherwise your blinking eyelids will pump out most of the medication.

Prune juice is very high in iron because it naturally has so much sugar, it is also high in calories (200 calories per cup). Its laxative effect is the same as that of whole prunes.

Ads for one peanut butter boast that it contains no cholesterol. But no vegetable product contain cholesterol, only animal products do. Fat (mostly monounsaturated) contributes 75% of the 190 calories in two tablespoons of peanut butter.

Sleeping with a heating pad that's turned on can cause serious burns, even at low settings.

If you eat an orange you may get as much as 60% more vitamin C than you would if you squeezed it and drank the juice.

When you run, the impact of each step on your shock absorption system is 3 to 4 times your body weight. When you walk, the

impact of each step is only 1 to 1.5 times your weight.

Boys get more colds than girls, but women get more than men, probably because they spend more time with the kids.

Eating eight ounces of potato chips is like adding 12 to 20 teaspoons of vegetable oil (usually hydrogenated) and a teaspoon of salt to an eight-ounce, as much fat and sodium as most people should eat in an entire day.

Wearing a helmet is the single most important safety factor in cycling. Yet less than 2% of all school children wear helmets in cycling.

# Catalogs help save time, money

Now that shopping for back-to-school clothes is coming up again, try catalog shopping. It can save you time, if you get the size you need.

Getting the right size is dependent on careful reading of the directions for taking measurements.

Compare your measurements to those listed for the size you think you need. Sizing may vary from one catalog to another. By measuring, you may be able to avoid a poor fit and the delay associated with return and exchange of catalog merchandise.