#### SPILYAY TYMOO

WARM SPRINGS, OREGON

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**Extension Service** 

Phone: 553-1161, ext. 238 or 239

# 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 detroy

Employment changes in reaction

The breadwinner may lose a job

to economic conditions should be

considered a potential cause of

result of financial worries.

and working together.

considered.

upon the family.

examined, and each person's opin-

ions and intentions can be

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 others helps make the shifts

lessen or eliminate the crisis impact

This kind of preparation can

more agreeable to all concerned.

family crisis.

angry feelings in children or in our- punish. Parents and teachers show selves, 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

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-

# Be energy efficient

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

Job change can cause trauma

Couples should base their deci-

sions on who will do what on such

things as competency, interest, and

available time, not gender. House-

hold tasks need to be shared by all

Some experts believe that we time those "little" ounces add up to those areas. In thousands of gallons. Some means Make use of FREE heat! Open to help save energay are: Turn off lights when they are not needed.

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

All family members should be

involved in discussions and deci-

sions about the changing home job

situation. This will help avoid

potential negative effects and

resolve changes with a minimum of

disagreement and conflict.

during the day to let sun warm house; and keep them closed on a summer day. Keep cold air out in the winter

like this .... " It is not enough to tell

what behaviors we find unaccepta-

ble. We must teach them accepta-

ble ways of coping. Also, ways

must be to communicate what we

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 elecstorms).

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.

indeed stimulate blood flow and

relax muscles. For some people the

aroma probably has a strong psy-

If you use these products, observe

\* Don't use counter-irritants in

conjunction with heating pads or

chological effect.

burns and blisters.

ing may result.

lamps.

the following precautions:

### Do balms really work?

Do balms and liniments soothe muscle aches away? Maybe we would buy fewer of these over-thecounter remedies if they were tagged "counter irritants." When you apply such preparations-sold as oinments, as well as balms and liniments-many of their active ingredients stiumulate 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 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.

## Keep cool this summer

Q. Our house gets uncomfortably hot during the warmer part of the summer. We don't want to use an air conditioner because of the in the spring, fall and winter. energy consumption. Do you have any tips for keeping cool?

A. There are lots of ways to make your house more comfortable. Shading, ventilation and careful use of appliances are just a few.

I he first thing to do is close the shades and drapes on the east, west and south sides of the house. Close the east window shades for most of the day. Tilt mini blinds or venetian blinds so the inside edge of the slat faces down.

· Don't use a sauna or steam Many people are surprised to room after applying balms or ointlearn that east and west windows ments Heat applied over-themay be as important to shade as counter irritants can result in severe south windows. This is because the sun is lower on the horizon in the \* Don't bandage or cover treated morning and afternoon and thus areas tightly. Burning and blistermore perpendicular to the east-and west-facing glass. At midday, when · Don't let counter irritants get he sun strikes the south plass at a steep angle, more of the energy is reflected. Even though the air may still be cool outside in the morning. there's plenty of heat in the sun to start the process of overheating your house.

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.

window tops. Remember, however, that permanently applied reflective films also will cut down heat gain

Ventilation is the next thing to consider. You can cool off the house by opening windows, but only if you open them at night and before 9 a.m. when the outside temperature is low. The point is to cool down the mass of the house as much as possible and then shut up the house during the day to trap the cool air in the house.

You may be more comfortable when the house is shut up if you use inexpensive six-inch fans placed around the house. If you have a basement and want to circulate air during the day, use a window fan to pull basement air through the house.

Another arrangement that works well is to open windows on the north and south sides, then place a fan in a south window (facing out) to draw the cooler air from the shaded north side through the house. If your home has an attic, keeping it cool in the summer by insuring adequate ventilation will keep your house cooler, too. Good attic ventilation can be as important in the summer as it is in the winter. Finally, don't forget the appliances that produce heat inside the house. Clothes dryers, incandescent lights, freezers, television sets and computers all add heat to a home. Delay using whichever of these items vou can until evening. It may interest you to know that a freezer puts out as much heat as a 200-watt light bulb. Fluorescent lights produce one-third the heat of the equivalent incandescent light bulb.

or add a second one, the spouse family members, including spouses may re-enter the work force as a and children. Some humor can injure Household tasks, family relationships, and the interplay of different aspects of family living may be If you have ever been the object altered. The family is forced to of mean-spirited teasing, you know improvise and find new ways for only too well that some humor

solving problems and for living hurts. "Humor can either be a powerful tool to build people up or The unexpectedness of a job a terrible weapon to tear people change often adds to the problem. down," says Joel Goodman, head If the change is anticipated, family of the HUMOR Project in Saratmembers can prepare themselves oga Springs, New York. for the shift. Attitudes, past family Put-down humor includes laughexperiences and values can be

ing 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.

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

If you are the victim of put-down

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-toschool shopping trip from turning into a disaster by remembering In the long run, using put-down

## Shopping need not hurt

Even elementary school children 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 how short a child's attention span you in price and durability. Then,

humor, try having a tunny come-back 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.

draperies, and shades on the sunny

expect of them.

can be. Here are some suggestions let your child pick from the groupto help make your shopping trip ing you selected.

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

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

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

A checking account has many 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?

ledger match the amounts written on the checks?

as deductions for an automatic sav- DOE require television manufacings plan, deducted from your turers to inform consumers about

#### 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

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 \*Do the amounts written in your our nation's electric generation capacity must run continuously just to power television sets while they \*Are all non-check items, such are "off". RMI has proposed the 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.

button panel control on television sets be available to give viewers the option of setting their set on standby mode or turning it off completely.

Shading windows from the outside is better than shading them with drapes, blinds or curtains. You can shade them with such things as awnings, trellises, shade trees and shrubs. When selecting vegetation for shade, remember that deciduous plants not only keep out solar radiation in the summer but let it in during the winter when ou want the warmth.

In some cases, particularly in a contemporary home with floor and ceiling glass, applying reflective films directly to the glass may be the only practical way to cut down heat gain since drapes or shades are difficult to install along angled

Even the family dog puts out as much heat as a 60-watt light bulb!

## 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 gaden 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 juice while cooking goods, the garden plants in good shape for small amount of vitamin C in the five to seven days, depending on weather and soil type.

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

Insecticidal soaps are effective

on scale insects, aphids, mealy bugs

and other soft bodied insects. The

soap solution not only washes

insects off plants but also has toxic

properties that kill the insects

Soaps used for pest insect con-

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.

ing water faster than the soil can

take it in. Crusted soil, which pre-

vents water from penetrating the

Apply a complete fertlizer such as a 10-10-10 combination. Either broadcast the fertlizer 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 signup. 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. Tempatures 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 vear as a result of playing with disposable lighters.

Skinless turkeys contain about

1111 1

chicken. Keep your eyes closed for about

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

that it contains no cholesterol. But no vegetable product contain cholesterol, only animal products do. Fat (mostly monounsaturated) contributes 75% of the 190 calories cycling. 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 cat 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

one-third less fat than skinless impact of each step is only I to 1.5 times your weight.

Boys get more colds than girls, three minutes after putting in 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 is the same as that of whole prunes. and sodium as most people should Ads for one peanut butter boast 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

Now that shopping for back-toschool 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

through contact. trol are not as dangerous to handle with return and exchange of as pesticides but care still should be catalog merchandise. taken in application.

Need to clean up a pest insect were an important part of insect problem in your garden? Try soap. control. Soaps now are available that are Gardeners have been using soap to control insects since the early specifically formulated to control

insects on plants. One of these northwest is a product called "Safer

1800's. During the first half of the 19th century, whale oil soap and . more commonly, fish oil soaps Insecticidal Soap."

#### soaps generally available at nursery or garden supply stores in the

Catalogs help same time, money

#### the flavor of food and serve as a substitute for salt. Soap works great in gardens!

juice is largely destroyed by the

heat. Still citrus juice can improve

If you add a squeeze of lemon