

Both stepparents, stepchildren may feel anxiety

Did you know that in the United States, one out of every three marriages is a remarriage? And in one-third of these marriages, both spouses have children from a former marriage?

That means that not only are there as many stepchildren, but more and more stepparents are dealing with common family matters and facing special concerns as well. They go shopping, clean the house, and pay taxes.

But unlike most couples, they have to care for a whole family from the first day. The stepchildren and stepparents have to learn to accept each other and get along. Furthermore, the new family has to blend together. Unfortunately, this is not an easy process.

members are likely to have questions and fears such as the following:

The child's questions. The child will have questions such as these:
Will we move to a new house?
Will I have to share my room?
What should I call my stepmother?
Will mommy still love me after she marries him?
Will daddy stop loving me if I love my stepfather?
Will my stepmother be nicer to her children than to me?
Will my stepfather leave us too?
If he and mommy have a baby, will they still love me?
If I'm mean to my stepfather, will he leave so my real daddy can come back?

The parent's questions. A parent will have questions, too, such as:
What kind of father will he be to my children?
How can I help her feel less jealous toward my ex-wife?
Will he understand the amount of time I need to give to my children?
Will he feel awkward living with my teenage daughters?
Will my ex-husband make life miserable for us?
Will his children and my children get along?
Will she be willing to adopt my religion?
Will she be willing to adopt my religion?
Will my children ever accept her?

At first, both stepchildren and stepparents may feel uncertain and anxious as well as happy and excited.

A stepchild has conflicting emotions. He or she may be uncertain about how to act toward a stepparent; worried that liking a stepparent means betraying a birth parent; jealous of the stepparent for sharing the parent's attention; upset because the household "pecking order," habits, and rules have changes, but he or she may also be glad to have two parents like other children and excited about the new family setting.

A stepparent, too, has different feelings. He or she may be: unsure of a stepparent's responsibilities; unhappy because he or she does not love the stepchild instantly; resentful of the stepchild for demanding so much of the spouse's attention; hurt because the stepchild does not show love and appreciation right away, but, elated to be happily married; and, happy to feel the family growing together.

There are good reasons for the merging family's high hopes. The parents may be better prepared for this relationship. They may be better husbands and wives because

Good days, bad days

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It takes time to trust, feel part of the group, and learn to work together.

Putting it all together

There are many things parents can do to bring the new family together. They can: Prepare each family member before the wedding; Spend time strengthening the marriage; Talk about the relationship between the stepparent and stepchildren; Help the children continue their relationship with the birth parent; Encourage all family members to share their feelings.

As years go by, many families with stepchildren become close-knit. As with any family, they will probably have tensions and problems. However, they also will have much joy and happiness. They can learn how to work together as a family.

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Grandparents provide special relationship

You know the type. The grandparent who proudly pulls out all the pictures and regales you with grandchild stories.

Grandparenting is fun, but it's more than that.

Grandparents provide a special relationship for grandchildren that parents can't. Parents are involved in the everyday struggles of family life. Grandparents are usually above the discipline the worry about spe-

cifics. They just love, no matter what.

Planting seminars scheduled
Simple ideas to beautify your home landscape

Shrubs, bushes and trees
Wednesday, May 2, 2-6:30 p.m.
Warm Springs Extension Office
1134 Paiute Street

Perennial flowers and plants
Wednesday, May 9, 2-6:30 p.m.
Warm Springs Extension Office

Annual flowers and plants
Wednesday, May 23, 2-6:30 p.m.
Warm Springs Extension Office

Questions will be answered on selection, location and space, how to plant, and care after planting.

Co-sponsored by the Warm Springs Housing Department and the OSU Extension Service

Supervisors can motivate employees through reinforcement, modeling

When a supervisor says, "I wish I could motivate John," that usually means "I wish I could get John to do his job better." Here are six keys to doing exactly that.

1. Ask for performance. Describe how the job is being done now, and how you want it to be. Then ask the employee to do it that way.

2. Use lots of positive reinforcement—and personalize it. Don't take acceptable work for granted. Thank people for it. And praise them every time they improve. Remember, though, that while everyone likes to be recognized, what motivates one may leave another cold—or even irritated. So find out what works with each of your people, and use it.

"Spin-a-sound" recalled

The Johnson and Johnson Baby Products Company of Skillman, New Jersey is voluntarily recalling its "Spin-A-Sound" infant toy. Although no injuries have been reported, the firm has learned that over time the red end caps on the toy may become loose, causing the toy to come apart. This could ex-

pose the children to the end caps, an ingestible small part, and the metal axle with a sharp point.

Johnson and Johnson is asking consumers who have this toy to return it for a \$10 refund to cover the purchase price and return postage. Enclose your name, address, approximate date of purchase and mail the toy to: Spin-A-Sound Recall, PO Box 11460, Des Moines, IA 50381-1460. If you have any questions, or to receive a mailer for returning the toy, call 1-800-448-8371.

3. Build relationships. This doesn't mean be buddy-buddy with your employees. But it does mean you should treat your people like real, live human beings. That's what they are, and they will respond best when you actions show you respect their individuality and trust their intentions.

Looking for adventure?

Making new friends is easy for 4-H camp counselors.

Camp counselors must be in the ninth grade or above and must attend camp counselor trainings May 18 and 19 and June 12. Counselors are responsible for 5-10 campers who are in grades 4-6.

Applications are due May 4 for camp counselor positions at Crystal Springs 4-H Camp, June 23-29.

Information and applications are available at the Warm Springs Extension Office. For more information call 553-3433.

Add color to landscape with annuals

Inject some instant spring color into the home landscape with annuals. Now that April has arrived, many nursery and garden stores have large stocks of annual flowers on display. Annual flowers are ornamentals used for a garden effect in a single season.

Examples include marigolds, petunias, snapdragons, pansies, summer dahlias and candytufts. Annuals are ideal in beds and borders, or set among newly planted shrubs. They can also be grown in window boxes, outdoor planters, patio tubs and hanging baskets.

Although flowering annuals can be from seed, most people buy

them as bedding plants from local nurseries.

When buying plants, look for sturdy, clean and well-branched specimens. Pansies are already in bloom when they go on sale. But with other annuals, look for those just coming into bud. They will bloom about a week after they are planted.

Be sure to keep the roots of bedding plants damp until they are planted. Protect bedding plants from the wind both before and after planting. If they are put in a windy spot, give them protection for a week after they are planted.

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Information Provided By:



OSU Warm Springs Extension
1134 Paiute Street
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Warm Springs, OR 97761
(503) 553-3238/3239

Use potpourri pots safely

To use potpourri pots safely some important things must be remembered:

- The Bowl contains water and spices. Keep water in pot while in use. Do not let it burn dry.
- Clean outside of unit before or after every use. Do not allow soot to accumulate above or around candle flame. Keep candle clean of debris and candle wick material.
- When replacing candle, use proper size and type candle to avoid

excessive soot build-up. Avoid using candle in metal cup.

- Place unit in a clear and open area free from drafts or flammable materials.
- Never leave a burning potpourri unit (or any burning candle) unattended.
- If the unit should flare-up, smother the flames with a wet cloth. Do not throw water on the flame.

How much credit is too much

How much credit can you afford? Some experts suggest that your consumer debt level should not exceed 20 percent of your income.

There is a more accurate method of computing an acceptable amount of credit debt. Try reviewing your household's budget to determine how much money you have each month that could go toward a credit obligation.

The overuse of credit can lead to financial problems.

Your use of credit may be out of

control when:

- You allow some bills to hold over to the next month because you don't have enough money.
- You pay only the minimum due on charge accounts.
- You have to charge purchases more than you like because of lack of cash.
- You take out a new loan before old ones are paid off.
- You cut back on necessities in order to pay installments.

Farm machinery use requires earplugs

In the American Journal of Public Health, it is suggested that farm children would benefit from using ear plugs. The consequence of not wearing ear plugs could be a more substantial hearing impairment as an adult.

researchers from Marshfield Clinic in Marshfield, Wisconsin credited hearing loss at high frequencies to machinery noise.

Learn to can salmon

Come learn the ABC's of canning salmon. Also, two canned salmon recipes will be made for you to taste.

Enrollment is limited to the first 10 people who sign up.

who weren't exposed to farm machinery, 46 percent suffered hearing loss to some degree.

Most hearing loss occurred at high frequencies. For this reason,

Stress affects children too

Here are a few things you, as an adult, can do to help youngsters cope with stress.

- Help them plan their projects.
- Too often, young people put things off until the last minute.
- Help them focus their efforts on things that they can change. Some young people use up too much energy on things they do not have control over.
- Listen to youngsters when they talk.
- Help them understand that time often helps more than any-

thing else when depression gets them down.

- Let them know you care about them.
- Let them know when they're doing well. Young people—just like anyone else—love to hear words like, "I'm proud of you..."

Believe it or not

In a recent survey of 11,419 students in 20 states, the Center of Disease Control found the following concerning risky behavior among U.S. adolescents:

- One-half of the teens surveyed report using tobacco and alcohol.
- One-third of the teens have seriously contemplated suicide.
- One-half of the teens do not wear seat belts regularly.
- One-third have ridden in a car in the last month with a driver who had used drugs or alcohol prior to driving.

Try low-cal

Sip on low-cal beverages. Try mineral water or tap water with a slice or two of lemon or lime or low-cal pop, ice tea or herbal tea.

The liquid in your stomach will help keep you from feeling hungry. Water is an excellent food for the body—water helps cleanse the body of waste products.

If you overindulge at dinner, try to take a walk afterward. You'll burn up calories, speed up the metabolism and avoid indigestion.

Donations needed

Please Help Us! The new 4-H Garden Club is asking for donations to get our club started. This club will be for the summer Latch-key children.

We need: two hoses, four hoses, oscillating sprinkler, stakes, string, two shovels, four trowels, hose splicer, yard stick and rake.

Deb Scott and Mollie Marsh will be the leaders. The club will be sharing the vegetables with our Senior Citizens.

Recipes provide flavorful, low-calorie treats

Strawberry banana shake
1 Pkg. (10 oz.) frozen sweetened sliced strawberries (thawed slightly)
1 ripe banana, cut up
1/2 C. milk

Fertilize the soil at planting time with a fertilizer containing phosphorus, preferably a 5-10-5 formulation. Additional light applications of fertilizer can be sprinkled around each plant at five- to six-week intervals through the early summer and watered in.

As the annuals bloom, the flowers can be cut for bouquets, or simply enjoyed on the plant. However, as the flowers begin to fade, they should be removed from the plant to encourage new flowering. If the old flowers are not removed, they will set seed and the plant will stop blooming altogether.

8 oz. vanilla lowfat yogurt
1 pt. fresh strawberries, hulled and halved

Preheat oven to 325 F: Lightly butter bottom and sides of a 9-inch pie pan. In a small bowl mix graham cracker crumbs, 2 tsp. sugar and butter. With the back of a large spoon press onto the bottom and sides of pie pan. Bake for 5 minutes. In electric blender place cottage cheese, dry milk, 1/3 cup sugar, eggs, lemon juice and vanilla extract and blend until smooth. Pour into pie shell. Bake until firm about 30 minutes and remove from oven. Spread yogurt over top. Bake until yogurt is firm, 10 to 12 minutes. Cool. Cover and refrigerate. Just before serving top with strawberries.

Yield: 3 glasses (10 oz. each)
Per portion: 157 mg calcium 190 calories