## SPILYAY TYMOO

## April 20, 1990 PAGE 7

# Both stepparents, stepchildren may feel anxiety

States, one out of every three mar- and the needs of a spouse from riages is a remarriage? And in one- their former experiences. Hopefully, third of these marriages, both spouses have children from a former right for them. Maybe she has marmarriage?

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.

## Good days, bad days

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 stechild 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 ren starts living together, all its

You know the type. The grand-

Grandparenting is fun, but it's

parent who proudly pulls out all

the pictures and regales you with

grandchild stories.

more than that.

Did you know that in the United they have learned about themselves they have found a spouse who is ried a man who will truly be a good father to her children. Maybe he has found a woman who will bring out the best in him.

> On the other hand, it isn't surprising that there is tension. Old hurts left from death or divorce may strain the marriage. Misunderstandings about the death or divorce may make it hard for children to accept a stepparent. They may resent the stepparent, stepbrothers, or stepsisters for causing changes in their way of life.

> At the same time, stepparents may feel awkward about living with other people's children. They may feel pressure to love the children. They may be anxious about whther the children will love them. Despite all hopes and dreams, most stepparents and stepchildren don't love one another instantly. Nor do they automatically know how to behave toward each other.

> 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 closeknit. 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.

## A step ahead

Before a family with stepchild-

Grandparents provide special relationship

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?

The stepparent's questions. A stepparent will have questions like: Do the children like me?

Will they accept me? What kind of discipline are they used to?

How much time will they spend with their birth parent?

How will I introduce my stepchildren to other people? Will he have to send a lot of

money to his ex-wife?

Should I take a job or stay home to get to know my stepchildrend? Will his children have to spend

every vacation with us? Will the children get upset if I

redecorate the house? Is it OK to tell her that her child gets on my nerves?

If stepparents, birth parents and children discuss these concerns, anticipate problems, and plan for changes before the wedding, it may be easier to adjust afterwards. Some discuss such issues the first time all members of the new family get together. Others plan a casual outing such as a hike or picnic first and discuss plans later.

In addition, birth parents and children talk among themselves. Making physical changes-making a place mat for a stepfather, finding a bed for a stepbrother, or letting the child choose the color of his or her room in the new houseoften helps children feel more prepared and able to deal with changes ahead.



Information Provided By:

**OSU Warm Springs Extension 1134 Paiute Street** PO Box 430 Warm Springs, OR 97761 (503) 553-3238/3239

candle in metal cup.

materials

attended.

# 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 sooi 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

consumer debt level should not

exceed 20 percent of your income.

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

The overuse of credit can lead to

who weren't exposed to farm mach-

inery, 46 percent suffered hearing

Most hearing loss occurred at

high frequencies. For this reason,

credit obligation.

financial problems.

loss to some degree.

There is a more accurate method

## How much credit is too much How much credit can you attord?

control when: Some experts suggest that your

flame.

· You allow some bills to hold over to the next month because you don't have enough money.

excessive soot build-up. Avoid using

\*Place unit in a clear and open

Never leave a burning potpourri

"If the unit should flare-up, smother the flames with a wet

area free from drafts or flammable

unit (or any burning candle) un-

cloth. Do not throw water on the

\* 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.

researchers from Marshfield Clinic

in Marshfield, Wisconsin credited

hearing loss at high frequencies to

among students living and working

on the farm was the left ear. Pre-

vious studies have shown that "a

tractor driver's left ear is most

exposed to engine noise because he

obvserves his work by looking over

Sound levels of tractors and other

farm implements were found to

have "emitted noise at levels above

those set by the Occupational Safety

ing that the high noise levels may

The ear most frequently affected

machinery noise.

his (right) shoulder.'

## Your use of credit may be out of 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.

In Central Wisconsin, a study involving 872 vocational agriculture students revealed that between

what.

71 percent and 74 percent of the students had hearing loss in at least one ear. Most of the students with hearing loss were males who lived and worked on the farm. Of those

# Learn to can salmon

salmon recipes will be made for you to taste.

## 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.

Help them focus their efforts

on things that they can change.

Some young people use up too

much energy on things they do not

· Listen to youngsters when they

have control over.

Too often, young people put things

· Let them know when they're

and Health Administration. It is important to note that these standards are primarily meant to apply thing else when depression gets to adults, the report said, suggest-

> be even more damaging to children.' What can be done? Audiologist

James Lankford, Northern Illinois

Grandparents provide a special cifics. They just love, no matter 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-

# **Planting seminars scheduled**

Come learn the ABC's of can-ning salmon. Also, two canned call us at our new office, 553-3238, 1134 Paiute St. Workshop is Monday, April 30

10 people who sign up.

Enrollment is limited to the first at 6:30 p.m. at the 4-H Center. Sign up now!

them down. · Let them know you care about them.

## Simple ideas to beautify your home landscape

Shrubs, bushes and trees Wendesday, May 2, 2-6:30 p.m. Warm Springs Extension Ofice 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

### children-more phone calls, more letters, more visits—can be a real off until the last minute. help

During family crises, such as

financial, illness, separation, or

divorce, grandparents can be a sta-

ble port in the storm. Sometimes

grandparents hang back, not want-

ing to intrude. But for grand-

Grandparents also provide a special perspective because of their life experiences. When a teen has a problem, for example, a visit with grandpa can help the teen think about the situation in a new way. "This gift of acceptance and love

· Help them understand that is a very special link for grandpartime often helps more than anyents and youth."

# Trimming away excess body tat according to latest research.

talk.

is easier than you might think. The best way is through periods of nonstop exercise-but at a moderate level of exertion, or 60 percent to will burn more calories and speed 70 percent of your maximum heart up fat metabolism. rate\*

necessary, and actually are less times .60 (or .70), plus your resting effective for burning body fat, pulse.

2. Use lots of positive reinforce-

Try to exercise aerobically every other day for at least 25 minutes. Longer sessions, up to 60 minutes.

\*Training heart rate= 220 minus More intense workouts are not your age, minus your resting pulse,

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.

6. Refuse to accept poor perfor-

mance. Though textbooks on mot-

ivation seldom admit it, supervi-

sors do have to tell employees

when their performance is not

acceptable. Sometimes this means

a reprimand. At other times you

can handle it through coaching.

But either way you're demonstrat-

ing that standards matter-and

that, in itself, is motivational. As

the old saying has it, "It's better to

aim for 'Excewllence' and hit 'Good'

than it is to aim for 'Good' and hit

University, suggest wearing ear plugs and having regular hearing tests. Also, "sealing sound leaks in tractor and combine cabs and shutting doors and windows can reduce noise by 20 decibels, enough to prevent permanent hearing damage." If you have any further questions James Lankford can be contacted at (815) 753-6157.

# 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 Latchkey children.

We need: two hoses, four hoes, 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.

### could motivate John," that usually cribe how the job is being done means "I wish I could get John to now, and how you want it to be. do his job better." Here are six keys Then ask the employee to do it that to doing exactly that. way

# "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-

## Looking for adventure?

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

Camp couselors 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.

an ingestible small part, and the your people, and use it. metal axle with a sharp point.

Johnson and Johnson is asking consumers who have this toy to approximate date of purchase and mail the toy to: Spin-A-Sound IA 50381-1460. If you have any their intentions. questions, or to receive a mailer for returning the toy, call 1-800-448-8371

ment-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 pose the children to the end caps. find out what works with each of

3. Build relationships. This doesn't mean be buddy-buddy with return it for a \$10 refund to cover your employees. But it does mean the purchase price and return post- you should treat your people like age. Enclose your name, address, real, live human beings. That's what they are, and they will respond best when you actions show you Recall, PO Box 11460, Des Moines, respect their individuality and trust

> 4. Understand your employees' point of view. Make a habit of lis-

1½ C. milk Add color to landscape with annuals Inject some instant spring color them as bedding plants from local Fertilize the soil at planting the

into the home landscape with nurseries. annuals. Now that April has arrived, many nursery and garden stores sturdy, clean and well-branched 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. Annualls 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

When buying plants, look for 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.

Supervisors can motivate employees through reinforcement, modeling wnen a supervisor says, "I wish I 1. Ask for performance. Des- 2. Use lots of positive reinforce- tening to your people and asking 6. Refuse to accept po tening to your people and asking their opinion before you give directions or offer advice. If you listen first, and listen with an open mind, people are much more likely to cooperate when you decide something has to be done differently.

> 5. Model what you want. Approach your own work with a sense of urgency, use your time efficiently. and meet the goals you set. Show employees, by your actions, that the job really does matter, that quality is important, and that deadlines are real.

sliced strawberries (thawed slightly)

around each plant at five- to six-

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.

summer and watered in.

# Recipes provide flavorful, low calorie treats

### I tsp. lemon juice Strawberry banana shake

1/4 C. nonfat dry milk 1 Pkg. (10 oz.) frozen sweetened

'Average.

In an electric blender combine strawberries, banana, milk, lemon juice and dry milk. Blend until smooth and thick. Serve immedicately in tall glasses.

Yield: 3 glasses (10 oz. each) Per portion: 228 mg clacium

## Low-calorie strawberry cheesecake

34 C. fine graham cracker crumbs

1/3 C, and 2 tsp. sugar

I lb I percent milkfat cottage cheese

1/2 C. nonfat dry milk

### 3 cggs

2 tbsp. lemon juice

2 twp. pure vanilla extract

8 oz. vanilla lowfat yogurt

I 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 ven. 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 por on: 157 mg calcium 190 calories

Fertilize the soil at planting time

# I ripe banana, cut up

with a fertilizer containing phosphorus, preferably a 5-10-5 formulation. Additional light applications of fertilizer can be sprinkled

week intervals through the early

### As the annuals bloom, the flow-2 tbsp. butter, melted ers can be cut for bouquets, or simply enjoyed on the plant. How-

