

Traditional practices provide nurturing, love

The traditional Indian ways of child rearing are rich in nurturance and love. They are time proven ways that help children along their path to healthy growth and development. These ways are meaningful today for what they teach us about what children need and how we should treat our children.

The cradleboard is one item that was (and is) both useful and practical. Babies were kept close to their mothers in this way, and it allowed mothers to do their daily work with the child right there. The baby was wrapped tightly and then laced in the board. The baby had the feeling of being secure and safe, like being in the womb. It relaxed the child allowing him or her to sleep or observe quietly what was going on.

The baby in the board has a chance to use his or her eyes more. Because tied and unable to move his or her hands, the baby used other senses to explore the world. The senses of sight and hearing were sharpened early. Also, looking around, the child has to use his or her brain to try and figure out what they were seeing. The child brought up in a board seems to wait and look over situations before fully reacting.

When a baby is wrapped he or she gets the message to calm down. It is difficult to try and get a baby to calm down by jostling and bouncing the baby up and down on your knee. But restraining the baby, so that it cannot flail its arms tells the baby it is time to calm down.

Modern research about babies is now teaching the white world that babies are comforted by being wrapped. But wrapping and placing in a board needs to be done right from birth. If a baby is not wrapped and placed in a board and the parents later decide to use wrapping or a board, the baby will protest.

A cradleboard was also a bonding element between the women of the family. In many tribes the women sat together after the baby was born to make the board. Some designs on the boards designate that the baby is either a boy or a girl. The older women instruct the young mother in how to wrap and place the baby in the board. "You do it this way," is the usual saying. "It is done that way." Very precise, and the practice is passed on to the next generation in the same way.

In making boards each tribe had its own customs. In many tribes very special consideration was given to what went into the board. Designs, special things or doings went into the board so that the child's spirit would be happy and protected. The great care with which boards were made teaches us the strength of Indian heritage for nurturance and child protection. The making of the cradleboard brought the family together for a common goal... to help nurture the child in a cultural sense and to help the child develop skills on their own that they would need later on in life.

The feeling of closeness and warmth experienced by the child in the board helped the child feel secure. The need to trust that the world was safe was fulfilled.

Not all tribes used the cradleboard. Some simply used wrapping. The child was wrapped in a blanket as if in a cocoon, and as in the cradleboard, the child slept securely and did not startle easily. Parents would talk or sing to their babies even while asleep to let them know the parent was near and not to worry.

Many tribes had customs that involved infant massage. As the baby was gently unwrapped from blanket or board the parent gently rubbed the infant's limbs and talked to the child. By just touch-

ing, squeezing, and talking, the parent made the baby feel cared for. This encouraged the relationship between parent and child which was and is so important to positive parenting.

Other tribes used blanket or shawl carrying instead of cradleboards. The child was secured to the parent's back, side or front by way of a shawl. In this way, the little one could be snuggled close as the parent went visiting or on about their work.

In almost every tribe parents sang to their children. Not just infants, but even older children were comforted by the chants and lullabies of the native tongue. This natural and spontaneous activity included extended family as elders and relatives passed on the songs which they learned in their own youth. Joy was brought to children as their parents and family expressed their hearts through songs and gentle smiles.

Other ways in which children were nurtured included: being able to spend time with elders and help them, being allowed to sit in on adult conversations, and being permitted to sit in on the drum or participate in fishing. Often in the old ways, men were nurturers. It was a natural, not a feminist, idea as it is today. Male-female cooperation in parenting helped insure that the children received the nurturing they needed.

Today these ways are still being used by some. Many have lost these old ways but can still learn from them. They teach us that children need to be nurtured. They need to learn about the world from early on. A positive relationship

with their parents gives them the best possible start in this world. The older child continues to need nurturing and though the ways change the idea is still the same. Home should be the safe place, a haven that nurtures and helps the child trust and grow.

Africanized bees may soon arrive

Africanized honeybees, or so-called "killer" bees, are approaching the southern United States and could arrive in Oregon as early as 1991, according to an Oregon State University (OSU) bee expert.

The bee's appearance may herald changes for Oregon beekeepers and agriculturalists, according to Mike Burgett, an entomologist with OSU's Extension Service.

Africanized bees, known for their easily provoked defensive swarming behavior, are the same species but different strain, or biotype, of Oregon's common European honeybee. Africanized bees were introduced into Brazil from Africa in 1957 by a researcher who wanted to improve honeybee production in the tropics.

The bees escaped their hives and have been spreading by interbreeding with their more docile cousins. Africanized bees now range from northern Mexico to Argentina.

"We anticipate that they will cross the U.S. border into Texas this spring or summer," said Burgett. "Starting this year, there will be thousands of colonies coming into this country on their own."

Under ideal tropical conditions,

Africanized honeybees can move north about 300 miles per year, said Burgett. Once they enter the United States they are likely to spread like "greased lightning," he added.

"In the United States, any bee disease or genetic trait, including Africanized genes, can enter one state and be anywhere else in six months because we buy queens and transport hives from all over the country."

Thousands of Oregon beehives, for instance, are transported to California for almond grove pollination each spring.

Though they are the same species, Africanized honeybees are as different from European honeybees as Attila the Hun is from Mother Theresa.

"If you were to take a colony of Africanized bees and a colony of European bees and dropped a one-pound weight on the top of each hive, in the European colony, 10 to 20 bees would come out and investigate," he said. "In the Africanized hive, 200 to 2,000 bees would come out."

Africanized honeybees also are more prolific than European honeybees, putting their energy into swarming and reproducing, not into storing honey like their European cousins, Burgett said.

"They can reproduce themselves up to 12 times per year, whereas European bees reproduce themselves once, maybe twice per year."

Though the motion picture industry may have portrayed Africanized honeybees as being more poisonous than European honeybees, the venom is of equal strength, he explained. Each bee dies after it stings, but many more of the Africanized variety are apt to sting at one time.

Burgett witnessed the fiery temperament of Africanized honeybees first hand. This winter, he traveled to Belize, a Central American country, to evaluate the status of the bee industry in the wake of Africanized bee infestation.

The picture was not rosy, he said.

"What's happened in South and Central America is that these bees

come through and most people say, 'To hell with it. I'm not going to work with an animal that eats me alive every time I come out here,' and they quit," he said. In the first two years of the bees' presence in Belize, about 50 percent of the beekeepers have quit.

"When we were out looking at hives in Belize, we each had about 2,000 to 5,000 bees trying to sting us at a time," said Burgett. "If I were a beekeeper and that same kind of bee came here, I'd quit."

The big unknown, said Burgett, is how the Africanized honeybee will fare in northern areas like Oregon. Some bee experts say the cold winters in the United States will severely limit Africanized bees. Others predict the bee will be able to survive wherever grapes can survive.

"My professional opinion is that a pure Africanized bee won't make it here. Our climate is just too different for a tropical species," said Burgett. However, some of the Africanized genes will most likely become incorporated into Oregon's honeybee population, he speculated, which probably will change bee behavior.

Beehives will have to be treated with care, he said. Africanized beehives are more easily excited. They have to be kept further apart and transported more gently.

"If you work the colonies too much, they will leave," he said. "We are lucky here in the northern states because they are going to hit Texas first. We will learn a lot from Texas."

In Oregon, bees, wax and honey farmgate sales total about \$3 million per year, according to Burgett. Pollination generates another \$300 million in farmgate crop sales. Oregon has 60,000 registered hives and about three times as many wild hives.

The OSU Extension Service is working to produce educational material to help beekeepers and agricultural commodity groups prepare for Africanized bees.

Sit down and relax

When the big and little problems of your everyday life pile up to the point where you feel like lashing out -- stop. Don't take it out on your kid. Try any or all of these simple 12 alternatives -- whatever works for you.

1. Stop in your tracks. Step down. Sit down.
2. Take five deep breaths. Inhale. Exhale. Slowly, slowly.
3. Count to 10. Better yet, 20. Or say the alphabet out loud.
4. Phone a friend, a relative or go visit someone.
5. Still mad? Hug a pillow. Or munch on an apple.
6. Do some situps.
7. Thumb through a magazine, book or newspaper.
8. Pick up a pencil and write down your thoughts.
9. Take a hot bath. Or cold shower.
10. Lie down on the floor, or just put your feet up.
11. Put on your favorite record, or radio program.
12. Read a booklet on parenting.

Try oriental seasoned Mexican frajitas

A nontraditional version of the newest Tex-Mex craze. Our version is stir-fried instead of grilled, and uses Oriental seasonings.

Ingredients:

- 1 tablespoon plus 1 teaspoon reduced sodium soy sauce
- 2 tablespoons cider vinegar
- 1/2 teaspoon sugar
- 1/2 teaspoon corn starch
- 1/2 teaspoon dry mustard
- Generous dash pepper
- 2 tablespoons plus 2 teaspoons vegetable oil
- 6 flour tortillas (6-7 inch diameter)
- 1 medium sweet onion (about 4 ounces), thinly sliced
- 2 medium sweet red or green peppers or one of each color (about 5 ounces each), cut into julienne strips
- 1 clove garlic, minced or pressed
- 12 ounces skinless, boneless chicken breast, cut into thin strips (about 2 inches in length)
- 1/4 to 1/2 teaspoon chili powder
- assorted garnishes such as chopped onions or scallions, chopped tomatoes, and sweet and sour sauce or Hoisin sauce (optional)

METHOD:

Preheat the oven to 350°F. In a small bowl, stir together soy sauce, vinegar, sugar, corn starch, mustard, and pepper; set aside.

Using a pastry brush and 1 tablespoon oil, brush both sides of each tortilla with a small amount of oil. Stack together and wrap in aluminum foil. Bake for 10 to 15 minutes or until heated through.

Meanwhile, in a 10-inch non-stick skillet, heat 2 teaspoons oil over medium-high heat. Add onion; stir-fry for 4 minutes. Add peppers; stir-fry for 4 minutes or until onion is soft and peppers are crisp tender. Add garlic; stir fry for 1 minute. Remove vegetables from skillet.

Add remaining 1 tablespoon oil to skillet. Add chicken; stir-fry for 4 to 5 minutes or until chicken is cooked through. Drain off liquid from skillet. Add the chili powder; cook, stirring constantly, for 30 seconds. Stir in the cooked vegetables. Stir the reserved corn starch mixture and stir into the skillet. Stirring constantly, bring the mixture to boil and cook for 1 minute or until slightly thickened and heated through. (Yield: about 4 cups) Divide the mixture among

the 6 warmed tortillas and roll up or fold into envelopes. If desired, serve with choice of garnishes. Serves 6.

PER SERVING:

Calories	194
Carbohydrate	17g
Protein	16g
Fat	7g
Sodium	314mg
Cholesterol	33mg

Buying a diamond?

The right way to buy a diamond. Ask questions before you hand over your money. Does the store accept returns with no questions asked? Can you take the gem for an outside appraisal? Will the store describe the diamond in writing on your receipt, so you know what you're buying? If you get a "no" to any of these, shop elsewhere.

Select microwave safe plastic

Recent media reports have raised concerns about using plastic containers and plastic wrap in the microwave oven. Although further research is needed, it is wise to select appropriate plastics for microwave use.

While some plastic containers

(such as margarine tubs and cottage cheese cartons) are useful for storage of foods in the freezer or refrigerator, they may not be safe to use at temperatures reached during microwave cooking says Carolyn Raab, Extension Foods and Nutrition Specialist.

Components of some plastics such as additives which increase flexibility) can migrate into the food during heating. Levels are highest when there is direct contact between the plastic and the food, especially when fat content is high.

There is no known danger from ingestion of these chemicals in trace amounts. To keep the risk low, keep these pointers in mind:

- *Use commercially available cookware designed for use in the microwave. Although standards are needed for "microwaveable" plastic containers, they still are probably a better choice than those intended solely for refrigerated food storage.

- *Read instructions for use on packages of "microwaveable" plastic wrap. The components of plastic wraps differ. Some wraps withstand higher temperatures without melting. Wraps often caution against direct contact with foods being heated — especially those containing fat.

- *Use glass instead of plastic for microwave cooking. Glass bowls covered with fitted lids (or a plate) are another choice for microwave cookery.

Water is wonderful

Here's what 8 glasses a day can do for you...

- *Regulate proper body temperature through perspiration.
- *Maintain proper volume and pressure of blood.

- *Aid digestion and carry nutrients to the cells.

- *Flush out bodily waste and impurities.

- *Relieve constipation.

- *Reduce fluid retention. (If that sounds contradictory to you, here's what happens: The body perceives inadequate water supply as a treat, so it starts retaining every drop; once the body gets enough water, it will release stored levels.)

- *Prevent kidney stones.

- *Aid kidneys and liver in metabolizing stored body fat (important weight loss factor).
- *Maintain proper muscle tone by improving contraction and preventing dehydration.

- *Moisturize your skin from the inside, preventing dryness.

- *Mobilize alcohol to prevent dehydration (8 ounces of water per

Children need money experience

Giving your child opportunities to learn about money management won't necessarily guarantee the youngster a future as an accountant, but valuable lessons learned early will build competence in money management later.

Through observation and experience children begin learning about money at an early age. What they learn now will influence how they use money as an adult. Even children not yet old enough to go to school are old enough to learn.

Most preschoolers don't understand the difference between pennies, nickels, dimes, quarters, or dollars. Until age four they tend to call all coins "pennies." Preschoolers may think five pennies are worth more than a dime because a penny is larger in size than a dime.

Don't think children aren't learning because they don't know the value of coins. By age three, children pick up attitudes about money while shopping with their parents.

Even before age three children learn from television advertisements. Television tells them what cereals and toys they "need" and which jeans they should wear. At

ounce of pure alcohol is needed).

Signs that your body wants more water: thirst... excess perspiration... constipation... dark yellow urine... edema (fluid retention)... fatigue.

4-H Week set

4-H Summer Week "The New Decade" will be June 18-22, 1990 at the Oregon State University Campus, Corvallis, Oregon.

Your \$125.00 registration fee* includes:

- Meals & lodging
- Great classes
- Pizza party
- Western BBQ & square dance
- Talent show
- Evening dance
- Official T-shirt

*Check with your Extension office for the county registration deadline & cancellation policies.

this age children are ready to learn where money comes from, that money is limited, and that they can't have everything. Parents take advantage of the following routine family experiences to teach children the use and abuse of money.

Work experiences introduce three- or four-year-old children to the idea that money is earned by work. Tell your children where you work and what you do there.

Some egg sense

Buy the next larger size if the difference between the two prices is less than:

65¢-72¢	9¢
73¢-80¢	10¢
81¢-88¢	11¢
89¢-96¢	12¢
97¢-1.04	13¢
1.05-1.12	14¢
1.13-1.20	15¢

One last note: shell color tells you nothing about the nutritive value or quality of the egg. It only indicates the breed of the laying hen.



Kelli Palmer cuts applique for Extension T-shirt Making class. (Left) 4-H Gardening Club members examine soil as preliminary step in starting a garden at the Latchkey Center.