

# Prepare your child now for self-care

Today there are over 7 million children, 7- to 13-years old in "self-care," which means they care for themselves on a regular basis. These children are on their own for part of the day while their parents or guardians work away from home or on farms, run errands, or participate in volunteer activities.

Self-care is not always the best situation, but with proper preparation, the self-care experience can be positive and rewarding for both parent and child.

Here are some questions for determining whether your child is ready for self-care:

- Is the child mature enough for partial self-care?
- Is the child willing to try partial self-care?
- Can the child handle problems that could arise?
- Can the child communicate with adults?
- Can the child handle common self-care tasks?
- Does the child feel secure

about being alone?  
 -Is there adult help nearby?  
 -Is the neighborhood safe?  
 -Has the child been prepared for self-care?  
 A "no" response to any of the above questions indicates an area of concern. Here are some addi-

tional questions.  
 -Has any of the child's behavior in the past year caused you concern about his or her safety?  
 -Does the child lack skills in handling telephone calls?  
 -Is the child unable to reach you or another adult by phone?  
 -Does the child need any spe-

cial supervision?  
 -Does the child lack information on how to handle persons who may come to the home while you are away?  
 A "Yes" response to any of the above five questions indicates an area of concern.

## Include dairy products in diet

Watching your weight is easy with low-calorie dairy foods rich in calcium, like low-fat yogurt, skim milk, low-fat cottage cheese, and low-fat hard cheeses like part-skim mozzarella. These foods also have many other nutrients, like phosphorus and vitamin D, that help your body absorb calcium.

1200 is the magic number. A sparkling smile and strong, healthy bones require 1,200 milligrams of calcium daily. That means 4 servings a day from the dairy group. In real food, that's about two glasses of milk, a cup of yogurt and an ounce and a half of cheese (try it on pizza).

Exercises like biking, skating, dancing, running, and walking are weight-bearing activities that burn calories, build bones and are fun to do with friends, after school or any time.

Savor the flavor of dairy foods... at the mall, enjoy a milk shake, pizza, potato skins or a salad topped with cheese. On a picnic or at the game, take along potato, macaroni and tuna salads with shredded cheese; try yogurt fruit drinks or hot cocoa made with milk. See recipes for more snack ideas.

Drinking and Smoking sap your body of essential nutrients and increase the risk of bone disease, so it's best to avoid them.

## Summer camps scheduled

**Summer Camp 1990**  
 Camp Counselor training at Crystal Springs in Prineville, OR June 23-29.  
**Crystal Springs 4-H Camp**  
 June 24-26, 1990  
**Challenge Camp Counselor Training**

July 13 through 15 at the High Lakes  
 9-12 gr.  
**Challenge Camp at Trout Lake**  
 August 12-16  
 Sunday through Thursday for a fun-filled time. Jefferson County, 7 and 8

### CALCIUM

- 4 Cups Skim Milk ..... 1208mg
- 4 Cups Lowfat Milk ..... 1200mg
- 4 Cups Whole Milk ..... 1164mg

- Dairy Products **Calcium**
- 1 cup lowfat Milk (2%) ..... 1254mg
  - 1 Cup lowfat fruit yogurt & 3 oz. Cheddar Cheese ..... 1315mg
  - 3 cups lowfat milk (1%) & 1 cup lowfat plain yogurt ..... 1321mg
  - 3 cups skim milk & 1 cup lowfat plain yogurt ..... 1321mg
  - 1 cup lowfat milk (1%) 1 cup lowfat plain yogurt ½ cup lowfat cottage cheese & 2 oz. swiss cheese ..... 1336mg
  - 3 cups whole milk & 1 cup lowfat plain yogurt ..... 1288mg

## Shop well for energy efficient home

Shrewd home buyers know that an energy efficient home saves money in the long run because the energy bills will be low. The trick is knowing what to look for when you're house shopping.

Ted Haskell, Oregon State University (OSU) Extension energy agent for northwest Oregon, lists some of the features an energy efficient home will have. You may want to cut out this guide and take it along to use as a checklist when comparing houses.

"Not every house will have all of these features," Haskell said, "but a truly efficient home will have most of them. You won't be able to see them all, so be ready to ask questions of the builder or seller."

**Walls, R-19.** Floors above crawl space or garage, R-30. Edge of concrete slabs, R-10. Heated basement walls, R-10 exterior or R-19 interior.

**WINDOWS:**  
 An aluminum-framed window should have a thermal break, and the glazing should be low-e with a tested U-value below 0.5. The tested U-value information should be available from the manufacturer.

A vinyl- or wood-framed window should have low-e glazing and a tested U-value below 0.4.

**AIR SEALING:**  
 Look under sinks to see if pipe penetrations are sealed. Ducts should be taped at all seams.

**GAS OR OIL HEATING SYSTEMS:**

Look for 80 percent or better annual fuel utilization efficiency (AFUE). This information is available from the manufacturer.

Ducts should be insulated to R-11, and pipes in hydronic systems insulated to R-4. (Insulation is needed only in unheated spaces, such as garages, crawlspaces, attics, etc.)

**ELECTRIC HEATING SYSTEM:**

Look for a heat pump or for zonal heat with individual room heaters and thermostats.

**HOT WATER:**  
 The water heater should be in a heated place. Hot water pipes in unheated spaces should be insulated. Read the efficiency rating on the yellow Energyguide tag. Be sure the model rating is at or near

the lowest cost for similar water heaters.

**APPLIANCES:**  
 Read the efficiency rating on the yellow Energyguide tag. Be sure the model rating is at or near the lowest cost for similar appliances.

**VENTILATION:**  
 Spot ventilation should be provided in baths, kitchen, utility rooms, hobby rooms.

There should be whole house ventilation with automatic and manual controls. The more-efficient systems include heat recovery (an air-to-air heat exchanger or other). Since ventilation systems without heat recovery can waste energy if they're too large, they should be designed to move 10 cubic feet of air per minute per occupant.

Information Provided By:



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## There are many ways to garden, landscape

Of the many garden and landscape watering methods, gardeners should choose the one that makes efficient use of water.

For any home garden or landscape, the best way to irrigate is the cheapest, yet most effective way of providing water to soil and plants.

Because of the growing cost and, in some areas, the increasing scarcity of water, many innovative types of watering equipment for the home garden and landscape are available.

Drip systems, soaker hoses emitters, and misting heads are some of

the tools available to home irrigators. They are designed to apply the water where it is needed, at the time it is needed and in the amount necessary to keep landscape and garden plants healthy.

Drip systems supply water slowly onto the soil surface. Soaker hoses of various sorts can be laid on top of a planted bed. Emitters are placed near a single plant to apply the water to a specific root zone. Misting heads are used to apply water to tender plants or hanging baskets.

Check with your nearest garden center for these irrigation devices.

Many home gardeners in western Oregon also use lawn and garden sprinklers of various types. Check to see how evenly they apply water. You can do this by placing several flat-bottomed containers in the sprinkler's pattern. Let the sprinkler run for an hour or so. Then measure the water in the containers.

If all the containers have about the same amount of water, the sprinkler is doing a good job. However, don't be surprised if a few containers are full while others are nearly empty. Most sprinklers are far from exact in placing water with any degree of uniformity.

A handy way to water individual plants, like tomatoes, peppers, or eggplant, is to bury a quart- or gallon-sized can alongside the plant. Poke a few holes in the bottom and sides of the can so the water can flow into the soil at the depth you want.

When the plant needs water, simply fill the can and let the water soak into the root system. You can also fertilize with this system by placing a small quantity of manure or other fertilizer in the can.

In areas where the soil loses water rapidly, save what you have by using mulches of various sorts. The easiest mulches to apply are sheets of black polyethylene.

The least expensive mulches are those consisting of several sheets of recycled newspaper placed over the soil and around the vegetable or flower plants. In the fall spade it under to add organic matter to the soil.

You can also use mulches of straw, grass clippings, sawdust, or bark chips. Any of these materials will help conserve moisture in the soil by slowing the evaporation rate from the ground surface.

## Alter cooking methods

When you cook try steaming, boiling in a small amount of water, sauteing, poaching, broiling, grilling, baking, rack-roasting or stir frying instead of deep-fat frying or pan-frying.

Avoid boiling foods in large amounts of water that will deplete nutrients or toasting meat in a pan that is constructed to allow the meat to cook in fat.

- Light substitutions:**
- 1 cup whole milk .....159
  - 1 cup skim milk .....86

- 2 Tbls cream cheese .....99
- 2 Tbls Neufchatel cheese .....74

- ½ cup canned fruit in heavy syrup .....93
- ½ cup canned fruit packed in water .....39

- 1 Tbls mayonnaise .....99
- 1 Tbls reduced-calorie mayonnaise .....40

- 1 Tbls vegetable oil .....121
- 2 seconds vegetable cooking spray .....6

- Tuna packed in oil .....571
- Water-packed Tuna .....235

## Prepare yourself for parents' old age

Much is said about preparing for retirement, but little about preparing for old age. Retirement plans usually don't consider care for the aging adult in the event of serious illness.

Usually families become involved when elder relatives are in need of care because "families provide 80% of the support for older persons."

Often children of aging parents are faced with a crisis when a

parent becomes widowed or is unable to perform daily activities of living due to age-related changes or chronic disease. They may be unfamiliar with their parents' plans for the future and have only a vague idea about their parents' personal affairs.

In addition, there may be difficulties in family members working together to reach care decisions.

It's important that parents and children discuss the realities of

later life before there is a crisis, she stresses. They need to address hard questions such as where will parents live if they need assistance to perform daily life activities, the financial resources available, and who makes health care and financial decisions if the parent is not able to do so.

Families also need to look at what adjustments in roles and responsibilities family members will need to make and procedures to follow to make the best decisions possible.

Adult sons and daughters can better prepare their parents, as well as themselves, for later life by becoming informed about the process and problems of aging.

Failure to understand the issues of aging is one of the most serious problems about getting older. Families and older persons who know what to expect and have done some advance planning share an easier future.

The local library can be a good source of information on aging. Publications on aging issues are increasing. Educational programs on aging are also offered through county Extension services offices, community colleges, and hospitals.

A variety of excellent materials on aging have been produced by the OSU Extension Service, Schmall notes. Subjects range from how to prepare a will to how to make caregiving decisions.

## Weed war is on!

Brace yourselves, home gardeners, the beginning of the summer weed wars is at hand.

Weeds are a serious threat to vegetable gardens. Unless gardeners wage a constant campaign to eliminate weeds, the unwanted vegetation will compete with and can eventually destroy garden crops.

Don't depend on chemical sprays to control garden weeds. The use of herbicides on such a small scale isn't practical.

You may find a chemical that will control some of the weeds but if it's good at killing weeds it will

likely be effective in some vegetable plants as well.

The most efficient weed-killer is a hoe. Shallow cultivation is recommended in the garden, especially when garden plants are young. Try to cut the weeds off just below ground level with the hoe. A light scraping action works best.

If a rototiller is used to remove weeds, keep the blades as near the surface of the soil as possible to avoid damaging the root systems of the garden crops.

For best results in keeping the garden clear of weeds, cultivate regularly and preferably by hand.

### Stir Fry Turkey

- 4 teaspoons cornstarch
- ½ teaspoon ground ginger
- 1 can (8 ounces) pineapple chunks, drained (reserve 1 tablespoon juice)
- 1 tablespoon soy sauce

- ¼ cup apricot preserves
- 2 boneless, skinless chicken breasts, split (about ¾ pound), cut crosswise into ¼ inch strips
- 1 package (6 ounces) frozen pea pods, defrosted
- 1 can mandarin orange segments, drained
- Cooked Rice
- Chow mein noodles (optional)

1. Blend cornstarch, ginger, reserved pineapple juice and soy sauce in 2-quart glass casserole. Stir in preserves. Add chicken strips and stir to coat. Cover with vented Saran Wrap.

2. Microwave at HIGH (100% power) 4 minutes. Stir in pineapple chunks and pea pods.

3. Microwave covered at HIGH (100% power) 2 to 3 minutes, or until chicken is tender; stir once. Gently fold in mandarin orange segments. Let stand covered 2 minutes. Serve over hot rice. Garnish with chow mein noodles, if desired.

Makes 4 servings

### Fruit and Cheese kabobs

Preparation time, 30 minutes. Yield: 30 - 4 inch kabobs. Nutrient value per kabob: 96 calories, 5.3 gm. protein, 6.7 gm. fat, 4.0 gm. carbohydrates, 0.2 gm. fiber, 14 mg. cholesterol, 219 iu. vitamin A, 9 mg. vitamin C.

- 30 seedless green grapes, washed
- ¼ fresh pineapple, cut into 30 chunks
- 15 strawberries, washed and halved
- 30 cubes of Monterey Jack cheese, ¼"x ¼"x ¼"
- 30 cubes of cheddar cheese ¼"x ¼"x ¼"
- 30 wooden skewers

1. Alternate pieces of fruit and cheese on skewers. Use one of each fruit and cheese per skewer.

## Fresh recipe ideas offered

- Manhattan Fish Chowder
- 1 pint canned salmon
- ¼ cup chopped bacon
- ½ cup chopped onion
- 2 cups boiling water
- 1 can tomatoes
- 1 cup diced potatoes
- 1 cup diced carrots
- 1 cup chopped celery
- ¼ cup catsup
- 1 tablespoon worcestershire sauce
- ¼ teaspoon pepper
- ¼ teaspoon thyme
- ½ teaspoon basil
- ½ teaspoon garlic powder

Fry bacon until crisp. Add onion cook until tender. Add water, tomatoes, potatoes, carrots, celery, catsup, and seasonings. Cover and simmer for 40 to 45 minutes or until vegetables are tender. Add Salmon cover and simmer for about 10 minutes longer or until fish flakes easily when tested with a fork. Makes 6 servings.

### Turkey & Noodles

- 1 pkg. Chinese egg noodles
- cook noodles for 10 min. in boiling water. Rinse in cold water & set aside.
- 3 c. turkey breast, cubed
- 1 T. sesame seed oil
- 2 bunches green onion, chopped
- 1 c. celery, chopped
- 1 c. zucchini, sliced to thin
- 1 sm. head cabbage, chopped
- 2 T. chicken bouillon
- 4 T. sweet soy sauce
- (½ c. soy sauce plus ½ c. br. sugar & 2 T. molasses, boiled)
- ½ t. garlic salt

Heat oil in a large dutch oven or wok, add turkey & fry until done. Add onion, celery, zucchini and cook until limp. Add cabbage and cook until wilted. Add garlic salt, chicken bouillon & sweet soy sauce. Add noodles and toss.

## Increase activity, reduce food intake to lose weight

Cutting calorie intake is one way to shed pounds. Calorie output counts too! The best approach is to decrease calories and increase physical activity.

Exercise burns calories and helps make you fit as you become less fat. It has other pluses too. For example, it can help relieve tensions that often lead to over-eating. Exercise for a slimmer, trimmer you.

Activities like handball and jogging are fantastic calorie burners. They're great for people who enjoy them and who are fit enough to undertake a vigorous exercise program. But don't feel you have to be an athlete to make physical activity count for you. Moreover, don't try to become an athlete overnight! It's best to make slow, steady changes in your activity level. There are lots of little ways to burn calories

during your daily routine. Walk or bicycle instead of drive, use the stairs instead of the elevator, stand rather than sit. Think ACTION—bend, stoop, stretch, squat, reach, move, lift, carry—all extra actions add up to burned calories!

The number of calories burned depends on the degree of the activity (running burns more than walking), length of the activity (the longer the activity continues, the more calories burned), and your weight (heavier person uses more energy than a lighter person for the same activity).

The suggestions here are ways you might increase your level of physical activity. Check those that are best for you and note those you can add. Think of others that are suited to your interests. Before you start an exercise or sports program, check with your doctor to help decide what activity is best for your age and general physical condition.

- Use the stairs rather than the elevator.
- Put more vigor into everyday activities.
- Take several 1-minute stretch breaks during the day.
- Take a walk each day at lunch-time or after work.
- Attend an aerobics or slim-nastics class.
- Develop a "do-it-yourself" home exercise program.
- Establish a regular weekly sched-

## Lilacs may need pruning

Lilac shrubs in the home landscape that aren't blooming as heavily as they once did may need some pruning to regenerate their vigor.

Through the spring or early summer when lilacs bloom, they are doing more than just creating beautiful flowers. They also are producing their new annual growth and next year's blossom buds.

This growth pattern means there is no time of year that a lilac can be pruned without removing some flower buds.

To minimize problems, prune the shrub so that only non-flowering wood is removed. Flower blooms are produced from large buds on the ends of vigorous new growth.

Prune out the lateral and spindly growth that rarely produces blooms. Both types of growth are usually best removed in the winter

but can be cut out any time of year. Annual pruning, though not essential, will keep the lilac bush in good health.

Renovation of old bushes is usually best done in the winter but can be safely done in the late spring after bloom, McNeilan says. To renovate lilac shrubs, remove some of the old wood in the shrub near ground level. Be careful to prune no more than a fifth of the shoots that have already bloomed.

This severe pruning of some branches while leaving most intact gives the shrub a solid framework on which new growth can quickly become established keeping the shrub young.

Renovation pruning is needed only every few years. To promote a healthy crop of lilac blooms next year, clip the blossom heads off the plant after bloom this year.