

Teen years aren't easy for anyone

The teen years aren't particularly easy for anyone, including the people who experience them firsthand and for the first time. But some problems we associate with the teen years may have more to do with how we perceive teens

than what the teens themselves are actually doing. Sometimes, the question is not what is happening to the adolescent, but how society treats those changes.

Adolescence is not just about hormones. It's about messages. For instance, one developmental task teens face is to acquire greater cohesion and intimacy with their own peers, as part of the process of taking their place in a world larger than the family.

aller, older-looking youths may be expected to act older and more responsible than they are.

In addition, society itself may be confused about some of the changes of adolescence, and not have a clear message to give on some topics. Sexuality comes quickly to mind.

Some parents are upset that there are so many pregnant teens now. In reality, we don't have that many more pregnant teens than in previous decades. But what we have now are unwed pregnant teens. Society, itself, no longer clear on the relationship between marriage and sexuality, is giving unclear messages to teens about that relationship. Society's expectations have changed, and so have teen's as a result.

To be an adult, in the simplest answer, means to be able to love and to work. That is what adolescents are preparing for. Society is telling adolescents to grow up, and also telling them to remain children—to stay in school and postpone adult responsibilities. It's a confusing time for everybody, but one that can be eased with better, more open and honest messages between all involved.

Add variety to lunch

As working through lunch becomes a common part of many workdays, professionals are looking for healthier more interesting alternatives to the standard roast beef on rye. Nutrition is becoming a priority for the fast-track crowd.

Alternatives to sandwiches

There can be more to lunch than sandwiches. For a few ideas try a baked potato topped with vegetables and low-fat cheese or yogurt, zucchini bread with a cold pasta or vegetable salad and low-calorie dressing. Let your imagination wander. Lunch doesn't have to be boring.

Frozen food entrees

Many companies have responded to the needs of their workers by providing a microwave oven for employees use. A number of frozen food entrees of 300 calories or less can now be found in the supermarkets. Pop one in the microwave and you've got a low-calorie, low-fat lunch. There are many varieties to choose from, so read labels and take note of the sodium and fat content.

And for kids

Lunch bags for your kids can contain a variety also. Consider packing:

- Cheese cut in cubes.
- A variety of nuts including peanuts, cashews, or almonds.
- Raisins, sunflower seeds, or pumpkin seeds.
- Peanut butter stuffed into celery sticks.
- Chicken or turkey slices, wings, or drumsticks.
- Hard-boiled eggs.

When you do pack a sandwich, use tuna or chicken salad or sliced meatloaf rather than the high-fat,

high-sodium luncheon meats. Make a switch to whole grain breads, too.

In addition to a protein-rich food, the lunch you pack should include a fruit or vegetable, or something special like popcorn, pretzels, a granola bar, fig bars, graham crackers, or oatmeal cookies. For a beverage, provide fruit juice or mineral water. If the can or bottle is frozen, it will defrost by lunch time and it will help keep the rest of the food cold.

Another alternative for lunch is a thermos of hot soup or chili. Let your imagination go. There are no hard and fast rules. You can even find a variety of containers and decorative lunch bags to carry your food in style.

Peer groups and family are not necessarily always in conflict. Adolescents need approval and a sense of belonging in both groups. Both are important. To give an adolescent the message that peers don't matter or that a choice must be made between peers and family, is to give an adolescent a wrong message.

There are many other confusing messages teens may get from their family and community that make adolescents more complex. Girls, for instance, tend to grow faster than boys and, because they look more mature, are expected to act more maturely than their real age may warrant.

Gather supplies for travel in the car

"Mom are we almost there?" "Mom how much longer will it take?" Prevent boredom with a "goodie bag." Don't try to find "goodies" the week before your trip. Watch for them all year long. You may want to draw on your "fun stash" during rainy days or trips to the dentist.

Magic pen books. These are mess-free, with no crayons to melt or ink to stain your car upholstery.

Punch-out paper dolls. Tape an envelope inside the back cover to store dolls and clothes.

Hand-held tape players with personal headphones. Your child can select his or her own music or tapes without disturbing anyone else.

Gummed paper. from a school supply store. Children cut, lick, and stick it to create collages, paper dolls, pictures and more.

Stamps. For toddlers and preschoolers, save stamps from record and book club advertisements. They like and stick them on their skin, paper, and car seats.

Reading and activity books.

Tape recorder. Invite your children to record your trip's events. Appoint a different child to be responsible for each day's recording.

To prevent squabbles. Even with the best of activities, children and adults get grouchy after several hours on the road or in the air. To motivate everybody to get along,

give them all ten dimes, nickels, or dollars and explain that for each nasty word you'll take away a dime. But remember—allow your

children to earn back lost dimes with extra kind words.

BON VOYAGE!

Dig and divide spring bulbs

Digging and dividing spring flowering bulbs such as daffodils, tulips, crocus and hyacinth gives these colorful ornamental flowers a new lease on life.

Dig, sort and divide spring flowering bulbs in the summer. Afterwards, replant, or store the bulbs until late September when the weather is cooler.

Digging and dividing these flowers gives them room to grow properly and prevents plant diseases, should they occur, from spreading rapidly from plant to plant.

When removing the plants from the soil, dig around the edge of the plant, clump soil and bulbs and lift carefully from the ground. Rather than washing the bulbs in water, simply knock the dirt off them.

Discard diseased, soft or rotten bulbs. Bulbs that are to be stored should be dried for a day or so. Spread bulbs on a wire tray that will allow air to circulate freely around them. Be careful not to crowd the bulbs together on the tray.

Store the bulbs in a dark, dry area, such as a cellar or the back of a garage. Where possible, the stor-

age area temperature should not exceed 65 degrees F.

If the bulbs are to be replanted immediately, plant them in clusters with individual bulbs four to five inches apart. Well-drained, sandy soil with maximum exposure to sunlight is best.

Work the soil to a depth of 12 inches. Plant tulips six inches deep; crocus, two inches; daffodils, seven inches; grape hyacinths and irises, three inches; and hyacinths, four inches.

Set the bulbs firmly in the ground and press out any air pockets that form around them as the soil is filled in.

A commercial fertilizer, such as a 5-10-5 combination, should be worked into the soil around the bulbs. Use one handful per cluster of three to five bulbs, or two pounds for each five by 10-foot plot of planted area.

Bone meal is also a good fertilizer for bulbs. Use two tablespoons of bone meal per bulb and work into the soil beneath the location that bulb will be planted. Then soak the planted area to settle the bulbs.

Information Provided By:



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Gardens face critical periods

Garden vegetable plants face several critical watering periods throughout the summer growing season. Critical watering times in the garden are when sweet corn begins to show tassels, and when tomatoes, cucumbers and summer squash are setting fruit.

In addition, hot, dry weather - any period that causes plants to wilt for several days - can be extremely damaging to vegetable plants. With tomatoes, the result of lack of water is blossom and rot.

Garden watering can be done in a variety of ways but using a garden sprinkler, such as an impact or oscillating type, works well. Apply about an inch of water dur-

ing each irrigation.

To measure the amount of water, place a can where it will collect water from the garden sprinkler. A thorough watering should keep garden plants in good shape for five days, depending on weather and soil type.

If water begins to puddle during irrigation, the sprinkler is putting out water faster than the soil can take it in. Crusted soil, which prevents water from penetrating the soil, can be broken up with shallow cultivation.

Also fertilizing the garden early in August will help fatten the harvest. Don't apply fertilizers high in nitrogen, however. Nitrogen encourages growth of leaves and stems at the expense of vegetable fruits, such as tomatoes.

To encourage tomato fruits instead of vines, apply a complete fertilizer such as a 10-10-10 combination.

Either broadcast the fertilizer over the planted row or brand it along the plants in the row. See the fertilizer package for application rate recommendations.

Runners have denser bones

Running strengthens bones without increasing arthritic risk, found researchers at Stanford University School of Medicine. Comparing 41 long-distance runners, who averaged running 26 miles per week, with 41 volunteers who ran a little or not at all, they found that the long-distance runners had 40 percent denser bones, but no greater signs of arthritis.

Challenge Camp set for August

The Warm Springs 4-H Program will be holding a 4-H Challenge Camp for the 6th, 7th and 8th graders on August 12-16.

The camp will be located at the High Lakes secondary campground. It is designed to mentally and physically challenge junior high students through hiking, educational classes, evening programs, games, swimming and self-esteem concepts.

Local resource persons will assist with the camp activities. For more information contact Arlene Boileau or Tina Aguilar at the Warm Springs Extension Office, 553-3238.

Rules keep picnic food safe to eat

Simple rules keep picnic food safe to eat.

Rule 1. Keep it clean. Dirty hands can spread the hepatitis virus and bacteria to food. Wash your hands after using the toilet. Take soap and water with you if none will be available at your picnic site.

If you handle raw meat, poultry, or seafood, wash hands afterwards, too. That advice also goes for utensils and plates. Cooking destroys bacteria that are naturally present on raw animal products. If you reuse dirty plates, you'll be

transferring bacteria back to your food.

Rule 2. Cook it well. Make sure you cook meat, poultry and seafood thoroughly to destroy Salmonella and other bacteria. Cook meat to a medium or well done stage. Poultry is done when it is no longer pink and the juice is clear-colored. Cook fish until it turns opaque and flakes.

If you're barbecuing, consider pre-cooking in the oven first. You'll then be able to barbecue just long enough to add flavor without burning to a crisp to guarantee doneness.

Rule 3. Don't wait refrigerate. Keep hot foods hot (above 140 degrees) and cold foods cold (below 40 degrees). Refrigerate leftovers promptly. Bacteria will have a chance to grow if moist, protein-rich food is left at room temperature longer than 2 to 3 hours.

Rule 4. If in doubt, throw it out. Don't take chances. If you aren't sure about the safety of your picnic leftovers, throw them out. These people are more likely to get food poisoning if they eat them: pregnant women; infants and young children; frail elderly; persons with cancer or AIDS.

Insurance helpline answers questions

In an effort to respond to consumer questions and concerns about insurance, all areas of the industry have joined forces to establish a toll-free, consumer information telephone line. The "National Insurance Consumer Helpline" will handle a wide range of questions from callers, refer consumer complaints to appropriate sources, as necessary, and send consumer and educational materi-

als upon request. The helpline's three main sponsoring organizations are the American Council of Life Insurance (ACLI), the Health Insurance Association of America (HIAA), and the Insurance Information Institute (III). The III represents property/casualty (home, auto and business coverage) insurance companies. Several other trade associations and insurance agent groups will join the primary sponsors to help support the program.

The helpline, based in Annapolis, MD, is managed by an independent company using trained industry personnel on the phones.

Be cautious when shopping by telephone

Staying home used to be a way to cut down on impulsive shopping. No longer. Now it's possible to run up credit card debt sitting in your living room and watching television.

Shopping by T.V. is big business and getting bigger. "While we've always had commercials, changes in the world of electronic credit have now made it possible for in-home sales to become the main event. A dazzling number of items are for sale on television. You, the viewer, are encouraged to pick up your phone, call toll-free numbers and order by credit card." The "bargains" are sometimes illusionary and buyers lose the chance to comparison shop. It often adds up to an increase in impulse buying and growing consumer debt. Be cautious, stresses Alice Mills Morrow, OSU Extension family economics specialist.

Vacations can be economical

From childhood vacations or past vacations irreplaceable memories and the realization that "getting away" is important to our well being was gained.

But how easy it is to slough off our needs for a breather. We find ourselves running on empty spiritually and physically in the rush to keep pace with life's demands. Getting away can be so expensive, so complicated, how can we afford a trip or the time off?

Remember, vacation is more than location; it's a necessity. Below are tips to help you organize your getaway and enjoy the time of your life.

Super Saving Travel Tips:
Make your packing as effective as possible with these space saving tips:
—Use small plastic 35mm film canisters to pack small amounts of

aspirin, shampoo, moisten cotton balls with perfume or rubbing alcohol and small earrings or rings, label each canister.

—Buy sample sizes of products you often use. Store them in your suitcase.

—Pack heavy items like shoes and hairdryer on the bottom of your suitcase along the side.

—Think twice about buying souvenirs. Opt for small non-bulky items such as postage stamps or prints. Consider useful souvenirs such as placemats or dish towels.
—Keep a journal. Each day write what you did, where you went. Record your impressions of what you saw, describe the people you met. It's cheaper, smaller and more personal than a "souvenir of the Grand Canyon" canyon back scratcher made in Japan.

BRSV vaccine may be needed

Bovine respiratory syncytial virus (bovine RSV) has only been identified as an important respiratory pathogen within the past decade. Because it is difficult to isolate from infected animals and because the virus is so fragile, it is often not diagnosed as the cause of illness.

Diagnosed is further complicated by secondary infections that often mask evidence of infection-caused symptoms manifested by bovine respiratory diseases.

Nevertheless, nationwide studies have shown that RSV is present in 38% to 76% of beef and dairy herds.

Check with your local veterinarian to see if BRSV vaccine should be added to your vaccination program.

For more information about BRSV or other diseases (BUD, IBR, PI3, ETC.) contact the Extension Office.

Wasps can spoil party

Uninvited guests can really spoil the party, particularly if they are yellow jackets, or other types of wasps, buzzing around your barbecue or picnic.

Summer outings tend to attract these pests, especially if they have nests near the location that the recreation is occurring.

Wasps, unlike bees, can sting many times. Bees sting only once because they leave the stinger in the victim.

Wasps commonly nest in trees, large bushes, on the exteriors of buildings, in spaces in walls, on roofs, and in small holes in the ground, McNeilan says. Nests may be made of mud or paper depending on the type of wasp. Paper nests as large as basketballs have been found in shrubs and trees around home landscapes.

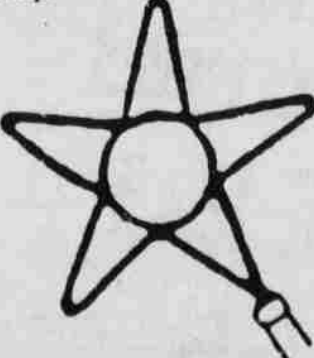
Insecticides registered for wasp control usually contain diazinon or pyrethrin. Several of these products are sold in pressurized cans. For more information check with your local nursery or garden store.

Nests should be treated after dark when the wasps are in for the night. Be careful if flashlights or lanterns are used. Yellow jackets may be aroused by the light and leave the nest. Treat the nest with insecticide following label directions.

If the nest cannot be located, traps containing an attractant may be the next best control. Commercially prepared traps are available at most nursery and garden stores.

Share some bubble magic

Do you remember how much fun it was to blow bubbles when you were a kid? Pass some of "the good old times" down to your children and/or grandchildren by making a bubble wand out of several wire coat hangers (see illustration) and use the following bubble recipe.



Bubble Recipe

- 2 Cups dishwashing detergent
- 6 Cups water
- 3/4 Cup white Karo corn syrup

Combine, shake, let settle four hours. Store covered in refrigerator to extend suds shelf life. Allow to warm before using.

Bubbling tips

1. Do not stir wand in suds to avoid foaming.
2. If foam develops, scrape off with stiff card.
3. Keep suds clean—avoid dirt, grass, bugs, etc.

If you're bitten...

If you're bitten by a dog, rinse the wound to remove saliva, then wash it thoroughly with soap and water, dry it, and cover it with sterile gauze. If the wound is deep and the tissue mangles, get medical help immediately. Even if the bite is small, check with a doctor as soon as possible to see if further care is needed and to evaluate the risk of infection. You may need antibiotics and a tetanus shot.

Any dog bite that punctures the skin carries the risk of rabies. Because most dogs have been immunized these days, the disease is rare but not unheard of. It can be fatal in humans. If possible, the animal should be kept under observation for signs of rabies. If the dog cannot be found, you will need to consider rabies shots.

Jefferson County Fair
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