

## We talked....but did we communicate with each other?

"Three Englishmen were riding a train, which was approaching its next stop. The first man asked, 'Is this Wimbley?' 'No, it's Thursday,' replied the second man, and the third man enthusiastically responded, 'I am too-let's get off and have a drink!'"

### Clear communication

Such a miscommunication in real life very often can be humorous. However, when we are trying to establish or maintain a relationship that means something to us, clear communication becomes terribly important and there is

nothing funny about miscommunication.

### Non-verbal messages

A very simple definition of a completed communication is this: the message sent is the message received. Anything else can lead to a misunderstanding if the message is not further clarified. We seem to have trouble with our communications when we rely too heavily upon words. We think that only words communicate messages of importance. The reality of human communication is that we are also "telegraphing" modifiers of the word messages, and revealing o-

ther messages, particularly attitudes and feelings, whether or not that is our intent. Modifiers are the non-verbal messages received by posture, movement, gestures, facial expressions, voice qualities and even by the way we dress.

### Self-awareness

For anyone interested in improving communication-whatsoever the degree of intimacy in the relationship-the place to start is with one's self-awareness. In psychological terms, one's self can be thought of as composed of thinking, feeling and behavior. There are several questions that might be useful to address to one's self to focus on these definitions of self-awareness:

- \* How aware am I of my thinking, interpreting and making assumptions?
- \* Do I know what emotions I am having at any given time?
- \* How often do I gauge what my posture, gestures, facial expressions and voice are saying?

### Awareness of others

The next focus in improving communication is to increase one's awareness of others. This is the feedback that helps to confirm that the message sent was received as intended. We sometimes become mystified if we do not check our perceptions or if we do not bother

to check out the misapprehensions of others as they occur. The questions that follow may be useful to ask yourself in order to become aware of how others think, feel and communicate.

- \* Do I check out my perceptions of others with them?
- \* Do I ask others what they heard me say to see if it matches what I intended to say?
- \* Do I tell others what I think they said so they can clarify it further?
- \* Do I think meanings are found more in words or in people?
- \* When someone says something that is "on target" with me, do I acknowledge this without being asked?
- \* What do I usually focus on in a conversation-a topic or idea, myself, my partner or the relationship?

It is a condition of being human that we are not always understood and that we do not always understand others, despite our good intentions. Satisfying communication between two people can be achieved only when both accept full responsibility for their own thoughts, feelings and behavior within the relationship. Good relationships, at any level of intimacy, are the result of good communication between responsible, caring, thoughtful people.



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## Insurance rates differ

Oregon Insurance Consumer Advocacy recently released the November 1990 version of their auto insurance premium comparison.

Consumer Advocate Thomas Erwin says the comparison shows how important it is to "shop around" for auto insurance. "Age, marital status, mileage, where you live, and the make and model of your car all affect the cost of auto insurance," he said, adding that companies can differ radically in the amount they charge for insurance. "In one of the scenarios used in the comparison, six-month premiums range from an extreme of \$1,367 in Portland to a low of \$194 in Pendleton," he said.

The pamphlet compares premiums for five different driving situations in three different Oregon cit-

ies. Drivers in the survey include a 19-year-old single male, a 26-year-old single female with children, a working married couple, a retired couple, and a 24-year-old male with two speeding tickets and a driving-under-the-influence conviction on his record. The types of vehicles and mileage also vary.

The 18 largest auto insurance companies in Oregon are listed in the comparison, including several companies that specialize in high-risk drivers. These companies represent 75% of Oregon's auto insurance market, Erwin said.

To get a free copy of the comparison write, "Auto premium comparison," Oregon Insurance Consumer Advocacy, Department of Insurance & Finance, 440 Labor & Industries Building, Salem, OR 97310.

## Think "precycle" before purchase

If you're average, you produce about four pounds of trash a day. About three of those pounds end up in landfills, causing all sorts of problems, including ground water contamination.

But if you live in a rural area, a frequently called for solution--recycling--may not be a good option for you, according to Tom Wykes, OSU Extension energy agent in Bend. "In remote areas, picking up recyclables and transporting them to markets doesn't pay," he said. "The markets aren't there. Instead, consumers need to look at their own habits and reduce the amount of garbage they generate."

Wykes believes residents need to reduce the volume of waste through recycling and composting or to reduce the toxicity of waste they produce.

Wykes suggest three ways to approach the problem of solid waste before turning to recycling:

- \* Recycling. Shopping for products in reusable containers or buying products that use less packaging.
- \* Composting yard debris and food wastes.
- \* Properly selecting, disposing of and replacing hazardous household chemicals.

## Logging training to be offered in May

European loggers and landowners have logged with farm tractors outfitted with winches for at least 35 years. "As small logs become more prevalent, we also need to seek cheaper ways of extracting these small logs out of the woods," according to Stephen Fitzgerald, OSU Extension Forester.

A training session is being planned in the Central Oregon area by Dr. John Garland, OSU Extension Timber Harvesting Specialist, for individuals who want to learn how to operate winches on farm tractors. This training is not for the curious -- it is one week of in-

tensive, hands-on training that includes cutting techniques for small timber, winching operations and problem solving, and includes a demonstration of the entire cutting and winching process for a larger group of interested landowners, loggers, and equipment representatives.

The training is limited to 10 individuals who are willing to commit to one full week of training and can supply their own saw and accessories (fuel, wedges, ax) and safety equipment, which includes at least a hard hat, eye and ear protection, leg protection, boots, and gloves. The training will take place in May 1991.

If you are interested in this training opportunity and are willing to devote a week in May (rain or shine), please contact Stephen Fitzgerald at 548-6088.

## Resource Camp set for June

The former Oregon Range Camp will be held as the Oregon Natural Resources Camp, June 16-21, 1991 at Camp Hancock owned and operated by the Oregon Museum of Science and Industry. This camp is located in Wheeler County. The cost for the five days is \$140. Campers need to be ages 14-18 with the camp numbers limited to 25 youth. More information soon.

## Add barley for texture, variety

Home-style cooking is back! This collection of favorites from around the country features barley, a centuries-old grain with newfound popularity. As versatile as it is delicious, barley combines beautifully with ingredients from coast to coast to produce satisfying dishes that are guaranteed family pleasers.

In addition to its versatility, barley is a nutritionally sound food. It is a rich source of important vitamins and minerals and contains more protein than many other grains. Barley is also an excellent

source of soluble dietary fiber. In fact, studies show that barley is equally as effective as oats in lowering blood cholesterol. This nutritious grain also contains insoluble dietary fiber which helps maintain healthy intestinal function.

Pearl or hulled barley is readily available throughout the United States and can be found in the rice and noodle aisle of the grocery store. To keep barley at its very best, store it in an airtight container in a cool place. Refrigerate or freeze barley for long-term storage.

Like rice and other grains, pearl barley requires time for water absorption. Regular pearl barley must be cooked for approximately 50 to 60 minutes. "Quick" pearl barley has been rolled and steamed. This product takes only 10 to 12 minutes to cook.

### Glazed Pork Chop-Barley Bake

In this hearty entree, barley is teamed up with two favorites of the Deep South, pork and crunchy pecans. A spirited fruit glaze adds the perfect final touch.

- 4 tbs butter or margarine, divided
- 1 cup pearl barley
- ½ cup each chopped onion and celery
- 1 clove garlic, minced
- 2 cups chicken broth
- 1 cup orange juice
- 1 tsp dried orange peel
- ½ tsp dried rosemary, crumbled
- ½ cup coarsely chopped pecans, toasted
- 6 loin pork chops, 1-inch thick
- Salt and pepper
- 1 cup orange marmalade
- 2 tbs sherry wine or orange juice
- 1 tbs prepared mustard
- ½ tsp ground ginger

Heat 3 tablespoons butter in heavy saucepan. Add barley, onion, celery and garlic. Saute over medium heat until barley is golden. Add chicken broth, orange juice,

orange peel and rosemary. Bring to boil; lower heat and simmer 15 minutes or until barley is partially cooked. Add pecans to barley mixture and place in large casserole or baking dish. In the meantime, sprinkle pork chops with salt and pepper, and brown on both sides in remaining 1 tablespoon butter. Place browned pork chops over barley mixture in baking dish. Combine orange marmalade, sherry, mustard and ginger. Spread half of marmalade mixture over pork chops. Cover and bake at 350° F. for 45 minutes. Uncover, spread remaining marmalade mixture over pork chops and continue baking, uncovered, 15 minutes or until chops are tender and glazed. Makes 6 servings.

### Santa Fe Beans and Barley

Reminiscent of the old Southwest, this robust entree pairs barley with pinto beans, a staple of Spanish-American settlers centuries ago, and a still popular protein source today.

- 1 lb. ground beef
- ½ cup chopped onion
- 1 clove garlic, minced
- 2 tbs vegetable oil
- 1 cup pearl barley
- 2 cans (15 oz. each) pinto beans, drained
- 1 cup chunky salsa
- 1 can (4 oz.) chopped green chilies, drained
- 2½ cups beef bouillon
- 1 tbs chili powder
- 1 tsp salt
- ½ tsp ground cumin
- ½ cup shredded Monterey Jack cheese

In large saucepan, saute ground beef, onion and garlic in oil until beef loses its pink color. Add barley and remaining ingredients, except cheese. Bring to boil. Turn barley mixture into heavy 3-quart casserole. Cover and bake at 350° F. for one hour, stirring gently after ½ hour. Sprinkle with shredded cheese and bake, uncovered, 5 minutes longer. Makes 6 to 8 servings.

## Help your child understand their growing needs

Children, as well as adults, are listening to messages that say "thin is beautiful." However, children who aren't eating because they think they're fat may be harming their long-term health, cautions

### Appliances don't adjust well to cold

Refrigerators and freezers that have an automatic defrost system may have problems when stored in an unheated garage or back porch.

Automatic defrost systems are sensitive to the air temperature surrounding them. At about 38 to 42 degrees, the compressor will not run. As a result, freezer food in the compartment will defrost and spoil. To avoid this, relocate the unit to a heated area or empty the freezer compartment anytime the temperature is less than 60 degrees.

Margaret Lewis, Oregon State University (OSU) Extension nutrition specialist.

Families need to understand that children, like adults, come in a variety of sizes and shapes and that not everyone can be pencil thin, Lewis stresses. It's important for children to eat the foods they need for healthy bodies and an active lifestyle.

Lewis is concerned about the harm children may do to their health when she sees studies indicating 50 percent of nine year old girls and 80 percent of 10 and 11 year old girls are on self-imposed "diets" because they think they're fat.

"I'm concerned children are restricting their intake of calories at a time they are still growing. We need to help kids understand that they are still growing and that chances are good they will grow into their weight," the specialist stresses.

That's why she is encouraging parents to get a new publication from the OSU Extension Service called "If My Child is too Fat, What Should I do about It?" It is available for \$1.25 per copy plus 25 cents for postage and handling.

It also helps parents look at their own concerns about a child's weight, she notes. For instance, many parents fear overweight babies will become overweight adults. In fact, Lewis observes, there is no relationship. However, "pick-eaters" who fight with their parents about food, do show a greater tendency to be overweight adults.

The publication, produced by University of California Cooperative Extension, is designed to help parents talk about weight concerns with their children and offers suggestions about how parents can help children eat the foods they need in order to be healthy.

Parents can do their part by providing plenty of fruits, vegetables,

whole grain breads and cereals and selecting low fat dairy products and meats, the specialist notes. Foods high in fat and sugar should be less available to all family members, not just overweight children, she adds.

Inactivity appears to be more important than overeating in overweight children. It's important for children to be physically active.

Parents concerned about their child's weight need to look at the long-term growth pattern, not just at one point in time, Lewis emphasizes. Parents truly concerned about their child's weight should consult their health care provider, who can make a judgment based on the height-weight history of the child.

Copies of "If My Child is too Fat, What Should I do about It?" CA 21455, may be obtained by writing Publication Orders, Agricultural Communications, OSU, Administrative Services A422., Corvallis 97331-2119.

## Some household chemicals may harm environment

When we think of waste we usually think of solid waste and overflowing landfills. But American households also produce tremendous amounts of liquid waste that can contaminate surface and ground water.

People tend to forget about how much waste goes down the drain. Pouring household toxic waste down the drain is an almost sure way to cause eventual contamination of surface or ground water.

When put down the drain these pollutants go to septic systems and wastewater treatment plants which have trouble breaking them down and rendering them less harmful to the environment.

Wastewater treatment plants are designed to degrade human and food waste, not toxic chemicals in household products.

Worse, some people pour liquid wastes such as motor oil, antifreeze, gasoline, car wash water, paints, and pesticides directly into storm drains or sewers.

Storm drains lead directly into the environment: no treatment of any kind occurs. There have been

explosions in storm drains and extensive fish kills related to pollution of storm water runoff because of those practices.

The evidence is incontrovertible. Household toxins should not be poured down household or storm drains. Nor can they safely be put out with the rest of the trash. Instead:

\* Read labels and avoid as much as possible buying products that contain organic solvents or heavy metals.

Products labeled "poison" are the most dangerous; "danger" means the product is highly toxic; and "warning" or "caution" means the product is moderately or slightly toxic.

\* If you do need to use toxic products, buy only as much as you need, use as directed, and reuse whenever possible. (for example, paint thinner can be filtered and reused.)

\* Unused products should be kept in original, labeled containers and passed on to others who can use them.

\* Any products left after following the above steps should be placed in unbreakable containers and well sealed.

And consider some less toxic substitutes for commercial products.

A simple, all-purpose cleaner can be made with 1 tablespoon ammonia, 1 tablespoon liquid detergent, and two cups water.

To open clogged drains, pour ½ cup baking soda down the drain, followed by ½ cup white vinegar. Cover the drain and wait five minutes, then pour a kettle of boiling water down the drain. (Don't use this method if you've already tried to open the drain with a commercial product and some of it is still present.)

Furniture polish can be made by mixing three parts olive oil with one part vinegar.

Ovens can be cleaned by sprinkling water and then salt on spills when they are still warm. When the oven has cooled, scrape away the spill and wash the area clean.

But heed this caution: don't experiment with mixing household chemicals. Some mixtures, such as bleach combined with ammonia or acids, are dangerous--even deadly.

## On-The-Go Muffins

- ½ pound ground sausage, browned, drained and crumbled
- 7 large eggs, scrambled and chopped
- 1/3 cup Canola or Safflower oil (Vegetable)
- 5 large eggs, beaten
- ¼ cup low-fat milk
- 1¼ cup all purpose flour
- ¼ cup sugar
- 1 tsp baking powder
- ½ cup Colby cheese, shredded
- ½ cup Monterey Jack cheese, shredded
- ¼ cup Grape Nuts cereal

In a large skillet, scramble seven eggs, chip after cooking and set aside. In a small bowl combine five eggs, milk and vegetable oil; set aside.

In a large bowl, combine flour, sugar and baking powder. Make a well in the end add egg, oil and milk mixture stirring just until moistened (the batter will be lumpy). Fold in sausage, cheeses, cereal and scrambled eggs. Spoon into greased or paper lined 2½ inch muffin cups. Bake in preheated 400 degree F. oven for 15 to 20 minutes or until golden brown. Remove from pan and serve warm with a fruit garnish. Makes 12 Muffins.