SPILYAY TYMOO

#### WARM SPRINGS, OREGON

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# Stress in children... Deal with the problem before it gets too large

Stress is hard enough for adults handle in this demanding world live in. It is even harder for children. Their lives revolve around home and school. When things go wrong in either place, the ery foundations of their world begin to crumble.

Children tend to magnify probams. We know that. We are just beginning, however, to appreciate the many new pressures society now imposes on children--pressures that previous generations of children never knew.

Many of today's youngsters have a weekly schedule that would test some executives--school events, homework, music lessons, scout meetings, basketball practice, visits to the orthodontist. Time to play or read for fun or just relax is hard to come by.

We know that stress in children, unrecognized and unchecked, can have serious consequences-depression, agressive behavior, even suicide. Less well known is the effect of stess on IQ. A recent study at Georgetown University in Washington, D.C., showed that children under stress have lower IQ scores that their stress-free classmates on the Wechsler Intelligence Scale for Children. The researchers concluded that while some scientists think intelligence is entirely inherited. their data showed that stress is at least one factor in lower brain function.

Whatever the symptoms, stress and the depression it can cause need to be dealt with immediately. Depression is a real illness with effects that can last a lifetime. An estimated one in 25 children aged 7 to 12 suffers from some form of depression. However, major depression, the illness with suicidal

overtones, occurs only in about one child in 50.

Children spend more time at school than any other place outside the home, and school is a contributor to the factors causing stress. Thus the principal and the school staff are in a particular good position to identify problem behavior in students as it develops. Here are some of the warning signals:

Persistent sadness. Every youngster has "down" times. A poor test grade, a fight with a friend, the loss of a pet--any of these experiences can disturb normal children. But if sadness and lethargy last much beyond a week, affecting a child's capacity to function in school or enjoy playtime, then something is clearly wrong.

Poor self-esteem. Children can emotionally damage one another almost without realizing it. For the child already near the emotional borderline, the damage can tip the scales into depression.

Prolonged feelings of guilt. Any minor mistake they make can trigger excessive guilt feelings in depressed children. Moreover, they often take responsibility for family problems totally beyond their control, a common example being the separation and divorce of parents.

Physical complaints. Normal children can tour their anxieties into physical distress-headaches, stomachaches, toothaches, and other ailments. Isolated incidents of this kind are not cause for concern. However, watch out if these complaints become chronic.

Undue concern about death. Preoccupation with the health of a parent who is in fact very healthy, or nightmares about people dying, are signs of depression. They can even signify suicidal tendencies. Academic problems. When a

child who has been doing well in school suddenly stops paying attention in class, ignores homework, and fails tests, that is an early warning sign of depression.

Loss of appetite and disturbed sleep. A child who has lost considerable weight or dozes in class is clearly cause for concern. These irregularities can be signs of stress, and in any case signal that all is not well.

Following are some suggestions to help teachers, guidance counselors--and parents--deal with stress in children:

\* Train the staff to recognize the warning signs.

\* Plan carefully for new students.

 Make teachers and counselors available to troubled students.

\* Recognize the special needs of

students Establish communications with parents.

· Help parents help small children learn about school in advance.

Recommend physical examinations for children showing signs of stress

\* Take your community's economic pulse for its effect on children \* Begin anti-drug, alcohol, and

smoking programs early. \* Finally, assess your school's

emotional climate.

Does the school project for pupils an atmosphere of calm, orderly commitment to academic excellence? Do children understand that their teachers care about their well being? Is the classroom an organized place conductive to learning? Teacher burnout has been recognized in recent years as a significant problem, and school administrators would do well to

watch for signs of stress in teachers and other staff members as well as in children. The overworked, uptight teacher can transmit feelings of stress and anger to students by word, glance or action. A teacher's frustrations thus transferred to children can bring effective classroom learning to a screeching halt.



Information Provided By:

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# Warm weather brings out moles

Warming trends may cause overwintering moles to become active in some home lawns and gardens. Controlling these rodent-like insect-eaters is no easy chore, but there are ways to stop them. Here are some mole control guidelines:

bination of both are usually effective in mole control. Edge recommends traps for home lawns, gardens and flower beds. In larger areas such as fields or pastures, toxic baits are easier to use, but traps will still be needed as a follow up measure to catch moles that

escape the baits. Effective mole traps are the scissor-jaw, or tunnel, trap. Another type, the "harpoon" or "spear" Victor mole trap is available, but mostly for eastern moles. It is not effective on moles in the Pacific Northwest.

Mole traps are available at garden stores. Follow manufacturers instructions for setting the trap.

The success of poisoned baits for mole control depends on proper bait placement. Locate one of the mole's main underground tunnels with a probe or iron rod. Rotate the probe gently to enlarge the hole and drop a teaspoon of bait into the hole so it falls to the floor of the

#### tunnel. Close the hole with a clod or by gently pressing with the heel of your shoe so loose dirt does not

filter through to cover the bait. Other control methods include poison gases, flooding, fumigants and shooting. Edge stresses that

whatever the method, there are no shortcuts. Effective mole control involves knowing a little bit about the animal and its living habits, and continuous, persistent application of recommended control methods.

### One dozen 4-H clubs starting up this year-Sign up now!

Pen Pal club: Paula Brisbois, Raynele Palmer-Martinez (10 years old and up) Enrollment is limited to 10. Open for 5 more. Meets every 1st/3rd Thursday at the 4-H Center. Learning how to make stationary and writing to other pen pals. Working on correct

spelling and proper grammer. Story telling club: Lillian Yahtin 2nd grade on up) Enrollment is limited to 20. Open for 10 more. Meets every Monday at the Warm Springs Elementary Library. Listening to stories, telling stories and long term project of writing a book

Beginning beadwork: Colleen Arthur, Lillian Yahtin (2nd grade to 6th) Enrollment is limited to 20. Enrollment is closed. Meets every 1st/3rd Wednesday at 3:30 to 5:00 p.m. at the 4-H Center. Learning how to thread the needle, simple project of beadwork.

**Beginning shawlmaking: Sandra** Kalama, Carol Simtustus (3rd grade on up) Enrollment is limited to 15. Open to 7. Meets every Thursday at 3:30 to 5:00 p.m. at the 4-H Center. Learning how to make shawls, sewing the hem, putting the fringe on and later decorating the shawl

Advanced beadwork: Caroline Tohet (4th, 5th and 6th grade) Enrollment is limited to 8. Open to the first 8 that sign up. Meets every 2nd/4th Monday at 4:00 to 5:00

Yarn screen: Toni Made (2nd grade on up) Enrollment is limited to 15. Open to 10. Meets every 1st/3rd Thursday at the trailer park, Oitz Loop at 4:00 to 6:00 p.m. Learning the skill of yarn screening.

Beginning cooking: Laura Fuentes, Debbie Scott (4th, 5th and 6th grade) Group one: Enrollment is limited to 9. Open for 2. Meets every 2nd/4th Tuesday at 3:30 to 5:00 p.m. at the 4-H Center. Learning the basics of cooking, measuring, etc.

Beginning cooking: Laura Fuentes, Debbie Scott (4th, 5th and 6th grade) Group two: Enrollment is limited to 9. Open for 2. Meets every 1st/3rd Tuesday at 3:30 to 5:00 p.m. at the 4-H Center. Learning the basics of cooking, measuring, etc.

Search and rescue: Keith Baker 10-18 years old) Enrollment is limited to 10. Closed. Meets every Wednesday at 7:00 to 9:00 p.m. at the 4-H Center. Learning to live in the environment with the bare necessities.

Radio club: Sue Ryan (7th grade and up) Enrollment is limited to 15. Open to 15. Will begin meeting on every other Wednesday, 7:30 to 9:00 p.m. One meeting will be at the 4-H Center and the other will be at the Radio station in Kah-Nee-Ta. Call for details. Will possibly begin after spring break in March Sports card collecting: Nancy Wright (4th and 5th grade) Enrollment is closed. Meets 2nd/4th Wednesday at Warm Springs Elementary School room #23. Learning all about cost of cards, value, geography of player born etc. There have been interest shown in the areas of: Crocheting, Swimming, Dancing and Gun Safety.

# Several methods offered on ways to relieve stress

Today's world produces plenty of stress. Life's little hassles mount up until you say to yourself, "If one more thing goes wrong today, I'll explode!

At times when the pressure seems to be too much and you can't concentrate anymore, don't just reach for the aspirin bottle. Try one of these instant stress relievers.

"Take six deep breaths. Breathe in through your nose, out through your mouth. Take the time to notice how your abdomen expands as you fill your lungs with air. Visit the Bahamas or any other pleasant scene from your past. How? Imagine it! Visualize the scene in detail. Stimulate your other senses too. Smell the salt air. feel the warm sun on your skin. Hear the waves crashing on the

shore. Laste the water. In just a couple of minutes you'll recapture the pleasure of actually being there.

Stretch. Stand up. Raise your arms above your head. Stretch left and hold 1-2-3-4-. Stretch right and hold. Repeat several times.

Hug someone. Four hugs every day will do a lot to calm you down. Hug the kids. The dog. Your spouse. The mailman (not necessarily in that order). Change the scene. Walk to your minutes Find a friend. Choose a patient soul, one who won't butt in or give advice but to listen to your complaints.

Take an exercise break. Take a brisk walk at lunch. Climb the stairs instead of riding the elevator. When your mind is cluttered, move your body. Exercise will improve your frame of mind.

Have a good laugh. Pull a joke book out of your drawer and read it. Visit with a co-worker who is known for a fine sense of humor. Or just laugh. Your spirits will rise immediately.

Get a fresh outlook. Stress often

accomplishment. Pick a project you can easily finish in the next ten

minutes. Then do it. Play. A few minutes spent playing brings renewed energy and concentration to the job. Use your break time to work a crossword puzzle or play a computor game.

Change your focus. Put your job concerns aside for five minutes, and concentrate on your life away from work. Plan how you will end this evening of the weakend.

Traps, poison baits or a com-

window and watch the birds. Take a stroll around the shop floor. Go outside, and breathe deeply for two

# Parental prayer noted

O Heavenly Father, make me a better parent. Teach me to understand my children, to listen patiently to what they have to say, & to answer, all their questions kindly. Keep me from interrupting them or contradicting them. Make me as courteous to them as I would have them be to me. Forbid that I should ever laugh at their mistakes, or resort to shame or ridicule when they displease me. May I never punish them for my own selfish satisfaction or to show my power. Let me not tempt my child to lie or steal. Guide me hour by hour that I may demonstrate by all I say and do that honesty produces happiness. Reduce, I pray, the meanness in me, when I am angry help me, or Lord, to hold my tongue. May I never be mindful that my children are children and I should not expect of them the judgment of adults. Let me not rob them of the opportunity to wait on themselves and to make decisions. Bless me with the bigness to grant them all their reasonable requests and the courage to deny them privileges I know will do them harm. Make me fair, just & kind. Fit me to be loved, respected & imitated by my children. Amen.

### 4-Hers to be recognized for work

Recognition Night is held to into the OSU Extension office and recognize individuals who are signed up in 4-H who have learned a skill in their club along with their attendance. A person cannot learn if they don't attend their meetings. When a child signs up for a club, it is important they attend until the club is over. This in itself teaches the child a skill of commitment and responsibility. Values that will help them to become productive adults in later years.

It is the goal of the 4-H staff to see an individual join one club and finish rather than join two or three clubs and not complete them. Attendance is very important to the volunteer leader that donates their time to teach their skill to the club. Attendance sheets are turned

#### **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.

comes from taking yourself and the job too seriously. Lighten the load by asking (and answering) the question, "What's the worst thing that could happen if...I made a mistake!" or "we missed the deadline?" The actual consequences are usually not nearly as bad as the ones we imagine.

Finish something. Bogged down by lengthy and complex projects! Give yourself a quick sense of vitality.

Think of those friends you've been meaning to call and decide when you'll do it. Check to see if you need to stop at the market on the way home. Think up a nice surprise for someone you care about. As your mind gets busy with these kinds of thoughts, you'll find that your stress will begin to fade away. In just five minutes or so, you'll be able to get back to work with new

When confident that the young-

sters can use appliances safely,

store utensils within their easy

reach, and in the case of the

microwave oven, keep aluminum

foil and metal utensils away from

cooking, pull out all the needed

ingredients and keep a trash can

\* Encourage good habits. Start

by washing hands with soap and

water. Tie back long hair. Then

give children their own work space.

Give them a table knife for cutting,

or for those 7 or older, the smallest

\* Choose the best recipes.

Younger children (aged 5 and

under) will enjoy stirring batter

while the assisting adult measures

and damp sponge nearby.

\* Stress organization. Before

young hands.

paring knife.

state government.

The cost for the conference will

be \$75 per participant; however,

the Warm Springs 4-H Leaders

will assist with some of the cost.

# Youth who cook may improve eating habits

Youngsters who help cook may be youngsters who eat well.

Allowing children to help in the kitchen encourages them to try new foods--especially those they help to make. Suggestions about how to get them started:

\* Encourage children to help plan menus. When including their favorite foods, chances are they will be eager with the cooking.

Set guidelines. Children as young as 3 can participate in cooking activities. Let them know that their assistance is appreciated. But also impress on them that they should always have an adult around for safety's sake.

#### Vinegar helps

To help remove excess soap suds when doing hand laundry (sweaters), add a splash of vinegar to the rinse water. Then, rinse the garments again in clear water to remove any vinegar residue.

### Colors may fade

It is best not to use a stain remover on fluorescent-colored clothes. These clothes may not be colorfast and the colors may fade.

### Fat content of foods listed

Whipped

Fat content
1 oatmeal cookie 1 tsp.
Non-dairy
Creamer 1 tbls. ½ tsp.
discardo 7 top.
1 avocado 7 tsp.
Corn Chips-1 oz 2 tsp.
Pecans-2 tbls 41/2 tsp.
Chicken
McNuggets 4 tsp.
Big Mac 6½ tsp.
Potato Chips (10) 11/2 tsp.
Choc. covered
peanuts (3) 2 tsp.
Carmels (3) ½ tsp.
Fig Bar (1) ½ tsp.
Oreo cookies (2) 1 tsp.
Olives (5) 1 tsp.
M & M's (35 gms) 1½ tsp.
Tortilla chips (10) 11/2 tsp.
Chocolate kisses (2) 2 tsp.

filed. When the time comes to see

who will receive an award, the

attendance sheets are pulled and

the person will count each person's

attendance throughout the dura-

tion of the club. Sometimes en-

rollment is limited to a certain

number of members, so if the child

does not attend it could be a spot

for another person on the waiting

list. Please parents and leaders,

help your child/ member to recog-

nize their limits and keep their

commitments.

#### The Know Your State Government Conference is scheduled for April 3-5th, 1991, in Salem, Cheese putts (1 oz.) .... 2 tsp. Oregon. 4-H members in grades 10-12 interested in participating in this conference should contact the

cream (½ c) ..... 4½ tsp Wiener (1) ...... 2 tsp. Cashews (2 tbls.) ..... 2½ tsp. Extension office for an application form Applications are due in the Sunflower Warm Springs Extension office by February 18. Chevron USA and Oregon State University Extension Sausage links (2) . . . . . 21/2 tsp. Service Department of 4-H and Non-fat milk (1 c) ..... 0 tsp. Youth Development are co-spon-2% milk (1 c) ..... 1 tsp. sors of this event. The conference Whole milk (1 c) ..... 1½ tsp. gives older 4-H members the French fries (10) ..... 1½ tsp. opportunity to meet state government officials and to learn about

Recommended daily fat intake for a 25-50 year old woman, 150-170 pounds is 4½ tbls. Recommended daily fat intake for a 25-50 year old man, 180-200 pounds is 71/2 tbls.

p.m. at the 4-H Center. Learning how to do more difficult projects of beadwork

Beginning basketball: Foster Kalama, Eileen Frank (3rd, 4th, 5th and 6th grade) Enrollment is open. Meets every Wednesday 7:00 to 8:00 p.m. and Friday 4:30 to 6:00 p.m. at the Warm Springs Elementary Gym. Learning the basics of basketball.

## Store pesticides carefully

Successfully storing pesticides during cold, winter months is a simple task if homeowners keep a few safeguards in mind.

Generally, most storage problems can be prevented if homeowners buy only as many chemicals as needed for a single season. This will eliminate the need for excess storage space and prevent chemicals from getting too old. Chemicals older than four or five years have lost their effectiveness and should be disposed of according to label instructions.

Keep pesticides left over from last season in a sheltered area where temperatures won't go below 40 degrees F. We advise against storing pesticides in the home because, although sheltered, chemicals can create other hazards for children and pets.

If pesticides have been exposed to extreme cold, check for changes in the product. Powder pesticides, like fixed copper formulations, lost their effectiveness if moisture sets in. Also, be sure containers are home.

airtight

In extreme temperatures, liquid pesticide containers may break. If this happens, Pscheidt suggests cleaning up the spill with an absorbent material such as pet litter.

Scatter a generous amount over the spill until the liquid is absorbed. Then sweep up the material and dispose of it in the same way you would dispose of a pesticide container, according to label directions.

If liquids have been absorbed by the shelf, Pscheidt recommends replacing the shelf. This ensures that nothing else will come in contact with residual chemicals.

Dispose of unwanted, freeze- or moisture-damaged chemicals by preparing them according to label directions and then applying them on the lawn or other plants-wherever the chemical was meant to be used. The chemical may not have much effect, but this is a way to use it up. Never pour pesticide down storm drains or drain pipes in the

conference set for April 3-5

offered in May ers 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 intensive, hands-on training that includes cutting techniques for small timber, winching operations and problem solving, and includes a

European loggers and landown- 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.

#### ingredients, so recipes for onebowl cakes, muffins, cookies or brownies work well. State gov't Logging training to be