

One child in four is overweight

When it comes to growing trends, the latest is the weight of children. Childhood obesity is rampant. There are many overweight children. One child in four is overweight.

WHY?
Kids pick up a lot of habits from their adult role models. Kids are turning on the television and sinking into an easy chair. The lifestyle of many young people includes some definite drawbacks: A love affair with the television, an aversion to perspiration and a favorite food list that goes far beyond the 4 food groups.

FOOD?
Food choices, for many children, are the problem. Calorie rich foods are easily over-eaten; they are not physically filling. Consider how easy it is to eat a half bag of potato chips, 4 ounces and roughly 500 calories, as compared to eating

500 calories worth of oranges...10 oranges. Extra 100 calories a day...every day...for a year...adds up to extra 10 pounds on the scale.

INACTIVITY?
Kids are physically out of shape. Could television be the culprit? The amount of time children spend plugged into their favorite show, video, computer program or electronic game seems to be directly related to inactivity and weight. A child who watches four or more hours of television a day has twice the risk of being obese as a child who watches less. Watching television requires little more energy than what is required for sleeping.

OBESITY IS RISKY BUSINESS
Childhood obesity is no longer a cosmetic problem for our youth. It is a full-blown health problem. Obese children are at greater risk for developing high blood pressure, diabetes, respiratory and or-

thopedic problems. And, an overweight child is much more likely to stay that way - joining the ranks of a growing population of heavy adults.

WHAT CAN YOU DO?

- * Be a positive role model, through actions and through words. The child may not have "caught" the fitness craze yet, but with you as a role model, it may catch them faster.

- * Treat an overweight child like everyone else. Emphasize the importance of being active and eating smart to all children, not just those who visually look like they need it.

- * Guide children away from the television and toward the playground or backyard. Set limits on television viewing and stick to it.

- * Substitute high calorie - low nutrient foods with nutrient rich foods. Everyone wins!

- * Don't hound an overweight child about his/her problem. They are fully aware of their shape and need words of encouragement and confidence.

- * Make exercise fun. Start early instilling positive attitudes about fitness. Lifelong exercise habits are easiest to start during childhood...it becomes more difficult with age.

- * Be supportive, motivating, and patient. It may take several months for a child to grow into his/her weight.

Outdoor cushions need periodic care

Cushions now available for outdoor furniture are a tough new breed. However, the weather- and wear-resistant fabrics in these cushions still need periodic care during the summer season and a good cleanup before they're stored for the winter. Check the care instructions for your cushions to make sure you clean them properly.

Synthetics have replaced the cotton-covered, foam-filled cushions of the past. Cushions made of

easy-care synthetic materials are designed to be used outdoors at the first signs of warm weather and left outside until brought in for winter storage.

Some cushion covers are made of an open-weave, vinyl-coated polyester fabric that is similar to that used in tire cored. The fabric dries quickly and can be left outside in any weather.

Another type of cushion is of 100 percent polyacrylics. While the acrylics look and feel like cotton,

they take brighter colors, offering greater fashion options for indoor as well as outdoor use. These fabrics are also mildew-resistant and water-repellent.

Most cushion filling is now made of polyester, which resists mildew and does not hold water. Fine-quality cushions are filled with sheets of polyester that will not shift inside the cushion. Shredded polyester or shredded foam is used in lesser-quality cushions.

These instructions are for synthetic-covered cushions with cotton covers or foam fillings. The following care instructions are suggested for synthetic-covered cushions with a polyester fill.

Periodically, use a garden hose to flush dust or dirt out of the cushions. Protect cushions from suntan lotions. Even though synthetic-covered cushions are stain-resistant, manufacturers recommend keeping suntan lotion from coming into contact with cushion fabric. Ultraviolet rays, suntan lotion, and the cushion materials combine in a chemical reaction that causes staining and discoloration. Place a towel on the furniture before stretching out on it when the body is covered with lotion.

After a heavy downpour, cushions will dry more quickly if you take them out of their frames and prop them up on their sides.

To deep-clean cushions at the end of the outdoor season, some manufacturers recommend the use of a solution containing one cup liquid chlorine bleach, one cup granular laundry detergent, and three gallons warm water.

Set good example

Children learn from their parents by watching and listening to the important people near them. Then they do what they have seen. A parent who slaps or screams at children is teaching that this is the way to treat other people. A mother who sends John to the door to tell a salesman she isn't home is teaching John to lie. A father who disobeys speed laws and watches so the cop won't catch him is teaching dishonesty and lack of respect for the law. Parents want honest children who show respect for others. This means they must act and speak the way they want their child to do. It does not work if you just tell how to act. Children will copy you anyway.

Vacationing with relatives

Don't leave details to chance

Do your family vacation plans include members of your extended family?

If they do, realize problems could develop. So, plan for those sticky situations by identifying them ahead of time and working out ways to avoid trouble areas.

Don't leave details to chance. Plan for a relaxing vacation that all family members will enjoy.

When you plan, examine areas that you believe may cause problems. As you work through solutions, use these guidelines:

- * Consider the needs and expectations of each generation. Acknowledge differences and negotiate.
- * Go someplace one of the family already knows. Don't experi-

ment.

- * Allow for physical separation. Get as much space as you can afford. Agree to separate for some meals.

- * Appreciate individuals' differences in stamina and mobility. For example, grandpa or grandma may not be able to walk all over town.

- * Check transportation. Will you need a car to reach some activities? Does the bus or train schedule meet your needs?

- * Agree on financial arrangements before you leave on vacation.

Finally, realize that a vacation experience can create family memories and strengthen bonds. But a vacation trip can't heal deep wounds.

Simplify life, home to avoid time crunch

There never seems to be enough time or energy to do everything that needs to be done, or you want to do. Parents seem to feel the time crunch most because the children and their needs are very time consuming.

There is no sure cure for a lack of time but there are a few tried and true techniques that may help you cope with the time crunch.

Changing priorities may be an important first step. No task is more important than the welfare, health, and safety of the family. A spotless house, flawless clothing, and perfect meals are not as important as enjoying and communicat-

ing with family members and friends. When you begin to feel overwhelmed by household tasks ask yourself if anyone will be harmed if the task waits or never gets done.

Avoid being a perfectionist. Learning to do an adequate job (not perfect) frees up your time and means you are more willing to let other people share in the work and the fun.

Handle things only once. Do not spend valuable time planning how to do the task or wishing it were done.

Simplify your life and home. Children need to learn homemak-

ing tasks, and men need to contribute time and energy to homemaking. Women sometimes become slaves to homemaking because they do not simplify tasks, teach others, or accept the ability or interests of others. Organize household tasks so others can successfully complete most jobs (they will feel better about doing the task and will be more willing to help in the future).

Work simplification is very important with children. Use lightweight, unbreakable dishes. Empty out the cupboards and put back only essential items so it is easy to find what is needed and to put things away. Avoid double stacking dishes, pots and pans.

Students needed

Attention 6th, 7th & 8th graders. If you are interested in becoming a Big Brother—Big Sister at the 4-H Wilderness Enrichment Camp scheduled for August 11-14, 1991 call the OSU Extension Office at 553-3238.

Sign up now!!

Be the first among your friends to sign up for 4-H camp!

The second camp will be the Warm Springs Challenge Camp to be held August 12, 13, 14, 15 and 16 for 6th, 7th and 8th grade students in Jefferson County. Cost is \$30.

Provide children with comforts to combat cold

The most frequently occurring human illness around the world is you guessed it—the common cold. Toddlers and school-age children are the prime victims, and their mothers are the next on the list. If you're a parent, here are some cold facts to keep in mind.

Do keep a child home during the

Slow down to relieve stitch

While running or walking briskly, nearly everyone has experienced a stitch, as we call that sharp pain in the side. One theory is that the diaphragm (the large muscle that separates the chest from the abdominal cavity) sometimes fails to receive enough blood during its contractions, with resultant spasm and pain. Another theory is that a stitch is caused by trapped gas pockets in the stomach brought on by exercising right after a meal.

What should you do if you get a stitch?

- * Stop or slow down, then bend forward and push your fingers into the painful area.
- * Breathe deeply and exhale slowly through pursed lips. This should help relax the diaphragm.
- * Stretch the abdominal muscles by raising your arms and reaching above your head.

How can you prevent a stitch?

- * If stitches seem to hit you after a meal, wait 30 to 90 minutes before exercising.
- * Warm up before exercising—a good policy in any case.

early stages of a cold, both to provide needed rest and to reduce spreading it. Check your child's temperature periodically. Report any very high temperature or unusual fatigue or pain to the doctor. These are signs of influenza, which can have serious repercussions. Other symptoms and signs

- * Work out at lower intensity for longer periods, rather than suddenly increasing the intensity of the workout. If you are going to increase intensity, do so gradually.

Discipline can be teaching children with love

Discipline is teaching children the rules people live by. It's also helping them learn and practice these rules. Discipline makes you get to work on time, drivers stay on the right side of the street, and children wash before eating. It's not a negative thing you do to children when they make mistakes.

There are two simple things children must learn: how to use desirable behavior and how to avoid undesirable behavior. What you as a parent have on your side is a child's natural desire to please you. Desirable behavior is most easily and rapidly learned when it is recognized and rewarded with special attention and affection. Desirable behavior that has been praised tends to be repeated be-

cause children love the grown-up, important way it makes them feel. Undesirable behavior is repeated, too, if that's the only way a child can get your attention.

Think of discipline as loving actions you take to teach your children to:

- * Achieve for themselves.
- * Choose desirable behavior when you aren't around.
- * Develop pride and pleasure in doing what is right and acceptable.

Showing your love is the first step in teaching effective discipline. As children become active pre-

pared to them) reported being happier, healthier, and less anxious. The authors emphasized that these findings were preliminary and tentative. Nevertheless, other research has shown that hocking back one's feelings about upsetting events can be mentally harmful, and perhaps physically damaging as well. For people who find it hard to speak about deep emotion, who have suffered experiences they are reluctant to discuss, or who have no ready listener, a daily session with pen and paper may serve as a comforting and useful substitute for talking.

Writing helps reduce anxiety

A belief in the healing powers of catharsis (from the Greek word katharos, meaning "to purify") is as old as history. Though the Greeks needed to air their grief and anger under the eyes of the gods, we seek out counselors, ministers, psychiatrists, support groups, and friends. For one of the most widely shared beliefs today is that talking frankly to almost anybody can help us deal with the emotional after-effects of trauma.

Psychologists have had little to say about another kind of emotional outlet that some people find superior to talking—writing things down. Last year, however, a report from Southern Methodist University in Dallas suggested that writing about traumatic events may be at least as helpful as conversation.

Working with a group of students who had suffered such events as a death in the family, psychologists asked them to write extensively not only about the facts of their experience but also about the feelings it evoked. The mere act of disclosure in writing seemed to be helpful; at the end of six months the writing group (as contrasted with students who had simply noted what hap-

pened to them) reported being happier, healthier, and less anxious. The authors emphasized that these findings were preliminary and tentative. Nevertheless, other research has shown that hocking back one's feelings about upsetting events can be mentally harmful, and perhaps physically damaging as well. For people who find it hard to speak about deep emotion, who have suffered experiences they are reluctant to discuss, or who have no ready listener, a daily session with pen and paper may serve as a comforting and useful substitute for talking.

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Select fast food leading to fitness

- * Select the plain baked potato, but skip the sauce and other high-fat toppings. A small amount of margarine can be added.
- * Lean roast beef sandwiches are among the lowest fat and calorie meat entrees.
- * The smaller-sized hamburger patty on a bun can be a good choice for teens and women in their child-bearing years - all of these individuals need to improve their iron intakes. Chili is another good high-iron choice.
- * Use the condiments and sauces very sparingly or avoid them; instead add lettuce and tomato slices as a burger topping.
- * The fried fish and fried chicken sandwiches are higher in fat than a hamburger. Tarter sauce also adds fat and sodium.
- * At least one fast-food chain is offering roast chicken breast on the menu at some locations. Although the chicken is a good low-fat selection, be aware that it is still high in sodium.
- * Pizza is another relatively

good choice, but skip the pepperoni and sausage toppings, as well as the extra cheese.

- * The salad bar wins as the best fast-food choice. However, select ingredients with care. Have salad greens and plain vegetables, drain off the excess dressing from marinated vegetables, and go easy on the dressings (and look for reduced calorie varieties). Avoid the bacon bits and croutons, as well as potato and macaroni salads laden with dressing or use sparingly.
- * Watch out for the biscuits, which usually have a high fat and sodium content. Plain hamburger buns and bread are lower in fat and are better sources of complex carbohydrates.
- * For beverages, skip the shakes, which tend to be high in fat. Milk and juices are better choices.
- * For dessert, the best bet is to bring along a piece of fruit.

Job applications require honesty

Because a job application is your first introduction to a prospective employer, it is important that the impression you give is a favorable one.

A successful application tells the prospective employer a number of things about you. It gives a summary of your experience and qualifications, and also shows that you can follow directions, understand and answer questions, and write neatly.

Job applications can have different formats, but certain key info is always needed.

Prepare a sheet that includes:

- * Your home address.
- * Social Security Number.
- * Name and addresses of your elementary and high schools and the dates you attended them.
- * Your previous jobs (part-time or full-time).
- * Your hobbies, interests, and things you like to do.

Carry this sheet with you so you can be sure to have all the correct information. Read the directions carefully before filling out the application, taking special note of whether you should print or write, put last name first, etc. Never leave any question blank. Indicate that a question does not apply to you by writing N/A (not applicable) in the blank or putting a short line through the space. This way, the employer is sure that you did not miss reading the question.

Above all, remember to be honest and to represent your experien-

ces accurately. No employer expects a young person to have an abundance of work experience, rather, the employer is looking for someone who shows promise and can be trained to do the job well.

Wilderness Enrichment camp set for August

Experience the outdoor living at the 4-H Wilderness Enrichment Camp scheduled for August 11-14, 1991 at the Trout Lake Campground. This camp is for children who have completed grades 3, 4 & 5.

For more information call 553-3238 or pick registration at the OSU Extension Office.



Facts provide interesting information

- * Hay-fever-season rule of thumb: plants with fragrant, colorful flowers are not the worst offenders when it comes to hay fever. They don't propagate by discharging pollen into the air, but by attracting bees, which spread the pollen. Plainier plants and grasses, which rely on airborne pollen to propagate, are the main contributors to hay fever.
- * A croissant may seem light and

airy, but it contains 12 times as much fat and 50% more calories than an English muffin of the same weight.

- * Fetal exposure to alcohol is one of the most common causes of mental retardation in this country. Thus many obstetricians now recommend that pregnant women drink no alcohol—not even one drink.

Calendar of Events and Happenings

July 25-28	Jefferson County Fair, Madras, Oregon
July 31-Aug. 4	Deschutes County Fair, Redmond, Oregon
August 11-15	Challenge Camp at Trout Lake at the High Lakes in Warm Springs
August 14-18	Crook County Fair in Prineville, Oregon
August 20	Warm Springs 4-H Leaders executive meeting at the OSU Extension office from 4 to 5:30 p.m.