#### SPILYAY TYMOO

Children have different ways of ally,

The roots of fear

point of view.

they can't see them.

down the toilet hole.

hurt them.

time.

tomato.

terol.

drain with the soap bubbles or disappear

he has shaving cream on his face. Or

mother may become a stranger in a new

\* the vacuum cleaner will eat them

\* getting shampoo in their eyes will

they haven't learned that people

\* they haven't developed a sense of

\* they're apt to pay attention to only

Somewhat older children may fear:

Eating one banana a day is a good

way to ingest needed potassium.. To

add variety, try one of these portions

instead: 10 dried apricot halves, one

cup cantaloupe, four dried figs, one cup

honeydew melon, seven dried prunes,

one medium baked or boiled potato,

one-half medium acorn squash, one

cup butternut squash, or one large raw

milligrams, almost one-fourth of the

Cholesterol levels affected by nine primary factors

All these foods contain about 450

thrown away when they get a haircut.

Or their insides will leak out when they

part of them is being cut off and

one aspect of an object or a person at a

they see it suck up dirt.

get a shot at doctor's office.

This fear may be because:

continue to exist when out of sight.

what fits into an opening.

\* they're right ...

\* their own father is a monster when

overcoming their fears. Some need to

learn all about the situations they fear.

These children need to take a special

trip to the dentist's office, climb up in

the chair, and touch a few of the tools

that the dentist will put in their mouths.

frightening objects themselves. They

need to turn the vacuum cleaner on and

off. Still other children use their

imaginations to combat fear. Pretend-

ing to bark and act like a dog can help

share a fear with a parent. You have a magic all your own to a child. You can forbid lions to sleep

under the bed and send them back to the

zoo. You can rescue your child from a

nightmare and bring him or her back to

earth, bed and safety. The fact is, chil-

dren believe in you. They are impressed

by your courage and peace of mind in

faith in you, you can help them express

and overcome their fears. Unfortu-

nately, you also have the power to

intensify your children's fears. The way

you respond when they re afraid is

most important: some ways are helpful;

Force them into situations they fear.

Transmit your own fears to your

Remove them from the situation,

Give them chances to watch other

Don't be discouraged if your chil-

Help them confront their fears.

people interact confidently with the

dren develop fears no matter how you

try to help them. You can't prevent

your children's fears, but you can help

them face those fears. They need an

such as beans, legumes and oat bran.

These seem to inhibit the absorption of

Consumption of foods high in poly-

unsaturated fat, such as corn, safflower,

sesame, soybean and sunflower oil,

which lower "bad" cholesterol. Stud-

ies have shown that some largely

monounsaturated fats, such as olive

Weight Loss Due to Calorie Re-

Consumption of Fish and Fish Oil:

oil, may also lower cholesterol.

striction

cholesterol into the bloodstream.

Laugh at children's fears.

ignore children's fears.

Accept their fears as real.

Because your children have such

the face of such dangers.

others don't help at all.

Do not:

children.

Do:

then talk about it.

things they fear.

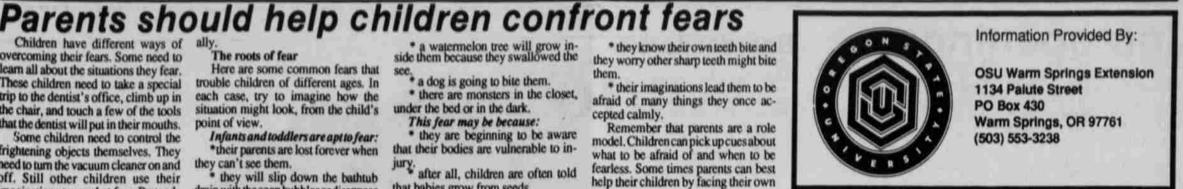
And, of course, it always helps to

a child overcome a fear of dogs.

Some children need to control the

WARM SPRINGS, OREGON

#### September 6, 1991 PAGE 7



that babies grow from seeds.

receipts and service history for all your

before you purchase

easy reference.

replacement.

and adequate for adults.

reals.

# Get appliance satisfaction

fears.

To get satisfaction from your appli-ances, make sure you do the following.

calling for service. 6. Have the installer, electrician or 1. Know your service agency and plumber check to make sure your the terms of your appliance warranty household wiring and gas lines are adcuate 2. Keep an "appliance file" of use and care manuals, warranties, sales

7. Call your dealer, the service agency he recommends or an organization"franchised" by the manufacturer if your appliance needs service.

#### "Flat sour" may cause home canned food to taste odd

foods to turn sour, according to a food scientist. Unlike botulism, which does not have a flavor but is deadly, flat sour gives food an unpleasant flavor but has no harmful effects.

Bacteria causing flat sour multiplies i hot temperatures and may occur is jars aren't allowed to col properly. For example, stacking a large quantity of heated jars in a close area after removal form the hot water canning bath may cause flat sour. The problem

### Camping brings togetherness

What is 4-H camping?

cation program. Getting young people together for Youth bring enthusiasm for learnthree to five days of 4-H resident ing and a desire for fun and adventure camping provides a unique experience to the camping experience. Almost for youth and adults. Camping pronowhere else does one find such a grams may assist in the growth of involuntary, prolonged group living situation. Skilled leaders provide dividuals and in the development of philosophies, attitudes, skills and valguidance and counsel during these formative years.

The use of recreation, the outdoor environment, being away from home, and the support and enthusiasm of staff, all contribute to a child's growth experience. Much of 4-H camping success lies in the fact that although its objectives are educational, they are achieved through a recreation and leisure edu-

project skills or both. Youngsters who have support and involvement from parents have the best 4-H experience. 4-H project booklets and other useful printed materials are provided, if requested, for both members and leaders by the State Extension Service. Club of local flexibility. It offers an opportuactivities usually stress "learning by doing" through project work but often nity for Indian people to conduct their also include a business meeting and a fun period. A very wide choice of project booklets are available including: Indian Cooking, Sewing, Horsemanship, Jockeying, Leatherwork, Indian Crafts, Indian Culture and many others.

Extension folks take new positions

Changes are in the works at the Warm Springs OSU Extension office.

After eight years as office manager, Eraina Palmer took a job with Community Counseling. We wish her well and offer our congratulations. We will miss you.

Deb Scott will soon be taking a position with Maternal Child Health. She will be a valuable asset to MCH.

may be compounded if caning is done on a hot day.

working for the Forest Service.

We will miss Deb and we wish her

Marsh's last day. There will be a fare-

well get-together at the Extension of-

fice from 9 a.m to Noon on Thursday,

September 19. Mollie and her husband

Frank will be moving to Mountain Home, Idaho, where Frank will be

September 20 will be Mollie

every success in her new job.

On the other hand, don't cool the jars too quickly by using a fan or cool water. The recipes are designed to allow the jars to cool slowly-just not too slowly. Spacing jars out on the counter or a table is adequate.

Flat sour occurs primarily in canned vegetables. The bacteria create an acid, but no gas, so you can't tell it is there by looking for bulging lids.

Camping is a most intimate experi-ence. Children come in close contact

with one another and with older teen

and adult leaders. The influence of

both fellow campers and counselors

can domuch to shape a youth's attitudes,

A counselor's patience, under-

standing, perserverance, and desire to

be of service are important in handling

the simplest problems. These serve as

an invaluable experience for youth

counselors to practice teen leadership

Foster Kalama, Raynele Martinez,

Sue Ryan, Keith Baker and Paula

Brisbois comprise the Warm Springs

4-H Executive Committee. The com-

mittee meets frequently. If you are 4-H

clubleader, you need to let Tina Aguilar,

Carl Stevens or Arlene Boileau know

when your clubs will be starting. Clubs

are scheduled to begin meeting during

the week of September 16.

Local 4-H Executive

Committee named

character, and personality.

skills.

not be substituted Can baking soda be substituted for baking powder-and vice versa? Both

carbon dioxide. This gives the baked product its volume. Baking soda must be used with acid ingredients like sour cream or chocolate. Without acid, soda-leavened products will have a soapy, bitter fla-

Baking powder contains an acid so food. Among the substitutions that can teaspoon of soda plus 1/2 tablespoon vinegar.

are leavening agents which when com-Bananas provide needed potassium bined with other ingredients give off 1,875 to 5,675 milligrams that is safe

Other good sources of potassium include broccoli, brussels sprouts, cabbage, carrots, spinach, tomato juice, citrus fruits, kiwi fruit, strawberries,

it does not need to be mixed with acid be made are: 1 teaspoon baking powder is equal to 1/4 teaspoon soda plus 1/ 2 cup fully soured milk. One teaspoon of baking powder is also equal to 1/4

#### Nine factors affect blood choles-They have unique polyunsaturated fats ing helps to counteract this. teroi levels that lower cholesterol. Use of Certain Oral Contraceptives: Consumption of high-fiber foods,

Regular Aerobic Exercise: Although overall cholesterol remains the same, exercise helps increase "good" choles-

Smoking: Increases the "bad" cho-lesterol and decreases the "good." A major risk factor for heart disease.

Consumption of Foods High in Saturated Fat and Preformed Cholesterol: Such as butter, whole milk, cheese, beef, pork and eggs. One egg has as much cholesterol as you should;d

eat all day Type A Personality, with It's Poor May cause a slight increase in "bad" cholesterol.

meat, milk, peanut butter and bran ce-

foods is that most contain vitamins,

minerals and fiber which are also es-

sential for everyday health.

An added benefit to the above list of

### Volunteers needed to provide 4-H club leadership

How Much Time Will It Require?: Two hours or one hundred hours might be given. Any time you can give will be helpful

Why Become a 4-HLeader?: A good 4-H program develops a child's confidence, pride, and leadership ability. It promotes good work habits, useful skills, positive attitudes, and the ability to work with others. This very worth-

What is 4-H?: 4-H is a national, state and local program sponsored by the Cooperative Extension Service. The Reservation and County Extension Agents support and assist volunteer leaders. One new approach called "Indianized 4-H" provides a great deal

Soda/powder can

andd refer to it often. A sneaky but harmless bacteria Budtet for appliance repairs and

## appliances in a convenient spot for Study the use and care manual

# called "flat sour" may cause canned

#### 5. Check plugs, fuses, pilots, controls and your use and care manual before

# Teeth flossing tips offered

Virtually everybody brushes their teeth-97 percent of the population, according to the American Dental Association. But we don't floss. A major floss manufacturer estimates that only about 35 percent of all adults floss regularly. This is sad news because flossing is as important as brushing if you want healthy teeth and gums.

If you are among those who tend to put off flossing until tomorrow, there are a variety of new products that might inspire you to floss today. You can get waxed and unwaxed and even fragrant, cinnamon-flavored floss. (Non of these products is better or worse than any other, but at least you have a choice in the matter.) Follow these tips for quick,safe, effective flossing:

\* Break off about a foot and a half of floss. Wind most of it around the middle finger of one hand and then wind the other end around the same finger of the other hand. Unwind from the full "spool" as you work.

\*Hold the floss taut between thumb and forefinger, with about an inch of floss between them.

\* Don't snap the floss into your gums. Use a gently sawing motion. Remember, you're after plaque on the side of the tooth.

\* When you reach the gumline, curve the floss into a 'c' shape and slide it very carefully between tooth and gum until you feel resistance. Pull the floss down against the side of one tooth, then reinsert and repeat for the adjacent tooth.

\* Don't forget the far side of your

#### rearmost teeth. \* If you are just starting to floss your gums may bleed. But after

most of the plaque is removed, the bleeding should stop. If it doesn't, see your dentist.

#### Clean with soda A solution of four tablespoons of

baking soda in one quart of warm water is perfect to clean the inside of your microwave

## Buyers must be cautious

While few sellers follow deceptive sales practices, it's important for consumers to be on guard against them. Skilled shoppers recognize and protect themselves from deception and fraud. Here are some warning signals:

 Avoid buying from someone you will not be able to find after the purchase. There would be no one to correct problems if they occurred. It's wise to buy from established businesses.

 Be cautious of "free" gifts or "fantastic" bargains.

 Be careful of "offers that will never be made again."

 Be cautious of phone callers who ask you to buy something.

 Don't let door-to-door sellers into your home unless you verify that they are form a reliable company.

 Don't let a seller scare you into buying something. Discuss the sales pitch and purchase with your family before deciding to buy ...

 If someone offers to sell you an item provided you don't tell anyone,

## What's on the fall 4-H schedule?

September 16-20: 4-H clubs will be starting up so read the Spilyay and call 553-3238 for more information.

September 23: Recognition Night for 1990-91 4-H clubs and members. At the Community Center.

October, November and December: All 4-H clubs will be meeting; please check with your 4-H leader as to location and time.

December 23-Jan. 3, 1992: Christmas Holiday

while youth program cannot exist without volunteer leaders. Don't deny the youth of your community the opportunity for such growth and development.

Becoming a 4-H leader will bring you self-satisfaction; it will provide an opportunity for you to share your interests and skills with others; it will offer opportunities for you to participate with your neighbors and friends in field trips, fairs, camps, achievement programs, etc.; and it will help you to develop your own abilities.

the goods may be stolen or obtained illegally.

### Breakfast is still important meal

Keeping fit includes eating a healthy, well-balanced breakfast. Studies show that people who eat a poor breakfast are often listless and inattentive during morning hours. A nutritious breakfast can give your body the energy it needs to get-up-and-go on those cold winter mornings. For some energizing carbohydrates, try adding cooked potato cubes and another favorite vegetable to a warm omelette.

4-H operates primarily through community clubs. Each club has one or more leaders. One might attend to the organizational aspects of the club, teach

own 4-H program in their own way.

# Vitamins, nutrients, foods explained

food additives? Ascorbic Acid: Vitamin C Atherosclerosis: Thickening of the

walls of the blood vessels by deposits of fatty materials. Calcium: A mineral needed by the

body for strong bones and teeth. Calories: A unit of heat measurement in nutrition, the kilocalorie is the amount of heat required to raise the temperature of one kilogram of water one degree celsius. The calorie content of a food indicates the amount of energy it provides.

Carotene: A substance which is changed into vitamin A in our bodies. Cholesterol: A fatty substance (a sterol) found in foods form animal sources. It is made within the human body.

Enzyme: A substance produced in living organisms which breaks down another substance.

Fiber: The indigestible portion of food.

Folacin: Folic acid, a B vitamin which helps the body produce red blood

#### cells in the bone marrow. Couples must communicate when remarrying

Communication and trust, essential elements of financial management in any marriage, are even more important when one or both partners is remarrying. Because finance tend to be more complex than in a first marriage, special efforts are needed to develop communication and trust.

A first step toward opening communication and building trust could be for each partner to prepare a net worth statement and an income/expense statement. This will show both the financial assets and the debts each partner is bringing to the marriage. Then the couple must decide how these will be handled.

Here are several questions for the couple to consider. Are the assets to remain individual assets of the partner owning them prior to the marriage? What happens when the owner dies? What ought to happen to these assets if the marriage should end in divorce? What planning is needed to bring about the desired consequences?

When one or both partners come to the marriage with substantial assets, estate planning is required and a premarital contract may be desirable.

The net worth statement also shows

the debts each is bringing to the marriage in the form of educational or consumer loans or support obligations from the previous marriage. Whose income will be used to pay these debts? How does the other partner view these debts?

## Labels provide nutrition info for consumers

Consumers concerned about health should limit fat, sugar and sodium intake in their diets. But nutrition labels on packaged foods can be very confusing, if not misleading.

The DA requires food labels to state the name and address of the manufacturer, and to list the ingredients in the descending order of weight. However, calorie information is optional.

The terms "light" and "lite" are misleading because there are no standard definitions. "Lite" can refer to to color, taste, texture or calories.

Some of the most commonly misunderstood terms are defined here: -Sodium free or no sodium: Less

than 5 mg of sodium per serving. --Very low sodium: No more than

35 mg per serving.

inside and wears a fuzzy brown coat. Magnesium: A mineral that helps the body make protein and helps regulate muscle control.

Niacin: One of the B vitamins which helps the cells to function and which prevents pellagra

Okra: A vegetable grown in the South. Its edible pods are stewed, fried and used in gumbo.

Polyunsaturated fats: Fats which have less hydrogen than saturated fats These fats are less likely to contribute to atherosclerosis.

Potasium: A mineral needed to help the cell function properly. It also is active in nerve function.

Protein: A substance made up of smaller components called amino acids, amino acids are needed for the building and replacement of cell proteins throughout life.

Riboflavin: A B vitamin which helps to maintain the skin.

Thiamin: A B vitamin needed to help the cardiovascular and nervous

will show the income available to the

support obligations is not available to

couple and anticipated expenses. In-

come used to pay existing debts and

the new marriage. Existing debts cre-

systems function properly. Thiamin prevents beriberi.

Tomato: A member of citrus family which has been legally designated a vegetable.

Vitamin A: A fat-soluble vitamin needed for normal skeletal and tooth development. It is also necessary for proper nigh vision, a lack of vitamin A causes the eyeballs to shrink and harden.

Vitamin B complex: A group of water-soluble vitamins.

Vitamin B 6: A B vitamin which helps maintain the skin and helps the urinary tract to function. It is necessary for protein metabolism.

Vitamin C: A water-soluble vitamin which helps produce the cartilage that connect bones and tissue. It also helps in wound healing and the ability to withstand infection.

#### Drink plenty of water

Water suppresses the appetite and naturally helps the body metabolize stored fat. Studies show that a decrease in water intake will cause fat deposits to increase and an increase in water intake can actually reduce fat deposits.

Why? The kidneys can't function properly without enough wateer. When they don't work to capacity, some of their load is dumped into the liver. A primary function of the liver is to metabolize stored fat into usable energy for the body. If the liver must do the kidney's work, it metabolizes less fat. As a result, more fat remains stored in the body and weight loss stops ..

-Reduced sodium: At least 25 percent less sodium compared to the food it replaces (which must be named on

the label -Unsalted, salt-free, no salt added: Salt cannot be used or added during processing. However, some foods such as celery and carrots naturally contain sal

-Low in calories: Less than 40 calories per serving. But always check the label to find out what is considered a single serving

-Reduced calories: One-third fewer calories than similar product. Meat and poultry must contain 25 percent fewer calories than similar product

-Lean: No more than 10 percent fat by actual weight, not by calories.

-Extra lean: No more than five percent fat by weight, not by calories. -Leaner: At least 25 percent less fat than the original product.

-Sugar free, sugarless: Contents may contain corn syrup, fructose, sorbitol or other sweeteners; not additional calories.

#### "Whir" a banana

For a quick pick-me-up try the following quick, low-calorie blender drink.

Combine 2/3 cup skim milk, half a banana and a little vanilla in the blender. Whir for about 30 seconds until smooth and creamy and frothy. This will provide protein and potassium and only about 100 calories per glass.

ate financial pressures on the new marriage. Remarried couples must be real-The income and expense statement istic about these expenses and income.

Kiwifruit: A fruit that is green on the