

How to change your loneliness in to a good feeling of "aloneness"

Almost all people feel lonely at least some of the time. It is perfectly natural to feel lonely as a relationship ends.

We have two words to describe being alone. They are solitude, which refers to feeling peaceful and quiet within ourselves, and loneliness, which suggests feelings of discomfort, boredom or sadness.

you use more of the above activities? Being comfortable when you're alone takes time. Your first few moments of silence after the children have gone to bed at night or when they are away on weekends may bring feelings of fear, emptiness or panic.

Of course, seeking such solitude is difficult for newly single parents. Solitude is possible in part because we have a sense that we are connected with the world and others; having just suffered the loss of a relationship reminds us of how fragile our connections with others are.



Information provide by: OSU Extention Service Warm Springs Office

Positive self-image very important

One of the biggest jobs you'll have as a teen is to grow yourself up. Not that you shouldn't have help from your parents, teachers and others.

ever noticed that the way you feel about yourself depends upon how others, especially your friends, react to you.

Causes, cures given for bothersome heartburn

The most common cause of heartburn is "gastroesophageal reflux"—the backup of stomach content into the lower esophagus, where gastric acids produce a burning sensation and discomfort.

Birth control pills, antihistamines, valium and other drugs can promote heartburn. If you are taking prescription drugs, ask your doctor if they might be the cause of your heartburn.

Most everyone looks forward to a good night's sleep. Although sleep patterns change as we age, sleep that is disturbed and unrefreshing is not an inevitable part of aging.

Although there is no easy, foolproof way to tell a child about death, it's important to be truthful and as gentle as possible.

Allow children to make mistakes

Parents should not make it too difficult for a child to make a mistake. For example, you and your child may disagree about a course in school that he wants to take.

When a decision does not work out well, parents can be most helpful by pointing out that no matter how carefully a decision is contemplated, an undesirable outcome will sometimes occur.

Tetanus is a totally preventable disease

MYTH: A tetanus shot in childhood protects for life. FACT: Tetanus immunization protects for about 10 years.

Most obvious: Don't overeat. Avoid tight clothing, especially waist-pinching belts. Try to avoid constipation, since straining at stool can increase abdominal pressure.

Bad days are common

Even good people, on bad days, will lash out at those they love most—their children. A baby who won't stop crying in the middle of the night is brutally shaken and seriously injured by her mother who has had another awful day at work.

Choose an alternative to striking your child. Instead of striking your child, try one of these alternatives. 1. Stop in your tracks. Step back. Sit down.

Good tips for Halloween tricks, treats

1. Halloween costumes came into play also in the Middle Ages when church members began dressing up as saints. 2. Giving out treats? Consider handing out two pennies instead of a piece of candy.

1. Have heart trouble or a heart murmur or have had a heart attack. 2. Have a father, mother, brother or sister who had a heart attack before age 50.

Fast foods are tough on dieters

Most fast-food hamburgers that are loaded with toppings contain too many calories for one meal. Why? Because the beef, cheese and sauce are high in fat.

Support tall, gangly garden plants. Don't let autumn weather flatten your favorite flower bed. Give tall or bushy ornamental plants in the home landscape, such as dahlias, delphiniums, tree peonies and gladioli, some support against wind and rain.

Take care of yourself and your heart—Exercise regularly. There are many things you can do to stay healthy. One of the most important is to exercise. It costs nothing, but the benefits are great.

Take care of yourself and your heart—Exercise regularly. There are many things you can do to stay healthy. One of the most important is to exercise. It costs nothing, but the benefits are great.

Cauliflower offers disease protection

Cauliflower has a lot going for it. Most important, like broccoli, cabbage, and Brussels sprouts, it is one of the "cruciferous" vegetables, which may offer protection against colorectal, stomach, and respiratory cancer.

Soup combines beef, potatoes, vegetables

Beef-Potato Soup 1/3 pound lean ground beef 3 cups water 1 cup sliced onion 1/2 cup chopped celery 1/2 tsp. salt 1/8 tsp. pepper 1 bay leaf 2 whole cloves 1 1/2 cups sliced potatoes 1/2 cup shredded carrots 2 tsp. chopped parsley Brown beef in hot 2-quart saucepan.

Soups can be frozen successfully

Many canned and dehydrated soups and bouillon cubes are high in sodium. For less sodium, buy those labeled "no-salt-added" or "reduced sodium" or make soups at home.

Use hand lotion before painting. Unless you're the world's best painter when you paint, you probably end up with spattered paint on your hands and arms.

A thought for the day. Time is not measured by the passing of years but by what one does, feels and achieves.

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.

What's on the fall 4-H schedule? September 23: Recognition Night for 1990-91 4-H clubs and members.

What's on the fall 4-H schedule? October, November and December: All 4-H clubs will be meeting; please check with your 4-H leader as to location and time.

Use hand lotion before painting

Unless you're the world's best painter when you paint, you probably end up with spattered paint on your hands and arms. Next time you prepare to paint, take time to make paint removal easier.

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.

A thought for the day

Time is not measured by the passing of years but by what one does, feels and achieves.

What's on the fall 4-H schedule?

September 23: Recognition Night for 1990-91 4-H clubs and members.

Use hand lotion before painting

Unless you're the world's best painter when you paint, you probably end up with spattered paint on your hands and arms.

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.

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

A thought for the day. Time is not measured by the passing of years but by what one does, feels and achieves.

