How to change your lonliness 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. There may also be other factors that influence your feelings of loneliness. Several events may lead to feeling lonely, and you may have experienced several of them recently. They include moving, the loss of friends, being by yourself on holidays, loss of income or even loss of a job. If you have had more than one of these experiences, your loneliness may be intensified. But perhaps you say, "So what, if I have good reasons for being lonely? I'm still lonely and I want to feel different. Is there any hope for me?" The answer is yes. You can manage your loneliness. First you'll have to develop some skills for coping. It will take some effort, things won't change overnight but you'll gradually notice a difference in how you think, act and feel.

Children can be a source of joy and provide you with a sense of worth but they do not eliminate feelings of loneliness completely. We yearn for relationships in which there is a sense of equality, of give and take among adults. Our children depend on us, but we do not depend on them in the same way. This is not to say that children cannot be a comfort. They're just not enough. We seek some adult companionship to reduce our loneliness

We have two words to describe being alone. They are solitude, which refers to feeling peaceful and quiet within ourselves, and loneliness, which suggest feelings of discomfort, boredom or sadness. As you think about your current situation, do you feel solitude or loneliness?

What do you do when you feel lonely? You probably try several things to rid yourself of those feelings. Some of the most effective methods of dealing with loneliness are: listen to music. write, work or study, exercise, walk, work on a hobby, read and play music.

One way you can deal with loneliness is to use it to develop yourself. Can

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. Your initial reac-tion will likely be the desire to run away from the silence. Carin Rubenstein and Philip Shaver in their book on loneliness write, "Think of yourself with yourself, not without someone else." They suggest that you relax, listen to music that suits your feelings, and enjoy being with yourself. Find something engaging to do-hobbies, reading, music, exercise, writing, working,

painting, and so forth. 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. Solitude will not come easily but it will come. You must be patient with yourself and not expect blissful eace within a week or even a month. Gradually, you will notice that you're experiencing more and more solitude, less and less loneliness.

"To be alone and to conquer lone-liness is to build a private strength."

death from your children Don't conceal

Explaining the death of a family member to a child is difficult, but sooner or later all children come in contact with death. It's important that someone

in the family be prepared t explain it.

To be of real help, adults must face death realistically themselves. A parent who tries to hide grief for the supposed sake of the child is not helping the

It's healthy for a child to participate in family sorrow and to see a parent's grief. It's difficult to see a parent feeling sad, but far more distressing for a child to see parents display a "business

nal pressure. Increasing your fluid and

down for a nap right after a meal. It

helps to stay upright for at least several

heartburn sufferers can make.

slows the emptying of the stomach.

have eaten a heavy meal, avoid

chocolate, alcohol, peppermint and

spearmint. Highly flavored after-diner

liqueurs, often thought of as aids to

digestion, may be an irritant as may be

tomatoes and citrus fruits and juices.

disease die from it. The Centers for

Disease Control concludes that cur-

rently "tetanus is primarily a disease of

older adults" and that most adults over

60 are not adequately immunized.

Boosters should be given routinely to

adults every 10 years at mid-decade-

do, but mid-decade is a convenient

wound or a deep ragged wound, be sure

to see your doctor immediately about

getting a booster. If you end up in an

emergency room with a wound, you'll

probably be given a booster; if you're

25, 35 and so forth. (Any age would

In addition, if you get a puncture

*If you're prone to heartburn or

Don't eat just before retiring, or lie

as usual" attitude when they are hurting

You need the clear in what you say... Children who are told "grandma has gone to sleep," may be afraid of going to sleep, fearing they may never wake

If you tell children that a relative has just gone away," they will often feel that they have been deserted.

If a relative dies in the hospital, some children fear that anyone who goes to the hospital will never come back, to say someone died because he or she was ill may cause undo worry for

children the next time they become ill. Although there is no easy, foolproof way to tell a child about death, it's important to be truthful and as gentle as

Very young children-up to the age of five or six-simply cannot under-stand the finality of death. To them death is like going to sleep, or going away on a trip. So, they may take the new quite casually at first. Don't be concerned.

Younger children also are not as well-rooted in reality as the older children. Witches, evils and magic may exist for the younger child. Thus, the child may feel that angry wishes, such as "I wish you were dead!" have cone true, or "bad" deeds of his or her own caused the person to die.

Real comprehension usually does not seem to begin until the age of seven or eight. And with it can come fear of death itself, not merely sadness over the loss of a much-loved person.

Make it clear that all sick people don't die. Reassure children that they are not to blame for the death. Also, children need to feel they are not forgotten in the family's mourning.



Information provide by: OSU Extention Service Warm Springs Office

Positive self-image very important

Allow children to make mistakes

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. It's just that only you can find out who you are and where you want to go in life. And if you don't do that now, while you're still in the process of growing up all around, it won't be any easier or better later on. What we'll be discussing here are some of the feelings and situations you may be experiencing-understanding them, dealing with them, and making them work for you.

Your self-esteem is how you feel about yourself privately-how much you like or dislike who you are. But while this feeling is your own,it is greatly influenced by others. Have you

Parents should not make it too diffi-

cult for a child to make a mistake. For

example, you and your child may dis-

agree about a course in school that he

wants to take. After considering the

benefits and drawbacks, he still prefers

his own choice. If the course turns out

to be a "bummer" this is not the time to

say or imply "I told you sol" Such a

response can make a child fearful of

making a decision and accepting a

possible undesirable outcome.

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

If you go to school looking notquite-right, for instance, does it seem as if everyone notices? Or if a teacher makes you feel dumb, does it seem like you've always been stupid and always

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Believe it or not, it's not uncommon or weird to feel that way. Most young people see themselves as they imagine others see them. If you think those who are important to you like the way you look and think, you will feel like a worthy person. If, however, you get the opposite message—that others don't like how you look, act or think-you will feel worthless. And we all know, at least to some degree, how terrible that

When a decision does not work out

well, parents can be most helpful by

pointing out that no matter how care-

fully a decision is contemplated, an

undesirable outcome will sometimes

occur. In an uncritical tone, you might

ask your child to think about whether

there is anything he might have con-sidered that would have led to a better

decision.. Of course, this should be done in the spirit of helping him to

situation rather than give up too quickly. If it's always too easy to make a new

choice and not experience the conse-

make a better decision next time. Finally, it helps to encourage chil-dren to try to make the best of a bad

Causes, cures given for bothersome heartburn

fiber intake will help.

hours after eating

The most common cause of heartburn is "gastroeophageal relux"—the backup of stomach content into the lower esophagus, where gastric acids produce a burning sensation and discomfort. This can occur when there's too much pressure in your stomachor sometimes a loosening of the muscle band (sphincter) separating the esophagus from the stomach-during the digestive process.'

Nearly everyone experiences heartburn once in a while, so there's usually no need to be concerned. Repeated reluxes can, however, lead to injury of the esophageal lining If you frequently have heartburn, the following steps can help prevent or alleviate

*Most obvious: Don't overeat. *Avoid tight clothing, especially waist-pinching belts. *Try to avoid constipation, since

straining at stool ca increase abdomi-

Tetanus is a totally preventable disease

MYTH: A tetanus shot in childhood protects for life

FACT: Tetanus immunization protects for abut 10 years. Known commonly as lockjaw, tetanus is a bacterial infection that results in muscle paralysis and sometimes death. Caused thrive in any deep puncture wound, away from oxygen, tetanus is entirely preventable. Because immunization is so widespread, relatively few cases occur in this country anymore. But of the 147 cases reported in 1985-1986, the great majority (71%) occurred in people over 50.

Tetanus is not necessarily fatal, but half those over 50 who contract the

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. A gram of fat has more than twice as many calories as a gram of protein or carbohydrate. So that Big Mac or Whopper is bad news for people who are on diets or who gain weight easily.

before painting

end up with spattered paint on your

hands and arms. Next time you prepare

to paint, take time to make paint re-

moval easier. Apply lotion to your hands

and arms. Warm, soapy water will be

all you need to wash the spatters away.

Soups can be frozen successfully

Many canned and dehydrated soups dried herbs such as parsley and chive dried herbs such as parsley and chives instead. For milk-based soups, use a and bouillon cubes are high in sodium. For less sodium, buy those labeled "nolow-fat milk to keep fat and calories salt-added" or "reduced sodium" or down These soups are a good choice if make soups as home. Use little or no you don't drink milk as a beverage and

salt and experiment with different types need more calcium in your diet. of vegetable,s herbs and spices to en-For convenience, make soup ahead hance flavor. If you have limited time of time. Soup should be stored in the to prepare fresh vegetables and herbs, refrigerator for only two to three days, use frozen vegetables and frozen or but can be frozen for longer storage. Frozen soup should be used within Use hand lotion three months. Some tips on freezing

Keep seasonings mild since freezing increases the strength of some Unless you're the world's best flavors. You can always add more painter when you paint, you probably

seasonings after thawing. * Expect some separation to occur in frozen soups thickened with flour.

Stir well when reheating the soup. * Expect some vegetables in frozen soup (for example, potatoes) to be slightly soft after reheating.

*Put the force of gravity to workdon't sleep flat. Try elevating the head of your bed by at least six inches. (Wood blocks or a couple of fat phone rectly to heartburn. books under the bed frame legs should If discomfort continues or recurs do the trick.) This may be the single

most important mechanical alteration *Limit your fat intake, since fat

*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. *Wedon't want to sound repetitious,

but don't smoke, Nicotine adversely affects the tone of your esophageal sphincter and thus can contribute di-

frequently, see your doctor.

A good night's sleep makes a difference in individuals' lives

Most everyone looks forward to a good nights sleep. Although sleep patterns change as we age, sleep that is disturbed and unrefreshing is not an inevitable part of aging, says Vicki L. Schmall, OSU Extension gerontology specialist.

Troubled sleep may be a sign of a physical or emotional problem, such

Even good people, on bad days, will

lash out at those they love most-their

children. A baby who won't stop cry-

ing in the middle of the night is brutally

mother who has had another awful day

at work. A young boy is slapped re-

peatedly by his father, who, on this day,

was turned down for a raise he badly

stress builds and you're about to lash

out-stop. Take time out. don't take it

quarters of the full-grown plant's height work best. Insert three or four stakes in

the ground, and using soft twine, weave

a sort of cat's cradle between the stakes

Bad days. We all have them. When

snaken and senously injured by

Bad days are common

yourself.

as, an enlarged prostate in men or de-

The normal sleep cycle consists of two different kinds of sleep: REM (rapid eye movement or dreaming sleep) and non-REM (quiet sleep). For older persons, the amount of time spent in the deepest stages of non-REM sleep de-

friend. Chop some wood. Take a walk.

Thumb through a magazine, newspa-

per or book. The main thing is, when

you're really on edge-don't take hold

or your child until you get hold of

Although the amount of sleep each person needs varies widely, the range usually falls between seven and eight hours a night. While individual requirements remain fairly constant throughout adulthood, aging does reduce the amount of sleep one can expect to get at any time. By age 75, for a variety of reasons, some people may find they are waking up several times each night.

Getting a good night's sleep can make a big difference in the quality of one's life. Schmall says that no matter what your age, if you are so tired during the day that you cannot function normally and if this fatigue lasts for more than two or three weeks, see your family doctor or a sleep disorder specialist for a complete evaluation.

quences of poor decision making, there is less incentive to give good time and thought to decision making. Good tips for Halloween tricks, treats

> 1.Halloween costumes came into play also in the Middle Ages when church members began dressing up as

2. Giving out treats? Consider handing out two pennies instead of a piece of candy. It's economical (\$2.00 if you get 100 children), it contains no sugar, and you will have no problems using any leftovers.

3. If you are going trick-or-treating, make sure all youngsters wear at least one piece of light-colored clothing so they can be seen in the dark. In addition, discuss beforehand how long you intend to stay out, where you will go, and what types of goodies the kids can keep.

4. Whether you're bobbing for apples or handing out treats, have a wonderful Halloween.

not, ask if it would be a good idea. out on your child(ren). Phone or visit a 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 gladiolas, some support against wind and rain.

Stake delphiniums after the foliage at the base of the clump has grown almost to its full height," says Ray McNeilan, Oregon State University Extension home gardening agent.

Slender reed or bamboo stakes long enough to extend up to about three

about a foot above ground level. Repeat the weave another foot higher on the This kind of support allows individual stems to grow up between the supporting strands of twine rather than be fastened directly to stakes. Depending on the above-ground length of

the stakes, as many weaves as necessary can be added to give the plant good Plants that send up only one or a few flowering stalks usually require individual staking.

The stake should reach to about three quarters of the plant's anticipated height. Insert the stake in the ground at an angle to conform to the natural bend of the plant stem. Bamboo stakes work well for these kinds of plants.

Fasten the plant stem to the stake with soft twine, being careful not to force the stem out of its natural position or constrict it in any way. Tie the twine securely around the stake and loosely around the plant stem.

For thick and bushy growing flowers such as tree peonies, the best support is a three-legged heavy wire ring that stands about 15 to 18 inches high. The ring holds the stems of the plant

Ring supports can be purchased from most garden supply stores.

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.

2. Take five deep breaths. Inhale, Exhale. Slowly, slowly.

3. Count to 10. Better yet, to 20.

4. Phone a friend or relative. Calm down and take the kids to visit. 5. Still mad? Punch a pillow.

Thumb through a magazine, book, newspaper, photo album.

7. Pick up a pencil and write down your thoughts. Lie down on the floor, or just put your feet up.

9. Turn on the radio. Sing along. Or just sing. 10. Is there someone else to watch the kids? Take a walk.

go to another room for a few minutes.

Go outside and chop some wood.

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 Regular exercise can improve your fitness, appearance and ense of well-being.

Your body works better when you use it.. Exercise helps your heart, lungs and muscles work hard, which is the best reason for exercising. Other benefits from exercise are:

*Lowered blood pressure and stress. * Stronger muscles.

* Moire energy and flexibility

* Weight control * Better posture.

There are three basic kinds of exercise. Each one benefits you in different ways. Exercises that help you move, bend, stretch and twist easily keep your muscles flexible. Examples of these are yoga and stretching exercises like

Exercises that help you build muscle strength and endurance include pushups, sit-ups, weight-lifting, and activities like tennis, softball and bowling.

arm circles and trunk twists.

The best exercises to make your heart and lungs strong are aerobic exercises. Fast walking, jogging, running, riding a bike and swimming are examples. In order to benefit from aerobic exercises, you must do them at least three times a week for at least 15 to 30 minutes each time.

Little or no exercise lessens the strength of your heart and lungs. It may also ad to high blood pressure and overweight. All of these things can increase your chances of heart disease ad stroke.

Other problems that may come from not exercising are:

* Weak muscles.

* Bones that break easily * Chronic low back pain.

* Stiff joints and muscles that ache.

* Lack of energy

* Aging too easily. There are three things you can do to

1. Start a regular program of aerobic exercise and stick with it. Start slowly and build up over time. 2. Add things to your life that are both fun and include exercise. Try

get more exercise.

dancing, bowling, skating, riding a bike and hiking. 3. Use every chance you get to move

around more at home or work. Walk, don't ride. Take the stairs, not the elevator. When you take a break, do stretching exercises.

Before starting an exercise program, see your doctor if you:

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, according to the American Cancer Society. In addition, one cup of fresh cauliflower (in pieces) supplies more vitamin C than an orange-120% of the RDA. It is also high in fiber. At 30 calories and a mere 15 milligrams of sodium per cup, there's hardly an unkind word you can say about cauli-

Since boiling vegetables saps them of a good part of their nutrients, it's best to steam or microwave cauliflower-but only briefly, so that it stays crisp and retains its mild flavor. This vegetable also makes good crudites for dips, though some people have trouble digesting it raw. When shopping for cauliflower, look for white, firm, clean florets with no discoloration. The leaves, which should be green and freshlooking, are also nutritious and rich in fiber; try them in soups.

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 3. Often have pains or pressure on your chest, left neck, shoulder or arm

during or after exercise. 4. Often feel like fainting or often get very dizzy.

5. Often run out of breath after light 6. Have bone or joint problems like

7. Have any other health problems which might get worse with exercise. Don't put off until tomorrow

what you should and can do today. Take a walk after dinner Check the area where you live for an exercise program and sign

up.

Talk a friend into joining you. 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

11/2 cups sliced potatoes 1/2 cup shredded carrots 2 tsp. chopped parsley Brown beef in hot 2-quart saucepan.

Turn carefully as needed to brown on all sides, keep meat in chunks. Drain fat. Add water, onions, celery and seasonings to beef. Bring to boiling, reduce heat, and cook slowly for 30 minutes. Add potatoes, carrots and parsley. Cook until potatoes are tender, about 15 minutes.

Remove bay leaf and cloves before

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. 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.

