

Employees often have two personalities—one for work, another for home

Which is more important to you, your work or your marriage? If you're like thousands of people, you most likely answered "My marriage, of course!"

Yet, if asked where you spend most of your prime time, chances are you would say, "Work."

At work, the people you interact

with usually get the best of you, so to speak. During each workday you deal with customers, clients and co-workers. You do your best to be polite and attentive to all of them. By the time you come home to the most important person in your life, however, you may have neither the energy nor the patience to be polite and attentive. So sometimes you dispense with tact and other niceties, telling yourself, "At least at home I can be myself." Why is it, though, that being oneself almost never implies being one's best?

In three studies involving 1,187 participants, career and marriage burnout were compared. The results showed the trouble to be more related

to marital problems than to work stress. This is an important finding considering that a large number of us concentrate our best energies on our careers in a mistaken belief that our marriages will somehow take care of themselves.

But career and marriage burnout affect each other. When we start stressing out at work, it is typical to pull back from co-workers and isolate ourselves. We think we aren't getting enough recognition or the work isn't challenging enough, so we make increasing demands of our husband or wife to appreciate or appreciate our performance. Such demands are both unfair and unrealistic since the spouse is probably not

qualified to meet them. Burnout can work the other way, too, spilling over from marriage into work. Most often this involves people who escape marital problems by immersing themselves in their work. They typically come to work early, leave late and take work home to avoid talking to their spouse. As long as the remain successful, they can usually avoid trouble. But once a work crisis occurs, they have nothing to fall back on at home.

Marriage burnout and career burnout not only affect each other, they are caused by the same thing: high expectations and ideals that are crushed by the stressful reality of

Develop a list of shoulds for self

Recruiting all family members to do household chores may require some teaching or discussion of expectations about each job. Rethink your own shoulds. Learn to let go...you don't have to do everything yourself. Accept other people's standards, when possible. Affirm yourself and others. Set personal and family goals and reward yourselves. Do your best where you are—at work, think about work. At home, think about home.

Set an example for your children about money handling

Teaching children how to handle money is just one of many tasks facing parents and it's not easy in the face of youth-oriented advertising urging children to buy.

That's why the OSU Extension Service has a six-part educational

package called "Money Sense for Children" that parents can use at home as a guide to teaching children how to use money.

Children, from preschoolers to teenagers, see lots of messages urging them to buy. They don't see advertisements urging them to save. Children need to learn that money can be used to help achieve long-range goals as well as instant gratification.

Parents also need to realize that they set a powerful example in the ways they use money. Although aimed at teaching children, "Money Senses for Children" can actually help the entire family evaluate its money management practices.

Because it's designed to be used within the home, each family can use the materials at their own speed. Each lesson outlines the main ideas to be covered, lists key words, and include background information for parents to use in the discussions.

The lessons include money management, where money comes from, saving and sharing, how to develop a spending plan, advertising and review session.

"Money Sense for Children," EM 8443, is available at a cost of \$2.25 from Publications Orders, Agricultural Communication, OSU Administrative Service A422, Corvallis 97331-2119.

4-H has been doing it all along!

It's true, 4-H is concerned about preparing youth to be contributing adults. But perhaps greater importance is preparing youth to handle the complicated choices they face while they are growing up.

Waiting to fix things until after they are broken is always expensive. Using this approach with young people is a tragedy. It impacts a community deeply and depletes it of both human and capital resources.

4-H PREVENTS THINGS FROM BREAKING 4-H BY OFFERING A FAMILY ORIENTED PROGRAM which BUILDS POSITIVE SELF-ESTEEM through TEACHING CAREER SKILLS and COMMUNITY SERVICE.

These concepts are getting a lot of attention these days, but we are proud to say 4-H has been doing it all along!

4-H clubs already underway

4-H clubs are currently meeting on a regular basis. Following is a list of the clubs and when and where they meet.

Warm Springs Search and Rescue Cadets—Mondays, either in Madras or at the 4-H Center in Warm Springs from 6 to 8:30 p.m..

4-H Basketball—Warm Springs Gymnasium from Mondays and Fridays 4 to 5:30 p.m.

4-H Computer—EDD room from 5 to 7 p.m. Tuesdays

4-H Radio Club—Wednesdays from 3:30 to 5 p.m. at the 4-H Center

4-H Stamp Club meets third Wednesday each month in the 4-H

Center from 6 to 7 p.m. 4-H Crochet meets from 11 a.m. to 1 p.m. Saturdays at the 4-H Center.

Wanted:
Your talents as a 4-H leader for:
Cooking, Beginner and Advanced Beadwork, Fishnet Making, Livestock, Bustle Making.
Our youth need your talents.
Sign up at the OSU Extension Office or call 553-3238.

Think 4-H

Have fun with inventive, delicious potato recipes

Like potatoes? Here are some tasty spudoptions!

For a healthy pick-up to carry you through hectic party preparations, head four cups tomato juice until just boiling. Stir in one cup instant potato flakes. Pour into electric blender container, adding one cup col water, three tablespoons red wine vinegar, two tablespoons vegetable oil, one clove crushed garlic, one teaspoon seasoned salt, one-fourth teaspoon pepper. Blend until smooth. Stir in another cup of water, one chopped tomato, one-half cup chopped cucumber, one-half cup sliced green onion and chill. Makes six one-cup servings at 110 calories each.

Pizza fans will like Hash Marks. Cook frozen hash brown potatoes according to package directions. Top with seasoned tomato sauce, grated cheese and other favorite toppings. Slip under the broiler to heat through. don't run out! When planning a party, allow at least one ounce of potato chips per person.

Parmesan Chips are another low-calorie snack. Slice four medium potatoes one-eighth inch thick. Place in a single layer on a lightly buttered cooking sheet. Brush with melted butter seasoned with grated onion, a dash of paprika and salt and pepper to taste. Bake at 425 degrees F for 15 to 20 minutes or until potatoes are

crisp and golden. Sprinkle with Parmesan cheese and serve at once.

When shopping for potatoes remember one pound of potatoes equals three medium potatoes, three cups peeled and sliced, two and one-fourth peeled and diced, two cups mashed and two cups of french fries.

Give your favorite scalloped or au gratin potato recipe an extra bite of flavor by adding a four ounce can of diced green chiles.

Rice potatoes are an attractive, low-calorie addition to special occasions. Boil peeled and quartered potatoes until fork tender. Drain well and toss with butter. Force through ricer onto serving platter.

Cut back the calories in your mashed potatoes by beating them with skim milk instead of whole milk or cream.

Seal those drafty leaks before winter

If you read mysteries or watch them on TV you know that hidden passages in old castles often hold the key to the solution. It's much the same in your home. Once you find gateways to the hidden passages, you're on your way to solving winter drafts.

Here's a hint: Look for openings inside your house that typical exterior caulking and weatherstripping won't seal. These are the most important gateways to your home's hidden passages. Start in the attic. Then go to the basement.

Leaks have many paths to follow once they get inside the wall or ceiling of a home. Therefore, its important to seal openings so that air can't get into walls or ceilings. You'll find these

cracks and holes around attic access, recessed lights, baseboards, window moldings and electrical outlets. Other leaks may be found behind built-in cabinets and storage closets, plumbing penetrations and wiring through floors and ceilings where masonry meets wood and plaster, and through interior partition walls.

Sealing these air leaks from the inside is much more effective than exterior caulking. A good time to seal these leaks is before you insulate your attic.

"Finding and Fixing Hidden Air Leaks" can be picked up at the Warm Springs OSU Extension office. The illustrated publication explains what causes air leaks, where to find them and how to seal them.

Termites take to wing in the fall

Termites take to wing in late summer, giving homeowners some cause for concern.

Termites sprout wings and go flying in search of new locations for nest building about this time each year. They shed their wings and settle in when they find a new nesting site—usually a location where there is an abundance of wood high in moisture content.

The presence of termites or the appearance of wing remains is a warning to homeowners to look for possible

nesting sites. Look for termites in places where there is wood that remains damp.

Protect your home against termites by making sure the crawl space under the house is ventilated to ensure good air movement. Remove scraps of lumber from the crawl space and any other wood used in construction of forms, concrete piers or foundations.

If you find evidence of termites nesting around your home and suspect an infestation, call a pest control service for help. Be sure of the extent of the problem before starting control measures. Termites usually aren't a problem for houses with adequate crawl spaces or full basements.

Using insecticides to control termites is a job for professional pesticide applicators because the chemicals registered to do the job are restricted. In addition, some control practices need to be directed against specific types of termites.

Help children develop their cooking skills early

Children like to cook. Food begins to fascinate them at a surprisingly early age. Even a two-year-old wants to pour the milk on his cereal and spread his own bread. For a three-year-old adding milk to a can of soup and stirring until ready for mother to put in on the range is a big thrill.

Older children love to help mother measure and mix long before they can read a recipe. By imitation they learn to do more and more of the work until, by the time they can read, they are able to follow recipes with only a little supervision.

Cooking together can be a source of much pleasure to children and mothers alike. Habits of cleanliness, accuracy and neatness are important by-products of teaching a child to cook, and there is not better way to learn the rules of good nutrition than by helping to

plan meals at an early age. Most importantly, cooking gives a child a sense of self-reliance and satisfaction that few other skills can match.

How early can cooking lessons start? As soon as a child begins to show an interest in food preparation.

Walking helps burn fat, calories, lower cholesterol

lower blood cholesterol. The faster the pace, the better conditioning overall.

Make walking a part of your routine—park your car farther away from your destination or use your lunch hour to walk.

So how about it? Instead of reclining in a chair after diner, try taking a walk. See how quickly it eases your tensions and boost your energy level for a more pleasant evening.

WALK ON!!!



Information provided by:
Warm Springs OSU
Extension Office
553-3238

You can reduce your own stress levels

Paul J. Rosch, M.D., president of The American Institute of Stress, offers these do-it-yourself tips:

1. Set realistic goals and priorities and identify those things you must do first.
2. Organize your time in accordance with those priorities.
3. Learn to say "No" when asked to do something stressful.
4. Recognize that some stress is unavoidable—it's part of life.
5. Make a list of stressful situations in your life.

6. Divide the list into things you can't avoid or control and things you can hope to influence.

7. Use your time and talents effectively to address those stressful situations you can change.

8. Don't waste your energies in a frustrating attempt to conquer what you can't control.

9. Don't be afraid to ask questions, solicit suggestions, and share your problems with others.

10. Do allow yourself time out—to enjoy personal interests or just to smell the roses.

Be sure to water your garden

Hot August and September weather increases the water needs of garden and landscape plants, especially ornamental plants in their first year of growth.

When water isn't readily available to ornamental or vegetable plants in hot days, the plants can become heat-stressed and may show signs of wilting. In the garden, this can cause inferior quality in harvested garden vegetables.

Pay particular attention to raised beds in the garden. They dry out quickly and should be watered frequently.

In the landscape, heat stress can weaken plants or in some cases cause effects that won't be noticed until later.

For example, camellias that aren't watered adequately during hot spells will lose their flower buds prematurely the following spring. The buds simply drop off the plant. In blueberry plants, lack of water in late summer will cause a lack of bud development in the spring, which in effect means no blueberry production from the plant for that season.

Ornamentals in their first year or growth are especially vulnerable to lack of water in the late summer

during hot spells. A young tree or shrub weakened by lack of water may not survive the winter if its retarded condition.

Container plants also need extra attention during hot periods. Soil in containers, whether large or small, can dry out quickly in hot weather. Water container plants when the soil is dry, but try not to get the soil excessively soggy. And avoid leaving water standing on the soil surface.

Keep lunch cold for safety's sake

★ To keep lunches safe and cold, include a cold or frozen item in lunch bags. Freezer gels or frozen juices in carts work well.

★ To keep sandwiches safe, freeze them ahead. They'll defrost by lunch time. Coarse-textured bread is best. Add mayo and veggies at lunch.

★ Wash out lunchboxes or totes every night. Don't reuse paper lunch bags.

★ College students, cooking in the dorm, should heat foods in the microwave oven until thoroughly hot and steaming.

Houseplants require little care during winter

Get your cold season checklist for houseplant care Fall is here and winter is coming.

Cold weather alters the indoor environment. For you houseplant's sake, adjust how you care for the plant accordingly. Houseplants usually aren't too vigorous during the winter because growing conditions indoors are often poor.

Houseplants require less water during the winter. Let the potting soil dry slightly before watering with most plants. After watering, the soil should be moist, not saturated. Let any excess water drain out the bottom of the planting pot. Do not leave drain water standing in the dish or other container the pot sits in.

Also during winter months, the

fertilizer needs of indoor plants are less than in spring and summer months. Let houseplants go without fertilizer from late November to early April. Remove seed pods, wilted flowers, and leaves from the plants and prune back long, straggly stems to within one-eighth inch of a leaf joint.

Keep houseplants free of dust and pick off any insects that may be hiding on foliage or stems.

Put leaves, grass to good use

Develop your leaf management skills by turning grass clippings and fallen leaves into a valuable resource for the home landscape.

Don't bag and haul away leaves and other organic materials from the home landscape. Recycle them back into your garden. Up to one-fifth of the solid waste going into landfills consists of leaves and grass clippings, according to some estimates.

Bagging grass clippings and tree leaves and paying the garbage collection services to haul them away is costly and wasteful of a good source of soil nutrition.

The perfect time to begin managing leaves is during the fall. A light covering of fallen leaves can be mowed with a mulching mower, leaving the shredded leaves in place on the lawn. If the leaf

layer is too deep, go to the next step. Compost the leaves in bins or piles through the winter and use the finished decomposed product in the garden or flower beds as soil amendments or mulches. A layer of leaves applied to the surface of a flower or shrub bed is a perfect winter cover.

The mulch helps prevent erosion and rain compaction, and controls some of the winter annual weeds.

Ensure canning safety before starting

Before canning those tomatoes ripening in the garden, be sure you have the current recommendations for preserving tomatoes and tomato products. Outdated recommendations have been cited recently in some popular publications.

Canning Tomatoes and Tomato Products," a bulletin available from the OSU Extension Service, give recommendations for a wide choice of packing and processing options as well as correct processing times to assure that all tomato varieties will be safely preserved.

It's important to select firm, ripe tomatoes free from bruises and decay. Acidity decreases during ripening, so avoid overripe tomatoes. For extra

Never put off until tomorrow what you can do today.

Recipe combines salmon, cornbread

Salmon Corn Squares

- 1 package corn muffin mix
- 12-ounce can corn, drained
- 3-ounce can sliced mushrooms
- 1 pound canned salmon
- 1 small onion, chopped
- 1/2 green pepper, chopped
- 2 Tbsp. oil
- 2 Tbsp. flour
- 1/4 tsp. salt or to taste
- 1 Tbsp. prepared mustard
- Dash of Tabasco sauce
- Prepare corn muffin mix. Fold in corn. Spoon into a greased 8-inch square baking pan, according to package directions. Drain liquid from mushrooms and salmon into a 2 cup measure and add milk to make a total of 1 1/2 cups liquid. Set aside. Sauté onion and green

pepper in butter until onion is soft. Stir in flour and salt and cook, stirring, until mixture is bubbling. Gradually stir in milk mixture and cook, stirring until sauce thickens and boils for one minute. Stir in mustard and Tabasco. Flake and stir in salmon. Cut corn bread into squares, then split each and spoon salmon mixture between and on top, shortcake style.

Marsh Idaho address given

Want to try to Frank and Mollie Marsh? Their new address is P.O. Box 335, Mountain Home, Idaho 83647.