

Seven things teens are dying to tell their parents

Detective Myrtle Carner, a 20-year veteran with the Seattle Police Department, spent eight years investigating criminal cases involving juveniles. Drawing from his experience in counseling hundreds of young people in trouble, here are his views about what these teens expect and need from their parents.

In the 10 minutes it takes you to read this article, some very disturbing things will happen to America's youth:

Fact: 10 kids will attempt suicide.

Fact: 105 kids will quit school.

Fact: 618 high school seniors will smoke marijuana.

Fact: 20 girls between ages 15-19 will become pregnant.

Fact: 5 of those girls will give birth to illegitimate babies.

Fact: 8 of those girls will have abortions.

These numbers have become, quite literally, a national crime. Children and youths ages 12 and 20 constitute 57 percent of all serious arrests made in America. And the problem is getting worse.

As a professional law-enforcement detective, I've talked to hundreds of parents who are upset, angry and sad that their sons and daughters have wound up in trouble.

These are not crazed, psychotic adults, but generally well-meaning moms and dads who live in your neighborhood, work hard, volunteer for the PTA, and then see the wholesome lives of their offspring unravel before their eyes.

These parents have sat dejectedly on the other side of my desk and insisted that they did everything they could. "Where did we go wrong?" they ask.

Many times, their own troubled kids have told me the answer: "Mom and Dad didn't listen to me."

I see these young guys and gals on their way to the detention home or

juvenile hall. We sit and talk, and I get to know their past, their problems—and their plans, if any.

I'm not a psychologist, nor a pastor, I'm a working cop who believes God has given me an opportunity to help kids. Invariably, as I listen to their stories, I ask each one this question: "If your parents were seated with us, right now, what would you like to tell them?"

Their responses are startling—and brutally honest. From what I've learned, these are the seven things kids are dying to tell their parents. Moms and dads, please listen up:

1. "Keep cool." The number-one thing kids in trouble with the law wanted their folks to know was how to keep their cool. In other words, Mom and Dad, don't lose your temper in a crunch. Don't blow your top when things go wrong. Kids need the reassurance that comes from controlled responses.

I remember a boy named Mike. His mother was an alcoholic who drowned every problem with a belt of booze. No matter what Mike did, both of his folks reacted in rage. When I first met Mike, he had been arrested for destroying property. From there, it got worse. Six years later, he murdered a neighbor.

Had Mike's parents been able to keep their cool—and show him love and understanding, rather than anger and violence—then perhaps Mike may not have continued down this deadly path.

2. "Please show us who's boss." Most young people I talked with want their parents to be strict. They don't want a cruel father beating them with a belt; they want parents who are consistent and fair in dishing out discipline. Kids need the security of specific boundaries, and they need to know there are consequences for going over the line.

Nearly every juvenile crime I've

investigated involves some type of boundary. The common scenario goes like this:

Little Johnny gets caught stealing a candy bar at the neighborhood grocery store. (Typically, the odds are he has already stolen six to 12 times before his first arrest.)

The store manager doesn't bother to notify the police. Instead, he calls Johnny's parents, who mete out their own punishment: "No TV for a week."

About the fifth day of his sentence, Johnny sneaks in a couple of hours of MTV. Mom and Dad aren't into discipline, so they overlook Johnny's offense. And all of a sudden, boundary #1 is gone.

Then, Mom and Dad set up boundary #2—no chatting on the telephone with his girlfriend. But Johnny circumvents this rule, too. One by one, subsequent barriers are broken down until none remain. Johnny figures he can do anything he wants since Mom and Dad don't assert their authority.

The jails I visit are filled with hundreds of Johnnys who stepped over the line. Now, they themselves are broken. I hear them cry out, "I really wanted my folks to bug me. I wanted them to be fair in handing out discipline. I wanted them to show me who was boss."

3. "Don't blow your class." Translation: If you're 40, don't try to act 16. Your kids don't want you to act like them. What they really want is for you to be a parent, someone they can look up to.

I wish I could see some of the parents who have brought their kids into my office. I remember one couple who tried desperately to be on the same level as their 16-year-old son by talking and dressing like him. During our visit, I had a hard time knowing which one was the father and which was the son!

The father looked at me, pointed to his son, and said, in his best juvenileze, "Hey man, you gotta do something about my kid. Ya know what I mean?"

I looked at the father and thought to myself, "Yeah, I do know, and part of the reason is that you look so ridiculous. Furthermore, I bet your kid thinks you look ridiculous, too."

Your kids may be too shy to tell you, but the message is clear: "Be parents, not peers."

4. "Please, light a candle." Many troubled kids I speak with, especially those with uncertain futures, are looking for a genuine spiritual dimension in their lives.

They are saying, "Please tell us that God is not dead, sleeping, or on vacation. We need to believe in something bigger and stronger than ourselves."

Remember, these aren't little angels with perfect Sunday school attendance; these are hardened youths

who have thumbed their noses at society. Yet, these same young people really want to know: Is there a God out there? Does He exist? Does He really care?

5. "Scare the heck out of us." Translation: Get tough, Mom and Dad. If you catch your kids lying, cheating, stealing, swearing or boozing, then discipline them. Let them know why what they did was wrong. And when they need punishment, dish it out. But also let them know that you love them, even when they let you down.

I believe in the "50/50 rule." The best way to treat your kids is with an equal balance of love and discipline. If a parent shows too much leniency (love) or threatens with too much punishment (discipline), the scale becomes lopsided, and problems result. Kids need a discipline that says, "I love you." They need moms and dads who will set rules to protect them from harmful consequences.

6. "Call your bluff." Did you know that kids don't really want everything they ask for? They want parents who won't be intimidated when they threaten to drop out of school, or to run away from home.

I've met parents who nearly lost it when their kids said things like, "I'm leaving home, and I'm not coming back."

Why not call their bluff? When it comes to making threats, most kids don't really mean what they say. Do you think your kid really wants to give up a warm bed, a full refrigerator, and a security of home? Don't back down from your kid's threats and you'll see that he or she will stick around.

7. "Be honest with us." Finally kids want to be told the truth; it doesn't do any good to try to fool your kids. They know you better than you know yourself. They know when you're telling it like it is, and when you're not.

All kids want their folks to "be real." They will accept criticism better when they know it comes from a parent who's honest and up-front.

Not every parent has to deal with delinquent children, but every parent has ears to hear them. Now that these youngsters have spoken, are you willing to listen?



Information provided by:
Warm Springs OSU
Extension Office
1131 Paiute Street
553-3238

1992 Spring 4-H Calendar and Fair Dates

May 30 — Clean up Shitike Creek (all interested 4-H Clubs 10 a.m. - 3 p.m.)

June 14-18 — Tri-County Camp dates for Crystal Springs

June 22-26 — Summer Week at OSU in Corvallis, OR.

July 23-26 — Jefferson County Fair, theme "Harvest & Heritage"

July 29-Aug 2 — Deschutes County Fair, theme "Blue Jeans & Country Scenes"

August 9-14 — 4-H Wilderness Enrichment Camp at Trout Lake

August 12-16 — Crook County Fair, theme "A Country Gathering"

August 20-23 — Wasco County Fair, theme "Celebration Along the Barlow Road"

Conserve water in kitchen

Water is often wasted in the kitchen, but water shouldn't be conserved at the expense of cleanliness, cautions Carolyn Raab, Oregon State University Extension foods and nutrition specialist. It's important to wash your hands before beginning food preparation. Wash hands, cutting boards and utensils after handling raw meat, poultry, seafood and eggs.

You can conserve water in the kitchen by keeping these tips in mind:

-If it takes awhile for tap water to warm up (or cool down), fill tea kettles, quart jars, or other containers while you wait. Then recycle that water for food preparation, house cleaning, or plant watering.

-Save 25 gallons of water by turning off the tap when you wash dishes. According to the American

Waterworks Association, only 5 gallons of water will be needed if dishes are washed and rinsed in pans in the sink rather than under running water.

-Wash raw fruits and vegetables in a pan of water rather than under running water. Then use the water to rinse dirty dishes before washing them.

-Defrost frozen foods in the refrigerator or microwave rather than under running water.

-Minimize use of your garbage disposal by wrapping food waste in newspaper for disposal in the trash.

-Accumulate a full load in the dishwasher before running it. Buy inexpensive dishes and utensils at garage sales if a limited supply causes you to run the dishwasher frequently.

Three major reasons Oregonians should conserve water

The immediate reason for most Oregonians to conserve water is drought. However, there are other reasons to conserve water. The United States Environmental Protection Agency (EPA) identifies three major reasons to conserve water: to help prevent pollution, to save money, and to improve reliability of water resources.

Do you know where your water goes?

The typical American family of four uses about 310 gallons of water per day for indoor purposes. The water use is broken down into the following categories: toilet flushing, 40%; bathing or showering, 32%;

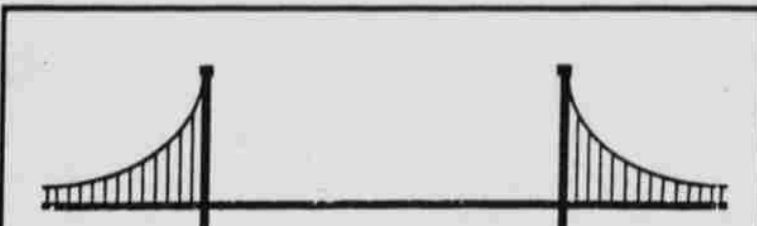
laundry 14%; drinking and food, including food preparation, 11%; dish washing 3%.

How closely your family follows these average figures depends upon whether or not you have already installed low volume toilets and low-flow shower heads, whether you let the water run while brushing your teeth, and so on.

What will have the greatest conservation effect in the home?

Start with activities using the most water (toilet flushing and bathing or showering) and install low-flow devices to permanently change your water use. Then begin to make other conserving changes in family water

use. Start with changes that have the biggest impact on your water use and which you can stick with.



4-H Summer Week
Building Bridges of Friendship
June 22-26, 1992
Oregon State University, Corvallis, Oregon
Your \$155 participation fee includes:
Great classes, Pizza Party, Talent Show, Barbeque, Special Workshops, Evening Dance, Meals & Lodging, Spirit Olympics
Check with your county Extension office for scholarship availability.

Encourage butterflies in your garden

Home gardeners can take advantage of this year's huge migration of painted lady butterflies by turning flower gardens into butterfly gardens.

Plan your summer flower garden to include food, drink and shelter for butterflies and their young. The extra effort will be rewarded with a colorful show of winged beauties all summer and into fall.

Butterflies feed on nectar-producing flowers, said Paul Hammond, a research associate at Oregon State University (OSU) who specializes in butterflies and moths.

"Butterfly weed (Asclepias or milkweed), beebalm, zinnias, marigolds, statice and members of the mint family are some of the many nectar plants for butterflies in mid

summer," said Hammond. "In the late summer, asters are great nectar plants."

Butterflies also need resting and sunning places. Shrubs provide a safe place out of the wind. The best way to provide drinking water is to have some wet mud somewhere in the yard where butterflies can land safely and sip.

Caterpillars, the voracious larvae of butterflies, must also have food. Western tiger swallowtail caterpillars love alder, cherry, elm, maple, poplar and willows. Anise swallowtail larvae love members of the parsley family such as fennel, dill and cow parsnip. Nettles and hops are favorites of the red admiral. And painted lady caterpillars love bor-

age, burdock and centaurea.

Most importantly, avoid the indiscriminate use of pesticides in the yard, advised Hammond. Butterflies have become increasingly uncommon in urban and suburban areas because of pesticides.

"About three-fourths of the original butterfly species which once inhabited the Willamette Valley are gone," said Hammond. "Sadly, gardeners are just not going to see as many kinds of butterflies as they saw 50 years ago."

But gardeners can certainly help conserve the butterflies that remain, he said. For more information on creating a healthy habitat for butterflies, consult "The Audubon Society Handbook for Butterfly Watchers," by Robert Michael Pyle, published by Charles Scribner's sons.

The OSU Agricultural Experiment Station has a bulletin about Oregon's state insect, the Oregon swallowtail butterfly. Up to six copies are available at no charge by requesting SB 650, "The Oregon State Insect - The Oregon Swallowtail butterfly," from Publications Orders, Agricultural Communications, OSU, Administrative Services A422, Corvallis, OR 97331-2119.

Children also enjoy gardening

Spring warmth gets gardeners going whether they be old or young. Children, for example, often enjoy gardening much more than they or their parents ever imagined.

Consider giving your child the joy of gardening this spring. Any youngster will enjoy growing a garden. Even a four foot by six foot space can hold wonders and fascination for a six-year-old who watches flowers or vegetables develop from seeds that he or she has planted.

Give children some help in picking out easy-to-grow plants, help them with the soil preparation, and then stand back and let them do it. If the growing plot is very small, you might help the child choose plants that will not take up too much space such as green beans, carrots, Swiss chard, head lettuce or radishes. If a larger area is available, let the youngsters plant squash, pumpkins, sweet corn, tomatoes or peppers.

surely it is one of the nicest habits to have. Keep an eye on your child's garden and give advice as needed, but keep your fingers out of it.

Although you may want to do certain things your way, give advice only, and only give it when asked. Let children make their own mistakes and they won't repeat them.

Farm and Tractor safety training program to be held

New Oregon Wage and Hour Rules (effective March 12, 1990) may cause an additional liability to farmers and ranchers who plan on hiring minors under 18 years of age to legally operate power-driven farm machinery. That is unless such minors are certified as passing a tractor safety training program (there are some exceptions).

To assist farmers, ranchers and

minors affected by these new rules, the Extension Service is taking reservations for its Central Oregon Farm and Tractor safety Training and Certification course, to be conducted at the Jefferson County Fairgrounds (Macy Conroy Building) on June 10, 11 and 12 from 8:00 a.m. to 5 p.m.

Farmers and ranchers may wish to notify youth of this course offering. Class size is limited to 20 students and only for minors who will be 14 to 17 years of age during the coming agricultural season. Students need to be registered by June 5! A total fee of \$20 will be charged to each student taking this 22 hour course.

For further information and to make reservations, contact the Extension Service at: Crook County - 447-6228; Deschutes County - 548-6088; Jefferson County - 475-3808; Warm Spring - 553-3238/3239.

Extension Mini-College
June 15-18
Oregon State University, Corvallis
Four days of classes, workshops, tours and new friends.
Co-sponsored by OSU Extension Service and Oregon Extension Homemakers Council

Oat bran muffins

1 1/2 cups low-sugar bran cereal crumbs*

5 packets Equal tabletop sweetener, sweetened with NutraSweet brand sweetener

1/2 cup raisins

1 Tbsp. baking powder

1 cup skim milk

2 eggs beaten

1 Tbsp. oil

2 Tbsp. applesauce

*Use one-half low-sugar bran cereal with NutraSweet brand sweetener and one-half oat bran cereal.

Line muffin pan with paper baking cups. Crush cereal and combine dry ingredients. In separate bowl, combine moist ingredients. Mix dry and moist ingredients, let stand for about 5 minutes. Stir. Fill muffin cups 3/4 full. Microwave on medium (50%) for 6 minutes.

Salad recipes for summer months

Cherries & oranges salad

1 head lettuce

1 cup dried cherries

1 can (11 ounce) mandarin orange sections, drained

1/3 cup vegetable oil

1/4 cup orange juice

1 Tbsp. honey

2 Tbsp. cider vinegar

1 tsp. dry mustard

1/2 tsp. poppy seeds

Salt and freshly ground pepper to taste

Wash and drain lettuce; tear into bite size pieces. In a large salad bowl, toss together lettuce, cherries and orange sections. In separate small bowl, combine oil, orange juice, honey, vinegar, mustard and poppy seeds; mix well. Season with salt and pepper to taste. Drizzle dressing over salad ingredients, using as much dressing as desired. Yield: 6 servings.

Bean-cashew salad

1 cup broccoli florets

fresh spinach

1/2 cup navy or pinto beans, cooked

1/4 cup toasted cashew bits

1/2 cup Italian dressing

Steam broccoli until tender (or cook covered in microwave for 2 minutes). Combine broccoli and beans with dressing; chill. Wash and dry spinach, discard stems, and tear leaves into bite size pieces. Add spinach and cashews to chilled vegetable and dressing mixture; toss. Yield: 2 servings.

Broccoli-potato salad

6 medium new potatoes (about 2 lbs.) cut in 1-inch cubes

2 cups fresh broccoli florets

1/4 cup orange juice

3 Tbsp. olive oil

2 tsp. basil

1 large clove garlic, minced

1/4 tsp. hot pepper sauce

2 Tbsp. chopped parsley

2 green onions with tops, thinly sliced

Salt to taste

Cook potatoes, covered, in 1 inch boiling water just until tender, 10-15 minutes. Drain; keep warm. Meanwhile, blanch broccoli in boiling water 1 minute. Drain and add to potatoes. In small saucepan, combine juice, oil, vinegar, basil and garlic; bring to boiling. Remove from heat. Stir in pepper sauce; pour over potatoes and broccoli. Add parsley and onions; toss to coat. Add salt; toss. Serve warm. Yield: 8 servings.

Zesty potato salad

1 cup dairy sour cream

1 cup chopped green pepper

1 cup chopped celery

3/4 cup shredded carrot

1/2 cup pickle relish

1/4 cup chopped red pepper

1/4 cup sliced green onion

2 tsp. prepared mustard

1/2 tsp. salt

1/4 tsp. pepper

4 cups unpeeled diced cooked potatoes, chilled

3 hard-cooked eggs, peeled and chopped

Fresh parsley, optional

Combine sour cream, green pepper, celery, carrot, pickle relish, red pepper, onion, mustard, salt and pepper in a large bowl; mix well. Add potatoes and eggs, toss gently. Refrigerate, covered, 2-3 hours to allow flavors to blend. Garnish with parsley and serve. Yield 8 cups.