

## Therapy can improve relationships and families

Although there's no simple formula to tell you when to see a therapist, one general rule is to consider whether your intimate relationship is more uncomfortable than comfortable for you. If so, you could benefit from professional assistance.

Therapy should not be a last-second attempt to fix a complex and difficult situation. Many people wait too long before getting help and issues become more difficult to resolve, points out Jan Hare, OSU Extension family life specialist.

You don't need to be married to seek or benefit from therapy. Any two people wanting to improve their relationship can benefit. Pre-marital counseling is increasingly popular and recommended by many therapists, clergy, and researchers in family therapy. Post marital counseling (for divorced couples who share children, extended family, friends or property) is also increasingly common.

Unmarried couples who live together could benefit because they encounter the same problems as married couples. Persons in other kinds of significant relationships also may seek assistance either to solve problems or to strengthen their relationship.

To increase awareness of distress in your relationship, Dr. David Olson, professor of family social science at University of Minnesota, recommends asking yourself some of the

following questions:

1. Do you frequently find fault with or criticize your partner?
2. Do you often think about ways you want your partner to change?
3. Do you often wish you had not gotten involved with this person?
4. Do you find yourself more withdrawn from your partner and more drawn into yourself?
5. Do you experience depression, tension or headaches from worrying about our relationship?
6. Have you or your partner been drinking more or taking more drugs

recently?

7. Do you feel your disagreements never get resolved and come up again and again?
8. Do you continually argue over seemingly insignificant and minor issues?
9. Are you afraid to express your anger or frustration to your partner?
10. Has your sexual relationship decreased in its frequency and satisfaction?
11. Are you becoming emotionally or socially involved with another person?

12. Do your children take sides with your partner against you, or vice versa?

The more "yes" answers you give, the stronger the recommendation for marital therapy.

Finding a qualified therapist with whom you will be comfortable requires effort. Shop around. Interview prospective therapists. Evaluate their qualifications, services, and approaches. You may wish to seek a clinical member of the American Association for Marriage and Family Therapy, Hare adds.

## Important safety tips for parents and baby-sitters

The following information was excerpted from the "Baby-sitters Handbook" published by the National Fire Protection Association. These tips were intended to help baby-sitters take charge when watching children and in emergency situations, but we think the information is good for parents and other adults as well.

### PLAYING SAFE

Never leave children alone ever. When they are alone, they have accidents with matches, gasoline, the stove, deep water, poisons, falls.

Strike Zone: Keep matches above the "strike" zone where children can't reach them, up high in cupboards or upper shelves.

Safe Toys: Trade sharp or electrical objects for something safe to play

with. Heaters: Move portable heaters away from play areas. Keep the heater away from curtains and furniture, too.

Tent Safety: Use flashlights — never candles, matches, heaters, or stoves in a tent.

Don't Smoke: Don't smoke on the job. Baby-sitters have caused child deaths by smoking.

### FIRE ESCAPE PLANNING

Plan ahead. Know how to get children out of bedrooms if the front or back doors are blocked by smoke. Make sure you know in advance what all your escape options are.

Smoke Danger: Smoke kills. Shut doors to stop it from advancing.

Crawl In Smoke: Show children how to crawl in smoke to get better air near the floor.

Call the Fire Department: If there's a fire, call the fire department first. Give the complete name, street and town over the phone.

Don't Go Back: Don't go back to the burning house. Many die returning.

### FIRST AID

For emergency help, call the emergency medical, police, or fire department number. Call the parents if you have questions about lesser emergencies. Notify parents about small accidents when they return.

Cuts, Bruises: Stop bleeding by applying gentle pressure with a clean cloth. Wash the wound and apply a bandage.

Choking: Let the child cough it up. If he stops breathing, turn him upside down and smack him on the back. Call medical emergency.

Swallowing Something Poisonous: Read the label on the bottle for treatment. Call medical emergency.

Clothes on Fire: Show children how to drop and roll. Rolling smothers the flames. Use blanket or rug if handy. Call medical emergency.

Burns: Put ice or cold water on a burn. This slows skin damage. If skin is already blistered, dead white, brown or charred, you need emergency help.

### COOKING SAFE

Supervise children every moment they are in the kitchen. This is a place

for accident with fire and hot liquids. Tight Sleeves: You and the children should wear tight sleeves during meal preparation. Loose fitting clothing can catch fire.

Pot Handles: Turn pot handles so children can't pull them down.

Pan Fire: Smother a pan fire with a lid. Never use water.

Dangling Cords: Roll up appliance cords so they can't be pulled down.

Scalds: Put baby in the playpen if you have a hot pot or drink in hand, so he can't get burned.

## Columbian sharp-tailed grouse reintroduced into Oregon

No one has seen the Columbian sharp-tailed grouse in northeastern Oregon in 25 years. This spring, Oregon State University (OSU) biologists will be helping to reintroduce this native gamebird back into a piece of its original Oregon home range.

"At one time the sharp-tailed grouse was common over most of the Pacific Northwest east of the Cascades, but its habitat has been reduced, converted into cropland or livestock grazing lands," explains Jeff Snyder, a graduate research assistant in the fisheries and wildlife department at OSU. Today, the bird's distribution is only 10 percent of what it used to be.

In the spring of 1991, researchers released 33 sharp-tailed grouse at a remote site in Wallowa county as part of a three-year project. OSU researchers have learned about some of the difficulties involved with reintroducing a species into an area where it no longer occurs.

"The death toll for these birds is high," said Snyder.

"Of the 33 individuals we released, we put radio transmitters on 19 of them, and as of today we know of only one or two of those birds that are still alive," Snyder said.

The researchers think the high death rate might be because the newly introduced grouse didn't know the area like resident birds would, said Snyder. Researchers speculate that as the new birds went into large search patterns to find adequate habitat, they were easy prey for hawks, eagles and coyotes.



Information provided by:  
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## 4-H Calendar and Fair Dates

for the 1992 spring season.

June -- 4-H Clubs are meeting, check at Extension office for 4-H schedule

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

June 20 -- "Clean the Creek" from 10 a.m. with a picnic at 3 p.m.

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

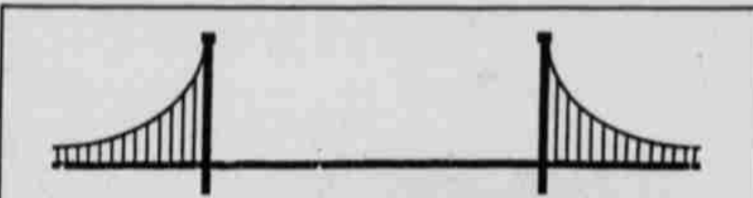
July 23-26 — Jefferson County Fair. Theme is, "Harvest & Heritage"

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

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

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

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



## 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, and Spirit Olympics

Check with your county Extension office for scholarship availability.

## Water plants properly in hot weather

With this year's unusual spring weather, many areas of Oregon are experiencing some warmer-than-usual spring days. This is great for people, but it makes plants thirstier than usual, especially those in containers such as planters and hanging

baskets. When outdoor temperatures are high, daily watering of container and hanging basket plants may be necessary.

Soil in metal drums, gallon cans, plastic tubs, wooden boxes and flower pots can dry out quickly, especially in full sun. During periods of excessive summer heat, container plants may need watering twice a day.

Water container plants when the soil is dry, McNeilan says. Stop applying water when it begins running out of the container's drain holes. Avoid getting the container soil excessively soggy and don't leave water standing on the soil surface. The simplest way to protect container plants from high temperatures is to move them to a cooler location during the hottest part of the day.

Frequent watering makes more fertilization of container plants necessary because larger amounts of moisture leach nutrients out of the soil quickly. Soluble, all-purpose fertilizers that can be mixed beforehand in water are easiest to use with container plants. Apply this type of fertilizer every week during periods of frequent plant watering.

## Sources of Caffeine

Product	Caffeine (mg)
COFFEE (6 oz.)	
Approximate average	100mg
Average from ground beans	66-80
Automatic percolated	75-140
Filter drip	110-180
Instant regular	60-90
Instant decaffeinated	2-6
TEA (6 oz.)	
Weak (bag)	20-45
Strong (bag)	79-110
COLA DRINKS (10 oz.)	22-50
COCOA PRODUCTS	
Chocolate milk (7.5 oz.)	2-7
Hot cocoa from mix (6 oz.)	6-30
Dark chocolate bar (2 oz.)	40-50
Milk chocolate bar (2 oz.)	3-20
Baking chocolate (1 oz.)	25-35
MEDICATIONS (1 tablet)	
Cold remedies	15-30
Headache relievers	30-32
Weight control aids	120-200
Some diuretics	40-100

## Soap cleans insect pests in gardens

If pest insects are becoming a problem in the home landscape or garden, try cleaning them out with insecticidal soap. Various kinds of soaps have been used for insect control since the early 1800s.

Insecticidal soaps are available that are specifically formulated for use on plants to control insects. They can be purchased at nursery or garden supply stores.

Insecticidal soaps are effective on

scale insects, aphids, mealy bugs and other soft bodied insects. The soap solution not only washes insects off plants, but also has toxic properties that kill the insects through contact.

Soaps used for pest insect control are not as dangerous to handle as pesticides, but care should still be taken in applying soap sprays. High concentrations or frequent applications of soap sprays may cause plant damage to some varieties of plants.

## Scale insects attack stems and leaves

Scale insects are the couch potatoes of the pest insect world. Once established on the leaves of an ornamental plant, scales hardly move at all, but that doesn't keep them from causing damage.

Scales attack stems and leaves of many kinds of trees and shrubs, sucking juices from the plant tissue.

Plants lose their vitality, leaves become pale and drop off, and branches and sometimes entire shrubs are killed.

Compared to most other garden and landscape pests, scales hardly look like insects at all. They often resemble small specks of dirt on the surface of leaves and twigs. They have small, flat bodies and vary in color from brown to gold to white. Once scales have settled in place, they do not move.

A dark, sooty mold on the leaves of plants such as camellias or holly indicates that large numbers of scale insects are present.

Once scales attach themselves to a plant, they are difficult to kill. But in the spring and summer when the scale eggs hatch into crawlers, a number of chemicals can be used to control them. Diazinon, malathion and Orthene are recommended. Several spray applications may be needed through the spring and summer.

Watch for scale damage on azaleas, rhododendrons, camellias, elms, hawthorne, holly, junipers and pines.

## Advertisers create new myths about sports drinks

The schoolwide soccer marathon has ended in a tie. You feel like you've sweated off 15 pounds and could drink Niagara Falls dry. Would you quench your thirst with water, juice, a soft drink, or a sports drink like Gatorade? Zillions asked 150 junior high students this question. Half said they would down a sports drink. One third favored water. The rest picked juice or a soft drink.

A few years ago, sports drinks were just advertised to athletes. But lately, drink companies have been pitching their ads to kids. And they've been creating a few myths about their drinks in the process.

MYTH ONE: Sports drinks are health drinks.

THE FACTS: The only health benefit sports drinks offer is replacing fluids lost through sweat. Of course, water does the same thing for free.

When you exercise and sweat, you lose fluids. Sweating is your body's way of cooling itself off. The harder you work out (and the more calories you burn), the more water you lose. When you sweat, you can also lose some "electrolytes" (a fancy name for plain salts). But your body usually keeps the right salt balance in your blood, regardless of what you drink. The thing that matters most is drinking — and drinking a lot. Many experts say you should drink a glass of water 15 minutes before a workout, and every 15 minutes while exercising strenuously. (That includes biking, running, and playing non-stop sports.) It's important to drink a lot after a workout, too. Depending on how much you sweated, your body may need up to a quart (four glasses) of water.

That's a lot of drinking. You don't get waterlogged, as some kids feared.

But what if your taste buds say "enough already?" And what if water becomes harder to down after the real thirst has passed? Sports drinks — full strength or cut with water — might be a tastier way of replenishing those lost fluids. But so might juice, a fruit drink, or even a "homemade" sports drink (half juice, half water).

CONCLUSION: Sports drinks are not medicine (although many of the kids we surveyed said they taste like it). Sports drinks don't contain any unique ingredient that will improve your health. They won't help you grow or build muscles, as some kids believe.

MYTH TWO: Sports drinks give you more energy.

THE FACTS: The "energy" sports drinks provide is no different from the "energy" source in juice and soft drinks — sugar. Sports drinks just have less of it — about half the amount that's in juice and soft drinks. (Sugar is a simple carbohydrate. It contains calories, but no other nutrients.) Even sports drink manufacturers agree that too much sugar can interfere with an athlete's performance.

The body turns sugar and most foods into fuel for working muscles — but not instantaneously. Sugar has to be absorbed into the bloodstream first. A healthy body automatically keeps the right amount of sugar in the blood — not too much, not too little. The energy that's going to make the real difference in your performance is already stored in your muscles. If you haven't been eating right, a sports drink won't help.

Extra sugar and salts may benefit people who exercise strenuously, especially in the heat. After a few hours, they start to deplete their bodies stores of calories and salts. But even they don't need sports drinks. They can get plenty of sugar (and salts!) by sucking on oranges or drinking juice.

CONCLUSION: Sports drinks aren't a super-charged energy source that can turn bench-warmers into first stringers.

MYTH THREE: Sports drinks are nutritious.

THE FACTS: Sports drinks such as Gatorade, Hydra Fuel, and Snap-Up are made out of water, sugar, and salts. They do not contain protein, as

some kids thought, some have preservatives and artificial coloring. A few brands, including Hydra Fuel, add vitamin C. But one orange provides more than twice as much vitamin C as an eight-ounce glass of Hydra-Fuel.

The minerals in sports drinks are mostly sodium and potassium. Sports drinks call "electrolytes". Do you need them? Americans already get too much sodium in their regular diet. Sodium is part of table salt. And it's in everything from burgers and fries to shakes. Potassium is also found in everyday foods. One banana provides as much potassium as 18 eight-ounce glasses of Gatorade. A glass of orange juice has as much potassium as 20 glasses of Gatorade. Orange juice is also rich in vitamins A and C, and contains some vitamin B and calcium. The ingredients in sports drinks, OJ, and soda pop are compared in the chart at right.

CONCLUSION: Sports drinks do not contain secret ingredients with special powers.

BOTTOMS UP: Now that the myths are separated from the facts, what would you choose to drink? Drinking water before, during, and after a workout is still the healthiest — and cheapest — choice. Combining water with a balanced diet will give you all the vitamins and minerals you need to play your best. One fact about sports drinks is undeniably true: they're expensive. A quart of Gatorade costs \$1.20; Snap-Up, \$1.50; and Hydra Fuel, \$2.30. For

that money, you can make a gallon of orange juice from frozen concentrate. If you cut the juice in half with water (so it's less sweet — like sports drinks), you'll end up with two gallons of "homemade sports drink. That's what we call a healthy savings.

Super Mike or super hype? Two of these statements are facts. Can you spot the myth?

1. Michael "Air" Jordan is one of the greatest basketball players of all time.

2. Last summer, Michael Jordan was paid \$18 million to be a commercial spokesperson for Gatorade.

3. You will be an awesome basketball player if you drink Gatorade.

Number three, of course, is the myth. Nobody takes the "Be Like Mike" commercial literally. What these commercials are really selling is an image of success. They show Jordan making fantastic shots and playing hoops with kids, who are also sinking the greatest shots of their lives. Everyone is having fun and drinking Gatorade. The advertisers want kids to associate Gatorade with good feelings about playing sports.

Drinking Gatorade has nothing to do with Michael Jordan's ability. Last year, when he won the Most Valuable Player Award in the NBA Championships, he was a commercial spokesperson for Coca-Cola, not Gatorade. How could drinking Gatorade make one of the greatest players of all time any better? Maybe it's time to dunk all this hype.

## Noodle vegetable toss

1 package (10 ounce) frozen Japanese-style stir-fry vegetables with seasoning

1 3/4 cups water, divided

1 Tbsp. cornstarch

1 package (3 ounce) ramen-style oriental noodle mix, broken into chunks

3 hard-cooked eggs, wedged

Set vegetable seasoning packet aside. In medium saucepan, stir together vegetables and 1 cup water. Bring to boiling, reduce heat to medium. Cover and cook until crisp-tender, about 3-4 minutes. Meanwhile, in small bowl stir together contents of reserved seasoning packet and cornstarch until well blended.

Slowly stir in remaining 3/4 cup of water until mixture is smooth. Stir into vegetables. Cook, stirring constantly until mixture boils. Reduce heat to low. Discard noodle seasoning packet. Stir noodles into vegetables. Cook, stirring frequently, until noodles are tender, about 4-5 minutes. Add eggs and gently toss. Cover and cook until hot throughout.

4-H is a great way to spend the summer

**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