

Learn ways to minimize sibling rivalry

In families with more than one child, arguments, teasing and fighting are certain to happen. While your children love one another, there are still going to be disagreements and competition among them.

The reason for such disagreements is commonly called "sibling rivalry," with "rivalry" the key term. Your children are rivals, competitors, for your love and attention.

It starts when a young child faces the arrival of a new broth-

er or sister. That new family member is a threatening force who is taking some of mom's and dad's attention and love, meaning there's less for the older child, or so the child thinks.

Unfortunately, there's some truth to that young child's fears. A new baby does require a lot of attention, sometimes at the expense of the older child's needs.

Telling your older child that he or she is still loved won't

make the problem go away. Young children can't yet think abstractly, and understanding that parents can love all their children equally requires abstract thought. To avoid the baby behavior that older child will often revert to, to force more parental attention, try buying the older child some new books, then spend time reading them with him or her so that your continued love, support and attention is demonstrated.

In older children, sibling rivalry becomes a competition for the parents' attention, to be "first" for mom and dad. Excelling at school, athletics or artistic endeavors are ways to make parents sit up and pay attention.

Unfortunately, some children try to win that attention, often unknowingly, by getting in trouble or letting school grades slip, in order to draw parental notice. At some level, being yelled at or punished can seem better than not being noticed at all.

In most cases the cure to sibling rivalry is demonstrating your love to all your children. Each child needs alone time with parents, needs to be listened to and needs to have accomplishments praised. Your goal is to let each child see that he or she has "special status" in terms of your love.

Although finding enough time for each child can be challenging, it's essential in order to help him or her grow out of being threatened. In cases of constant bickering and fighting, or one child abusing another, consider seeking professional help. Start with your school counselor, or call your community mental health center for recommendations of counseling professionals.

Source: American Counseling Association

Republicans set date for picnic

The Columbia County Republican Central Committee will be hosting a potluck picnic at Trojan Park, in Rainier, on Saturday, July 5 at 1:00 p.m. in the north shelter area of the park.

Republicans are encouraged to attend and meet the Republican candidates who will be running in the November

election.

Each family should bring a main dish and one side dish to share. Paper plates and tableware will be provided.

For further information, contact Fred Yaune, Columbia County Republican Chairman at 503-543-6271 or fyaune@yahoo.com.

Tips help with driving vacations

Planning a family summer vacation with a fair amount of driving? Although we can't reduce the stress of today's gas prices, we can offer suggestions to make traveling with your kids more pleasant.

Start by remembering how boring car trips can be for someone locked in that back seat. Entertainment distractions, like books, games, puzzles, and handheld electronic games, can keep kids occupied, reduce boredom and avoid family stress.

Music is also a great pacifier for kids, especially teens. Earbuds and an MP3 or portable CD player mean happier traveling kids and quiet time for Mom and Dad. Another popular option is an inexpensive (often under \$100), portable DVD player. A few DVDs and earphones usually yield hours of quiet, happy kids.

Help your kids plan their "boredom breakers." Have them pack a "fighting boredom" bag of fun goodies. For younger children, help them choose a variety of engaging items, then hand them out one at a time during the trip, including a couple of new surprises you snuck in. For car seat toddlers, have a basket of toys and as each one gets dropped, just hand over another. At the next rest stop, put them back in the basket and start over again. Of course, you'd also like

the kids to actually experience some of the trip. One technique is to have them map out the travel route, listing landmarks and interesting things, before the trip. Then let them track the trip progress on the map and tell you when something is coming up. Stopping at some of the most inviting ones keeps kids involved, helps break the boredom, and provides opportunities to stretch and blow off steam. Plus you'll often see entertaining or enlightening things.

And breaks, even short ones, do matter. Teens might endure ten hours of driving, but most small kids will melt down after six. Make the journey, not just the destination, part of your vacation fun.

Finally, don't forget how much food counts. A hungry child is never a happy child. Bring along snacks and a cooler of drinks, or make frequent food stops. Well-fed youngsters and teens make for better traveling companions.

Driving is often necessary for many family vacations and still the most economical way to travel with a family. With a little planning, lots of entertaining distractions, and plenty of snacks, your family driving vacation can not only be less stressful, but a lot more enjoyable.

by the American Counseling Association

What you can do to fight memory loss

As we age we may find that it seems we forget more things than we once did. Although memory loss is a natural part of the aging process, experts say it usually isn't noticeable for most people until after age 70.

That doesn't mean that you aren't forgetting things, even

though 70 may be a ways off. We all have memory lapses, regardless of our age. As teenagers it seldom bothered us that we forgot things (cleaning up our rooms! doing that English assignment!), but as we get older we often pay more attention to the frustrations that for-

getting can bring.

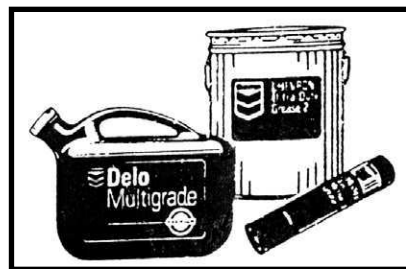
Fortunately, if you find your memory really does seem weaker and more troublesome, there are ways to minimize the problem.

Please see page 21

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