



Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

Time Out Helps Reduce Stress

"Ok, hold it! Take 10 and let's try again." No, that's not a director speaking. But it could be you helping yourself and your children re-establish control in a stressful or angry situation.

There's no doubt that today's economic uncertainty contributes to stress in many families. But, you don't have to translate stress into anger. Simple stress and tension relievers can help you maintain a cooperative and caring atmosphere in your family even in

the worst of times. Here are a few tips to try when you find yourself angry at your children.

- Tell your child exactly what is making you feel angry. Be really specific about what behavior needs to be changed in order to reduce your anger level.

- Designate a corner, chair or some quiet spot as a "time-out" place where you can go when you feel like losing your temper. Designate a separate one for your child. It gives both of you a few minutes to calm down and it tells the other person that you are

getting angry.

- Count to 10. Put your child in a safe area - crib, playpen, child-proof room - and go to another room, close the door, and cry or scream. Then take 10 minutes to read, knit, rearrange your fishing tackle, or do whatever relaxes you best.

- Lie on the floor with your feet up on a chair; place a cool wash cloth on your face, and think of the most peaceful scene you can imagine. Stay there for five minutes.

- Save a special, quiet plaything to be used only at certain times. It will be a treat for your child, and will give you some quiet time for yourself.

- After you've put your child down for a nap, forget what you "should" be doing. Take time for yourself. Relax and do whatever makes you feel fresh and ready for the next thing, try a bath, listen to music, do some exercises, read or sleep.

Treating Iron in the Water and Rust Stains on Laundry

Rust stains on clothing may come from natural causes such as iron in water in areas of igneous

and sandstone rock and man-made sources - rusting pipes or contact with objects of iron and steel. The best remedy for iron in the home water supply is to install an iron filtration unit in the water supply. If the installation of such a mechanical unit is not possible, here are some methods for coping with iron in the water and removing rust stains from clothing.

To remove iron from laundry water use a non-precipitating water conditioner before adding any detergent, soap or bleach. This holds the iron in suspension and keeps it from depositing on laundry. The same water conditioner also should be used in the rinse water.

To remove rust stains from washable fabrics begin by applying a commercial rust-stain remover; following package directions. After treating the stain rinse the garments. Be sure to use

a non-precipitating water conditioner in the wash and rinse cycle to prevent redeposition of the iron particles.

If rust has discolored a load of white clothing, use a phosphate detergent with one cup oxygen bleach or enzyme pre-soak. If stains persist, dissolve 1 ounce oxalic acid crystals (poison) in a gallon of water in a plastic container and soak the clothing in this solution for 10-15 minutes, then rinse thoroughly.

Remember these three safety precautions when treating rust stains or when coping with iron in the water.

- Never use a rust remover inside a porcelain enamel washer - it may harm the finish.

- Do not use chlorine bleach to treat rust stains. It can set the stain permanently.

- If using oxalic acid to treat white clothing discolored by iron in the water, use safety precautions - oxalic acid is a poison.

Lawrence County women gather for seminar

BY BARBARA RADER
Staff Correspondent

NEW CASTLE — Lawrence County dairy farm women gathered at Troggio's Restaurant in New Castle on Jan. 28 to attend a dairy farm women seminar.

Bill Waters, the regional economics agent, focused on better ways to maintain farm records. "You cannot manage anything that you cannot measure," he said. The only true measure of farm income is net farm income. And, he continued, keeping farm records current requires commitment and discipline, whether the farm wife or a hired accountant does the work.

Farm records are a tool to organizing data into meaningful information, which can later be used for filing taxes, improving the farm business, obtaining credit, planning cash flow, budgeting and decision making.

Butler County Agent Robert Rugabar spoke to the women about their important role in calf and heifer raising. "It's a proven fact that women raise better calves and often aren't given the credit they so deserve," he said.

Comparing raising calves with raising children, Rugabar talked about how women can raise a much better heifer replacement to the milking herd later on.

To raise a healthy mature heifer, dairy farmers must follow step by step rules from birth to the first

few months of a calf's life. Rugabar stressed the importance of getting the newborn calf colostrum within the first few hours of life. The colostrum should be followed with a sweet, tasty twenty plus ration grain and soft good second crop hay, along with proper medications and loving care.

Rugabar started the calf and heifer measurement program now used statewide as a tool for the dairy farmer to maintain yearly measurements and growth records of his calves and heifers.

Farm safety was another topic highlighted during the conference. Dave Rynd, regional extension agriculture program director, touched on many areas of concern, including situations that could possibly result in an unwanted farm accident. Rynd gave the group recommendations and suggestions on how to help prevent some accidents.

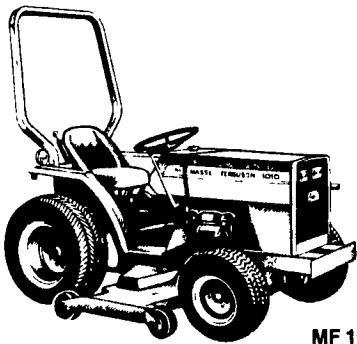
On the lighter side of the day's program, Roberta McConnell, a dairy farm wife, talked about humorous incidents during her life on the farm.

Lawrence County Extension agent Janice Hassen talked about managing stress on the farm. The women attending the seminar shared some of their stresses and ideas about what contributes to stress on the farm.

Hassen concluded the day's program by discussing how to select the right color of clothing.

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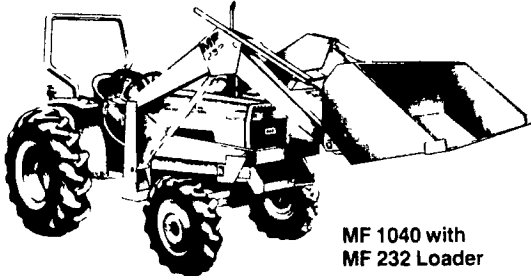
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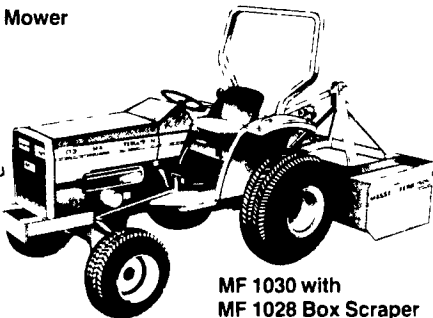
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