Problem Children Simply Have Problems

Problem children are simply children with problems. Lack of understanding and improper punishment are often culprits in creating a child with a problem.

No one will argue that many children have strong wills and recognize many ways to successfully manipulate their parents. They may be very negative, refuse to eat, sit on the toilet, go to sleep, or cooperate generally.

Nevertheless, when you inflict punishment on a young child for these misbehaviors, she will feel angry with you, and the anger she experiences may be severe enough to frighten her.

Instead of physical punishment, some parents use words like “I won’t love you anymore,” or “You make me sick” and these words can be equally destructive.

The child doesn’t know that the anger she feels is temporary and that such feelings are normal for her as well as her parents. What she learns is to imitate aggression, which often takes the form of tantrums. Thus parents and child feed the flames of each other’s passions which can start a vicious cycle.

There is another way to obtain a child’s cooperation. A child intuitively wants to please her parents. By reflecting her thoughts back to her, she has an emotional release and can save face.

For example, “I know you are angry, and I know how you feel. You don’t want to put away the toys. You want to play. Come, let’s put them away together.”

A child doesn’t always accept the situation, in which case it may be necessary to distract her. Remember, however, that not every cause must be resolved or every moral drawn. It’s important to make allowances for individual differences.
Preventing Frozen Pipes
When temperatures drop below freezing, especially for a significant amount of time, the potential for frozen pipes increases dramatically.

Before cold weather hits, here are some precautionary steps you can take:

- Know where and how to shut off your water from the main shut-off value.
- Seal air leaks around pipes that allow cold air to seep in.
- Insulate pipes near outer walls, in crawl spaces or in attics.
- In exposed or problem areas, you may use heat tape or heat cables to prevent freezing. Make certain they are UL approved and that you follow manufacturers instructions.
- Disconnect garden hoses, shut off and drain water from pipes leading outside.
- Turn your faucet on just enough to have constant dripping (for pipes that may be on exterior wall).
- Open cabinet doors to allow heat to circulate around pipes under a sink.
- Leave heat on and set no lower than 55 degrees.
- If you plan to be away from home, have someone check on your house daily.
- Close foundation vents if the temperature drops below freezing for a significant period of time. Re-open when weather warms.

If pipes freeze:

- Shut off water valves. Stopping the flow of water can minimize the damage to your home.
- Call a plumber to thaw your pipes. Thawing yourself can lead to greater damage and can be a hazard.
- If your pipes burst, call a plumber and your insurance agent.

Although we do NOT recommended thawing pipes yourself, if you do try to thaw:

- Don’t try to thaw the pipes with an open flame or torch.
- Don’t use ungrounded electrical appliances outdoors, or near grounded water pipes.
- Be careful of the potential for electric shock in and around water.
- Never start a debris fire to warm pipes.
- When thawing pipes, always work from the open faucet toward the frozen area. This will keep steam from being trapped by ice and bursting the pipe.

Simple Ways To Lose Weight
More Simple ways to lose weight.

✓ Avoid food portions larger than your fists.
✓ Mow lawn with push mower.
✓ Increase the fiber in your diet.
✓ Walk to your place of worship instead of driving.
✓ Walk kids to school.
✓ Get a dog and walk it.
✓ Join an exercise group.
✓ Take small trips on foot to get your body moving.
✓ Play with your kids 30 minutes a day.
✓ Dance to music.

Next month 15 more tips!!!

March is National Nutrition Month - The theme is “Eat Right”

National Nutrition Month is a nutrition education and information campaign created annually in March by the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating. Eating right can help reduce the risk of chronic diseases like cancer, diabetes, obesity, and hypertension. Eating well means eating a variety of healthy foods in the right amounts so your body gets the nutrients needed to maintain good health and work properly.

What exactly are the nutrients that come from food? Different foods provide different kinds of nutrients:

- **Proteins** (lean meats, eggs, beans, nuts) help build muscle and a strong immune system.
- **Carbohydrates** (starches, sugar and whole grains that also provide fiber) give you energy.
- **Fats** provide essential fatty acids and extra energy.
- **Vitamins and minerals** (commonly available in fruits, vegetables and whole grains) regulate body processes, enhance cell function and growth and help build a strong immune system.
- **Water** gives cells shape and acts as a medium where body processes can occur.

Including a variety of fruits, vegetables, whole grains, and lean proteins into each meal will help ensure that your body gets the right amount of the essential nutrients. Eating too many saturated fats and sugars can lead to excess weight gain and chronic disease. A recent study from the San Francisco VA Medical Center showed that Omega 6 fatty acid can promote prostate tumor cell growth in human prostate cancer tissue cultures. Corn oil is a major source of omega 6 fatty acids used extensively in the United States food processing, frying and baked goods. A healthy balance for your fat intake should include higher daily intakes of monounsaturated fats (olive, canola and peanut oils) along with omega 3 fatty acids, which one can get by consuming fish at least twice a week. Avoid trans-fatty acids found processed foods.

In general, processed foods tend to lose many of their vitamins during the manufacturing process and often have other less healthy ingredients added such as corn syrup and trans fats. Thus, the term empty calories are often used to describe foods like soda and potato chips. Replacing processed foods in your diet with more fresh foods like
fruits, vegetables and plain water helps promote a healthy diet. Additionally, a St. Louis VA Medical Center study in 2004 found that reducing the amount of fat and empty calories in your diet may help improve memory.

The following are tips on how to practice good nutrition this month and every month.

- Eat smaller meals including a vegetable as the center of the plate, with smaller meat and starch servings. Include at least one serving of fruit and vegetable with every meal.

- Drink more water between meals; try veggies or a handful of nuts for a snack and fresh fruit for something sweet.

- Reduce your intake of deep fried foods and trans fats found in processed foods and baked goods.

- Read food labels and reduce the amount of added sugar, corn syrup and salt in the diet. Use fresh herbs and spices to season food instead.

**Preventing Carbon Monoxide Poisoning**

Do you know that carbon monoxide (CO) is the most common cause of poisoning death in the United States? Unintentional CO poisonings are responsible for about 500 deaths and 15,000 visits to emergency rooms annually. Older adults over 65 years of age are especially vulnerable to unintentional CO poisoning due to their high frequency of pre-existing medical conditions. While CO alarms can save lives, less than one third of American homes have them installed.

**What is Carbon Monoxide (CO)?**

CO is an odorless, colorless gas that can cause illness and death. It is produced whenever any fuel such as natural gas, propane, gasoline, oil, kerosene, wood or charcoal is burned. Devices that produce CO include cars, boats, gasoline engines, stoves and heating systems. CO from these sources can build up in enclosed or semi-enclosed spaces. When people inhale CO, the toxic gas enters the bloodstream and blocks oxygen from being absorbed into the body, which can damage tissues and result in death.

**What Are the Symptoms of CO Poisoning?** For most people, the first signs of exposure to low concentrations of CO include mild headache and breathlessness upon moderate exercise. Continued or acute exposure can lead to flu-like symptoms including more severe headaches, dizziness, tiredness, nausea, confusion, irritability, and impaired judgment, memory and coordination. CO is called the “Silent Killer” because if these early signs are ignored; a person may lose consciousness and be unable to escape the danger.

**You May Be Symptom Free and Still Exposed to Unsafe CO Levels**

Breathing low concentrations of CO may not result in obvious symptoms of CO poisoning; yet CO can cause long-term health damage, even after the CO source is removed. These
health effects include long-term neurological damage such as learning and memory impairments, emotional and personality effects, and sensory and motor disorders.

Who Is at Risk from CO Poisoning? People of all ages are at risk for CO poisoning. Persons living with chronic heart disease, anemia, or respiratory problems are more susceptible to its effects. Older adults more frequently have these pre-existing conditions, which lower their tolerance and increase the risk of a fatal exposure. CO poisoning can also be highly dangerous for unborn children, greatly increasing the risk of fetal death and developmental disorders.

More Common among Minorities
A study conducted in Washington State among minority populations showed that Hispanic populations had a four times greater risk and black populations had a three times greater risk than white populations for CO poisoning. In addition, 67% of Hispanic populations and 40% of black populations became poisoned due to the indoor burning of charcoal briquettes.

If you Experience Symptoms You Think Could Be from CO Poisoning:

- Get fresh air immediately. Open doors and windows and turn off stoves, ovens, heaters and similar appliances and leave the house.

- Call the poison center immediately at 1-800-222-1222. The poison experts there will let you know if you need to seek further medical attention.

For more information concerning this article, please contact our office at 910-455-5873.

9 Tips for Homebuyers And Sellers in 2009

In residential real estate, 2009 arrives much the same way that 2008 did via a rocky road with deepening potholes. While more homebuyers are swooping in and picking up great deals, and sales are slowly increasing in many markets, the ongoing excess inventory of foreclosed homes continues to depress the market.

While potential buyers are getting very low mortgage rates, they also are facing much tighter credit standards and demands for significantly larger down payments. And we haven’t even started absorbing the financial fallout from adjustable-rate mortgage, slated to ratchet up in 2009.

No one can really say quite when this downward spiral will cease. If former Federal Reserve Chairman Alan Greenspan and current Chairman Ben Bernanke were surprised by the depth of this housing crisis, who among us can accurately make the call?

There is growing sentiment out there that this darkness directly precedes a new dawn. A late—2008 consensus survey by PricewaterhouseCoopers and the Urban Land Institute, based on input from more than 600 industries expects, projects the U.S. residential market should start rebounding appreciably in 2010.
But what about now? Well, this new economy has added some wrinkles to home buying and home selling strategies, while reintroducing some of those old-school favorites like sound fundamental fiscal practices. So here are nine tips for homebuyers and nine for sellers to help them survive and hopefully thrive in the transition year of 2009.

1. **Cash is the new king.** If you can spare the cash, it has a heck of a lot more buying clout now. In the past, we’ve tried to persuade people to seek out more liquid investments for their cash on hand and grab an easy-to-get low-interest mortgage. Now, with the equity markets depressed at the same time that mortgage loan are hard to find, the tables have turned. Those wielding ready cash in a recession are always ahead of the game.

2. **Negotiate extras … and more extras.** This is a no-brainer in the current market. But when sellers continue to offer throw-ins such as built-in appliances, flat screen TVs and even cars, the best throw-ins are always the ones that take monetary form. Think paid closing costs, a year’s worth of property taxes, repair credits and paid homeowners association dues, to name only a few.

3. **Start a down payment fund.** The goal should be to amass 20 percent. Set monthly saving goals. Shore up the family budget. Work an extra job if you must. The pain will precede a gain; lower house payment and higher equity in the future.

4. **Determine your own home buying budget.** Do this before you start talking with lenders. They will tell you what you qualify for, but only you can determine what you can really afford. Be realistic and work in a buffer for contingencies and negative life events. And instead of facing possible piecemeal rejection locally lender by lender, shop for a mortgage online and see what several competing lenders have to offer. But don’t expect appreciably less-stringent terms online.

5. **Clean up your credit score.** You’ve heard this one before. But now it’s more important than ever if you hope to get home financing in ’09. Correct reporting-agency errors that may be dragging down your score. Pay your bills on time. Pay down active credit cards, but don’t close out paid-off accounts.

6. **Research equals savings.** Agents will almost always tell you that the time to buy is now. But do your own research. Go online and scour newspapers and other local sources looking for housing inventory backlogs, the average for-sale time that homes are on the market and average selling prices. Also, be wary of the number of area foreclosures and major employer layoffs. You’ll get a better sense of how much negotiating clout you’ll really have and which way the market is moving. Information is power – in your case, purchasing power.

7. **Don’t overlook neighborhood issues.** If and when you do
qualify for a mortgage, don’t overlook these important issues in your exuberance: quality of schools, traffic noise, upcoming zoning issues, neighborhood stability, home turnover, crime levels and the presence of any sex offenders. This is where a strong, veteran agent can assist.

8. **Watch for foreclosed-property inventory to loosen.** Banks soon will be under greater pressure to cut their losses on property they own through foreclosure and to increase revenues. With a smaller percentage of distressed homes selling at auction, banks are loaded up with more of these nonperforming assets.

9. **Look for other looming opportunities.** Can’t get a loan? The financial markets should begin to untangle at least a little bit in 2009. The newly Fed-fortified banks, will, or at least should, start moving that money. They are banks, after all. But don’t expect a return to zero down payments.

Next month we will look at 9 tips for the Home seller in 2009.

**“Grades” on Cleaning Product Companies Mislead Consumers About Safety**

An activist group's call for a one-size-fits-all labeling scheme on household cleaning products could obscure the most important information for consumers – product safety and usage information.

The Soap and Detergent Association expressed disappointment at a cleaning product "report card" issued by a group known as Women's Voices for the Earth (WVE) which could misguide consumers about the safety of cleaning products.

"Consumer safety and confidence in cleaning products is of highest concern to SDA and its member companies," said Nancy Bock, SDA Vice President of Education.

"An incredible amount of research and development goes on before these products ever hit the shelves, not to mention that the products must meet all applicable federal and state quality, safety and labeling regulations," said Bock. "Responsible manufacturers ensure their products go through comprehensive, extensive risk assessments, and also review scientific developments and monitor product use data that may affect the safety assessment process."

**The Most Important Label Information – Usage and Safety Instructions**

SDA noted that, even with the breadth of information now available, the cleaning product industry is working to provide consumers with more information prior to and after purchase to ensure safe and proper use. SDA and its member companies look forward to continued, thoughtful dialogue on these issues with interested organizations in the months ahead.

"Companies are committed to providing meaningful information to consumers because they are asking more questions about product ingredients," added Bock. "The fact is, consumers have greater access to health and safety information than ever before about cleaning products.
through information available via product labels, company websites and toll-free hotlines.

"We don't want to see label clutter that would obscure product safety and usage information. We are concerned about some proposals that would turn labels into encyclopedias."

"The proper and safe use of cleaning products is as important as their effectiveness. We strongly encourage consumers to read the cleaning product label, use it properly and safely, and to store it securely in its original packaging," said Bock.

**Extension Volunteers Recognized**

The annual Onslow County Agricultural Awards Banquet was held on February 10th at the Onslow Multipurpose Complex. Recognition was given to the various groups of volunteers that give of themselves to support and expand the work of the NC Cooperative Extension Service here in Onslow County. During 2008, Onslow County Master Gardeners volunteered 3,300 hours of service to local citizens.

Special recognition was given to **Willie Wooldridge, Lea Crews and John Burns for their 500 hours of volunteer time** and **Brian Wheat** was also recognized for **1500 hours of volunteer time as Master Gardeners**.

Special recognition was also given to **Willie Wooldridge**, who **was named the 2008 Master Gardener Volunteer of the Year** for his devotion to increasing the knowledge level of other master gardeners and the public.

Several local farmers received awards for crop production contests:

**Corn Yield Champion:** Barry Shepard with Dekalb 69-44, 226.02 bushels per acre. **Runner-Up:** Jack and George Pierce with 162.91 bushels per acre, Pioneer 33M57.

**Wheat Yield Champion:** Winzell Taylor Jr. with 65.04 bushels per acre, Pioneer.

The Onslow County Agricultural Hall of Fame award was begun in 1984. The nominee can only be inducted to the Agricultural Hall of Fame once, as either a recipient of the Master Farmer Award or the James R. Strickland Service to Agriculture Award. This year’s inductee was for the Master Farmer Award and that inductee was **Mr. Jack Aman**.

On January 27th 4-H recognized **Leona Walton** as the 4-H Volunteer Leader of the year. Along with Mrs. Walton all 4-H volunteers were thanked and recognized for the years of service at the annual 4-H Volunteer Leaders Banquet. The theme this year was “4-H Celebrating 100 Years”.

The Onslow County Extension and Community Association (ECA) celebrated their 2008 achievements on February 24th. The speaker for the event was Mrs. Chase Padgett, Retired Home Economist Agent for the North Carolina Cooperative Extension Service.

The event started off with a memorial to ECA members that had passed away since the last Achievement Day.
Several members were recognized for special awards. They are as follows:

**Perfect Attendance** – 13 members were recognized for attending all of the club's monthly meetings.

**Reading Certificates** – 7 members were recognized for reading a total of 115 books and submitting book reports of all books read. **Ruth Clifton** was recognized for reading a total of 50 books.

**Cofer Leader Program Award** - **Annie Lane** received this award for a lesson she presented to her club. All clubs voted on a member that had presented information during the year. Judges then picked the overall winner from reports presented to them.

**Most Outstanding Club Member** – The following members were recognized after being voted on by the club members as the club's outstanding member: **Barbara Crossman** – Harmony; **Mary Sabourin** – Jacksonville; **Faye Gould** – Meadow View and **Barbara Nichols** – Sneads Ferry.

**Most Outstanding Club** – This award is voted on by judges after seeing all the work done by a club's members. This year's award was presented to the **Harmony Club**.

**Extension and Community Associate of the Year** – This award is given to an outstanding member that goes above and beyond the call of duty. This year's award was presented to **Ida McNamara**.

Other awards were given by were not available at the time of this release.

For more information regarding the Extension and Community Association please call Peggie Garner at 455-5873.