

Keep it Clean and Safe



Here's a bathroom cleaning caution you have heard before—but it's one worth repeating. **Never** mix toilet bowl cleaners and bleach. Either may be used **separately**

to remove ugly stains from a toilet bowl, but not, repeat, **not** together! The mixture produces toxic fumes which can be hazardous—even fatal.

And while we're talking about cautions, **never** use a toilet bowl cleaner on your sink or bathtub. Even though they may look the same, the materials on your sink and tub are **not** the same as those on your toilet bowl and flush tank. Sinks and tubs are usually porcelain enamel, while toilet bowls are vitreous china—a wholly ceramic material specially processed to withstand extremely aggressive cleaning compounds. So toilet bowl cleaners—**highly**

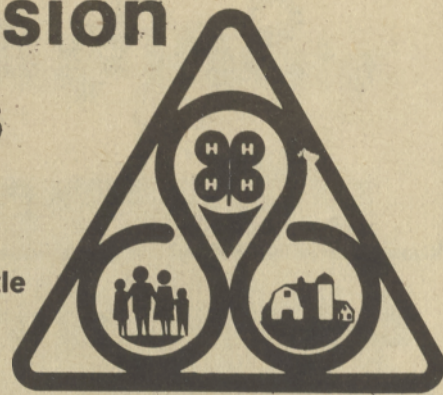
caustic—can damage a porcelain enamel finish.

Instead, use a sudsy cloth or non-abrasive scouring powder. It's enough. And, an easy way to help prevent bathtub ring is to add a few sprinkles of detergent or bubble-bath to the bath water.

Safe cleaning is important for the user as well as the item being cleaned. Many household chemicals are harmful or even fatal if swallowed, inhaled, or spilled on your body. Adults can read the safety instructions but small children cannot. Household chemicals should be stored out of the reach of children—even in a locked cabinet when possible.

Extension Notes

from Pennie Little
and Clint Jacks



Plan Ahead

Knowing what's coming up in your personal or family life can help you plan ahead for money, food, gifts and time needs. It can also keep regular occurrences from turning into emergencies and moments of frustration.

Starting with the obvious by making plans for paying regularly occurring bills—mortgage, rent, insurance and so on. Also record the birthdays of people you care about and note the holidays you observe with special activities. Just this much planning might show, for example, that an insurance payment, a wedding anniversary, a graduation ceremony and a vacation are scheduled for June. By knowing about these activities ahead of time, you can make better plans and perhaps start saving some

money to meet expenses they may make. Or, if this is the year you have to make a major purchase, such as an automobile, early planning allows more opportunity for shopping and waiting for special sales. Plus, if the money has already been gathered, it is there for that sale.

The same planning can be applied to those times of year that are crammed with activities. The Christmas holidays often leave many people exhausted, but are followed by many months when no grand celebrations are scheduled. Maybe it would be wiser to have that family dinner in January or February this year.

Of course, life is filled with unpredictable circumstances, but looking ahead can keep regular occurrences from turning into emergencies.

Help build a child's feelings of Self-Worth

Next time you kneel down to help your children tie a shoelace, look around at the world they live in. You will realize how gigantic everything is. From a child's height, tables, chairs, and sinks loom above. Everything is constructed for the tall adult world.

At times adults must seem fearsome to small children. Even the sound of a loud voice can send them scurrying for their parents. Since adults have so much power and size and children so little, what can be done to build the confidence of children? Giving up some adult

power and mastery helps children develop a sense of their own worth. One way to enhance children's feelings of self worth is to stoop down and address them face to face. Doing so communicates with them person-to-person rather than tall, powerful adult to small, helpless child. Another way to enhance a child's self worth is to give choices rather than dictating a course of action. Children are confused by too many choices, but are strengthened when offered a choice of two alternatives. Being offered and making a

choice reinforces a child's sense of self. Children often have a hard time learning to share. Rather than threatening or belittling a child for not sharing, take notice when children share things with others and compliment them for doing so. Finally, always provide children with the assurance of love. Such assurances cannot be taken for granted. They need to be constantly demonstrated. Touching, holding, comforting and rocking are age-old communicators of love. They will go a long way toward helping children develop confidence and self-worth.

Leader's training in February

Klamath County Extension is hosting this year's training for parents, 4-H leaders, and anyone interested in becoming a 4-H leader or working with youth. The forum is a time to learn skills to use when working with youth. Workshops will be held Friday, night, all day Saturday, and Sunday morning February 22-24th. If you work you may participate in as many days or workshops of the training as you would like. Some of the workshops to be held are:

Horse Care

Learn to be a clown (must attend all days)

Tanning Hides (must attend all days)

Basic Macrame

Keeping Kids Involved

Introduction to Spinning

4-H Livestock Records Made Usable

Puppetry

Secrets of Working With Kids

Live vs. Carcass Evaluation

Rations for 4-H Animals

Advanced Leathercraft

Techniques With Teens

Selecting, Feeding and Judging Market Lambs

AND MANY OTHERS!!

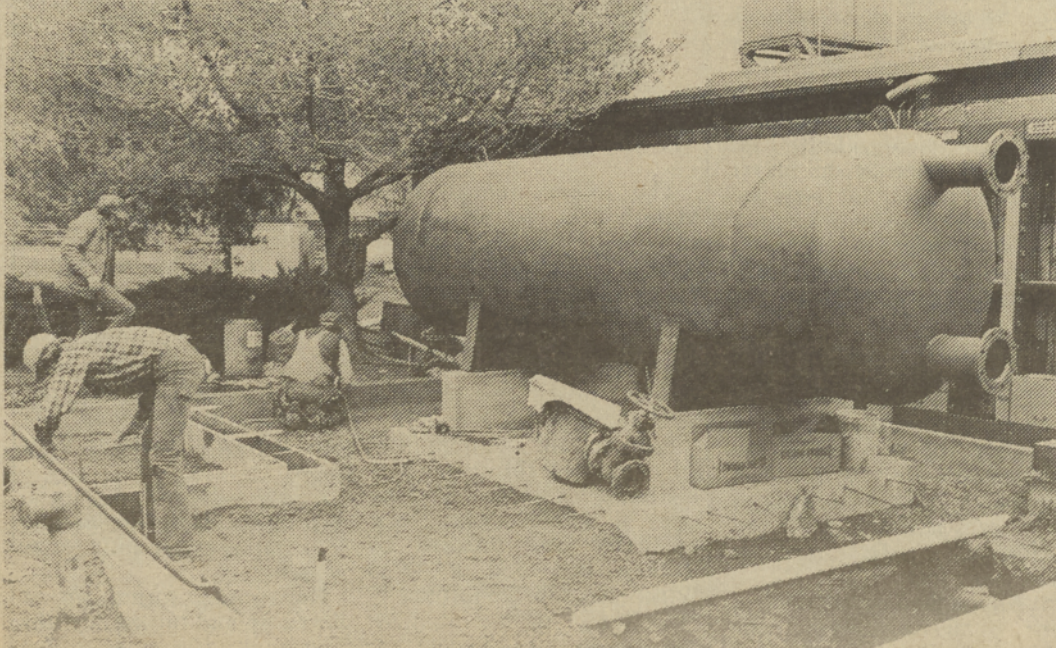
Extension will be providing transportation to Klamath

Falls. Friday and Saturday, registration, and meals and lodging for those interested in attending.

This is a great opportunity to increase skills used when call working with youth, a good time to exchange ideas with other adults, and a fun time with entertainment provided Saturday after a lamb-chicken barbeque! If you are interested or have questions, come in or call Pennie at the Extension office in the Old Administration Building, 553-1161 Ext. 238. 4-H Leaders will be receiving more detailed information in the mail soon.



At last week's candy-making party, Carol Allison showed the kids how to make chocolate covered peanuts. It didn't take long before several batches were made and the kids enjoyed the candy while playing games.



The new water filter for the Kah-Nee-Ta village pool is being installed and will be functioning by the end of February. Village maintenance supervisor, Louis LeClaire says, "We've been asking for something like this and I'm glad it's being done." Spilyay Tymoo photo by Shewczyk

Educator of the Year

Central Oregon Phi Delta Kappa is sponsoring the fourth annual Central Oregon "Educator of the Year" award. An outstanding educator will be selected from the Central Oregon area to receive this award—a beautiful plaque and an honorary dinner.

This year, to broaden the list

of nominees, everyone is being invited to submit names for consideration. Nomination forms can be obtained from the office at each school in the area. They should be completed and mailed to: Pat Croker, 610 N. 10th, Madras, Oregon, 97741.

Deadline for nominations is March 1, 1980.