

## Cribs cause numerous deaths, safety stressed

The main culprit of the majority of infant and toddler deaths is the crib. More children die every year from crib-related accidents than any other infant equipment product. Why? Because many children are bedded down in hand-me-down cribs that were given to them by family or friends or were bought at garage or lawn sales. These are the cribs that the National Safety Council is concerned about. Whether parents use them for sentiment or economic reasons, many of them are in need of repair or total replacement and therefore pose a threat to the children sleeping in them. Yes, that antique crib that has been in the family for generations can be a potential life-threatening hazard. And even if the cribs are in good condition, they may have been constructed before the federal safety standards were put into effect. Examples of two such tragedies involving a crib include incidents:

A one-year-old's head was caught in the decorative opening between the finial and top rail of the crib headboard, causing strangulation. The Consumer Product Safety Commission is aware of 33 deaths by strangulation on a crib's corner post.

A four-month-old slipped between crib slats that were placed 3½ inches apart (manufactured before federal safety standards were established) and suffo-

ated. Warning to parents and parents-to-be. Because the Consumer Products Safety Commission and the Safety Council are particularly worried about the number of unsafe cribs in today's homes, they offer parents who have secondhand cribs these words of wisdom:

Some older cribs may have headboard and footboard designs that could allow an infant's head to become caught in an opening. Parents are advised either not to use these cribs or to nail plywood boards to the inside of the footboard and headboard, pad them, and then cover with decorative fabric.

Corner posts on cribs should be unscrewed or sawed off flush with the headboard and footboard and then sanded smooth.

Never use a crib that has missing slats. Be sure all slats are securely fastened in place and are spaced no more than 2¾ inches apart. This will avoid neck entrapment.

Make sure you use a mattress that fits the crib snugly. If you can fit more than two fingers between the edge of the mattress and crib side, the mattress and crib side, the mattress is too small. An infant can suffocate if its head or body becomes wedged between the mattress and crib sides.

If painting or refinishing a crib, use only high-quality house-

hold or enamel paint. Let it dry thoroughly so there are no residual fumes. Never use old paints manufactured prior to February 1978 when the 0.06 percent lead limitation went into effect.

Check the crib thoroughly and replace any missing parts such as screws, bolts, or mattress support hangers. Make sure all screws and bolts are securely tightened.

To insure optimum safety, make sure that any crib bought at yard sales or handed down has been manufactured within federal safety standards.

Always read the use and care manuals and/or instructions before using any infant furniture.

Buy a crib with as much distance as possible between the top of the side rail and the mattress support. This will discourage the baby from trying to climb out of the crib which is how most accidents occur. Always lock sides at maximum height.

If placing a crib or playpen next to a window, be sure there are no drapery or blind cords within the child's reach. More than 40 children have strangled on such cords.

Never hang any stringed object (toy or laundry bag) on the corner of the crib or nearby as children can get tangled up in them.

When buying bumper pads for a crib, make sure they fit around the entire crib, tie or snap into place, and have at

least six straps. To prevent a child from chewing on straps or becoming entangled in them, trim off any excess after tying. Use the bumpers only until the baby can pull up to a standing position and then remove so baby will not use them to try to climb out.

Make sure high chairs, car seats, baby strollers, and changing tables have secure straps. Always secure a child with the straps to prevent him or her from sliding. Use a car seat for all trips.

High chairs should have a tip-resistant tray that cannot be removed by a child. Be sure a high chair has an anti-fold locking mechanism.

Never use a playpen with the side rail in the down position as a child can become trapped in the mesh or can fall out of the playpen. Make sure mesh holes are tiny enough so fingers or buttons cannot get caught.

Remove and destroy all plastic wrappings from new infant furniture and equipment. Before throwing it away, tie it in knots. Plastic can be extremely dangerous to children.

Make sure a child is supervised at all times when in walkers, jumpers or swings. Place barriers on gates on all stairways.

Check all new furniture and equipment for safety features. The 1974 federal safety standards were established to protect children.



Clay Penhollow  
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## Mini-College planned for June 24-27 at OSU

Jefferson County and Warm Springs residents are invited to "take a learning break" at the 1986 Extension Mini-College at Oregon State University, June 24-27, according to Mollie Marsh, OSU Extension Agent.

The 13th Annual Mini-College features more than 40 different classes covering such topics as family communications, cake decorating, Costa Rica, and a tour of Mission Mill Village in Salem.

Other subjects in this year's program include an afternoon with history, stained glass quilting, manuscript preparation and publication, drugs and the elderly, cardiopulmonary resuscitation workshop, and women's health issues.

The Mini-College is sponsored by the OSU Extension Service and the Oregon Extension Home-

makers Council (OEHC).

Mini-College classes start Wednesday morning and continue through Friday morning. Each participant may enroll in one morning class for all the three days, as well as for two different afternoon classes.

Fees for the 1986 Mini-College, which includes a room in an OSU residence hall, meals and registration, is \$130.00 for full-time participants. There are reduced fees for those who commute to the Corvallis campus.

Complete information about the classes as well as registration forms are available from the Jefferson County and Warm Springs offices of the OSU Extension Service. The offices are located in Madras 475-3808 and Warm Springs 553-1161, ext. 238 or 239.

## Sharing household chores helpful to working moms

What do you do about the work at home? Over 60 percent of American women are working. For most women employment is not a temporary adventure but a harsh requirement of modern life.

Many of these working mothers are trying to maintain their homes in the same way they did when they had no paid job. They try to do all the work at home and find themselves pushed to the brink of desperation.

Although many fathers are helping with household tasks, research studies show the majority are picking up few of the routine home jobs. When mothers return to work, most families do not expect that anything will change; except, of course, there will be more money to pay ever increasing bills.

Does division of labor still exist in your home? For most men and women household chores have always had a strict division of labor. Women are usually

brought up to believe they must do household work because they know how to do it. Men are usually taught from beyond that it's not manly to do these jobs, and besides, they work.

These beliefs create problems because mothers are reluctant to ask for help and husbands are honestly unaware of the chores necessary to keep a home livable.

Working women need to fight their guilt feeling about not doing all the household tasks they once did. Husbands need to fight years of upbringing that taught them what women and men were to do in the home.

Old beliefs cause fatigue and resentment. Some beliefs about housework may have worked well in your past, but in two-worker families they are out of date. Besides, work overload causes destructive fatigue and resentment.

In any family, adults and children need to sit down together

and examine the jobs that must be done. Estimate the amount of time and frequency for all home chores. Plan as a whole family who will do certain jobs and when.

Job sharing can work at home. There are many ways to schedule job sharing. Some family members may choose to do the same job regularly. A revolving schedule works well too. Post a chart so each one knows what he/she agreed to do.

Praise pays. If father's doing the laundry and junior's cleaning the bathroom, comment on their efficiency and helpfulness. Avoid focusing on the failure to attain certain standards. People tend to hate and put off tasks that bring no feelings of success.

In your plan for "getting things done" it's essential to allow time for family fun and companionship. Family life becomes a hollow existence when it focuses only on the work that must get done!

## 4-H Camp pioneering the future

This innovative high tech, high touch camp is now in its 3rd year. Open to any youth in 4th-8th grade, this camp will be held at the 750 acre 4-H Center, near Salem Oregon the week of August 10-15th. This year's camp will again deal with aerospace and computers, but will yet a different slant from the past two years. This year, campers will find out what it would be like to undergo training to become a space pioneer. In addition to learning about rockets, computers and other "high tech" equipment, they will learn about the future of health and medicine,

food production and preparation, and shelter and clothing.

This camp is definitely for both boys and girls. Some of the activities planned include: designing futuristic structures with aid of the computer, using a word processor and data processor, making yogurt, drying food, making tofu, clothing construction for the year 2000, learning to fly the space shuttle, constructing a geodesic dome structure, deciding what to pack for that long trip into space, and learning about how to keep your body and mind fit. In short, campers will learn about the mental and

physical skills needed to confront the future, explore space and set up a new space colony in the year 2000.

This camp is jointly sponsored by Oregon State University Extension Service, OMSI, and Oregon Aerospace Association. Cost for the week long camp is \$145.00. The deadline for registration is July 1, 1986. More information and a registration form can be obtained by calling the Warm Springs or Jefferson County Extension Offices. Space is limited and on a first-come, first-served basis so apply early.

## Caution advised around noisy machinery

People familiar with ranching and logging know that hearing loss is a common problem among older persons. A lifetime of work near noisy machinery can ruin one's hearing.

Noise-induced hearing loss is permanent, irreversible and can-

not be helped through medicine or surgery. It is, however, 100 percent preventable.

Noise-induced hearing loss is caused by extended exposure to loud noises. "Typically, loud noise affects the high frequency spectrum of a person's hearing first. Continued exposure will cause the middle frequencies to deteriorate gradually, followed by the low frequencies.

Tell-tale signs of noise-induced hearing loss are inability to hear birds, crickets, doorbells, ringing telephones, women's and children's voices, or other high-pitched sounds. Another sign is the inability to distinguish clarity of speech in a noisy setting, such as crowded room.

A condition known as tinnitus, or continuous ringing in the ears, can also develop. Usually a temporary condition, tinnitus can become permanent.

Frequently, your ears will ring after you've been involved in a noisy activity. That ringing in your ears is like a little alarm telling you to protect your ears.

Your ears don't bleed and may not hurt. But it would be almost better if they did.

because then a person might be more inclined to do something about it.

Fortunately doing something is easy. You can either get away from the noise, which for a rancher or logger is impossible. Or you can wear hearing protection.

Proper hearing protection comes in several forms, including earplugs and earmuffs. Disposable earplugs offer a convenient, low-cost method of hearing protection. Available at farm supply houses, safety equipment distributors, hardware stores and many chain stores, these slender, tapered earplugs offer a comfortable alternative to bulky earmuffs. Their innovative shape also makes them easier to wear and use than other earplugs on the market.

Using proper hearing protection is one thing farmers can do that won't cost them a lot of money. A good set of earplugs costs less than a dollar.

For more information, contact the national Farm Medicine Center, 510 North St., Joseph Avenue, Marshfield, Wisconsin 54449, (715) 387-5241.

## Register for range camp in Strawberry Wilderness

Hiking into the Strawberry Wilderness, hands-on investigation of soils, plants, stream and wildlife-biology, plus range management are just a few of the experiences offered at the Oregon Range Camp, to be held this summer, July 13-18.

Oregon Range Camp is sponsored by Oregon State University Extension Service and the Society for Range Management. The camp is open to older youth interested in learning more about range, forest and wildlife management. Campers must be high school age, between 9th and 12th grade.

Complete information about Range Camp and application forms are available from the Warm Springs Extension Office, (553-1161, ext. 238).

Being located at the base of the Strawberry Mountains in Logan Valley, Grant County, provides a perfect setting for the

Range Camp, allowing campers to learn first hand about rangeland and its relationship with other natural resources. In addition to the hands-on investigations campers will also visit local ranches to observe range production practices, participate in discussion on wild horses and eastern Oregon history. Evenings around the campfire, plus meeting individuals from all around the state help round out the camping experience.

Camp sponsors are now seeking girls or boys who would be interested in attending Oregon Range Camp. Interested youth should contact their local Extension Office today to receive application forms. Local businesses and organizations will help provide partial scholarships for interested campers.

Camp participants will find Oregon Range Camp a highlight of their summer activities!

## Break the news gently

Depending on their age and developmental level, children can have a different understanding of death than adults do. And that's an important concern for parents trying to help them accept death as a part of living.

The most important guideline for parents to follow is honesty. Saying that Aunt Betty has "gone away" or that Freddy the goldfish just "went to sleep," doesn't help. In fact it aggravates fears children may have about their

### Seminar Set

A Controlled Grazing seminary will be held Wednesday, May 14 at 7:30 p.m. in the Lucy Miller Building at the Deschutes County Fairgrounds in Redmond. Speaking will be Russell Wilson of Gallagher Export Company.

If interested in attending this seminar, contact the Extension Office. A van will leave Warm Springs at 6:30 p.m.

## 4-H Camp dates set

Round Lake Camp—Grades 4-6th. Located outside of Sisters, Oregon. Monday, June 23 to Saturday, June 28. Cost: \$45.00.

Mid Columbia—Grades 4-6th. Limited to first ten youths to sign up. Located near Wamic, Oregon. Tuesday, June 24 to Saturday, June 28. Cost: \$60.00.

Heppner Camp—Grades 4-7th. Limited to first 12 youths to sign up. Located in Eastern Oregon outside of Heppner. Sunday, June 29 to Wednesday, July 2. Cost: \$24.00.

own deaths. On the other hand, being honest mean providing all the gruesome details of a fatal car accident, either.

Telling the truth means gently explaining death is permanent, that Aunt Betty won't ever come back, and that it isn't the child's fault.

### Address given

Pennie Albrandt  
5838 Birch Court Apt. D  
Oakland, CA 94618  
(415) 655-2756

### Event scheduled

May 24 has been set aside for the 23rd Annual OSU Beef Cattle Day. The event will take place at the Harney County Fairgrounds in Burns. Registration will begin at 8 a.m. Cost is \$7.50 per person. Call the Warm Springs Extension office for more information, at 553-1161, ext. 238 or 239.

## Clam sauce recipe given

8 or more ounces spaghetti (cook in boiling salted water)  
3 cloves garlic, minced or crushed  
¼ cup olive or plain cooking oil  
3 fresh tomatoes, chopped, or 1 1-pound can tomatoes, drained  
½ cup chopped fresh parsley (optional)  
½ teaspoon crushed oregano  
2 7½-ounce cans chopped clams

(save juice)  
In skillet, cook garlic in hot oil until golden but not brown. Add juice from clams, tomatoes, pepper, parsley, and oregano. Simmer until the sauce is slightly thickened. Add clams and heat through. Pour sauce over cooked spaghetti and stir. Parmesan cheese adds a tasty touch.