

How to protect your children from abduction

At the shopping center you see large posters of missing children hanging in store windows. Later as you unpack your groceries you notice the picture and description of another missing child on the side of a milk carton. You snap on the six o'clock news and listen to stories of kidnappings and child pornography rings. You look at your children, trying to grasp how you would feel if something happened to them. How can you protect them, other than not letting them out of your sight for the next 18 years.

You can start by teaching your children how to avoid trouble, how to spot trouble and what to do if trouble happens to them. You can learn the best ways to teach them in the Justice Department booklet, *How to Protect Children* (item

170P, \$1.50). To receive this booklet send your name and address, the item number and payment to S.M. Woods, Consumer Information Center, Pueblo, Colorado 81009.

It is not easy to talk to children about personal safety and yet they need to know how to protect themselves. Some basic knowledge will increase their confidence and self reliance. Remember that young children can't absorb a lot of information at one time, so don't present too much.

Teach your children to be wary of strangers. Make sure they understand that a stranger is anyone they do not know well. Most strangers are well-meaning and not to be feared. But because children are trusting and vulnerable, they can fall for offers by adults who seem

kind, but are not.

Here are some basic rules to teach your children about strangers: Never accept rides, candy, gifts, money or medicine from a stranger. Never give your name or address to a stranger. Never open the door to anyone you don't know. Never tell callers that you're home alone. Say mom or dad can't come to the phone, and will call back.

Be sure your kids know how to "play it safe" when they are on their own. Playing in deserted areas such as the woods, a parking lot, an alley, deserted buildings, or new construction is dangerous and invites trouble. So have them play as close to home as possible and use the same safe route in traveling to and from school or a friend's house. Make sure they always try to walk

with friends, and that they know homes, stores, or other places to go when in trouble. Teach your children that the police officer can't be located easily, they should run to or seek out a trusted teacher, a neighbor, or a friend's parent when frightened or feeling endangered.

Your children should know their full name, address including the city and state, and phone number including the area code. Teach how to reach the operator and how to call long distance.

How to Protect Children contains more detailed safety tips for you and your children. It also gives information on child molestation, how to talk to your child about sexual abuse, and what steps you should take if there is any question about possible abuse.

How does one survive a tax audit?

The IRS's approach to tax audits is straight forward—if you put something down on your return, you should be able to show how you arrived at it. Audits are a simple, logical, fact finding process. There's no mystery about them. If you can substantiate your deductions, an audit is nothing to fear.

Here are some strategies for individuals who are invited to an audit. Avoid repetitive audits. If audited for two years in a row on a particular issue, and both audits result in no change in your tax bill, you can't be audited a third year on the same issue. Ask the IRS to initiate the "Repetitive Audit Procedure" to avoid a third consecutive audit. You must request the procedure before your first appointment with the agent.

You may be able to handle the audit without ever setting a foot in an IRS office if you do it by mail. Write the IRS, saying that you

can't attend in person, but that you are enclosing copies of all your substantiation for the deductions that have been questioned.

If you have a story to tell about something, put that story in writing. Make sure the IRS gets your letter at least a week before your scheduled appointment. Never mail original receipts, cancelled checks or other records. Send photocopies. Provide a telephone number where you can be reached during the day.

If you can't get your proof together by the appointment time, call to schedule a new appointment. You don't have to keep the first appointment you are given, but must call to reschedule it before the appointment date. If you don't call, your case could be put through automatically and you'll get a "deficiency notice" in the mail.

Take to the audit only the information the IRS asks to see. While

audits usually don't go beyond the items checked off in the notification letter, the agent isn't precluded from questioning other areas of your return. You have a better chance of limiting the scope of that audit to the checked off items when you take only the minimum required information.

Prepare a worksheet and an adding machine tape showing how the figures add up to the deductions you've claimed. Present your proof in the order the deductions are claimed on your return. Where you estimated a figure, state clearly that it was an estimate, and show how you arrived at it.

Go by yourself to a simple audit. Audits aren't complicated, if you have proof of your deductions. You can likely state your case better than a professional representative when the tax issues are complicated or legal issues are involved or you are in such a panic about the

audit that you can't think straight.

If you have reason to believe you do not want a particular auditor, you have a right to request a different one. Talk this over with your accountant or attorney, well before the audit. By all means, keep good records.

Disease linked to vitamin deficiency

Veterinary researchers at Oregon State University believe that a serious disease of horses may be linked to a deficiency of vitamin E.

Recent studies of a similar human disease indicate that large doses of vitamin E may be able to prevent or even cure the problem, which in horses is called "wobbling," and most often affects young, fast-growing animals that may be extremely valuable. Within 18 months the OSU scientists hope to perfect an early diagnostic test to detect the disease before symptoms are apparent, and better understand the cause, effect and treatment for this possible vitamin deficiency.

"Wobbling" refers to uncontrolled movements of a horse caused by a number of disease processes, including spinal inflammation, bone abnormalities or nervous system degeneration. In severe cases the horse can become prone to fall at any time, present a danger to its handlers and have to be destroyed. Among all cases of wobbling, about 25 percent may be caused by nervous system degeneration, researchers believe, and it's this problem that may be related to a vitamin deficiency.

A preventive therapy or cure for even this one aspect of wobbling

"would have a tremendous economic implication" for the equine industry, particularly race and show animals, the scientists say.

"We're now studying the role of vitamin E and selenium, both of which are anti-oxidants that prevent cell oxidation, degeneration and aging," said Morrie Craig, an associate professor of veterinary medicine and co-principal investigator on this research, with associate professor Linda Blythe. "There may be a problem with the horses not absorbing the nutrients, or utilizing them, or some other factor that is genetically inherited. It's known that many feedstocks are low in selenium, and this could also be part of our problem."

According to Craig, wobbling caused by nervous system degeneration can strike horses that are six months to two years old, cause premature aging in some brain neurons and the spinal cord, and result in weakness, sensory losses and nervous system defects.

In recent research with a very similar disease in human children, Blythe said, "it was found that supplementation with high amounts of vitamin E could prevent the problem, and even reverse damage if the therapy was begun early

90 different classes taught by OSU faculty members, 4-H volunteers and representatives of Oregon business, industries and governmental agencies.

Partial scholarships are available to assist young people from Warm Springs who wish to attend. Registration materials will be distributed to students by mail in March, and will also be available at the Warm Springs Extension office.

Plan now for Summer Week

It is not too early to begin planning to attend the 73rd annual 4-H Summer Week at Oregon State University in June. All Warm Springs students in grades 8 through 12 are eligible to attend the annual event on the OSU campus in Corvallis. Dates for the 1987 program are June 15 to 20.

"Towards the 90's—Personal Development/Awareness of Self" is the theme of the this year's program which will feature more than

enough." In some cases direct intramuscular injections of the supplements were necessary, since part of the problem was that the children were not absorbing the nutrient through normal digestive processes.

Craig and Blythe have developed an expensive new test to measure blood levels of vitamin E and selenium in horses. In research with a special group of horses at OSU that are genetically predisposed to wobbling, they have found much lower than normal blood levels of vitamin E. In continued work with these animals and various controlled studies, the researchers hope to identify both the cause of the disease and therapies for it.

Pending the conclusion of their research, the OSU scientists recommend that anytime wobbling disease has occurred on a farm or in the family of horses, the young animals should have blood tests to verify adequate levels of vitamin E and selenium. Vitamin supplementation should be considered if levels are found to be low, they say.

Such tests are available by contacting the OSU College of Veterinary Medicine or selected diagnostic laboratories, the researchers said. A veterinarian should be consulted on the necessary procedures.

April beef management tips given

Remember that these are suggested management practices based on a spring calving herd. The timing of these practices may not fit all operations and therefore, livestock owners should use only those which are appropriate to their situation for that time period.

Continue proper mineral and vitamin supplementation including selenium in those areas where it is needed. Provide adequate phosphorus during the breeding season as it has an effect on reproduction.

Flush feed replacement heifers two to three weeks prior to breeding, if economically feasible.

Start breeding heifers about four weeks before the rest of the cow herd.

Lice control—use a pour-on or ivermectin if deworming is also needed. Consider which is more economical since the use of a pour-on and a paste may be cheaper, yet more time consuming.

Calf management—ear-tag, tattoo and brand for identification; dehorn; castrate bull calves; implants for growth promotion (only for those animals that are not to be used for replacements); vaccinations for clostridial (4-way), selenium if needed, and pinkeye if needed.

Vibriosis vaccination for breeding animals (bulls, cows and replacement heifers) should be given 30

to 60 days before the bulls are turned in. It is highly recommended that the vaccine be one that is in an oil based carrier.

Watch for grass tetany during the early growing season when grass is growing extremely fast. Supplement with magnesium in your loose salt-mineral mixture or with magnesium blocks.

Milk your milk budget

You can buy milk in many forms—some costing a lot more than others. Price depends on whether the milk is fresh, cultured, canned, or dried; whether part of the fat has been removed; and whether milk solids have been added.

The size of the milk container and where you buy the milk makes a difference in price, too. Generally nonfat dry milk (48¢/qt.), and then fresh whole milk (49¢/qt.) Butter-

and evaporated milk cost the most at 50¢/qt. and 64¢/qt. respectively. (Figures based on 1/2 gallon sizes.)

Buying milk in 1-gallon containers vs. quart sizes will save you about 20¢/qt. and about 10¢/qt. if you buy 1/2-gallon containers. Stick to supermarkets or retail dairy stores for your milk purchases. Milk purchased in convenience stores usually costs more.

Bare-root trees should be planted promptly

Homeowners planning to purchase a fruit tree to add to the home landscape should also plan on planting that tree promptly after bringing it home if it's a bare root fruit tree.

Since the roots of these trees are bare when they're purchased, they can dry out quickly in the open air. That makes it extremely important to protect the roots until the tree is planted, and to plant it as soon as possible.

Recommendations are to keep the roots covered at all times with moist material before planting. The roots may also be immersed in a pail of water but not for more than

12 hours. Before digging the hole where the tree will be planted, remove potential weed competition by scraping the ground bare in a five foot radius of the hole.

Dig the hole with a shovel or auger. If an auger is used, the sides of the hole should be roughened to allow better root growth. The hole should be large enough to accommodate the roots without undue root pruning or crowding.

Position the tree in the hole at about the same depth that the tree grew in the nursery. There should be a soil line on the trunk you can use as a guide.

With dwarf trees be sure the graft union is two to three inches above the permanent soil line or the benefits of the dwarfing rootstock will be lost.

Pack the clean topsoil firmly around the roots. Take care not to damage the roots, but make sure no air pockets remain. When the hole is three-quarters filled, pour in water to settle the soil around the roots.

Fill the remainder of the hole after the water soaks in. Don't put any manure, organic matter or commercial fertilizer in the hole as it can damage the young roots.

Build a slight rim around the

hole to hold moisture and add a mulch of straw if desired. Then water with a weak transplant solution of commercial fertilizer.

Avoid water-logging the tree, but don't let it dry out completely. Water every 10 to 20 days, or as needed.

While the tree is establishing itself, be sure to control weeds and grass. Grass competition for moisture probably stunts or kills more trees than any other cause.

Hand weeding is recommended. Herbicides can harm young trees.

Vegetables help stretch food \$\$

Consumers dealing with tight money and shrinking food dollars may find a bargain in the foodstore vegetable bin. Vegetables are an old standby that is still a best buy.

Don't sell the potato or other familiar vegetable short. Vegetables are low in calories, inexpensive and nutritious. Potatoes, carrots and cabbage store well, are relatively inexpensive and supply

A "Forever" bulb

The "Forever" light bulb is guaranteed to burn for 50 years under normal household use or your money back! The 60- and 90-watt bulbs incorporate an electronic diode that changes the electricity flowing into the bulb from alternating to direct current. The result, according to the manufacturer, DioLight Technology, is a filament that lasts 60-80 times longer than a regular incandescent bulb filament!

Like most long-life bulbs, its brightness is reduced 10-20 percent. For that reason, the company recommends using the bulb in places where bright light is not needed, in high or hard-to-reach places or where lights are left on for long periods of time.

Cost? \$5/bulb. For information, call DioLight Technology, Inc. toll free, 1-800-USA-2000.

these problems occur.

Young pea plants transplant poorly so the seeds should be planted directly in their permanent row. They require a soil that is not strongly acid (PH between 5.5 and 6.7) and is reasonably fertile. Good drainage, maximum sunlight and protection from the wind are also important.

For smaller gardens, suggestions are to dig a trench one foot or so deep. Mix one part compost, leaf mold or manure to two parts of the soil from the trench. Add a little phosphorus and sulfur. Then refill the trench with the mixture. Peas planted in this prepared soil should do well.

Some pea varieties that have grown well in Oregon are Dark Green Perfection, Green Arrow and Laxton Progress. Other pea

varieties may have been grown successfully. Check with local gardeners or at garden stores.

Plant peas an inch deep (or follow directions on the seed packet) and several inches apart. Bush type peas should be planted in rows three feet apart; tall growing varieties need four feet between rows.

If the plants are to be supported, wire netting or a string trellis can be put between the rows. Tall varieties usually do better when grown on a trellis. However, left unsupported, they will form a ground cover and still produce well.

Oregon sugar pod is an edible pod variety that will provide something different along with the old standby types. It is virus-resistant and can be planted later as well.

Garden peas planted soon will be ready to harvest in late June.

vitamins, minerals and fiber. Choosing these vegetables over more exotic or out-of-season vegetables can help keep your food budget under control without sacrificing good nutrition. (This month's Brain-Buster: what herb has been called the "Herb of Kings?")

When fresh greens are most expensive, try coleslaw or grated cabbage and carrot salad to add crunch and flavor to winter meals. Stir-fry a tasty hot vegetable dish using onions, cabbage and carrots.

Slice the vegetables thinly, coat a

heavy frying pan lightly with oil, add the vegetables and stir-fry until tender-crisp.

Winter squash and sweet potatoes may not be glamorous, but they are appealing, high in vitamin A and fairly inexpensive. Bake them, boil them or use them in casserole dishes.

And, don't forget to try potatoes other than baked, boiled or fried. Try potatoes and cheese instead of macaroni and cheese. Add leftover meat to scalloped potatoes, and you have an inexpensive main dish.

Easy to make Herbed Salmon

Easy to make. The foil keeps these salmon steaks moist and tender.

4 (about 6 ounces each) salmon steaks, thawed if necessary.
juice of 1 lemon divided
1/2 tsp. dried tarragon leaves, crushed
1/2 tsp. dried thyme leaves, crushed
1/4 pound mushrooms, thinly sliced
2 tbsp. chopped parsley
Peel of 1 lemon cut in julienne strips

Place each salmon steak on piece of heavy duty foil large enough to completely enclose fish. Brush salmon with half the lemon juice. Sprinkle with tarragon and thyme. Top with mushrooms. Sprinkle with wine,

pepper and parsley. Top with lemon peel.

Bring foil up over salmon and seal each package. Place foil package in a shallow baking pan and bake at 450 F. allowing 2 minutes cooking per inch of thickness measured at its thickest part, or until salmon flakes easily when removed and tested with a fork.

To serve, carefully open foil packages and remove salmon steaks and mushrooms to serving plates. Spoon some of the cooking liquids over the salmon and sprinkle with remaining lemon juice. Garnish with lemon wedges and parsley, if desired. Makes 4 servings.



Oregon State University officials and their spouses visited Warm Springs last week for a four-day retreat. The Warm Springs Extension office coordinated the retreat.