

Benefits of smoke-free life far-reaching

More than one person has remarked, "I've smoked two packs of cigarettes a day for 20 years—what's the use of quitting now?"

Although many people may feel this way, at any age there are many reasons to stop smoking. And, the new year may be a good

time to "kick the habit." Some benefits for older people who stop smoking include:

- *Reduced risk of cancer and lung disease.
 - *Healthier heart and lungs. Reduced risk of heart attack, stroke and other circulatory diseases.
 - *Improved blood circulation to hands and feet.
 - *Better health for non-smoking family members. Smoke in the home is a health hazard for babies and young children.
- Quitting smoking won't reverse chronic lung damage, but it may slow the disease and help retain

existing lung function. There are many ways to stop smoking. No single method works for everyone. Some studies show that older people who take part in programs to stop smoking have higher success rates than younger persons. Many doctors, clinics and local chapters of the American Cancer Society, American Heart Association, and the American Lung Association offer stop smoking programs. By giving up smoking, you can be healthier and feel healthier, regardless of how many years or how many cigarettes you have smoked!

Save \$ on car insurance

Despite the negative statistical evidence, young drivers have many ways to save money and hold auto premiums down for themselves and their families.

*Good-student discounts are available. Generally, students must rank in the top fifth of their class, maintain at least a "B" average (3 on a 4-point grading system), or be on the dean's list or honor roll.

*Students can get a price break for completing an approved driver-training or defensive driving-education course.

*Unmarried students who attend and live at a school which is at least 100 miles away from home may qualify for a discount.

*Young people in the service who live away from home a large part of the year may be eligible for a premium break.

*Placing a new driver on his/her parents' policy is less expensive than establishing a new policy.

*Reducing a young driver's time behind the wheel to less than 10 percent of the auto's total drive time may help save money. Parents can then list their children as occa-

sional, rather principal, drivers. *The most obvious of all ways to keep auto premium costs down is to maintain a clean driving record. This includes no chargeable accidents or tickets for moving violations. For insurance premiums, a clean driving record for at least three years constitutes a good driver.

Read lease carefully

Be sure to read your rental lease carefully. A lease is a binding legal agreement between the landlord and you. Not all leases are the same.

Before signing any lease, ask the landlord if the lease can be terminated, for what reason, by which party and if there are any penalties. Ask how much notice is required before leaving. Ask what happens if you break the lease.

Ask if the lease can be automatically renewed. Also inquire if the rent will be increased and how much notice must be given to renew the lease.

Check the lease to see which repairs and maintenance are your responsibility and which ones belong to the landlord. Check what alterations can be made, such as painting or hanging pictures. The lease should state how much deposit is required, when it will be returned and under what circumstances.

Most landlords have a provision in the lease to allow for inspection during occupancy. Be sure to take note of what the landlord can inspect on the premises and what notice must be given.

The issue of subletting is also important. If the lease allows subletting, then find out if the landlord must approve the arrangement. Read the lease carefully for any restrictions which are placed on use of the property.

Nutrition fitness tips



the cholesterol content of veal and beef is about the same.

*Boston or bibb lettuce has twice as much vitamin C and three times as much vitamin A by weight as iceberg lettuce. Even better, romaine has six times as much C and eight times as much A as iceberg. In general, the darker green the lettuce, the more nutritious.

*Lean veal can have as little as one-tenth the fat of lean beef, though

Conference set for late Feb.

The 13th Annual Adolescent Sexuality Conference, sponsored by Marion County Family Planning, will be held February 29-March 1 in Salem. This year's conference, entitled "Adolescent Sexuality: Putting the Puzzle Together," is aimed at parents, teachers, counselors, medical personnel, social agency staff, clergy, and other,

who wish to update and improve their skills in communicating with adolescents about sexual issues.

Registration deadline is February 19. Costs will be \$60 before and \$65 after February 10. For information and a conference registration form, contact the Warm Springs Extension office.

New routines can strengthen families

You can build a stronger family by establishing a few new routines that can have a significant impact

on parents and children alike.

According to Ruth I. Harmelink, Extension family life Specialist at Oregon State University, building a stronger family doesn't happen overnight. It takes commitment and planning.

Set aside a hour a week to do special things with your family, she suggests. Do things the entire family enjoys such as playing a game, fishing, playing cards, hiking, skiing, walking, bowling or skating.

Then set aside 30 minutes a week to be alone with a child, doing something he or she wants to do. Listen and enjoy, don't give advice. Each child needs—and deserves—undivided attention.

When a parent spends special time with a child, the child's spirit grows and develops a sense of worthiness. The parent gives the message that the child is important and special. Young children need to be told they are loved, but actions are more important than words to a child.

Children live concrete lives. They need practical examples of the parent's love, she says. Time spent with a child provides that message.

A positive self-concept is more valuable than anything else the child has or will ever have. If the child has a high self-concept, he or she will do well in school, develop friendships and cope with life.

If, however, the child's self-concept is low, he or she may develop image, relationships, and perhaps even health, problems.

Beat that "broke" cycle



Families are concerned: with this feeling of always being broke; with the fact that they are failing to get ahead financially; with the rising prices in the market place; because they find that their money isn't buying the goods and services that are important to them.

Families will find there really isn't any easy solution to that all broke feeling—it is a solution that needs to be worked out by each family to meet their own situation, values, goals and attitudes about money. It is a personal solution, but one that is worth while if it can help you have the kind of life you really want. Watch this space for more information about money matters.

Letter series offered



You know, kids ought to be born with operating manuals. That way you'd know just what to feed them to keep their growing bodies healthy. In reality, many parents worry that their preschoolers aren't eating right. So, the Oregon State University Extension Service pre-

pared an educational letter series called "Food for tots." These free letters provide friendly advice, based on the latest research about nutrition.

Register now for a new letter series available from the Oregon State University Extension Service. Food for tots, a four-lesson home study course, examines the ways that parents guide the development of preschool children's food habits. The letters include discussion topics and activities to involve the whole family in the learning experience. Register at the Warm Springs Extension office by January 25. You'll be sent one letter each week in February.

Buying a car?

What a memory—if you're buying a used car, call the National Highway and traffic safety administration's hotline 1-800-424-9393 to ask if there's ever been a recall on the model you want.

Farmer's Tax Guide now available

The 1987 Farmer's Tax Guide is now available at all county offices of the Oregon State University Extension Service.

The tax guide is intended to help farmers and ranchers prepare their 1987 tax returns. It is published each year by the Internal Revenue Service, to help farmers and ranchers understand tax law changes as they pertain to agribusiness.

Portions of the 1987 Tax guide that may be of special interest to guide users this year are sections on investment tax credit, depreciation, expensing, financial leases, cash accounting, prepayment of expenses and debit restructuring.

In addition, the guide contains lists of important tax dates, and tips for good record keeping. Sample tax forms are included, along with a list of other IRS tax publications that may be of use to farmers and ranchers.

The updated version of the tax guide is based, in part, on advice provided to the IRS by the Extension Service of the USDA, and the various state Extension Service of the U.S.'s land grant universities.

New fridge save you money?

Q. I have a 12-cubic foot refrigerator that is 25 years old. I hear that newer refrigerators are much more energy efficient. How much would I save on my electric bill if I replace my refrigerator with a more energy-efficient model? My monthly electric bill is about \$25.

A. Don't replace your refrigerator solely on the basis of your electric bill. At most, your refrigerator costs you \$6 to \$8 a month to operate. That comes to \$72 to \$96 a year. Depending on whether you would select a manual or auto-

matic defrost, the most energy-efficient refrigerator in your size category would cost between \$34 and \$60 a year to operate. It doesn't make economic sense to replace your refrigerator for yearly operating saving in the neighborhood of \$30 to \$60.

However, if you need more refrigerator space or your refrigerator starts needing expensive repairs, do buy a new refrigerator that is energy efficient. You'll save a lot in operating costs over the life of the refrigerator.

Moist carrot cake

Moist and dense, this carrot cake is studded with chopped walnuts for pleasing crunch and topped with walnut halves for eye appeal.

- 1/3 cup butter or margarine, softened
- 1 cup packed brown sugar
- 2 tsp. vanilla
- 1 cup flour
- 1 tsp. baking soda
- 1 tsp. all spice
- 2 cup shredded carrots
- 1 cup chopped walnuts

In mixer bowl cream butter, sugar, vanilla. Combine flour, soda and allspice; stir into creamed mixture to blend (mixture will be dry). Stir in carrots and chopped walnuts. Spread mixture in greased 8-inch round layer cake pan. Bake in 350 degree oven 40 to 45 minutes until pick inserted into center comes out clean. Cool in pan ten minutes. Remove from pan; cool on rack. Dust with powdered sugar, if desired, cut into wedges to serve. Makes six to eight servings.

More and better care needed

Calving time is upon us and it's important to increase the quality and quantity of feed. After calving, when milk production begins, the nutritional needs of cows increase dramatically.

Protein requirements nearly double and energy needs increase about half. Without adequate support for these demands two things will result. First and most important, in an attempt to provide for the calf the mother partially compensates by using up some of her own body tissues to provide adequate milk. Fat disappears, and some muscle tissue will go as well. Depending on the mother's body condition prior to calving and the current feed quality and quantity, decrease in the mother's weight will be minimal or severe.

Second, since the amount of milk produced will not be what the animal is genetically capable of producing, growth in the calf will be reduced in moderate shortages. In cases of substantial feed shortages (quality and/or quantity), health problems will emerge as malnourished animals are more susceptible to disease and parasite problems.

With feed shortages not only is this year's calf crop reduced but next year's production is also influenced. Normally we expect cows to rebreed while milk production is placing demands on the animal. Because of stress placed on her from poor nutrition and the calf, the cow won't begin cycling and will either be open or will calve late next year.

Childhood a time for guidance

What now, mommy and daddy? by Eddie Miller, Editor (taken in part from a Blue Cross Plan Booklet)

Love them whether they deserve it or not at the moment.

Teach them what they need to learn.

Guide them when they need guidance.

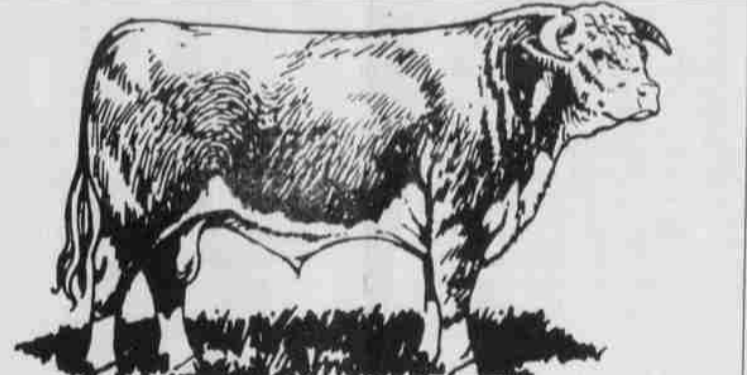
Help them when they need help.

Free them when they need freedom.

And don't ever lose sight of the likelihood that one or more of the babies or children being cared for right now will become president of the United States; will be the first human being to set foot on mars; or will find a cure for cancer.

Mark Twain put it this way: "Among the three or four million cradles now rocking in the land are some which this nation would preserve for ages as sacred things, if we could know which ones they are." One of them could be yours—Childhood.

Cattle



What's in store.....

4-H Awards Committee Meeting
January 25
4:00 to 6:00 p.m.
4-H Center

W.S. 4-H Leaders Association Mtg.
February 1
6:30 to 9:00 p.m.
4-H Center

Processing Plant Beef Packers Tour
February 9
Sponsored by
Deschutes County Cattlemen
Limited to 25—Cost \$30
Call 548-6088 or 388-6012

Photo weekend scheduled

Date: April 22-23, 1988.
 Place: 4-H Conference and Education Center.
 Time: Friday 5:00 p.m. to Saturday, 4:00 p.m.
 Cost: \$40 (Friday and Saturday), \$25 (Saturday only)
 Pre-registration due: April 1.

The weekend will include classes for photographers of all skill levels plus recreational activities and a leader's meeting and has been condensed to encourage families to attend. Call Extension office for more information.