

Help your working children understand taxes

Children with summer jobs learn about a lot of things, including taxes.

It's important for parents to help children learn. W-4 forms and withholding information on paycheck stubs can be difficult for first-time workers, but understanding what's required and how the tax system works is an important personal finance lesson.

Most children will fall in the 15 percent tax bracket, which covers taxable income up to \$19,450. Their first \$3,250 of earnings in 1990 will

be tax-free if they claim a standard deduction.

If not claimed as a dependent on their parent's tax return they also would receive the \$2,050 personal exemption on 1990 taxes. But, if claimed by their parents, they would receive only the standard deduction.

It is recommended parents check their children's W-4 form for the number of exemptions claimed for withholding purposes. Taxes may be withheld from summer paychecks as if the wages are coming in year around. If income is for the summer only, it makes sense to

have less withheld and more income available to spend and save while your child is working.

Employers' withholding tables on the W-4 form can help you calculate the appropriate withholding level.

If the job involves tips, it's important that your teenager keeps track of them and report them. If

your child earns more than \$20 in tips with any one employer in a month, he or she is expected to declare the total as income to the boss by the 10th day of the following month.

A daily diary or a copy of IRS Form 4070-A (Employee's Daily Record of Tips) is handy for keeping track of this cash income.



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Clean wood surfaces carefully

Wooden counter tops or cutting boards aren't the best choice from a food safety standpoint; an acrylic cutting board is better. But many people have wooden countertops or cutting boards and the following steps will ensure the best food safety conditions when wooden surfaces are used.

After each use, the surface should be thoroughly cleaned with soap and water and then rinsed with clear water. Soap residue on very large cutting boards or attached counter tops should be removed by wiping with a cloth wrung out in clear water. Avoid damage to the wood by drying the surface with a clean towel after rinsing.

Whenever raw meat, poultry or sea food come into contact with the countertop or cutting board, the soap-and-water cleaning should be followed with a rinse in clear water and then scrubbing the entire surface with a stiff-bristle brush and a

solution of one tablespoon chlorine bleach to a gallon of water.

You may find this task easier if you mix up the chlorine bleach and water solution and store a jug or squirt bottle of it near your dish detergent. Be sure to label the container.

Periodically, you will want to protect the wood surface with a thin layer of mineral oil. The more you use your wood surface the more you will need to reoil it, but even heavily used surfaces don't need reoiling more than once a week.

Rub the mineral oil into the wood surface with a clean rag and remove any excess oil with a dry rag after 30 minutes. Mineral oil can be purchased at any drug store. Although vegetable oils, especially olive oil, can be used to protect the wood, mineral oil has the advantage because it doesn't become sticky when exposed to air.

Mustard stains on clothes can be removed

You're at a summer picnic or ballgame when the mustard spills on your shirt or blouse. What to do? First, carefully blot up the excess or let it dry and scrape away. Don't rub the mustard into the fabric while trying to remove the

excess. Mustard spills are difficult to remove because they are a dye stain.

At home, pretreat the stain with a heavy-duty liquid laundry detergent. Then rinse thoroughly. Soak the stained garment in a dilute

solution of all-fabric powdered bleach. Powdered bleach packages have directions for doing colorfastness tests if the garment is colored or has a printed design.

If the stain is still visible, and the garment is white or colorfast, prepare to soak the garment in a dilute solution of liquid chlorine bleach and water. Measure the quantity of water to cover the garment. Mix water and chlorine bleach at the rate of 1 cup of liquid bleach to 1 quart of water.

Remember that bleach can alter the color of a fabric as well as the stain. Bleach the whole garment and do not try to bleach just a spot, stresses Ardis Koester, OSU Extension textiles and clothing specialist.

Bleach can do irreversible damage to colored garments. To decide if a garment is colorfast to bleach, test the fabric in an inconspicuous area. Mix 1 tablespoon of bleach with ¼ cup water. Use an eyedropper to put a drop of the solution on a hidden seam or pocket edge inside the garment. Let it stand two minutes, then blot dry. If

there is no color change, it is safe to use liquid chlorine bleach.

Soak the garment in the diluted chlorine bleach up to 15 minutes. If the stain is not removed in 15 minutes, further bleaching will only weaken the fabric. Remove the garment from the solution, rinse well and launder according to the care label instructions.

Keep 4-Hers busy

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Riding in a police helicopter. Shooting the Hooch. Painting a picture. Observing birds of prey. Role playing leadership situations. Hiking a mountain. Examining a mineral collection. Hitting a bull's eye or catching a fish. These are all things you might find Clayton County 4-Hers doing at Summer Classes.

Keeping 4-Hers busy with 4-H activities throughout the summer. Careful planning ensures a combination of fun and educational opportunities. The steps are basic.

Choose a theme: Something kids will identify with a popular phrase, character etc.

Plan a variety of enticing activities: Include a range in fees - some

free, if at all possible.

Promote the program: A program booklet based on the theme can provide all the information 4-Hers and parents need. Colorful T-shirts sporting the theme are real eye-catchers (easy to spot in a crowd) and proceeds can help fund transportation and supplies.

Recruit volunteers: Include a parent/volunteer registration form along with 4-Hers registration.

Make the paperwork as simple as possible: Register, collect fees and insurance forms; make up rosters for each class.

Have fun: Surely you've planned activities you enjoy, too! Relax and get to know your 4-Hers.

Here's how to hand wash clothing

Have you avoided buying a piece of clothing because of two little words, "hand wash," on the label?

Although it may sound mysterious to someone who has never taken care of his or her own clothes, hand washing is easy.

Here's what to do:

1. Fill a basin, large bowl or plastic dishpan with warm water.
2. Add a capful or tablespoon of liquid or dry detergent.
3. Immerse the item. If it's wool, let it soak three minutes without agitation. Otherwise, rub the item together against itself in the stained areas. If the fabric is especially delicate, don't be overly enthusiastic or rough with this step.
4. Squeeze the excess water out of the item, and drain the soapy water from the basin.
5. Refill the basin with fresh water and slosh the item in the basin of water to rinse out soapy residue. Repeat until the foam is gone.
6. Hang on a plastic hanger over the tub of shower drain to drip dry unless it is wool or loosely knit. If it's wool or knit, spread it out on plastic to dry.

Blender drinks provide nutrition

Lemon Fruit Flip

1 can (12 ounces) strawberry or apricot nectar, chilled
Grated peel of ½ fresh lemon
Juice of 1 fresh lemon
1 medium banana, cut in chunks
1 cup crushed ice
¼ cup instant nonfat dry milk powder
1 to 2 Tbsp. sugar or honey.
In blender, combine all ingredients; blend until smooth. Garnish with lemon wedges and fresh mint leaves, if desired. Makes four 6-ounce servings.
About 114 calories per serving

Orange Icecream Shake

2 oranges, peeled, cut in bite-size pieces
1 cup vanilla ice cream
½ tsp. pumpkin pie spice
In blender, combine all ingredients; blend until smooth. Makes four 8-ounce servings.

two 8-ounce servings.
Variation: Substitute juice of 2 fresh oranges (2/3 cup) for bite-size pieces. Makes two 6-ounce servings.

Citrus Mint Tea Cooler

1 cup boiling water
3 tea bags
2 Tbsp. chopped fresh mint leaves
1/3 cup sugar
2 cups cold water
Juice of three fresh lemons (½ cup)
Juice of one fresh grapefruit
Ice Cubes
Pour boiling water over tea bags and mint leaves. Steep five minutes; strain. Add sugar, stir to dissolve. Add cold water, lemon juice and grapefruit juice. Serve over ice. Garnish with lemon cartwheel slices and fresh mint leaves, if desired. Makes four 8-ounce servings.

Lemon Melon Mist

½ cup diced honeydew or cantaloupe melon
½ cup lime sherbet
½ cup crushed ice
Juice of ½ fresh lemon
1 Tbsp. light corn syrup
In blender, combine all ingredients; blend until smooth. Garnish with lemon half-cartwheel slice and melon ball, if desired. Makes one 8-ounce serving.

One-day quilt class set

Quilt-in-a-day class, lovers knot pattern, July 14, 1990 from 8:30 a.m. - until finished at the 4-H Center.

Come join us we are very successful with several finished quilts. Sign up at the OSU Extension office or call 553-3238.

"Zero" is getting smaller

Check out how much smaller "zero" is getting.

Chemical residues are much easier to detect nowadays. In 1970, scientists could generally find only one part per billion...anything less was "zero." Today's technology can often detect one part per trillion and in some cases one part per quadrillion. To put that in perspective...one part per trillion equals a teaspoon of salt in a lake six feet deep, a mile long, a mile wide. A spoon of salt...1.3 billion gallons of water.

Thus more pesticides are subject to "sudden-death" restrictions... Delaney clause that bans even the tiniest bit of cancer-causing chemicals.

A good reason why agrifood industry wants a more realistic law

White sales offer reduced price s

You can expect to buy household textiles at reduced costs during the White sales usually held twice a year in January and now.

If you're looking for durability, blends containing a greater proportion of polyester have longer wear life than those containing a greater proportion of cotton.

If you're looking for sheets, consider that fitted sheets wear out twice as fast as flat sheets but are much easier to use. Alternating use of two sets and rotating the head and foot will extend the life.

Children need acceptance

Single parents: Encourage your child

The number of single parents is growing each year. According to the 1980 U.S. Census Bureau, 45% of all children born in this decade will spend at least one year living with only one parent.

In addition to job skills, participants learn how to get along better with their children. For many parents communication is their number one problem.

How can parents encourage children?

1. Expect success
2. Avoid mistakes
3. Accept your child
4. Don't compare
5. Live what you preach
6. Encourage improvement
7. Encourage effort

The list above can be found in an excellent resource available

from the Cooperative Extension Service--Parent Aid Series. Other topics include: parenting styles, understanding your child, talking to your child, understanding behavior and misbehavior, effective discipline, family stress, etc.

Caregivers need support, flexible work schedules

What is the impact of caregiving on caregivers? Caregivers face hidden financial costs, physical and emotional stress and decreased job performance.

More than half of the caregivers to the elderly are employed full time. Caregiving demands can result in stress-related health problems and affect job performance.

Employees may be late for work, take unscheduled time off or be absent because of caregiving responsibilities. Productivity and work quality may decrease.

Some caregivers leave their jobs because of caregiving responsibilities. Other choose jobs with fewer demands and lower pay. Such decisions can have serious implications for a caregiver's future financial security.

Flexible work schedules and the availability of supportive services can make it easier for caregivers to meet the demands of both a job and caregiving. And it can increase employee productivity.

Whether employed or not, it's critical for caregivers to take care of themselves. Caregivers must be aware of the impact of caregiving so that it doesn't take a toll on them physically, emotionally or financially. Deterioration in the well-being of the caregiver doesn't benefit the person receiving care.

For insight into how to take care of yourself when providing care to another, read "Coping with Caregiving", an OSU Extension publication available from the Warm Springs Office. The publication discusses ways to manage caregiver stress.

Flea beetles can mean trouble

Hungry flea beetles may be small, but in large numbers, they pack a big appetite.

When enough of these pests get together, it means trouble for home gardens.

Flea beetles feed on the leaves of garden plants, especially tomato and potato plants, and either consume the leaves completely or riddle them thoroughly with small holes. The riddling effect is called

"leaf shot."
These beetles are brown to black in color and about the same size as fleas. Like fleas, the beetles move by jumping.

The best way to bring these small insects under control is to start treatment of infested plants as soon as holes in leaves are noticed.

Continue treatment weekly until the damage stops.

Pesticides effective for controlling flea beetles are rotenone, Sevin and Thiodan. Be sure to follow all label directions when using pesticides.

Direct treatment of plant stems or vines where they enter the soil. Several applications of pesticides may be required to stop extensive flea beetle damage.

Cotton sheets may be more comfortable

If you're uncomfortable sleeping on hot summer nights, it may not be just the weather. It could be synthetic fibers in your bedding. Cotton or cotton blends are absorbent and provide comfort. The higher the percent of cotton in the blend, the more absorbent the fabric will be. And 100 percent cotton sheets, besides being comfortable, are less likely to pill (form hard fuzz balls on the surface) than polyester/cotton blends, adds Ardis Koester, OSU Extension textiles and clothing specialist.

All cotton sheets are increasingly available in stores or can be obtained through mail order outlets. They won't be as durable as polyester/cotton blends.

Cool weather causes bolting

The cool weather in May and June this year has increased the likelihood of vegetable bolting in many home gardens.

A vegetable has bolted when it develops a seed stalk instead of producing the vegetable the plant is grown for.

Bolting is often a problem with

biennial vegetable plants such as cabbage, beets and carrots. Celery, chard, onions and spinach also bolt under certain conditions.

Biennial vegetable plants ordinarily take two growing seasons to produce vegetables. After producing vegetables they go to seed and then die. When the planting of biennial vegetables is followed by a long period of cool weather the normal growing cycle becomes compressed and the plants bolt, forming flower stalks and producing seed prematurely.

Since biennial plants are grown for their roots, stalks or leaves, bolting renders these plants useless.

Biennial vegetable plants are often bought as transplants and transferred to the home garden. Larger biennial transplants can be likely candidates for bolting when periods of cool temperatures follow their planting.

Select smaller plants when buying transplants.
Transplants with stem diameters less than the thickness of a pencil (about three-sixteenth of an inch) work best.

Biennial transplants can also bolt if they are exposed to cool temperatures in preparation for their transfer to the garden environment.

Summertime recipes offered

Barbecued Kabobs

Complete relaxation—whole-meal kabobs broiled with a quick zesty sauce!

¼ cup minced onion
2 Tbsp. cooking oil
1 can (6 ounces) tomato juice
1 Tbsp. brown sugar
1 Tbsp. cider vinegar
Dash cayenne
4 small red potatoes, halved
1 large green pepper
2 small onions
1 can (12 ounces) SPAM, cubed
8 mushrooms

In small saucepan, saute onion in oil until transparent. Add tomato juice, brown sugar, vinegar and cayenne; bring to a boil. Lower heat and simmer barbecue sauce, uncovered, 10 minutes. Wash potatoes but do not peel. Cook in small amount of boiling salted water until tender; drain. Seed and cut green pepper into 16 pieces. Cut each onion into 4 wedges. Alternate potato, green pepper, SPAM, mushrooms and onions on long skewers. Place on broiling pan; brush with barbecue sauce. Broil at least three inches from heat source 15 minutes, turning and brushing with sauce after 5 and 10 minutes. Makes four servings.

Best Ever Baked Beans

The right seasonings transform canned baked beans.

2 medium onions, chopped
1 Tbsp. butter or margarine

2 can (1 pound each) vegetarian beans in tomato sauce

1 Tbsp. chili sauce
1 Tbsp. molasses
½ tsp. chili powder

1 can (12 ounces) SPAM, cubed
Saute onions in butter until transparent. In 1½-quart casserole, combine onions, beans, chili sauce, molasses, and chili powder; stir to mix well. Stir in SPAM. Cover and bake in 400 degree oven for 35 minutes.

Microwave directions: Combine onions and butter in 1½-quart casserole; microwave 2 minutes. Stir; microwave another two minutes. Add remaining ingredients. Microwave 10 minutes, stirring after 4 and 8 minutes. Cover and let stand 5 minutes.

Training set

Camp Counselor Training, July 13, 14 and 15, 1990 at Trout Lake for 10th, 11th and 12th graders. For more information contact: Arlene or Tina at the OSU Extension office, 553-3238. Sign up Now!!

Test your pressure canner

Pressure Canner Testing, Thursday morning only at the Warm Springs Extension office. You may just leave the lid, pick up later.

Jefferson County Fair
July 25-29, 1990

THE CEREAL SCOOP				
CEREAL (Ready to Eat)	COST (cents) per Serving	% SUGAR (sucrose and simple sugars)	SODIUM (mg) per Serving	CALORIES per Serving
All-Bran	12	48	260	70
Cap'n Crunch	16	43	220	120
Cheerios	15	1	290	110
Chex Cereals	16	1	240-300	110
Cookie Crisp	22	46	190	110
Corn Flakes	11	1	280	110
Frosted Flakes	14	40	200	110
Fruity Marsh-mallow Krispies	19	61	240	140
Grape Nuts	12	1	190	110
Kix	19	11	290	110
Life	14	21	180	120
Lucky Charms	18	38	150	110
Pebbles	21	46	160	110
Puffed Wheat	6	—	—	50
Raisin Bran (Kellogg's)	18	36	220	120
Rice Krispies	15	10	290	110
Shredded Wheat	13	—	—	110
Wheaties	13	10	270	110
HOT CEREALS				
Cream of Wheat	8	—	—	100
Quick Oats	8	—	—	100
Instant Quick Quaker (flavored)	23	30	200	165