

## Consider buying gifts of safety for your special Valentine

Valentines can come in many different packages. Here are Valentines related to safety and other household topics suggested by Mary Ann Sward, OSU Extension housing specialist.

Lap robes, slippers, indoor caps, warm sweaters, blankets - just a few ideas of warming gifts to give that special Valentine. The benefits of these gifts are increased comfort and reduced heating bills, gifts welcome in most Oregon homes!

Smoke detectors, fire extinguishers, dead bolt locks, grab bars for the shower or tub - just a few items that

would make your Valentine's home safer for the holiday and for years to come. Most of these items sell for well under \$50.00 dollars and most Oregon homes and apartments are missing one or more of these items. Your Valentine will benefit from greater safety and perhaps a lower home insurance premium.

Is the smoke detector that Santa brought Grandma still under the tree? Has it moved to the junk drawer or onto the kitchen counter? Then, the perfect Valentine's gift may be a "coupon" to install the smoke detector

or other safety devices which have been given or purchased but never installed.

Other ideas for assistance which might make welcome Valentine gifts to people you care about: checking and replacing batteries in smoke detectors, installing grab bars in the bathroom, checking the fire extinguishers, replacing security lighting outdoors or bulbs that are hard to reach like those lighting stairs, changing the furnace filter. Any of these tasks will improve the safety of your Valentine's home, are fairly inexpensive (cost of replacement batteries or bulbs), and require less than an hour to complete.

Have you considered giving yourself a gift for Valentine's day that will keep on being useful for years? Consider taking a first aid or CPR class offered this winter in your

community. New parents or grandparents may be especially interested in brushing up on the latest first aid and CPR techniques for children. Hopefully, you will never need to put your new knowledge to use, but knowing that you are prepared is a wonderful gift of peace of mind.

The puppy that was so cute at Christmas is about ready for beginning obedience training now. The rewards for taking your pet through obedience training are many: the pet understands what you expect of it, you learn how to reinforce good behavior and discourage bad behavior, your relations with neighbors will be enhanced by good pet behavior, and the risk of pet damage to your house and home furnishings will be lessened. Your vet or the local humane society will have information about training opportunities in your area.



Information provided by:  
Warm Springs OSU  
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1131 Paiute Street  
553-3238

## Plan to attend 4-H Summer Week

If you're a Jefferson County 4-H member in grades 7-12 you should be planning now to attend 1992 4-H Summer Week at Oregon State University, says Carol Stevens county Extension intern.

Summer Week, June 22-26, "is a

place to make new friends." "It is a place to have fun and participate in a series of terrific classes." "That's what a survey of about 400 4-H'ers attending the 1991 program showed.

Another highlight was the classes. This year, each 4-H member can choose up to nine classes. More than 16 hours of action-oriented learning will be offered in the areas of horses, sports, fashion and personal development, leadership arts, drama, and more.

Rounding out the week will be a series of special events such as sports contests, a celebration of talent, a pizza party, swim parties, and dances. Summer Week delegates live in an OSU residence hall where they'll meet new friends while getting to know people from this area even better.

More information about the program, registration and costs will be available at the Warm Springs Extension Service. Please contact Carol Stevens at 553-3238.

## Help families to good health

February is the month for love, with romantic love often expressed with flowers and candy.

Food is often used to express affection. By cooking delicious meals for holidays, preparing special dishes for company meals, or by making desserts to reward good behavior.

"But the best way to express love through food is to help our families and ourselves to good health. A motto to promote this month is Five a Day, referring to the new recommendation on fruits and vegetables," stresses Margaret Lewis, OSU Extension nutrition specialist.

"The basic four reminded us to eat four servings from the fruits and vegetables group. The new recommendation is to eat at least 3 vegetables and 2 fruits every day thus, five a day," explains Lewis.

Dietary guidelines include eating less fat and more fiber. You can do both by increasing the amount of

vegetables you eat. There are many fresh, frozen and canned vegetables to include. Potatoes, carrots, cabbage, onions, and green peppers are a few of the common ones. Greens such as endive, spinach, romaine, kale and beet greens add fiber and vitamin A as well as color and variety to meals.

Vegetables can be eaten alone or in combinations for interest. Glazed carrots and parsnips are oldies but goodies. Steamed cauliflower, broccoli and carrots add a note of color. Children often like raw vegetables better than cooked ones. Try raw strips or chunks of turnips or sweet potatoes.

There are so many vegetables to choose from and so many ways to serve them. Let your imagination loose with a goal of five a day.

"St. Valentine is remembered for his acts of love to others. Let one of your acts of love be the gift of good nutrition," Lewis urges.

## Job placement programs to consider in job search

### Private Employment Agencies

Private employment agencies are listed in the phone book's yellow pages. They offer three types of services:

- \* Bringing together applicants and employers — Placement fee is usually paid by the hiring company, but when it is a secured.

- \* Executive Search — when companies seek the help of employment agencies to find the right person for a position.

- \* Counseling Services — provide skill identification and self-evaluation, as well as resume preparation. Payment is made by the job seeker before service is rendered.

When selecting a private employment agency, consider your needs and their type of assistance. Ask questions about services, payments and the experience they have had in placing people with your skills.

### Job Training Partnership Act (JTPA)

JTPA provides a variety of job training and placement services to meet people's needs from vocational counseling to job searching. Special emphasis is placed on serving unemployed and low-income people. They may provide supportive services such as transportation and child care. Contact your local Job Service Office for information. Warm Springs Employment Services 553-3263.

### Apprenticeship

Apprenticeship is one way that individuals learn to be skilled craftworkers. It is a formal arrangement involving employers, unions, state government, vocational/technical schools, and individuals who want to learn a skilled craft such as plumbing, carpentry, tool and die making, or cosmetology. The ap-

prentice is paid while learning. The employer pays required schooling costs and pays the apprentice for both hours worked and hours in school. The pay averages about 60 percent for the salary of a skilled worker in that occupation.

Apprenticeships usually last three to five years. Some occupations such as cosmetology and meat cutting can be as short as two years. Contact the local Job Service Office for further information. Warm Springs Employment Service 553-3263.

Information obtained from the University of Wisconsin Extension.

## Mowing your lawn in winter

Despite the arrival of winter weather, home landscapers should keep their lawn mowers handy.

You may still have to do some mowing in the winter to keep the lawn healthy, according to Ray McNeilan, Oregon State University (OSU) Extension home gardening agent.

Whenever the grass blades grow one-third taller than normal mowing height, you should mow your lawn, he pointed out.

"If you let the grass continue growth beyond this height the blades will topple over and smother the grass underneath. This causes slimy, dead areas in the lawn that will be hard to patch up later," said McNeilan.

Of course grass growth slows considerably during the cooler

weather of winter, but some growth does occur, McNeilan said.

Make the difficult job of trimming a wet lawn easier by keeping mower blades sharp and selecting a relatively dry day for mowing. Try dragging a hose across the lawn early on a day when no precipitation is expected. This will knock dew drops off the grass blades. Then let the lawn dry for a couple of hours and it should be easier to mow.

Lawn grasses that are allowed to grow to three or four inches in height should be raked after trimming, McNeilan said. Clippings from overly shaggy lawns are long and will tend to mat over the turf, suffocating the grass underneath. If the lawn clippings are short, one inch in length or less, let them lay.

## Do abstinence-only programs work?

Recent studies have shown that abstinence-only adolescent pregnancy prevention programs are ineffective. One million adolescents experience a pregnancy annually.

"Nearly one half of them result in live births. Many studies have documented that the social, psychological and economic costs of adolescent pregnancy are staggering for the mothers, their children and their families," points out Jan Hare, OSU Extension family life specialist.

Because of this disturbing situation, the federal government for a decade has sponsored demonstration abstinence-only pregnancy prevention programs. By law, the programs must convey strong sexual abstinence messages; discussions of contraception and abortion are not allowed. Also, by law, these programs must be evaluated to determine their effectiveness.

Recent evaluations of abstinence programs delivered in middle-schools offered little support for abstinence-only approaches to the prevention of adolescent sexual behavior. The results of the studies provided no support for the belief that this type of primary prevention program will be successful in achieving its ultimate goal of reducing teen pregnancy rates.

"No positive changes were found in premarital sexual attitudes, behavioral intentions or sexual behaviors," said Hare. In addition, there were no changes in self-esteem or family communication which poten-

tially could influence adolescent sexual decision-making.

The federal policy of relying solely on abstinence-only programs has clearly been called into question, concludes Hare.

## Promote your home sewing business

Owners of home sewing businesses should promote their services to attract the kinds of customers they want.

Word-of-mouth advertising is wonderful, but it may not convey the message you want to get across to potential customers.

Business cards, ads in local newspapers and shoppers, spots on the local radio or cable television stations, and flyers at fabric stores and laundromats are good promotion methods.

"Think about some free exposure, too," adds Ardis Koester, OSU Extension textiles and clothing specialist. "For example, a feature about you and your business in the newspaper, an interview on the local radio station, or maybe an appearance on a local cable TV program."

Whether it's paid advertising or free promotion, prepare ahead of time

by writing down some thoughts about your business.

- \* What do you do and what do you not do?

- \* What's special about you and your services?

- \* What are your qualifications? Your accomplishments?

- \* What other interests or hobbies are reflected in your business?

## Save money by making your own garments at home

Everyone is looking for ways to save money these days. Studies show that people can save as much as 50%, or more, by sewing garments at home. Savings are greater for fashion garments and less for garments that can be mass produced.

To get the most for your sewing dollar, plan carefully. Take time to look at ready-to-wear in stores. Determine the colors, styles, and fabrics that are popular. Try on garments similar to those you plan to make to determine how they will look. Compare ready-to-wear prices to costs of fabric, pattern, and notions.

Consider your sewing skill when selecting a pattern and fabric. Check the construction details involved to

### Take the Granola Bar Exam

Does a Quaker Chewy peanut butter granola bar have less fat than a stalk of celery with two tablespoons of peanut butter on it? If you answered yes, you're on your way to passing the "Granola Bar Exam."

The Granola Bar Exam is the title of a new brochure designed to clear up some common misconceptions about one of today's popular snacks, granola bars.

The Granola Bar Exam features easy-to-understand bar charts, which show how the leading granola bars stack up against each other in fat and calories, and how granola bars compare with a variety of other snacks. It also includes a fun quiz to test your snacking knowledge. Consumers will learn that the healthiest choice is not always the obvious one.

To receive a free copy of the brochure, please send your name and address to: Quaker Chewy Granola Bars, "The Granola Bar Exam," Department M, 847 West Jackson, Fifth Floor, Chicago, IL 60607-3098.

### Toll-free hotline offers recall status

Child safety seats are among the most commonly recalled consumer products. Last year alone, recalls column alerted readers to problems affecting some eight and a half million seats.

The problems are often minor, but they also include serious defects like faulty buckles, broken shields, or unsecured harness straps. In most instances, the entire seat need not be replaced. Instead, the manufacturer will supply substitute parts and replacement instructions free — if you ask.

Trouble is, safety-seat recalls rarely make headlines. Few publications other than consumer reports

routinely publicize them. The National Highway Traffic Safety Administration has established a toll-free hotline so consumers can find out the recall status of specific models. The number is 800-424-9393. Before calling, you'll need to know the brand, model, and date of manufacture. That information appears on every seat.

Later this year, the NHTSA will require manufacturers to provide a registration card with each seat. Once completed and returned, the card will allow a company to notify seat owners automatically if a problem exists. For now, only Century and Fisher Price provide registration cards.

be certain that you can create a professional looking garment, one that is comfortable to wear and fits well. Making something that will only hang in the closet is not saving you money!

Purchase notions needed to complete a garment at the time the pattern and fabric are selected. That way colors will match and there will be no need for extra trips to the fabric store

after the project is begun. It also will help you avoid selecting a fabric that is difficult to match with thread, zipper, buttons, and other notions.

Shop fabric sales whenever possible, but avoid overpurchasing. Stockpiling fabric that you do not use ties up money that could be used to meet other needs. Buy sewing notions that you use often, such as

thread in basic colors and interfacing, when they are on sale, advises Ardis Koester, OSU Extension textiles and clothing specialist.

Always carefully examine fabric, especially sale fabrics that cannot be returned if flawed, before purchase. Even when the price is adjusted, flawed fabric may not be a good buy if you cannot use it as planned.

## What is your current financial situation?

Families developing financial plans to reach long-range family goals, or to adjust to changed financial situations, need to know their current financial situations.

A net worth statement and an income/expenditure statement are useful tools in determining the current financial situation.

The net worth statement shows assets and liabilities. The difference between the two is net worth, explains Alice Mills Morrow, OSU Extension family economics specialist. A net worth statement prepared about the same time each year will help a family

see how their net worth changes from year-to-year.

"An income/expenses statement is a picture of your income and how you spent it during a given time in the past. This helps you compare income and expenditures to your financial goals and to what you think is important," Morrow points out.

An OSU Extension circular, "Family Financial Planning: Preparing and Using Financial Statements," is available to help. The circular, prepared by Morrow, explains how to prepare both statements, how the information can be

used, and gives instructions and forms to use.

"Family Financial Planning," EC 1381, is available for 50 cents from the Jefferson County Extension Office, or include 50 cents for shipping and handling and write to Publications Orders, Agricultural Communications, OSU, Administrative Services A422, Corvallis 97331-2119.

## Try a little fashion color magic

Have you resolved to be a trimmer, more shapely you? If you eat sensibly and exercise regularly, you'll achieve the results you want - slowly, surely, and permanently.

Meanwhile, try a little fashion color magic. Color can create the illusion of height. And height is slimming.

Color has three components - hue, value, and intensity. Hue is the name of a color. Value is the lightness or darkness of a color. Intensity is the color's brightness or dullness.

When planning an outfit, think about the placement of color on your body. Generally, a taller effect is produced by wearing colors of darker value on the lower portion of the body and having stockings and shoes be the same color value as the garment hem.

Using variation in values of hues also adds to the illusion of height. Colors of grayed values have a slimming effect on the body.

When coordinating an outfit of two intense colors, select the lighter one for the upper body and use the colors in unequal amounts. Intense color used only on the upper body also can be figure flattering, points out Ardis Koester, OSU Extension textiles and clothing specialist.

Colors of like-intensity are easier to harmonize. Bright colors work best with bright, dull colors with dull.

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