

## Extension specialists give advice on protecting children

By BIRDINE TULLIS  
PROGRAM ASSISTANT  
MORROW Co. Extension Service

It's hard for parents to realize they are bringing up their children in a world very different from the one parents knew as children.

When parents were young, in both rural and urban areas, children could play unsupervised in their neighborhood or run to the corner grocery with little fear of harm coming to them. Today, crimes of violence against children have reached unprecedented numbers.

An estimated 50,000 children are abducted by strangers each year in the United States.

Without instilling unnecessary alarm in them, parents can teach children safety practices that are useful in many situations, says Marcelle Straatman, Oregon State University Extension Service human development specialist. As early as possible, children should learn to protect themselves from individuals who would prey on them.

Straatman advises to teach your children:

- their full name, address, area code, and phone number.

- how to make long distance phone calls by direct dialing and by dialing "0" for the operator.

- how and when to call the emergency number, usually 911.

- not to obey orders from strangers or to help them look for a lost kitty or other objects.

- never to go near a car with someone in it or to get in a car without your permission.

- to tell you if someone offers them gifts, money or wants to take their picture.

- not to tell anyone over the phone they are home alone, or answer the door, and to call a neighbor or police if someone tries to force their way into the house.

- not to go into anyone's house without your permission.

- that no one has the right to touch them or make them feel uncomfortable. They have the right to say, "No."

Parents must be constantly vigilant about the activities and the associations of their children, Straatman says. Child molesters may live in your neighborhood and an abductor can quickly whisk a child away on the trip between home and school.

- develop a plan with your children outlining what they should do if they become separated from you away from home.

- help children understand the seriousness of the missing children problem.

From STEVE CAMPBELL  
Extension Agent  
By the U.S. Dept of  
Health and Human Services

Listen and Talk With Your Children

Perhaps the most critical child sexual prevention strategy for parents is good communication with your children. This is not only challenging to every parent but also can be difficult, especially for working parents and parents of adolescents.

Talk to your child every day and make time to really listen and observe. Learn as many details as you can about your child's activities and feelings. Encourage him or her to share concerns and problems with you.

Tell your child that some adults may try to hurt children and make them do things the child doesn't feel comfortable doing. Often these grownups call what they're doing a secret between themselves and the child.

Explain that some adults may even threaten children by saying that their parents may be hurt or killed if the child ever shares the secret. Emphasize that an adult who does something like this is doing something that is wrong.

Tell your child that adults whom they know, trust and love or someone who might be in a position of authority (like a babysitter, an uncle, a teacher or even a policeman) might try to do something like this. Try not to scare your children - emphasize that the vast majority of grownups never do this and that most adults are deeply concerned about protecting children from harm.

**Choosing a Preschool or Child Care Center**

Although the vast majority of this nation's preschools and child care centers are perfectly safe places, recent reports of child abuse in these settings are a source of great concern to parents.

Check to make sure that the program is reputable. State or local licensing agencies, child care information and referral services and other child care community agencies may be helpful sources of information. Find out whether there have been any past complaints.

Find out as much as you can about the teachers and caregivers. Talk with other parents who have used the program.

Learn about the school or center's hiring policies and practices. Ask how the organization recruits and selects staff. Find out whether they examine references, background checks and previous employment history before hiring decisions are made.

Ask whether and how parents are involved during the day. Learn whether the center or school welcomes and supports participation. Be sensitive to the attitude and degree of openness about parental participation.

Ensure that you have the right to drop in and visit the program at any time.

Make sure you are informed about every planned outing. Never give the organization blanket permission to take your child off the premises.

Prohibit in writing the release of your child to anyone without your explicit authorization. Make sure that the program knows who will pick up your child on any given day.

**If You Think Your Child Has Been Abused**

Believe the child. Children rarely lie about sexual abuse.

Commend the child for telling you about the experience.

Convey your support for the child. A child's greatest fear is that he or she is at fault and responsible for the incident. Alleviating this self-blame is of paramount importance.

Temper your own reaction, recognizing that your perspective and acceptance are critical signals to the child. Your greatest challenge may be to not convey your own horror about the abuse.

Do not go to the school or program to talk about your concern. Instead, report the suspected molestation to

a social services agency or the police.

Find a specialized agency that evaluates sexual abuse victims - a hospital or a child welfare agency or a community mental health therapy group. Keep asking until you find a group or an individual with appropriate expertise.

Search for a physician with the experience and training to detect and recognize sexual abuse when you seek a special medical examination for your child. Community sexual abuse treatment programs, children's hospitals and medical societies may be sources for referrals.

Talk with other parents to ascertain whether there are unusual behavior or physical symptoms in their children.

Remember that taking action is critical because if nothing is done, other children will continue to be at risk. Child sexual abuse is a community interest and concern.

Make sure that your child knows that if someone does something confusing to them, like touching or taking naked pictures or giving them gifts, that you want to be told about it. Reassure the child and explain that he or she will not be blamed for whatever an adult does with the child.

**Observe Physical and Behavioral Signs**

Children who may be too frightened to talk about sexual molestation may exhibit a variety of physical and behavioral signals. Any of several of these signs may be significant. Parents should assume responsibility for noticing such symptoms including:

- Extreme changes in behavior such as loss of appetite.

- Recurrent nightmares or disturbed sleep patterns and fear of the dark.

- Regression to more infantile behavior such as bedwetting, thumb sucking or excessive crying.

- Torn or stained underclothing.

- Vaginal or rectal bleeding, pain, itching, swollen genitals and vaginal discharge.

- Vaginal infections or venereal disease.

- Unusual interest in or knowledge of sexual matters, expressing affection in ways inappropriate for a child of that age.

- Fear of a person or an intense dislike at being left somewhere or with someone.

- Other behavioral signals such as aggressive or disruptive behavior, withdrawal, running away or delinquent behavior, failing in school.

## Public Health Service considers link between aspirin-Reye Syndrome

In the midst of the flu season, important new information has become available about the development in teens and children with flu-of Reye syndrome, a rare but serious condition that kills 20 to 30 percent of its young victims and leaves many survivors brain-damaged.

The new information comes from a U.S. Public Health Service pilot study of a possible link seen in four earlier state studies between the use of aspirin in treating flu or chicken pox and an increased risk of Reye syndrome.

The Institute of Medicine of the National Academy of Sciences has reviewed the pilot study and found "strong support" for the link.

Although personnel from the Food and Drug Administration, the National Institutes of Health and the Centers for Disease Control will continue the study through next winter, the Institute of Medicine advised that the federal government not wait to inform and protect the public.

As a result, Health and Human Services Secretary Margaret M. Heckler has asked manufacturers to remove any recommended use in flu and chicken pox from aspirin-containing products aimed at children - and to add a warning to all aspirin-containing products against use for flu and chicken pox in children and teens.

The pilot study looked at the histories of drug treatments and other factors of 29 young people who got Reye syndrome last year. Use of aspirin for flu or chicken pox symptoms was the common thread shown in 28 of the 29 (whereas ordinarily less than half the young people with flu or chicken pox would be expected to take aspirin.)

U.S. Surgeon General C. Everett Koop, M.D., has said that most childhood illnesses are self-limiting and usually don't require any medication at all. Doctors often suggest that a child with fever simply be made comfortable with cool compresses.

Of course, physicians continue to find aspirin useful and safe for adult, teen and childhood arthritis and other conditions.

Reye syndrome is a rare condition - a few hundred cases a year. It was named in 1963 for an Australian pathologist who described it as a swelling of the brain, combined with liver malfunction and blood chemistry disorders leading in most cases to death.

Improved recognition and early treatment of the disease has helped reduce the death rate, but still about one out of four reported cases are fatal.

It is crucial to take action quickly if Reye's symptoms occur - whether or not aspirin or an aspirin-containing product has been used. The first sign is generally persistent vomiting. The young person may be sleepy and lethargic, but still responsive. Within half a day, he or she can become disoriented, com-

bative and delirious. Untreated, the teenager or child can go into a coma and die.

Thus, Reye is a medical emergency. A child with Reye syndrome symptoms must be taken immediately to a hospital, where blood and body fluids can be monitored and a respirator used if breathing fails. Surgery may be needed, in some cases, to relieve pressure on the swollen brain. Therefore, act promptly if you suspect Reye syndrome.



Dime A Dozen  
March 3, 1985

	Won - Lost
No. Eight	25 - 15
No. Two	24 1/2 - 15 1/2
No. Four	23 - 17
No. Six	22 1/2 - 17 1/2
No. One	21 - 19
No. Five	19 - 21
No. Three	15 - 25
No. 7	10 - 30

Splits converted: Billie Doherty 6-7-10, Bert Corbin 5-10, Curt Bredemeier 4-5-7.  
High game: Alvina Padberg 196, Elmer Heath 193.  
High Series: Alvina Padberg 529, Billie Doherty 529, Elmer Heath 554  
High team game: No. One - 791.  
High team series: No. One - 2294

Koffee Kup Keglers  
February 28

	Won - Lost
The Gutter Dusters	29 1/2 - 10 1/2
The Pytts	25 - 15
The Dregs	22 1/2 - 17 1/2
The Hopefuls	20 - 20
M.C.G.G. No. 2	18 1/2 - 21 1/2
No Pin Hitters	18 - 22
The Hi Ho's	16 - 24
The Three Holers	12 1/2 - 27 1/2

Splits Converted: DeAnna McCabe 3-10.  
High Game: Linda Schultz.  
High Series: Linda Schultz - 561.  
High team game: The Pytts - 524.  
High team series: The Pytts - 1453.

## PUBLIC NOTICE

OREGON CIRCUIT COURT  
FOR MORROW COUNTY  
PROBATE DEPARTMENT  
NO. 85-PR-1  
NOTICE TO  
INTERESTED PERSONS

In the Matter of  
the Estate of  
MARY COLLEEN GREENUP,  
Deceased.

Notice is hereby given that the undersigned has been appointed and has qualified as the personal representative of said estate. All persons having claims against said estate are hereby required to present the same, with proper vouchers, within 4 months after the date of the first publication of this Notice, as stated below, to the personal representative at the offices of Abrams, Kuhn and Spicer, 269A N. Main Street, P.O. Box 428, Heppner, Oregon 97836, or they may be barred.

All persons whose rights may be affected by the proceedings in this estate may obtain additional information from the records of the Court, the personal representative or the attorney for the personal representative.

Dated and first published March 6, 1985.

(s) Donald Edward Greenup  
Rt. 1, Heppner, Oregon  
Published: March 6, 13, 20, 1985.

## NOTICE TO WATER USERS

Winter packing may now be removed from meters. They will be read this month after using minimums throughout the winter. All gallonage used over the minimum will be reflected on your March billing. Therefore, please expect an increase on your next statement.

Once again we remind city sewer users to avoid putting rubber and plastic items, oil, grease, etc. into our sewer system. These items clog the sewer lines causing sewage to back up, perhaps into your home.

Earl Papineau,  
City Crew Foreman

## Around About

By Justine Weatherford

February surely started mostly cold and white until its last week. According to the published statistics, 20 of its 28 days got below freezing in Heppner and on the second and third the temperature dropped to six below zero. It was good that several exciting activities helped keep folks here warm.

The Morrow County Grain Growers annual Customer Appreciation Day drew a happy crowd to Lexington, Sat., Feb. 9. Everyone seems pleased to have Steve Lindstrom as new manager of the Port of Morrow. Steve is busy establishing good relationships with many county groups. It is good to have temporary hospital administrator E. Byron Smith return to help Pioneer Memorial Hospital after the resignation of John Ochsner.

The designation of the county high schoolers who are this year's scholarship winners is always exciting and most pleasing. The 80 or so ranchers who gathered at Ione's Willows Grange for the wheat seminar gained worthwhile information on wheat industry matters.

It was interesting to see the publication of this year's hunting dates, which are set by the Oregon State Fish and Wildlife Commission, published so early so that those wanting to coordinate vacation times with hunting times can work out good schedules.

The matter of loose dogs in Heppner is still a distressing problem. Perhaps after further checking with the state concerning the type of structure which meets legal requirements a settlement of this situation will come about.

It will be almost 100 years before this county has another centennial party - on its bi-centennial in 2085. All those involved in planning and carrying out the evening gala of Saturday, Feb. 16, did such a fine job in making the 100th birthday party a really memorable event. That celebration was surely the top event of last month. We think Portland's Mayor Bud Clark, who has some roots in Morrow, may have insured himself of some county votes should he move along into state politics. Some of us were especially delighted with the musical parts of the evening's program. I hope everyone felt pride in junior high school student Barney Lindsay's winning essay "An Important Pioneer."

As mostly white February drew near its end, the county budget committee announced the need for \$2,980,470 in additional funds. Bob Kahl was elected 1985 president of the Heppner Economic Development Corporation at this exciting time when funds from the soon-to-be-implemented Oregon lottery are expected to be used for economic development throughout the state.

So, now 1985's third month has gotten off to a white beginning. It was very nice to have the last two days of February feature sunshine and give a few ambitious folks the chance to get outside and make an early start on yard work.

School basketball has been providing much interest in county communities. Heppner is so proud of the Fillies and their outstanding play in qualifying for regional and now state tournament play. We expect that as many residents as possibly can will journey to the Pendleton Armory tomorrow (Thursday, March 7, at 1:30 p.m.) to cheer our girls in their first state tournament play.

The really big weekend of this month is coming over March 16 and 17 when a bigger and better-than-ever celebration of St. Patrick's day is slated. Everyone must read the green-and-white flyers which are posted around the area detailing activities scheduled for Friday evening, all day Saturday and on Sunday, the 17th. We surely hope the sun will shine in this Irish capital of Oregon and folks here will enjoy welcoming many guests that weekend.

## Happy 50th Birthday

March 12

Rudy Bergstrom

Love,  
Your Family

## See Us For Your Next Printing Job



- ★ Envelopes
- ★ Business Cards
- ★ Statements
- ★ Letterheads
- ★ Business Forms
- ★ Posters
- ★ Computer Forms
- ★ Multi-Part Forms
- ★ Flyers

Copies	20¢
Wedding Invitations	Rubber Stamps

The Heppner  
**GAZETTE-TIMES**

676-9228 147 Willow Heppner