

Family Living

The Portland Observer

Chops are tops as a kid-pleasing meal



son is clear -- three-fourths of those pork chop lovers said they like chops because they taste good.

"Pork chops have changed since today's parents were kids -- they have 31 percent less fat, 14 percent fewer calories and 10 percent less cholesterol than 10 years ago," says Karen Kalsem, manager of youth communications for the Pork Information Bureau (PIB) of the National Pork Producers Council (NPPC). "Today's chops are great for parents who strive to serve nutritious foods to their kids. Most important, they're a hit with a whole new generation of kids who demand foods that taste great."

Picking Partners for Pork Chops

Tempting a child's taste buds is a snap with pork because it pairs well with many different tastes. Pork and fruit combinations appeal to kids' fondness of sweet flavors -- whether its the zest of citrus fruit, tart cher-

ries, sweet berries or traditional applesauce.

Pork chops also pair well with ethnic flavors kids love. For example marinate chop in Italian dressing, cut them into strips for Oriental stir-fry or serve them with salsa and beans for a taste of Mexico.

Some kid-pleasing recipes Kalsem recommends: Verry Berry Pork Chops and Carmel Apple Pork Chops.

Verry Berry Pork Chop

4 pork loin chops, trimmed
1 tablespoon cooking oil
1/4 cup strawberry preserves
1 tablespoon mustard
1/4 cup cider vinegar
Dry pork chops with paper towel. Heat oil in large skillet over medium-high heat. Add pork chops, cook and turn until brown on both sides. Reduce heat to low. Stir together preserves, mustard and vinegar; pour over chops. Cover pan. Cook pork chops for 10 minutes - or until the sauce has thickened. To serve, spoon glaze over each pork chop. Yield: 4 servings

Carmel Apple Pork Chops

4 boneless pork loin chops, 3/4-inch thick
2 tablespoons brown sugar
Salt and pepper, to taste
1/8 teaspoon cinnamon
1/8 teaspoon ground nutmeg
2 tablespoons butter
2 medium tart red apples, cored and sliced into 1/2-inch wedges
3 tablespoons chopped pecans, optional

Heat skillet over medium-high heat. Brush chops lightly with oil and cook for 5-6 minutes, turning occasionally, until browned. Remove; keep warm. In a small bowl combine brown sugar, salt pepper, cinnamon and nutmeg. Add butter to skillet; stir in brown sugar mixture and apples. Cover and cook for 3-4 minutes or just until apples are tender. Remove apples with a slotted spoon and arrange on top of chops; keep warm. Continue cooking mixture in skillet, uncovered, until sauce thickens slightly. Spoon sauce over apples and chops. Sprinkle with pecans, if desired. Yield: 4 servings.

C.A.S.T. to reel in special fun for kids

Nothing puts a smile on the face of a child like the opportunity to just have fun. And nothing makes an adult feel more important than being that special person who helps to create that smile.

Adult volunteers with the Bureau of Reclamation, Oregon Department of Fish and Wildlife, and the Oregon State B.A.S.S. will be working hard to put big smiles on the faces of children with disabilities during the C.A.S.T. For Kids event.

The event is set for Sept. 21, from 9 a.m. - 2 p.m., at Henry Hagg Lake located about six miles southwest of Forest Grove, Ore.

C.A.S.T., which stands for Catch A Special Thrill, offers children with a wide range of disabilities an opportunity to enjoy a day of fishing. About 20 children from the Portland Shriners Hospital for Children will take part in the one-day activities.

The children will range in age from 7-14 and have a variety of physical/developmental disabilities or in some cases, terminal illness.

The B.A.S.S. volunteers will be on hand with their fishing boats and a lot of attention for these little anglers. Forest Grove and Ballard

Towne Kiwanis will sponsor a barbecue following the fishing activities. Oregon Department of Fish and Wildlife will furnish life vests for the event.

"This is such a great opportunity for everyone involved," said Chuck Korson, Reclamation Natural Resource Specialist. We have a chance to dedicate a few hours that add up to a lifetime of memories for kids who rarely get to enjoy something so basic as fishing."

The C.A.S.T. For Kids event is part of an ongoing partnership between Reclamation and the National B.A.S.S. Federation and its local chapters in the Pacific Northwest Region. The events were started in 1991 by the Bass Anglers and Sportsman Society and Reclamation's Pacific Northwest Regional Office.

"The young anglers learn about safety, natural resources, and the children learn invaluable lessons of patience, fellowship, and interpersonal communications."

The one-day events take place in various locations in the Pacific Northwest from June through October. They are planned and carried out by volunteers from both federal service and the private sector.

It's dinnertime, and the kids want their favorites. Parents know they can satisfy even the most finicky kids' appetites with pork chops. According to a survey conducted by Bruskin-Goldring Research of more than 1,600 American children, most kids (77%) like chops. And the rea-

Teaching kids about money takes time

One of the most valuable lessons parents can provide their children is to teach them about money and instill in them early the advantages of planning, earning and saving - and then spending.

Parents need patience, common sense and a clear idea of just what messages they want to get across in dealing with children on money.

"The one thing parents can do is to think about what they want children to learn about money, and then provide the experience that will help achieve that," said Alice Mills Morrow, a professor in the College of Home Economics and Education at Oregon State University.

"Think about what you want your children to be - good shoppers, good savers, good budgeters - and then let them have some experience," she added. "It's all about making choices. They'll make some less-than-perfect decisions, but they learn from mistakes, too."

Lessons about money can start early, said Morrow, who is a family economic specialist with the OSU Extension Service. Toddlers learn quickly that money buys things, but they don't understand the difference between pennies, nickels, dimes, quarters or dollars.

If fact, they usually prefer having a few pennies to a single quarter. "Don't be surprised if your 3-year-old wants to take the family out to dinner - with 15 cents," Morrow said.

By ages 5-7, children are able to make choices from a few alternatives. They can be given a small amount of money and an opportunity to choose, for example, between two or three toys.

"A child may make this decision slowly, so do this on a day when you are not in a hurry," Morrow said.

Children 8-10 are usually able to count money and they are becoming aware of checks, credit cards and charge accounts. They learn about

borrowing and may hit up parents for a loan. Short-term loans can be effective if the children pay back the loan amount quickly. They often desire more expensive items, providing a good opportunity to work on the idea of saving.

"Parents can use their kids' desire to buy a bicycle to introduce saving," Morrow said. "However, it may not be realistic to expect them to save the entire amount. If the child saves half of the money, often the parents agree to provide the rest. It teaches kids about the real cost of items as well as the importance of saving."

Early adolescence brings a new set of challenges, triggered in part by peer pressure. Children ages 11-14 want to buy their own clothes - through not necessarily with their own money - and they began taking an active interest in the family finances. There are increased opportunities for children at this age to earn money outside the home by

yardwork, babysitting and other jobs.

When children reach high school age, they know a lot about money and independently purchase many of their own personal items. Morrow said it's a good time to establish a checking account for responsible teens, encourage saving for long-range goals and to help with family money management by shopping for groceries or planning portions of the budget.

"Experience with the utility bills teaches them just how much heat and electricity costs and the importance of energy conservation," Morrow said.

There is no single "right way" to teach children about money, perhaps because children and families can be so different.

"What you really want to do is help children put money in perspective," Morrow said. "It's not all there is, but it is important in daily life. Kids need balance. You don't want them to overdo, but give money its due respect."

Birth Announcements

Kario Xayvion Galash
Date of Birth: August 19, 1996
6lbs 15oz, 20 inches
Mother: Trisha McCollom
Fathers: T.J. Galash

Eve Paris Shafer
Date of Birth: August 29, 1996
8lbs, 20 1/2 inches
Mother: Dori J. Avery
Father: Peter K. Shafer

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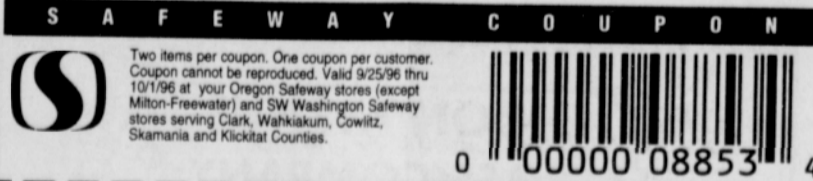
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