

# Nutritionist encourages preventative health care

With the retirement of P.H.S. Nutritionist Chin Ye Lee last year, clinic personnel have carried on her well-organized programs and projects with little trouble. However, the vacancy did leave a space that need filling badly.

Karen Gordon, a 1969 graduate of Kansas State University, was recently hired to fill that space. She sees little need to change the existing programs but she has a few ideas of her own. A weight loss program and group meeting concerning nutrition are just two projects she has in mind.

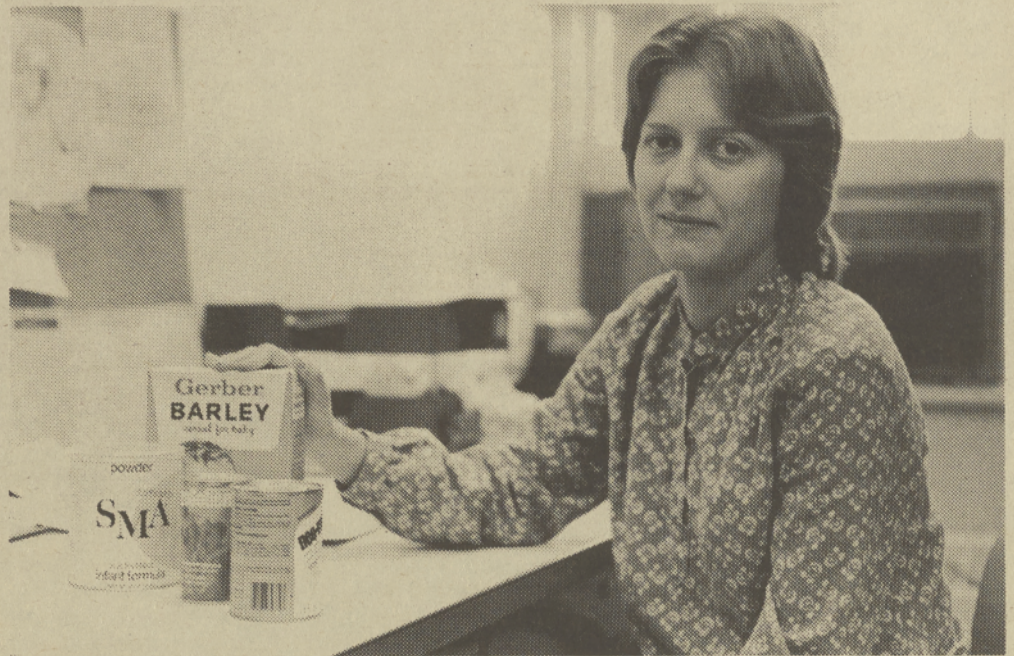
Karen is continuing the successful diabetic, pre-natal and well-child clinics as well as counseling on a one-to-one basis. Most of her counseling is done with patients who are either doctor or self-referred.

Before obtaining her masters degree from Tulane University

in Public Health Nutrition earlier this year, Karen got her first taste of reservation life while working with the Navajos in Tuba City, Arizona as a dietician in the hospital there. Karen has noted similar health and nutrition problems among the people of the two reservations. She promotes and encourages good health and preventative care.

Karen and her husband Dale like Warm Springs and prefer the smallness of this area over the Navajo reservation. "Warm Springs is small so I can get to know the people better. It was so large on the Navajo reservation," says Karen.

The new nutritionist has many healthful ideas and welcomes new clients. If you have any questions call 553-1196 or you can see her at the P.H.S. clinic.



P.H.S. Nutritionist Karen Gordon

## Plan ahead for breakfast on the run

If you are one who would rather sleep than eat in the morning, then the breakfast following ideas are for you! Many of the ideas are not so new as snacks or lunch ideas, but as breakfast ideas they may enable you to sleep and break up the monotony of "regular" breakfasts. After all, it is nutrients and a good start that is needed in the morning, no matter how you get it! Read on, plan ahead and catch 40 winks.

Though egg salad is not a usual breakfast item, it's got all the nutrients you need for breakfast. Serve it chilled in pocket bread for easy eating or add shredded cheese to your favorite recipe. Put it on an english muffin, bagel or toast and broil until the cheese melts.

For a super quick breakfast on the spot, consider a blender beverage. Add milk, fruit or juice to an egg. Blend with a touch of honey, chocolate syrup, preserves, malt powder or any other favorite flavoring.

If a prepare-ahead breakfast that can be eaten on the run would better suit your needs, keep hard-cooked eggs in mind. Deviled eggs, too, are great breakfast take-alongs! Put them together like a sandwich with cheese or luncheon meat in between the deviled egg halves.

If there's no time to make breakfast, but time to sit down and eat it, make French toast ahead of time and freeze it. As each family member is ready for breakfast, pop a slice or two into the toaster to reheat. Poached eggs, too, can be made

ahead of time. Undercook them slightly and refrigerate them floating in water in a covered container. To reheat, simply slip them into simmering water for about a minute or so.

Other standbys for breakfasts on the run are oranges, apples, pears, peaches, or cut up melon eaten while your getting ready. Slices of cheese melted on toast, cottage cheese and fruit, or leftover chunks of roast, steak or lunch meat wrapped in cheese will help fill the nutrient gap in the morning.

Nothing can replace a good old fashioned, hot, sit-down breakfast, but if the only other choice is no breakfast, you would do yourself and your family a favor by trying some of these ideas.

## Extension Notes

from Pennie Little and Clint Jacks



## Community represented at summer fairs

Local 4-H club members as well as other community members participated in three fairs this past summer and earned many ribbons.

### Jefferson County Fair

June and Juliene Smith and Deanie Smith, 4-H Beadwork club members, displayed beaded items and won blue ribbons for club work done in 1978-79. Caroline Tohet is the leader of the beadwork club.

The Simnasho Grade School 4-H Club won a blue ribbon and went on to the State Fair where each club member received participation ribbons. The Simnasho School display recounted club activities and money-raising events.

Several Warm Springs residents had displays in the "open" class but no names are available.

### Wasco County Fair

Every year residents of the reservation display items depicting different areas of culture of the Tribes. The entry items are judged by age, condition, and authenticity and are placed first through third in many categories.

This year, the display at the Indian Exhibit Building was made up of entries from Matilda Mitchell, Romagene Joe, Lois Selam, Lillie Heath, Alice Knight, and George Schneider. Grand Champion was Matilda Mitchell who entered a beaded wedding veil.

### 4-H State Fair trip

Twenty-two members and eight adults took part in this year's 4-H trip to the Oregon State Fair.

Three 4-H clubs put on demonstrations and displays to let fairgoers know what Warm

Springs 4-H clubs are doing and learning.

The Family Cooking Club made some fried bread and gave onlookers a taste. The cooking demonstration was popular and many commented on how good the bread tasted.

The Rocking' 4-H club had a display of their beaded items and answered questions.

Dancers accompanied the clubs to the state fair. Spectators had a chance to witness war dancing, round dancing, owl dancing, and other dances.

Everyone who made the trip was also able to spend most of a day browsing and having fun at the fair.

Luke Sanders competed in livestock judging at the state level. He earned a white ribbon for his judging efforts and hopes to go back and do better next year.

## Prevent crime, record serial numbers

There have been at least 23 burglaries here on the reservation in the past two months. Items that have been taken include guns, stereos, bikes and other valuables.

Belongings like this have serial numbers on them from the factory to identify them. If these serial numbers could be

recorded at the Tribal Police Department, officers would have a better chance at identifying them in the event of theft or loss. Simply engraving your belongings with an engraver is a prevention against them being stolen or lost indefinitely.

Forms are available at the Police and Juvenile Departments for recording your serial numbers or numbers that you have put on your belongings to identify them. You can keep your forms in a separate place at home, or better yet bring them to the Police Department to be kept on file.

## Efficient home freezing

Before filling the freezer with this year's fruits and vegetables, check to see what is left over from last year.

Foods that have been frozen for a year are safe to eat, but they may have lost some of their quality. Taste and texture change with time and some nutrients are lost, even though the freezer has been at zero degrees or lower.

Try to use last season's fruits and vegetables before harvesting and freezing more, and food remaining from the year before should be moved to the top or the front of the freezer so it is used first.

Checking the freezer before starting on this year's food preservation activities can help in planning what and how much to freeze. If two dozen packages of frozen green beans are still monopolizing freezer



space, they are an indication that green beans may not be a family favorite and could be skipped this year.

Labeling is important in figuring when foods were frozen. If you failed to put the date on the label along with the type of food in the package, don't forget to include it this year. Also include any special description, such as "no salt."

## Gas supplies to increase

Monthly gasoline supply reports show that gasoline supplies will increase slightly for Pacific Northwest consumers in the month of September over last month's supply, according to Jack B. Robertson, Regional Representative to the Secretary.

In releasing the September figures, Robertson cautioned motorists against dropping their conservation efforts. "Although the public has made a noticeable adjustment to driving with available gasoline supplies, we are still on the ragged edge of supply. Continued constraint on the part of motorists is necessary to help up through this tight

supply situation." A State-by-State, August to September comparison for the Pacific Northwest and Alaska follows:

|                |       |
|----------------|-------|
| Alaska         | 22.7  |
| Idaho          | 46.4  |
| Oregon         | 115.6 |
| Washington     | 180.1 |
| August 1979    |       |
| September 1979 |       |
| 27.8           |       |
| 42.8           |       |
| 116.0          |       |
| 208.2          |       |
| September 1978 |       |
| 23.7           |       |
| 44.1           |       |
| 120.8          |       |
| 186.4          |       |