

## Teenage rebellion—A struggle for independence

Healthy teenagers rebel against parents.

Arguments and quarrels with adolescents are not symptoms of an unhappy home or an indication that something went wrong with earlier discipline.

What appears to be rebellion in teenage children is a healthy struggle for independence. Parents expect their children to develop critical judgement, form opinions, and change things but, oh, the parental discomfort when teens start to take new ideas seriously.

Worried parents, who thought everything was going well, now face griping, arguing, defiance, complaining, alternating high and low moods, and negative reactions to family plans.

Going through this stage is necessary if the adolescent is to

become an independent person.

It's the way teens explore the variations in family standards of living they see around them and the differences in their acquaintances. Most teenagers have teen friends who are intellectually curious, dropouts, socialites, or athletes.

The once untroubled thoughts of a grade school child now question religious, political, and ethnic differences, while switching opinions almost daily.

Teenagers who never have any desire to rebel or try out new ideas are not typical adolescents, Straatman notes. For some, the struggles are intense but for others less so.

The intensity of rebellion is not a reflection of parental incompetence. Emerging adults need to learn to disagree, and be

allowed to express their typical exuberance and despair.

A mother to two teens, you would feel like a yo-yo for about eight years. Around age twenty, you think the strings broke and settle down to a pretty reasonable life again.

Parental confrontation with teens is essential. When a disagreement exists, get it out into the open but be sure to stick to the issues. There's nothing teen rebel against more than parents who dredge up all past errors to add to every disagreement.

A show-down talk, an outburst of honest opinion, yelling, or even quarreling helps clear the air and releases tension. While they disagree with parents, teenagers depend on family for security and steadfast

love. This includes a place to safely discharge aggression and frustration.

Only within families can teens have a good fight and a good cry without risking relationships. While a family with rebellious teenagers is normal, parents who get fed up with the situation are normal too.

It's a stage of parenting most of us could do without. Once a degree of independence has been achieved, warfare tends to vanish even though differences still exist.

However, it's safe to speculate that the personalities who achieved greatness in the past likely had a hard time convincing their parents and other authorities that there may be other ways of thinking and doing. "That's progress."



OREGON STATE UNIVERSITY  
**EXTENSION  
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**Clay Penhollow  
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## Flexibility allowed with IRA's

If you have an Individual Retirement Account (IRA), there are several IRS rules and regulations that you may find useful to remember at this late time in the year.

Keep in mind that you don't have to make this year's payment to the same IRA you started a year ago, or whenever. You may have as many different IRAs as you like just as long as you don't exceed the \$2,000 IRA annual pay-in limit.

Also, you can shift your money from an old IRA to a new if you find a better deal. Be sure to follow the IRS regulations if you switch, to avoid the tax penalty.

The IRS requires that current income tax be paid on the amount withdrawn from an IRA during the year, and a ten percent penalty on top of that if their rules aren't followed in moving from one IRA to another. Any fees the financial

institution offering the IRA may impose for early withdrawal also be paid.

There are two ways to switch. You can receive the funds from an old IRA and transfer them to the new IRA trustee. You must reinvest the funds within 60 days or the sum becomes taxable as income to you. You can shift from one IRA to

another once a year in this way without a tax penalty. This method of switching IRAs is called a rollover.

The other way is to have the money moved directly from one trustee to another, either at your request or at the trustee's request. This is not a rollover. It is a transfer that is not limited to once a year and there is no tax

penalty. Financial institutions that sponsor IRAs should have the appropriate request forms for this type of change.

Either way, there is no IRS tax penalty, but you must still check any penalty levied by the financial institution with whom you have deposited or invested your IRA funds.

## Spend extra quarters—not dollars

Using a laundromat to clean your clothes? If so, there are several things you can do to make the job easier.

The first is how you load the machines, says Mollie Driscoll, Warm Springs/Jefferson County Extension agent. You may be tempted to overload them to

save on both time and money. But your clothes will suffer in the long run. They won't get as clean—can easily get dingy—and also may get so wrinkled that they will need ironing.

Next, consider what laundry products you use, Mollie suggests. It may be a good idea to

add bleach. This will kill bacteria that can survive in public laundry machines and that detergent alone can't remove.

Spend a few extra quarters on laundry day so you won't have to spend extra dollars later to replace clothes or pay medical bills.

## Menus offer tasty "Diet Plates"

Going out to eat no longer means you have to take a break from good nutrition.

More and more restaurants are offering lighter, low-calorie dishes. Going by such names as "spa cuisine" or "lean and light," this healthier fare can be found in places ranging from dining halls to family eateries to the fancier upscale restaurants and hotels.

The current trend focuses on food quality. Fresh ingredients as well as interesting and unusual flavor combinations are featured.

Satisfaction is derived not only from the way the food

looks and tastes but also from its healthfulness.

The classic "diet plate"—hamburger patty, cottage cheese, and canned peach—has never been that exciting to most people, the specialist observes. Actually, many of the traditional diet plates overemphasize protein and are not necessarily that low in calories.

Now, through a greater emphasis on fresh fruits and vegetables, salads, whole-grain products, and fish and chicken entrees, diners are discovering that eating "light" can still mean eating delicious and satisfying meals, says Raab.

Consumer demand for health-

ier meals is one reason behind the changing menus. There is an increased awareness about the link between good nutrition and good health. Many are cutting down on their intake of fat, sugar and salt, and want their meals away from home to suit their everyday eating habits.

Men as well as women are feeling more comfortable about ordering broiled fish, salad, and vegetables at a business lunch in place of the traditional steak.

In addition to new choices, a customer also may find nutrition information printed on the menu. This may be simply the number of calories in a dish, or

it may include figures for cholesterol and sodium as well. Some restaurants provide nutrition information on request.

The trend toward healthier restaurant fare is likely to continue, but the emphasis still will be on choice, according to Raab. Customers will be able to decide what type of meal they want from a range of menu options.

For those who want to occasionally splurge on a rich dessert, the choice still will be available. But others who want to treat themselves to a meal low in calories, cholesterol, and sodium will be able to order it right off the menu.

## Keeping whites white

Keeping whites white isn't as difficult as a lot of people think it is.

Removal of blood stains and mud smudges from white clothing requires a cold water rinse with some agitation or rubbing before detergent washing. Pre-soak products containing enzymes effective in removing protein and starch stains. Wash white clothes in all-white loads

and don't overload the washing machines.

For washing whites, use hot—or at least warm—water. Also, a water softener will let a heavy-duty, low-suds detergent work more effectively.

Be sure the clothing is thoroughly rinsed. If you need static control for nylons and polyesters, use a fabric softener in the final rinse.

## Financial workshop offered

A one-night workshop, "Building Financial Security" will be offered Monday January 13 by OSU family economics specialist Alice Mills. The workshop will be conducted at the Community Center.

Alice Morrow will be discussing basic budgeting, various savings options and techniques for selecting checking and savings accounts.

Morrow will help participants prepare and utilize an "Income/Expense Statement" and a "Net Worth" Statement. Morrow has designed and published these two worksheets specifically for extension audiences.

Income/Expense Statement—These statements provide a picture of how a family has spent its money for a given period of the past. This picture helps a family compare income and expenditures to its values and goals. Income/Expense state-

ments are useful primarily to those families that are trying to control expenditures, so that they can create a source of funds for reaching long-term goals.

Net Worth Statements—These statements are a useful tool for measuring progress toward meeting long-term financial goals, such as paying off major debts, financing your own or your children's educations, saving for your own home or saving for retirement. Before you formulate a plan on how to meet one or more of these goals, you need to know what resources you already have. A net worth statement visualizes your financial resources.

Now is the time to start planning for your financial future! Get your new year's resolution off to a great start and attend this workshop.

## Learn to make quilts

The Warm Springs Extension office will sponsor a one-day workshop Saturday, January 25 beginning at 8 a.m. Eraina Palmer and Donna Behrend will instruct the workshop in which participants will learn the strip

method of assembling log cabin quilts. Deadline for registration will be January 15. Those registered will be sent a materials list prior to the workshop. Registration is limited to 12. The class is free.

## Turkey recipes offered

### Turkey spaghetti

1/2 lb. spaghetti  
4 c. diced cooked turkey  
2 c. undiluted mushroom soup  
1 c. turkey or chicken broth  
1/2 c. minced celery  
1 small onion, chopped  
3 c. grated sharp cheddar cheese  
Break spaghetti in 2" pieces

and cook according to package directions. Drain well. Add remaining ingredients except 1 c. cheese and mix well. Place in a greased large casserole and sprinkle remaining cheese over top. Cover and bake in 350 over for one hour.

### Turkey Sloppy Joes

2 lbs. ground turkey  
1 lg. onion, diced  
1 10 1/2 oz. can tomato soup  
1 10 1/2 oz. can chicken gumbo soup  
1 t. chili powder  
1/2 t. salt  
1/4 t. pepper

12 buns  
Place ground turkey and onion in a cold skillet. Turn heat to medium and cook, stirring until meat loses its pink color and onion is softened. Add undiluted soups and spices; simmer for one hour. Spoon over buns to serve. Makes 12 servings.

### Turkey Stir Fry

1 pkg. Chinese egg noodles cook noodles for ten minutes in boiling water. Rinse in cold water and set aside  
3 c. turkey breast, cubed  
1 t. sesame seed oil  
2 bunches green onion, chopped  
1 c. celery, chopped  
1 c. zucchini, sliced thin  
1 sm. head cabbage, chopped  
2 T. chicken bouillon  
4 T. sweet soy sauce (1/2 c. soy +

1/2 c. br. sugar and 2 T. molasses, boiled)  
1/2 t. garlic salt  
Heat oil in a large dutch oven or wok, add turkey and fry until done. Add onion, celery, zucchini and cook until limp. Add cabbage and cook until wilted. Add garlic salt, chicken bouillon and sweet soy sauce. Add noodles and toss.

### Turkey Enchiladas

1 dz. corn tortillas  
1 turkey breast, ground or cubed  
1 can mild enchilada sauce, sm.  
1 can tomato sauce, sm.  
1 can pitted olives—sliced in rings  
1 onion chopped  
graded cheddar cheese  
cottage cheese  
sliced mushrooms

Brown turkey in oil, don't overcook. Heat to a boil enchilada sauce and tomato sauce in a pan large enough to put one tortilla in flat. Turn off.

To assemble: (one at a time!)

Dip each tortilla in sauce long enough to slightly soften (too much it will tear). Place in oblong baking dish. Place a quantity (to individual taste some of each of the following): Turkey, onions, olives, cheese, cottage cheese, mushrooms (if desired). Fold over. Place next tortilla half way on top of first enchilada. Fill pan with enchiladas. Pour remaining sauce over top and sprinkle with grated cheese. Bake at 350 until hot; about 20 minutes.



Starla Green enjoyed cross-country skiing on a recent 4-H outing near Mt. Bachelor in Bend. Nearly 50 4-Hers have participated in six different ski trips to Mt. Bachelor and Mt. Hood during Christmas vacation.