

Turn loneliness into solitude when alone

Almost all people feel lonely at least some of the time. It is perfectly natural to feel lonely as a relationship ends. There may also be other factors that influence your feelings or loneliness. Several events may lead to feeling lonely, and you may have experienced several of them recently. They include moving, the loss of friends, being by yourself on holidays, loss of income or even loss of job. If you have had more than one of these experiences, your loneliness may be intensified. But perhaps you say, "So what, if I have good reasons for being lonely? I'm still lonely and I want to feel different. Is there any hope for me?" The answer is yes. You can manage your loneliness. First you'll have to develop some skills for coping. It will take some effort, things won't change overnight but you'll gradually notice a difference in how you think, act, and feel.

Children can be a source of joy and provide you with a sense of worth but they do not eliminate feelings of loneliness completely. We yearn for relationships in which there is a sense of equality, of give and take among adults. Our children depend on us, but we do not

depend on them the same way. This is not to say that children cannot be a comfort. They're just not enough. We seek some adult companionship to reduce our loneliness.

We have two words to describe being alone. They are solitude, which refers to feeling peaceful and quiet within ourselves, and loneliness, which suggests feelings of discomfort, boredom or sadness. As you think about your current situation, do you feel solitude or loneliness?

What do you do when you feel lonely? You probably try several things to rid yourself of those feelings. Some of the most effective methods of dealing with loneliness are: listen to music; write; work or study; exercise; walk; work on a hobby; read and play music.

One way you can deal with loneliness is to use it to develop yourself. Can you use more of the above activities? Being comfortable when you're alone takes time. Your first few moments of silence after the children have gone to bed at night or when they are away on weekends may bring feelings of fear, emptiness or panic. Your initial reaction will likely be the desire to

run away from the silence. Carin Rubinstein and Philip Shaver in their book on loneliness write, "Think of yourself with yourself, not without someone else." They suggest that you relax, listen to music that suits your feelings, and enjoy being with yourself. Find something engaging to do—hobbies, reading, music, exercise, writing, working, painting, and so forth.

Of course, seeking such solitude is difficult for newly single parents. Solitude is possible in part because we have a sense that we are con-

nected with the world and others; having just suffered the loss of a relationship reminds us of how fragile our connections with others are. Solitude will not come easily but it will come. You must be patient with yourself and not expect blissful peace within a week or even a month. Gradually, you will notice that you're experiencing more and more solitude, less and less loneliness.

"To be alone and to conquer loneliness is to build a private strength."

Keep foods at proper temperature for safety

Summertime, and the livin' is easy—not just for you, but also for micro-organisms that can grow in food and make you sick.

Rule #1—Remember the temperature danger zone. Disease-causing bacteria like to grow in food in the temperature range between 40 and 140 degrees F. Don't eat foods that have been kept within this range for more than two hours.

Rule #2—Make a clean break to good sanitation practices. Cleanli-

ness is critical to avoid food contamination. At every step of food preparation, wash hands, counters and utensils with warm soapy waters. When barbecuing, don't use the same plate for cooked meat that carried the raw meat unless you have washed it.

Rule #3—Know the food requiring special care. Harmful organisms grow more readily in food high in protein and moisture. Foods such as meat, poultry, fish, shellfish, meat and seafood salads, potato salads, cream pies, cake fillings and gravies require care with time, temperature, and sanitation.



The Warm Springs Extension Service provides equal access to all its activities and programs.

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Cheesecake dessert high in calcium

Cheesecake, America's favorite dessert, is often passed up by those who need to watch their weight. Now everyone can enjoy delicious, creamy cheesecake with this "No one believes it, Strawberry Cheesecake." Not only is it low in calories, (190 calories per slice) but, it's good for you too. Made with low-fat cottage cheese, vanilla yogurt and nonfat dry milk, each serving contains 157 mg of calcium.

This combination is a sure winner with teenage girls who have been shown to average an intake of less than 60 percent of the daily Recommended Dietary Allowance (RDA) for calcium. Calcium helps build bones, and strong bones are the best deterrent to the debilitating disease of later years called osteoporosis. Serve with a glass of one percent lowfat milk for more than 25 percent of the teen's RDA for

calcium and a total of only 292 calories.

For a free recipe leaflet which includes this recipe and more, send a self-addressed stamped envelope to: "Dynamite Dairy Dishes", National Dairy Board, Box HE87, 928 Broadway, New York, New York 10010.

Strawberry cheesecake
¾ cup fine graham cracker crumbs
sugar
2 tablespoons butter, melted
1 pound 1% milkfat cottage cheese
½ cup nonfat dry milk powder
3 eggs
2 tablespoons lemon juice
2 teaspoons pure vanilla extract
1 container (8 ounces) vanilla low-fat yogurt
1 pint fresh strawberries, hulled and halved.

Preheat oven to 325 F. Lightly butter bottom and sides of a 9-inch

pie pan. In a small bowl combine graham cracker crumbs, 2 teaspoons sugar and butter. With the back of a large spoon press onto the bottom and sides of prepared pie pan. Bake for 5 minutes. In the container of an electric blender place cottage cheese, dry milk, 1/3 cup sugar, eggs, lemon juice and vanilla extract. Whirl until smooth. Pour into pie shell. Bake until firm, about 30 minutes. Remove from oven. Spread yogurt over top. Bake until yogurt is firm, 10 to 12 minutes. Cool. Cover and refrigerate. Just before serving top with strawberries. For an extra calcium bonus, serve with a glass of one percent lowfat milk.

Yield: eight (8) portions.
Per portion: 157 mg calcium, 190 calories.

With 1 cup 1 percent lowfat milk: 457 mg calcium, 292 calories.

Conifers dying due to numerous reasons

An abnormally high number of small to medium-sized conifer trees, both in forests and home landscapes, have been dying in recent months, according to observations of Oregon State University extension agents and foresters.

Most of these trees appear to be on poorly drained sites. Other problems for young conifers include bark beetles, root rot and canker-ing fungi.

Among these killers, root rot is a long-standing problem that is aggravated by poor drainage. The other problems are generally associated with stressed trees. Healthy trees generally have enough natural defensive artillery to fend them off.

The question is, what is causing young and otherwise healthy trees, to die?

The best reason available right now, according to Fletcher, are these general observations.

Drought. Rainfall during the past two summers has been far less than normal. In the Willamette Valley, last year's rainfall was only 60 percent of 1984's rainfall. The 1985 rainfall was about the same as last year's. This year is also shaping up

FYI—Weight gain

By her thirteenth wedding anniversary, the average married American woman has gained 23 pounds, while her husband has put on 18 pounds, according to the American Dietetic Association.

as a fairly dry one. The last rainfall pattern of this type occurred some 40 years ago.

Freezing. Several abnormal freezing periods have occurred during the past few years, two of these in 1985 with the "Mother's Day Freeze" and a dry, cold November. This year, as mild as it has been, there has been some bud freezing in some locations. Erratic weather is much harder on trees than colder, but more predictable weather patterns.

Disturbance. Trees like to be left alone. Excavations for new homes frequently disturb soils that trees have their roots in. The result is a weakening of the tree. Activities, such as construction or heavy foot traffic around trees tend to compact the soil and damage the tree's

ability to cope with stressful weather.

Neglect. If a tree is damaged beyond ability to recover, remove it. Disease established in one tree can spread to others, damaging them also.

Whatever else might be adversely affecting local conifers is unclear at this time, Fletcher noted. Some have suggested that weather patterns are changing because of such factors as the Mount St. Helens explosions of the past few years, tropical rain forest defoliation, ozone layer damage and even increasing air pollution.

It will be some time before these situations are better understood, Fletcher said. In the meantime, be careful how you treat your trees and be especially careful not to disturb their fragile root systems.

Control weeds, insects carefully

The application of chemical weed and insect control agents in the home garden or landscape is a sensitive issue with many people. Of course, the decision of whether to use herbicides or pesticides is up to the homeowner.

For those who do wish to use such controls, safe use is of paramount importance. With any outdoor chemical intended for use around the yard, careful use can't be overemphasized. Careless or over-

enthusiastic use can do a lot more harm than good.

Drifting fumes from herbicide sprays can damage berry, grape and vegetable plants as well as kill weeds. Flowers in beds adjacent to lawns can also be damaged by weed-killers that are spread around too liberally.

Apply weed killers in the early morning or late evening when the air is more likely to be still. Try to avoid spraying whenever the wind

is blowing, McNeil said.

Also, the weed-killing properties of a "weed and feed" combination can damage ornamental and garden plants. The chemical in the combination can evaporate on hot days and the vapors produced may make contact with nearby plants. Weed and feed combinations may also damage the roots of woody plants that are under the lawn surface.

Always read the label directions when using weed-killing chemicals and make applications in the correct amounts. Mixing weed sprays too strongly is a common error.

One safe way of controlling deep-rooted perennial weeds such as quackgrass, is to apply the herbicide (glyphosate is recommended) directly to the leaves of the weed. Direct application greatly reduces the chance of contaminating the surrounding area with the herbicide.

Cooking from "scratch" saves money, time, tastes good!

Cooking from scratch can be fast. It tastes better and saves money. Get help in the kitchen from your partner or the children. Teach them to do the chopping and the table-setting while you manage the main dish. Everyone help with clean-up.

Oregon Beef stroganoff

2 cups coarsely chopped onions
3 tablespoons butter
2 tablespoons flour
1 cup beef bouillon
1 tablespoon catsup
1 tablespoon worchestershire sauce
½ teaspoon salt
½ teaspoon pepper
1 pound mushrooms, sliced or 1 can sliced mushrooms
1 cup sour cream. Use half and half sour cream to reduce calories.
1 pound ground beef.

overdrawing your checking funds. The money in your savings account will eventually be used a collateral to secure loans.

If a store denies you a charge account, find out if you can purchase items on a lay-away plan. Once you show the store that you can make regular payments, the credit manager may decide that you are good risk after all.

When making a major purchase—such as a car—your credit application will be more readily approved if you can come up with a big down payment. A credit manager will reason that with a lot of your own

It's apple time....

To pick or not to pick

Harvest season for apples is beginning, but when is the proper time to pick them? It may depend on where you are in the Pacific Northwest.

A given variety of apple reaches harvest maturity at about the same period of time each year. Fruit usually matures later in cooler regions of Oregon than in the warmer districts.

Indicators of picking time for apples are fruit color, ease of separation, fruit drop, and softness and flavor.

Apples may be yellow, red, green, or combinations of these colors at harvest. When the green has almost completely given way to yellow, a yellow variety such as Golden Delicious or Lodi is mature.

With red blush or striped apples such as Jonathan or Spitzenburg, the area where there is no red color

usually changes from green to yellow at maturity.

The change of flesh color (between the skin and core of the apple) is another indicator of fruit maturity. When the apple's flesh changes from green to white, the apple has matured.

Mature apples are usually easy to separate from the tree. Do not pull the apple down, but twist it upward with a rotating motion when picking.

Fruit drop is an indication of apple maturity only when sound, non-wormy apples fall to the ground. When a few of the healthy apples drop off the tree, the others still on the tree are ready to be picked.

Also, a mature apple should be just slightly soft, and taste sweet and juicy.

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Some interesting facts

About 80 percent of the sun's skin-damaging radiation can penetrate through cloudy haze, according to the Skin Cancer Foundation.

If you dislike the taste of skim milk and find it watery, try adding a tablespoon or two of nonfat dried milk. Not only will this make it thicker, whiter, and richer-tasting, it will also boost the calcium and

Water temp. important factor

When doing the family laundry, base the selection of wash water temperature on several factors including types of fabrics, degree of soiling and whether the load contains colored or white clothes.

For some very heavily soiled clothing and for whites, a hot wash temperature may be necessary. For other types of clothing, such as

synthetic fabrics and brightly colored clothing, a warm or cold wash is best.

The rinse temperature is not so difficult to select. Research has found that a cold rinse is generally acceptable for all types of garments. In addition, regularly using a cold rinse results in substantial energy savings on hot water use.

In one research study, switching from a warm to a cold rinse resulted in a savings of over ten percent of energy costs for the family laundry.

Use bleach with care

Chlorine bleach is a powerful chemical. Use it carefully when cleaning clothes.

Silk, wool and other hair fibers such as camel or cashmere, will dissolve in fresh liquid chlorine bleach. Even diluted solutions of this bleach will cause permanent yellowing and stiffening of wool fibers, and usually cause weakening and color loss in silk.

Cellulosic fibers such as cotton, linen, rayon, rami, will be weakened by repeated exposure to diluted solution of liquid chlorine bleach, but chlorine bleaches can be used safely on these fibers for occasional stain removal. Undiluted chlorine bleach can weaken fabrics so that they tear or wear out more quickly.



Spillyay Tymoo photo by Tim Baker

Warm Springs 4-Hers participated in a camping trip to Trout Lake August 7-9. 4-Hers from Warm Springs, Wasco County, Sherman County, Hood River and Klickitat County (in Washington) took part in the camp. Each 4-Her prepared food and for some, it was a real learning experience.