

Nuts, fruit can add variety to meals

*** Add toasted sliced blanched almonds to salad sandwich fillings or egg, ham, chicken or tuna salad.**
*** Top hot or cold cereal, waffles, pancakes or yogurt and fruit with a sprinkling of toasted sliced almonds, walnuts, sesame seeds or cashews.**
*** Add toasted diced walnuts to skilled stuffing mix for a crunchy flavor change.**
*** Spoon slivered almonds, sauteed in butter, over cooked asparagus, spinach, zucchini, broccoli, brussel sprouts, baked squash or green beans.**

Oven Fried Chicken with Orange Mustard Sauce

1 cup toasted blanched almonds, ground*
 1/2 cup grated parmesan cheese
 1/2 teaspoon each garlic salt, poultry seasoning, paprika and dill weed
 1/2 teaspoon pepper
 2 1/2 pounds chicken pieces, skinned
 Lemon juice
 Orange Mustard Sauce (see below)

Combine almonds, cheese, garlic salt, poultry seasoning, paprika, dill weed and pepper. Coating may be stored in airtight container in dry, cool location. Dip chicken in lemon juice and coat with almond coating. Place on baking sheet. Bake at 400 F, 30 to 40 minutes. Serve with Orange Mustard Sauce.
*** Grind almonds in food processor or a few at a time in the blender.**
Orange Mustard Sauce—Combine 2 tablespoons honey, 1 tablespoon cider vinegar, 1/2 teaspoon dry mustard and 1/4 teaspoon each grated orange and lemon peel. Stir in 1/4 cup orange juice and 2 tablespoons lemon juice. Place 1 teaspoon cornstarch in small saucepan. Blend in sauce mixture; bring to boil. Cook, stirring constantly, until mixture thickens. Serve warm or cool. Makes about 1/2 cup.

Car care tips

If it has been some time since you last had your car tuned, investing in a professional tuneup could make it use less fuel, run more smoothly and perform more reliably.

List for good health

Good health is our most precious possession! Our bodies are like machines which need fuel and regular attention. Good health habits followed throughout life are one way to see that our miraculous "human machines" get proper daily care.
 Here are some good guidelines—a checklist for both children and adults.
 Balance the daily diet to include a variety of foods at each meal.
 Eat at regular intervals—don't skip breakfast or lunch
 Drink six to eight glasses of water daily or the equivalent in beverages

Granny Smith's Pork

Serves five. Calories per serving: 404. Preparation time: 25 minutes.
 1 pound boneless pork leg, cut into 1/2 inch cubes
 2 tablespoons cooking oil
 4 Granny Smith* apples, cored and sliced into 1/2 inch wedges
 1 cup chicken broth
 1/2 cup brown sugar or equivalent sugar substitute
 1/4 cup cider vinegar
 3 tablespoons cornstarch
 2 tablespoons Worcestershire sauce
 1/2 teaspoon salt
 1/4 teaspoon black pepper
*** Any firm-fleshed cooking apple may be used.**
 Heat oil over medium heat in a large skillet. Add pork and brown on all sides. Add apple slices, saute three minutes, stirring occasionally. Add 1/2 cup broth, reduce heat, cover and simmer 10 minutes. Mix remaining broth together with remaining ingredients and add to skillet. Cook over medium heat, stirring constantly until sauce thickens. Serve over hot rice or noodles, if desired.

Rio Grande Pork Roast

Serves 12. Calories per 3-ounce serving: 253. Preparation time: 10 minutes. Cooking time: 1 1/2 hours.
 3-4 pound boneless pork loin
 1/2 teaspoon salt
 2 cloves garlic, minced
 1/2 teaspoon chili powder
 1/2 cup frozen apple juice concentrate, do not add water
 1/2 cup purchased barbecue sauce
 1/2 teaspoon chili powder
 Rub surface of roast well with salt, garlic and chili powder. Place roast in shallow baking pan, and roast at 325 F for 30 minutes. Combine remaining ingredients in small saucepan, simmer for 2 minutes. Pour sauce over roast, continue roasting, basting occasionally, until meat thermometer registers 155 F., about 50-60 minutes. Remove roast from pan. Let rest for 5-10 minutes, allowing internal temperature to rise to 160 F. Remove pan drippings to sauce pan, add enough water to make one cup; bring to a boil. Carve roast and serve with sauce.

4-H builds youth

During this National 4-H Week, we might take time to think about the future of this country.

It really does depend on our young people. 4-H is playing a vital role in making our future better. 4-H members spend their time learning skills that will help them throughout their lives. But, more importantly, they learn how to be contributing members of society. 4-Hers learn to care about others; to care about their communities and to be active, involved citizens and leaders.

So, come be a part of the future. Call the Warm Springs Extension office and be a volunteer 4-H leader. The theme once again this year is "4-H Youth for America."

Along with the traditional 4-H programs, Warm Springs has had a success story with its "Challenge Camp" program and is just getting started with a 4-H embroidery club. The Warm Springs adult volunteer leaders work with boys and girls 9-19 years of age in these clubs.

Thirteen proven stress reducers

- 1. Relax your standards and release your rigidity**—The world will not end if that piece of paperwork doesn't get handled today. The world will not end if the house doesn't get cleaned this weekend.
- 2. Turn "needs" into preferences**—Our basic physical needs translate into food, water, air and warmth. Everything else is a preference. Don't get attached to preferences.
- 3. Be patient with yourself and others**—Learn to live one day at a time.
- 4. If an especially unpleasant task faces you, do it early in the day and get it over with first**—The rest of the day will be free of anxiety.
- 5. Develop the habit of writing your thoughts, feelings and goals down regularly**—Clarity and perspective will emerge.
- 6. Get outdoors regularly; exercise and "use" your body to refresh your spirit**—If you don't take care of your body, where will your life?
- 7. Nourish your body with healthy, life-supporting foods and beverages.**
- 8. Get enough rest and sleep**—If necessary, use an alarm clock to remind you to go to bed.
- 9. Practice letting go; forgiveness and acceptance of yourself and others**—Releasing is a gift you give to yourself.
- 10. Everyday, do something you really enjoy**—Make time for nurturing yourself and renewal.
- 11. Do something daily for someone else without expectation of reward.**
- 12. Decide to just do the things you know will decrease your stress**—You'll have much more energy if you just stop avoiding all the unpleasant or "scary" things you've been avoiding.
- 13. Simplify, simplify, simplify**—Even small changes, like saying no, will add up over time to increased energy and inner peace as you simplify your life.

Don't believe promises

Sewing a perfect-fitting garment in minimum time isn't simple, but falling back on sewing shortcuts won't make the task any easier.

Don't be fooled into believing that quickie courses for pattern alteration, or special basic pattern offered at exorbitant prices will guarantee you an excellent fit as a small investment in sewing time.

Beware of homesewing aids, be they courses, books or computer patterns, that promise an instant perfect fit. Successful alteration of patterns requires skill and patience.

It takes time and practice to assure that figure variations are fitted attractively and comfortably. Before signing up for costly courses or buying an expensive sewing aid, ask a few questions. Try to determine to what extent the promised offer takes size differences into account. If purchasing a basic pattern, will you also receive instructions on how to re-fashion the pattern?

Are all sewing tools included, or will you have to invest more money for supplies? Can you find the same help or accessories some other place

at a lower cost? Will the course, kit or publication provide additional help or advice if needed?

Remember that the local community offers many resources for homemakers who sew. Investigate sewing classes offered by community colleges, OSU Extension and skilled local individuals. Fabric shops may have information on where instruction is offered.

Help in pattern alterations may be found in books available from the local library and bookstores. Some sewing instruction is also available in self-study kits and mail order services.

October is energy awareness month

October has been designated by the White House as American Energy Awareness Month.

energy answers

I'm replacing some old windows in my house. One manufacturer sells glass with a metal coating that is supposed to reduce heat loss. Does this work? How long will the coat-

a. Smile through gritted teeth and agree. But you can feel the knot forming in your stomach already.

b. You agree with the teacher and laugh. "Yeah, Billy is the family brain all right." You've been hearing it for so long, it doesn't bother you anymore. Billy may have been great in school, but you're the family artist, and that's fine with you.

c. Nod tersely and change the subject. It makes you angry when Billy's name comes up. You always feel like such a failure next to him.

6. Your best friend Tony is super-competitive. He's got to be the best at everything he does—sports, school, you name it. He's got an annoying habit of grabbing you before a test and telling you how long he studied. Then he asks how long you studied. You've also got three classes together and he's at your elbow after every test is handed back, wanting to know how you did. You usually don't do as well as he does. You just got your latest French test back and you got a 'B'. Tony wants to know how you did. You:

a. Tell him, knowing he's done better and feeling slightly ashamed already.

b. Tell him to relax, your test score doesn't reflect on his, so why does he need to know, anyway? Tell him you did well by your standards and that's enough for you—and for him—to know. You mean it, too.

c. Tell him proudly how you did. He tells you he got an A-plus. You spend the rest of the day picking yourself apart for not studying harder, for not being smarter and for choosing friends like Tony!

National 4-H Week OPEN HOUSE

Warm Springs Extension Office
Friday, October 14
10 a.m. to 5 p.m.

Come have 4-H cookies, coffee or punch and learn more about 4-H!

The advantage of leaders

Helping a 4-H member is like flying a kite—at the beginning it takes so much effort running, pulling and lifting them up out of the weeds that you both end up tattered, frazzled and exhausted! Gradually, though, 4-H members, like kites, learn to stay aloft and bounce from cloud to cloud needing only an occasional tug of

guidance.

Finally, they climb so high that they tug at the thin string connecting you, almost demanding to be set free! Satisfaction comes from releasing them with the knowledge that they can fly freely and well on their own...as the result of your help at the beginning!

Best wishes for a successful kite flying!

Clubs offered

Shawl Making—Laura Switzler

You will learn to select fabric and fringe; sew a shawl to fit you; sew by hand and machine; paint designs on a shawl; and, sew a shawl from start to finish.

Drama Club—Daisy Ike

You will learn interpersonal skills; how to get along with children and adults; all aspects of putting on a play (such as Hiawatha); and, goal setting.

Rockin' 4-H—Clay Penhollow

You will learn to care, feed, water, vaccinate a cow and/or calf; learn how nutrition affects the growth of cows or calves; learn to grow alfalfa and bale hay; learn your responsibility as an owner and caretaker, and; and, evaluate expenses, sale, value and profit or loss.

Grooming Club—Arlene Boileau

You will learn about alcohol and drugs; learn about body changes;

learn the latest hairstyles for boys and girls; learn about public appearance, poise, manners, fashions, inexpensive clothing options; explore your self-image; and, explore the relationship between nutrition, fitness and feeling good about yourself.

4-H Embroidery Club—Mollie Marsh

You will learn basic embroidery stitches and complete one small project.

Traditional Fishnet Making—Buzz Scott

You will learn how to correctly tie and space knots. You will complete one fishnet.

Be watching for more clubs in Warm Springs 4-H! Parents are encouraged to accompany their child and learn right along with their son or daughter.

Care for sewing machine

A properly cared for and maintained sewing machine is a sewing machine that probably won't need costly repair services.

After finishing a garment, use a soft cloth or brush to remove lint and fluff from tension disks, thread guides, feed dog and other exposed areas on the sewing machine.

After each cleaning, place a drop of sewing machine oil in the spring areas under throat and slide plates. If you use your sewing machine all day, clean and oil it at least once daily. Follow the instructions in your machine's care and use manual.

Remember, a little care can help you avoid expensive repair bills.

Many students suffer from stress

Stress is as much a part of life as breathing, and it's a big part of school life, as well. If you can't sleep the night before giving an oral report, or wake up with a knot in your stomach the day of a big test, you know all about it. By reading "Schol Stress: How to Take It in Stride" you know how to beat that stress.

You can also find out how you handle school stress by taking the following quiz. Simply read each situation and pick the response that is most likely to be yours. To find out just how well you handle school stress, ask your teacher for an analysis of the quiz—it's in his or her issue of FORECAST.

1. You've just gotten the word that you have to write a term paper. You can pick the topic—as long as it relates to the American Revolution. The problem is, you hate American history and you're not wild about writing, either. The deadline is two months from today. You:

a. Shut the problem out of your mind for as long as possible. If you've got two months, why worry now? Besides, you work best under pressure.

b. Sit down with a calendar and make an outline of what needs to be done—from research to typing the final draft. Chart out a series of deadlines to complete each step of the project and stick to it.

c. Decide that this will be the best term paper your teacher ever read. You spend the next six weeks thinking about just how great it will be, but you don't do anything until two weeks before deadline. You then put two feverish weeks of work into the project and write the

final draft the night before.

2. In two weeks, you'll have to get up in front of your home economics class and give a 10-minute oral report on fad diets. The thought of speaking in public terrifies you—even when you have your subject down cold. You don't know anything about fad diets. You:

a. Worry for two weeks, gathering every bit of information you can find on fad diets and complaining to anyone who will listen about how unfair it is that you have to give an oral report.

b. Spend the first week gathering all the information you can on fad diets. You work all weekend organizing the information well as you would if you were writing a short paper on the subject. You spend the next week (and weekend) working on your talk. You practice in front of the mirror, in front of your parents and in front of your dog. By the time the big day dawns, you're nervous but prepared.

c. Plan on being "out sick" the day of your talk—and the whole following week, if need be. Your motto is, "when in doubt (panic or fear), make yourself scarce."

3. Algebra is your least favorite subject—and the subject that is hardest for you, as well. Your algebra teacher is making your life miserable by quizzing the class every Friday on what you were supposed to learn during the week. You're not learning much, it's midway through the semester and you've got a D average. You:

a. Decide not to do anything. A 'D' is a passing grade—though just barely—and you'll never need this stuff anyway.

b. Decide that you'd better go in

and get some extra help. You arrange to spend one study hall a week with your teacher and you give your algebra homework top priority. It's the first thing you tackle at night.

c. Complain bitterly to your friends and family about how hard the subject is, how mean the teacher is and how miserable you are to be taking algebra. But you don't do anything about it, except worry.

4. Final exams are always a trauma for you. You're a good student, but you don't test that well. Finals are just around the corner. You:

a. Are having trouble sleeping already. You're also having trouble studying. This happens to you every year, so you're miserable, but resigned to your fate.

b. Map out a study plan for the next four weeks. You give yourself pep talks, complain to your friends (you know you're doing it to get encouragement, but what are friends for?) but you study. You're also careful to get plenty of exercise, so you're tired enough to sleep at night.

c. Do what you usually do when you're worried about something—pretend you don't have a care in the world. You go out with your friends, watch TV, go to the movies, play sports, and don't enjoy any of it.

5. Your older brother was a whiz in school—straight A student, always on the honor roll, always top of his class in everything. You're a good student, but not great, and you're faced with comparisons to your brother. It just happened again. Your English teacher has just said, "I had Bill in my class two years ago. He was a terrific student!" You: