What seniors should expect from their doctors

Quality health care depends on a good doctor-patient relationship and the patient's active participation in his or her health care. Being well-informed about your health condition and health needs is also a

Ideally, you are more knowledgeable about your particular health problem and better equipped to deal with it at the end of a visit to your doctor. Above all, avoid leaving the office feeling dissatisfied, list with you and use it when you unsure or unclear about the information you were given.

There are several ways to avoid this feeling of uncertainty or dissatisfaction. The following is recommended:

□ Be clear about the reason for your visit and what you expect from the doctor before your appointment.

☐ Write down your questions and concerns in advance. Take this

Easy homemaking hints offered

talk with your doctor.

☐ Expect your doctor to take time to listen to you. Don't be afraid to ask questions. A doctor should give you honest, understandable answers or arrange for a staff person to answer your questions.

☐ Be honest. Tell the doctor exactly how you feel, your symptoms, concerns and reactions to medications. Share any reservations

up kitchen cabinets, paint the inside

areas first. Save the doors and

frames for last to avoid rubbing

It's easy to clean water based

paint from brushes with Lysol Pine

Action. Simply rinse off with a solu-

tion of Pine Action. For oil based

paints, let brushes soak in a con-

tainer with enough Pine Action

(full strength) to cover bristles.

Rinse with hot water before using

against wet surfaces.

you have about prescribed treat-

Ask a family member or friend to accompany you to the doctor's office if this would make you feel more comfortable. Having another person present can be particularly helpful if you have difficulty hearing or remembering details.

Ask for written instructions if. they will be useful to you.

Prepare now for winter

Information on this page provided by the by the Warm Springs Office

of the Oregon State University

Extension Service

Phone: 553-1161, ext. 238 or 239

To make sure you're ready for the blast of colder weather, here are some handy tips to help you use energy wisely and efficiently this winter. *Furnace maintenance. Have

your furnace cleaned, oiled and serviced so it will run more efficiently, saving you money. Check for and replace any damaged or worn belts. Remember, an annual furnace checkup can save you energy dollars in the long run.

*Clean furnace or heat pump filters. Dirty fiters make your heating system work harder and less effi-

*Make sure registers or baseboard heaters are clean and not blocked by furniture or draperies.

*Caulk around doors and windows. Replace dried out caulking that may be leaking air. Don't forget to caulk where pipes or wires, such as cable televsion, enter the

*Weatherstrip around doors and windows. Inexpensive kits are available at most hardware stores. Old weatherstripping may need to be

*Put storm windows and doors in place.

Replace missing siding or shing-

*Repair broken or cracked win-

dow panes. *Insulate exposed water pipes in

unheated spaces to prevent freezing. *Check attic insulation. You. should have at least eight to nine inches of insulation in the attic to

lower heating costs in your home. *Check floor insulation to be sure it's still in place. If there is no insulation in the floor, consider installing it. Floors will be warmer and heating costs will be lower.

*Check heat ducts in unheated attics, basements andd crawl spaces. Be sure they are connected, sealed with duct tape and insulated.

Financial advice available

To the person just graduating from high school or college, or the newlyweds, or anyone becoming financially responsible for his or her own fate, the world of insurance, banks and credit can seem overwhelming. A booklet offered by the U.S. government can help sort through the confusion.

Getting Started: Establishing Your Financial Identity tells what to look for in a bank, describes several types of insurance policies, takes the mystery out of employee benefits and offers tips on establishing a credit rating.

The first step, says the booklet, is to open a bank account. Some of the questions to consider when picking the bank (or other institution) for you include:

*Does the institution provide prompt, courteous service? *Is the location convenient for

*Can you make deposits and

withdrawals at hours that fit your scheduile-such as through an automatic teller machine?

*What fees are charged for the institution's services?

To build a credit record, you have to show a history of paying debts fully and on time. You might start by borrowing a small amount of money from the bank where you have your checking or savings accounts. As you repay this loan on schedule, you'll be establishing a good credit rating. You can also open accounts at local stores.

There's a lot more in the booklet. To get a copy, send 50 cents along with your name and address to R. Woods, Consumer Information Center, Pueblo, CO 81009. Ask for item #453T.

Consumer tips presented

Did you know?

If you're trying to shake the salt habit, read food labels. "Sodium Free" means the product contains less than five miligrams of sodium perserving. Products marked "very low sodium" must have 35 milligrams or less, and those marked "low sodium" must have 140 milligrams per serving or less. Products may also be marked "reduced sodium", which means that the sodium used in processing the product has been reduced by at least 75 percent from the level of the conventional product.

Did you know?

Less expensive cuts of meat such as chuck roast can be tenderized by

long, slow cooking in a covered pan. Marinades containing some type of acid such as vinegar, citrus or tomato juice will also help to soften the meat fiber and connective tissue. Chuck or flank steaks can be tenderized by pounding with a meat mallet or the edge of a heavy saucer. Commercial tenderizer can also be used to break down the connective tissue.

Did you know?

New federal regulations have set required protein levels for three types of products labeled "ham." The name "ham" standing alone means that the lean meat in the can or wrapper contains at least 20.5 percent protein. Brands labeled 'ham with natural juices" must contain at least 18.5 percent protein, and those labeled "ham-water added"must contain at least 17 percent protein in the lean meat.

Did you know?

The U.S. Department of Agriculture operates a meat and poultry hotline that is staffed by home economists from 7 a.m. to 1 p.m. Pacific time. The toll-free number is 1-800-535-4555.

Use the same Lysol Pine Action a lemon When it comes to cleaning the solution to tackle another, yet often house, whether it's just a weekly To keep the plate on your iron ; shiny and efficient, clean and then pick-up or a thorough seasonal neglected chore-cleaning the garcleaning, one good rule to remember bage pail. Wipe down the pail inside rub on silver polish. Rinse. Makes and out with the solution to help is that the best way is often the the iron faster and easier to use. easiest way. Here are some hints to ■ If you are planning to spruce deodorize and kill household germs.

help you: Hate to defrost the refrigerator ing pine fresh. and freezer? You may be surprised to learn that if you vacuum the back of the appliance, you'll have to do the job less often. Vents clogged with dust and dirt force the motor to with a little hair spray. Then wash off with Lysol Pine Action cleanser work harder and build up more ice.

 Discolored aluminum pots, and water. even those black with mineral deposits, can be cleaned by filling the pot with hot water. Add a few teaspoons of cream of tartar, depending on the size of the pot. Boil. That's all!!

Keeps those much used pails smell-Don't let ballpoint ink or newspaper ink stians on hard surfaces dismay you. Whether it's vinvl. formica or no-wax surfaces, spray

wine stains on table linen? Soak in boiling milk. When stain fades, launder as you usually would. If the stain is unusually stubborn, again. sprinkle with salt and rub with half

Include exercise in your winter schedule

area of two to three feet and let the Just because it's getting chilly, mixture soak on the surface for don't think you have to go into about 15 seconds, then rinse with a hibernation. Plan now for your clean sponge. If you give the solution time to penetrate the surface, it means either making a commit-will do most of the work for you. ment to an outdoor brisk-walking exercising.

program or shifting your program indoors. Remember, fitness is temporary. All of the gains you have winter exercise program. That made during the summer will dis-

Stress can affect teens negatively

say this when pressures are getting to be too great.

■ Grease build-up on painted

walls and cabinets? Start with a gal-

lon of hot water and add 1/4 cup

Lysol Pine Action cleaner. Apply

with a sponge, starting at the bot-

tom of the wall or cabinet. Cover an

"It's a trapped feeling. Things were getting worse and worse and I couldn't see a way out," said one teen who had become seriously depressed. These are the words of a young person in seriouis emotional

HOW STRESS WORKS

Stress comes from threats to our safety and makes us feel afraid. That fear often is felt as a knottedup stomach fast heartbeat, dry mouth or headache. Behavior changes, and young people may drop things, become confused, pace

the floor or bite their lip.
Energy is produced by stress. The key to coping with it is using the energy to adapt and grow. Young people who block their fear and energy place themselves in a "pressure cooker" situation. This can lead to emotional "explosions" and other serious consequences. PRESSURE BUILDERS

Five characteristics of life events are most likely to cause excessive

stress in young people. *The event is very intense. The

Early birds

"I'm stressed out." Teens often death of a parent is an example. *The event lasts a long time. A chronic illness such as diabetes in an example.

*Stressors pile up. One event by itself might be okay, but when many stressful events occur at the same time, pressure builds quickly. *The event is not normal for a

person in the individual's age group. A simple example of this is the ability of most teens to shrug off an occasional bout with pimples, although a severe case of acne is highly stressful.

*The situation is beyond the control of the individual. For example, the divorce of parents can create a situation in which the young person wants to change things but can't do much about the

IELPING KIDS COPE Here are a few of the things you as an adult can do to help youngs-

ters cope with stress:

*Help them plan their projects. Too often young people put things off until the last minute.

*Help them focus their efforts on things that they can change. Some young people use up too

much energy on things they do not have control over.

*Listen to youngsters when they *Help them understand that time

often helps more than anything else when depression gets them

*Let them know you care about

*Let them know when they're doing well. Young people-just like anyone else-love to hear words like, "I'm proud of you."

Proper care keeps machine in stitches

Taking the time to care for your sewing machine will assure you that it will always be "ready to stitch." Probably the most important thing you can do is to keep it clean and oiled. When you finish sewing for the day, take a minute or two to clean the bobbin area. Lint collects, which contributes to stitching prob-

When cleaning your machine, use a lint brush (comes with the machine), a pipe cleaner or an air

wannas and poor me's."

*Inability to concentrate

*Lots of procrastination

*Lots of rationalization

*Low output of quality work

These symtoms tell you that you

Wheaty Carrot Cake

3 cup nonfat dry milk powder

canister. Don't blow into a sewing machine since your breath is also humid.

Canned air is a usuful notion for most home sewers. One blast of compressed air from these aerosol cans removes lint that collects in the bobbin area of conventional machines or in the lopper and knife areas of overlock machines. Home sewers might clean machines more often if they knew about this handy product and used it.

After cleaning the bobbin area, add a drop of oil. Follow your machine guide which recommends the type of oil or how frequent to oil the machine. (At least twice a year.)

After oiling then stitch a few rows on a fabric scrap to run the oil through the sewing machine system.

A few minutes of "care" will result in a machine that is "always ready to stitch."

All I Wanted Was To Sing

When I was in first grade I loved to ces of joy,

When it was my turn I'd stand up may be heading for burnout if you clearly and happily, thoroughly enjoying myself. don't get your life back in balance.

Add some of these symtoms along My teacher declared me singing with the stress they produce can Why did something as innocent

and joyful as the music

of small children have to be turned

The voice should have been sour-

not pride or shame. But my first grade teacher thought that my

brandished in front of my peers... My joy became a mixture of pride and shame and as time when on

talent should be

shame overshadowed pride,. My teacher was the one who wanted

a champion,
All I wanted was to sing.
Unknown a champion;

4-H builds character in youth

4-H's mission is to help young people become self-directing, productive and contributing members of society. More specifically, its objectives are to help young people

1. Develop inquiring minds, an eagerness to learn and the ability to apply science and technology.

2. Learn practical skills, develop competencies and aquire know-

3. Strengthen abilities to make intelligent decisions, solve problems and manage their own affairs in a fast-changing world.

4. Acquire positive attitudes toward self and a feeling of self-worth.

5. Develop their potential by seeking and acquiring educational and vocational experiences.

6. Improve skills in communication and self-expression.

7. Develop effective interpersonal relationships with adults and other 8. Maintain optimum physical

and mental health. 9. Develop concern for involvement in community and public

10. Increase leadership capabilities. 11. Develop socially acceptable behavior, personal standards and values for living.

12. Develop abilites to perform as productive, contributing citizens. 13. Use time wisely in attaining a balance in life (work, leisure, family, community and self).

Remember! National 4-H Week is October 1-7

Watch for 4-H Sign-up and list of clubs

save gardens The first frost often spells doom for your flowers and vegetables. But you can make them last a bit

longer if you're willing to sacrifice an hour's sleep. How? By hosing the frost off the plants just before the sun comes up. According to a garden expert, it's not the cold that kills the plants, it's the sun hitting the layer of frost. The rapid drying action actually sizzles the leavings, burning them up. A few moments of sunlight is all it takes. So, if you know when the frost is coming, set your alarm and save those

1. Say "please" and "thank you."

7. Say you're sorry if you hurt someone.

14. If you don't get it the first time, try again.

8. Clean up after your own mess.

Don't take things that aren't yours.

5. If you can't say something nice about someone, don't

11. Don't touch something if you don't know where it's

15. Eat your vegetables, drink your milk and go to bed

16. You're special and there's no one else like you in the

2. Be nice.

3. Play fair.

say it at all.

4. Don't tell lies.

6. Don't hit people.

10. Wait your turn.

13. It's OK to cry.

whole world.

12. Go outside to play.

Knowing when life is out of balance

Your mind and body have a way of telling you when your life is out of balance. If you are trying to work around the clock with little rest, hardly talking time out to eat, you may experience some of the symtoms.

- Loss of energy
- *Loss of motivation *Loss of enthusiasm
- *Oversleeping or insomnia
- *Overeating or appetite loss

- *A good case of the "I don't
- teaspoon baking soda Most of what you need to know teaspoon baking powder 2 teaspoon ground cinnamon you learned in kindergarten!
 - 2 tablespoons butter cups shredded carrots 1/2 cup chopped pecans cup cooking oil

cup granulated sugar

cup packed brown sugar

cup whole wheat flour

cup all-purpose flour

I teaspoon vanilla MICROWAVE DIRECTIONS 1. Stir together flours, milk powder,

baking soda, baking powder and cinnamon. Set aside. 2. In a 12-cup microwave-safe fluted tube pan combine 2 tablespoons butter and 1/2 cup of the carrots. Microwave on high power for 2

minutes, stirring once 3. Sprinkle pecans evenly over carrots in pan. Set pan aside.

4. Blend oil and sugars with mixer. Add vanilla. Add eggs, one at a time, beating well after each. 5. Add flour mixture, beating well till blended. By hand, stir in

remaining carrots. 6. Spread batter in prepared pan. Microwave uncovered on medium power 16 minutes. (if you do not

Two ways to cook a cake have a carousel inside the oven you will need to turn the dish a quarter turn every 4 minutes.) Surface of cake will appear wet, but cake will

lead to health problems.

have risen to top of pan. 7. Cook, uncovered, on high power for 1 1/2 minutes. Give dish a halfturn. Continue cooking 30 seconds to 1 1/2 minutes or till surface appears almost dry and a wooden

pick comes out clean. 8. Place cake on rack. Cool 10 minutes. Invert cake onto plate.

CONVENTIONAL DIRECTIONS 1. In saucepan cook 1/2 cup carrots and 2 tablespoons butter till carrots are tender. Spoon cooked carrots into the bottom of a 12-cup fluted tube pan.

Prepare cake batter as directed. Pour batter into pan. Bake in a 325 degree oven about 60 minutes or till cake tests done.

5. Place cake on rack. Cool 10

minutes. Invert cake onto plate.

Every day select some raw fruits and vegetables, some whole grain breads and cereais, and drink plenty of water. Adequate amounts of fiber and fluid are necessary for

Each day you should....

digestion and elimination.