

Make end of life plans before the end

Discussion of funeral plans too frequently take place under highly emotional circumstances immediately following the death of a loved one.

In addition complications easily arise when there is a lack of adequate information about the desires of the deceased, and about options, requirements and costs of funeral arrangements.

Decisions made under such circumstances can be particularly difficult.

Planning allows for better decision-making, reduces confusion and uncertainty at the time of death and results in arrangements that best fit the emotional and financial needs of a family.

Planning also allows you to consider choices, compare prices, get all the necessary information and make a rational decision free from the pressures of other people, time, grief or guilt.

Although circumstances may differ, many questions can be settled by planning. One of the most responsible actions any of us can take is to let our family know our wishes for after-death arrangements. Three of the most important decisions to be made are: Preference for disposition of your body; funeral or memorial service desired, if any and; who will make the arrangements.

Talk with your family about your desires. Give them an opportunity to express their wishes and concerns.

Realize that it may be difficult for some of your relatives to talk with you about death and consequent arrangements. Be sure to tell your family the location of important papers and the names of people to contact.

When making plans be sensitive to the needs of your survivors. They are the ones who will live through the funeral experience. Ask yourself what arrangements would provide the most comfort to those who will survive you. Remember, a primary intent is to be helpful to your family.

Make your plans flexible and not too specific or rigid. They should serve as suggestions to your survivors and express desires, not demands.

Circumstances at the time of your death may make it difficult or impossible for your family to follow your desires. Feeling bound by demands can create additional grief for your survivors, be financially disastrous, or cause guilt if they are not able to fulfill your request.

Consult with professionals. For example, discuss all religious aspects of a funeral with your priest, minister, or rabbi. A conference with a funeral director, cemetery, or your lawyer may also be beneficial.

Funeral homes and cemeteries have brochures available that can be helpful as you consider the various options. A memorial society or association is another resource.

Write a letter of last instructions and selecting a person to implement them. Such a letter eliminates considerable uncertainty and confusion, and therefore lessens disagreements among the survivors about what you want when death occurs.

A letter of last instructions includes information survivors will need to handle, in an orderly manner the matters occasioned by death. It does not substitute for a will or serve as a will; it is only a guideline for your survivors.

Do not place your letter of last instructions in a safety deposit box. It should be easily accessible to the person who will have responsibility for making funeral or other arrangements.

For additional information of funerals and alternative arrangements, contact your county office of the OSU Extension Service and ask for the publication, "When Death Comes," EC 1243.

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

Bothersome insects can invade stored foods in the fall

Many insects are pests no matter what the season, but various types of insects that invade stored foods often seem especially bothersome in the fall.

Protecting stored foods in the home from insect infestation is a matter of keeping storage areas clean and using air-tight storage containers.

Insects usually prefer to establish residence in cereals, flour, corn meal, spices, dried fruits and nuts.

The chance of insect infestation is greater when people buy large quantities of food to store and use over long periods.

Flour beetles (or bran bugs) such as the sawtooth grain beetle are common pests. They are reddish brown, hard-shelled insects about one-eighth inch long. Although adults are usually the first to be observed the brownish-white larvae of these beetles also feed on flour, cereals and condiments.

Flour moths like the indian-meal moth, the Mediterranean flour moth and the meal moth, are gray or reddish-brown, and have a wing span of one-half inch or more. These moths flying in homes are

often the first sight of an infestation. The indian meal moth may be a special problem in stored walnuts.

Mealworms are one-half to three-fourths inch long and have a dark brown to black hard shell.

To control these pests, first locate and destroy the source of infestation. Discard all contaminated food and clean food shelves thoroughly. A vacuum cleaner with attachments designed for use in hard-to-reach places is handy for removing food particles lodged in cracks.

Store seldom-used food products in containers with tight lids.

Coffee cans with plastic lids will keep out adult insects, but the larvae can get under the lids. A jar with a screw-on top is better.

In addition to careful storage of foods, check dried foods periodically.

Usually, thorough cleaning is the only control needed. But if that's not possible, you may want to use a pressurized household insect spray to treat cracks and corners of shelves after removing all dishes and food.

Use sprays only as a last resort. Be sure the spray label indicates it is safe for household use.

Shortcuts for turkey preparation

Shopping—

Fresh turkey—Order ahead and pick up one or two days before cooking. Caution: Don't buy a pre-stuffed raw bird or hold any raw bird over two days without cooking.

Frozen turkey—Buy early to get the size you want. Keep it frozen before thawing for use.

Thawing and Preparation—

Thawing—Using the microwave (follow owner's manual) or thaw in cool water in the sink (change water every 30 minutes). Caution: Do not thaw turkey at room temperature.

Washing the Bird—Remove giblets and neck and wash the bird inside and out in cool water the day before cooking. Pat dry with a paper towel, season and—if you wish—coat the skin with oil, margarine or butter. Cover with plastic or aluminum wrap and refrigerate.

Stuffing—Chop and refrigerate perishable ingredients one day ahead. Combine with dry ingredients and stuff the turkey just before popping it into the oven. Caution: Never stuff a turkey to be microwaved. You can't be sure of thorough cooking.

A Hot, Soapy Water Cleanup—Raw poultry and its juices carry bacteria. Wash your hands, utensils, cutting board, counters, sink and anything else that touches the raw bird with hot, soapy water before any other food comes into contact with them.

Cooking—Save time by microwaving or baking your turkey in a commercial oven bag or covered roaster. Cooking the bird and stuffing separately also saves time. Caution: Don't use long-time, low-temperature (under 325F) cooking. Don't partially cook one day and try to finish later. Both methods are unsafe.

Serving and Leftovers—

Time Management—Prepare several small platters of food ahead. Take them from the oven or refrigerator as needed. Caution: Don't lay a table with perishables before you're ready to eat or replenish serving plates that have been out for some time. Never leave food at room temperature over two hours.

Turkey Soup Coming Up—After dinner, play it safe by removing the stuffing from the bird and refrigerating both. Later, before you go to bed, strip the meat from the carcass, and store the meat and stuffing in meal-sized portions for later use. Caution: Never leave the turkey out all evening for snacking.

Turkey Corn Chowder

- 1 large onion
- 3 Tbsp. vegetable oil
- 1 lb. fresh ground turkey
- 1 12-oz. can whole kernel corn
- 1 large potato, peeled and diced
- 1 16-oz. can tomatoes
- 1 1/2 tsp. salt
- 1/2 tsp. pepper

- 2 tsp. sugar (optional)
 - 3 cups water
 - 2/3 cups evaporated milk
- Saute onion in oil in Dutch oven until onion is translucent. Push to one side. Add ground turkey and cook, stirring until it loses its pink color. Add corn, potato, tomatoes, salt, pepper, sugar and water, stir well. Bring to a boil; cover, reduce heat and simmer 30 minutes or until potato is tender. Just before serving, remove from heat and slowly stir in evaporated milk.

Adorn packages

Attractive presentation can make gifts seem more special. Attaching small items such as a cookie cutter or holiday ornament to the ribbon adds interest. Or, mold a folded strip of heavy-duty aluminum foil to outline and shape of a cookie cutter, remove the cookie cutter and secure ends. Punch a hole in the foil and attach to the gift package with ribbon or yarn. And, an aluminum foil angel can be made using heavy-duty foil folded into a fan and taped to the gift wrap for the skirt. Use two smaller fans for the wings, and a foil circle for the head. You can also make your own paper by creating a stencil or block print and using it to produce personalized wrapping paper.

Other ideas include placing gifts in baskets, colorful shopping bags, or coffee cans covered with adhesive backed paper.



Jeri Brunoe is currently working as an intern with the Warm Springs OSU Extension office. She helps organize 4-H clubs and teaches self-esteem classes. Brunoe began her job in September and works three days a week.

Happy Thanksgiving from OSU Extension

Tips for thawing, roasting turkey given

If you're serving turkey during the holidays, allow time to handle it safely.

Thawing, roasting and storing

leftovers take more time than a ham or a roast would.

If you buy a frozen turkey, thaw it in the refrigerator on a tray to catch the drips. Thawing will take 1-2 days for an 8-12 pound bird and 4-5 days for a bird larger than 20 pounds.

To speed thawing, immerse the bird in cold water in its original wrappings. Refill the sink or large tub with cold water about every 30 minutes. In cold water, thawing times will range from 4-6 hours for the 8-12 turkey to 11-12 hours for a 20-24 pound bird. Microwave thawing is another timesaver.

There's no need to wash the bird before stuffing. While washing does not significantly reduce the number of naturally occurring bacteria on turkey, it increases the chance of splashing them around the kitchen.

Make sure to wash hands, cutting boards, utensils, and the sink after handling raw turkey to prevent the spread of bacteria.

Stuffing ingredients can be prepared the day ahead, but wait until just before roasting to put it into the bird. Store bread cubes and other dry ingredients in a covered container at room temperature. Refrigerate ingredients such as mushrooms, oysters, onions, and celery.

Combine the ingredients and stuff the bird loosely just before roasting. Stuffing in advance will give bacteria a chance to grow.

Don't take roasting shortcuts.

Although using a low temperature for a long time might allow you to start roasting the night before, slow cooking is a food safety hazard. The turkey must reach a high enough temperature as soon as possible to destroy the naturally-occurring bacteria. The best roasting temperature is about 325 degrees F. An 8-12 pound stuffed bird will require 3 1/2 to 4 1/2 hours. Allow 7 1/2 to 8 1/2 hours for a stuffed 24-28 pound bird. Less time is needed if the stuffing is cooked separately. Commercial roasting bags will cut roasting time as well.

The turkey is done when the temperature reaches 180 to 185 degrees F, in the inner thigh. When done the leg will move up and down easily. Stuffing should be at 165 degrees F.

When the turkey is ready to remove the stuffing. Leaving it in lukewarm cavity will promote bacteria growth.

When you're finished eating, take the time to refrigerate the leftovers. Leaving them at room temperature longer than 2 to 3 hours could cause food poisoning.

For rapid cooling, remove the meat from the carcass and store it in containers in the refrigerator. For longer storage, freeze in meal size portions in freezer wrap or plastic containers. Date packages and use the oldest ones first.

Various useful hints offered

Trying to cut the cream in your coffee? Start with light cream. If that tastes okay, experiment with a light cream/whole milk combo. Soon, you might even find that whole milk, or better yet, low-fat milk, suits your purpose. Limit your use of nondairy creamers, though. Most are made with oils that are even more saturated than heavy cream.

Go green! Salad greens, tanga and fresh, are a dieter's delight: A 1 1/2 cup salad is low in calories and has lots of vitamins C and A, good amounts of potassium and even some B vitamins. There's a little iron and calcium, too, and practically no sodium. And the darker the green, the better source of vitamins it is.

Soup is a dieter's friend, and now new research finds that low-

cal soup is just as hunger-soothing as high-calorie soup. At John's Hopkins University, researchers fed two groups of volunteers tomato soup, telling each to eat as much as they wanted. One group ate high-calorie soup, the other, low-calorie soup. Each group felt full after eating about the same amount with the high-calorie eaters consuming 146 calories and the low-cal eaters only 17.

Using magazines, old newspapers and blunt-end scissors, have children cut out pictures of those things for which they are thankful. Let the children glue them on plain paper (freezer paper or an opened out paper bag work well) to make a Thanksgiving collage. Hang or tape the picture on a door, refrigerator front or wall. Or let children tape their cut outs separately on a mirror.

Special holiday recipes given

Nutty Rice Dressing

- 4 Tbsp. butter or margarine
- 2 garlic cloves, crushed
- 1 cup celery, diced
- 1 cup onion, diced
- 1/2 cup bacon or ham, diced
- 1 tsp. dry dill weed
- 1 tsp. salt
- 1/2 tsp. pepper
- 2 cups fresh mushrooms, sliced
- 4 bouillon cubes or chicken base
- 2 cups rice, uncooked
- 1/4 cup oil
- 4 cups water

Saute all ingredients except rice, oil and water in butter, adding the mushrooms and chicken base or bouillon cubes last. In another pan fry rice in oil until golden brown. Add water, reduce heat and simmer for 12 to 15 minutes (do not overcook rice). Stir vegetables into the rice and cook gently for five more minutes. Dressing is then ready to serve. No baking necessary. It can also be chilled and reheated, either in a skillet or in the oven. Rice kernels will not stick together.

Cranberry Bread

- 2 cups flour
- 1 cup sugar
- 1 1/2 tsp. baking powder
- 1 tsp. salt

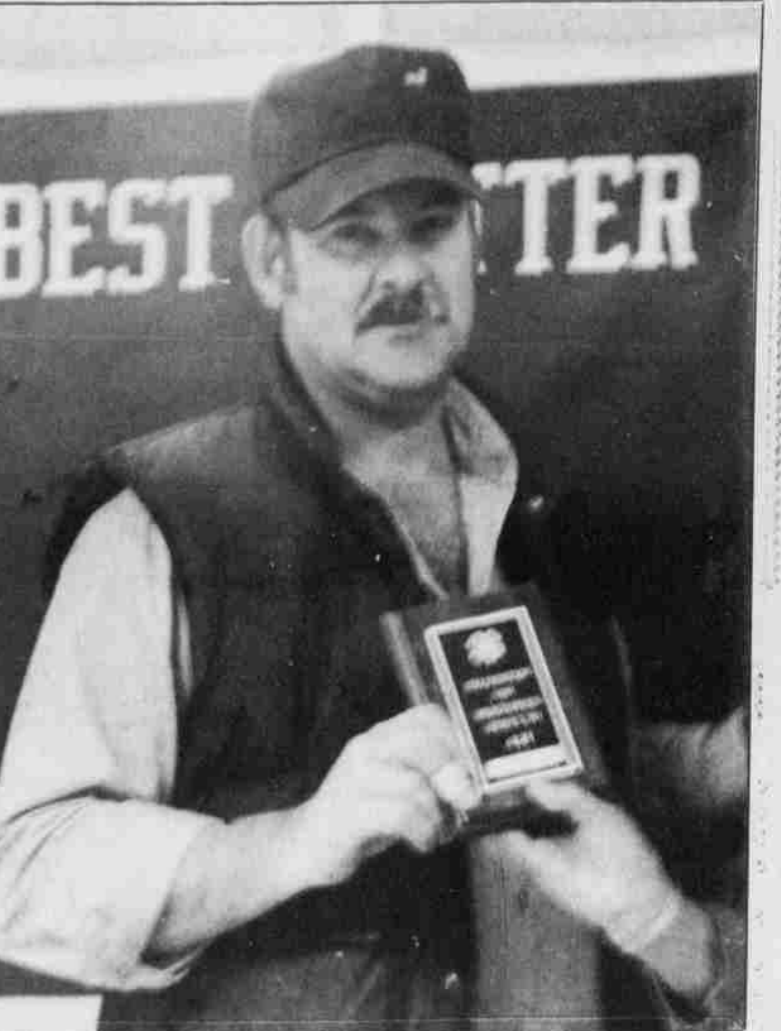
Hot Mexican Bean Dip

- 1 1-lb., 12-oz. can (3 1/2 cups) pork and beans, sieved
 - 1/2 cup shredded sharp cheese
 - 1 tsp. garlic salt
 - 1 tsp. chili powder
 - 1/2 tsp. salt
 - Dash cayenne pepper
 - 2 tsp. vinegar
 - 2 tps. Worcestershire sauce
 - 1/2 tsp. liquid smoke
 - 4 slices bacon, crisp-cooked, drained and crumbled
- Combine all ingredients except bacon; heat through. Top with bacon. Serve with corn chips or potato chips. Makes three cups.

CHRIS CLEVER



Four-H teaches members to handle responsibility through many local and county activities.



Keith Baker was recently honored for his two years' successful leadership of the 4-H Search and Rescue club. The club has 10 members, aged 10 to 16 years. If interested in joining the club, call 553-3433.

Cooperative Extension Service