

## People encouraged to be independent, individualistic

Look at actions to find out what a person is really like. You sometimes have to look at their actions instead of their words. People often say what they think others want to hear. Do your actions go along with your words?

Through decisions we grow. When we shelter another person or even ourselves from making decisions and being responsible, we rob them of the opportunity to grow.

Sometimes, because of background, we feel we should put others before ourselves. But think of yourself like a bank...if you don't make deposits you'll soon go broke! You have the right and the responsibility to protect and take care of

yourself.

Our sense of self-worth comes from ourselves...not from another person. Sometimes we look to another person to make us feel worthwhile. This places a big burden on them and doesn't leave you with much if they go away. Do things that make you feel good about yourself...even if no one else knows about it.

Have goals. What are your goals? If you wait for others to give them to you, you'll miss out on the excitement of achieving them on your own. Plus, they may not have the same goals.

Be an original. Why waste your time trying to be a copy when you

could be an original? We've all been given "talents" and it's up to us to use them. Don't be like the elephant who tried to be a bird. He ended up being a mediocre bird when you could have been the best of elephants.

Change is never comfortable. But if you seem to keep finding yourself in the same negative relationships, you might want to stop and look to see if there is a pattern. Do you want it to continue?

We all have a right to our feelings. We can learn to express them in a positive way and allow others to express theirs. If we shut out our emotions, we shut out the best part of us.

If your car doesn't work, you

would not hesitate to bring it in for repair...yet many people will wait until they're broken down emotionally before they'll ask for help. Asking for help does not show weakness—it's smart.

You cannot control nor be responsible for another person's actions. You are responsible for your own actions and reactions.

Information on this page provided by the  
**Warm Springs Office**  
**of the Oregon State University**  
**Extension Service**  
 Phone: 553-1161, ext. 238 or 239

## When burning wood, keep air clean

Many of us choose to live in Oregon for its beauty and clean environment. The close relationship we have with the outdoors contributes to healthier, less stressful lifestyles. But in many Oregon communities, smoky skies signal a rift in this relationship. Smoke is polluting our air, interfering with our lifestyles and reducing our quality of life.

If you do heat with wood, please do your part in reducing the amount of smoke your stove produces.

Here are guidelines for operating and maintaining wood stoves to reduce smoke emissions, improve stove efficiency and ensure safety.

### Burn only dry firewood

Firewood moisture prevents wood stoves from operating cleanly and efficiently. Green wood or wood that's gotten wet is difficult to ignite. Fires built with wet wood produce a lot of smoke but not much heat. They also deposit more creosote in flues and chimneys. This creosote can ignite and produce very hot chimney fires—a major cause of home fires.

### Efficient wood stove operation

You'll get more heat and less smoke from your wood stove if you

regularly monitor and adjust it for good combustion.

### Follow these guidelines:

- \* Start the fire with paper and dry kindling, with air inlets and flue dampers wide open to supply plenty of air.

- \* Add two or three small pieces of dry firewood. Keep air supplies open to get the fire going quickly.

- \* When the firewood is burning briskly (in about 20 minutes), reduce the air supply for a moderate burn rate. But don't restrict air supply so much that you extinguish the flames.

- \* Burn small, hot fires. Add only one or two pieces of dry firewood at a time. Provide more air after refueling to help ignite the new fuel, then reduce air supply for a moderate burn rate. When the fuel is reduced to coals and you don't need to add more wood, further restrict the air supply.

- \* Look at what's coming out of your chimney. If you see smoke, increase the air supply.

- \* Don't burn garbage, junk mail, magazines, treated or painted wood, plastics or gift wrapping. These materials may produce toxic fumes that are a risk to you in your home,

as well as to everyone breathing the smoke from your chimney.

- \* Don't burn overnight fires. Let the fire burn out after you go to bed. If you need heat, use another fuel source or an electric blanket. Slow, smoldering overnight fires waste wood and are a major source of wood smoke pollution.

- \* If you have an alternate heat source, don't use your wood stove on days when pollution levels are high.

- \* Fully weatherize your home. It will hold heat longer.

## "Fair" set Jan. 20

A "4-H Idea Fair" will be held Saturday, January 20 from 9:30 a.m. to 2:30 p.m. at Obsidian Junior High School in Redmond. A \$1 registration fee, payable at the door, will be charged.

Offered during the Fair will be educational displays, tips on record keeping, T-shirt painting, tailoring with wool, ceramics, sewing tips, and cooking hints among other items of interest.

To register, contact the Warm Springs Extension office at 553-3238.

## Miscellaneous bits of info offered

- \* There's no scientific evidence that mail-order "hair analysis" can tell you anything at all about your health or nutritional status. Many variables affect the chemical content of your hair—such as shampoos and other hair products, environmental pollution, your age and sex, even hair length and color.
- \* Creamed corn contains no cream or dairy products, but it does have enough cornstarch and sugar, which add calories. Canned whole-kernel corn may also contain sugar. Both types are high in sodium—about 700 milligrams in a cup.

- \* American children are watching more television than ever—about 26 hours a week among those six to 11 years old. On a yearly basis, that adds up to more time than they spend in school.

- \* Lead may accumulate in tap water that sits in lead or lead-soldered pipes for several hours. To decrease the amount of lead, the Environmental Protection Agency recommends letting water run for a few minutes before drinking it or cooking with it.

- \* The number of automotive fatalities on rural interstate highways rose an estimated 20 percent in the states that have raised their speed limits to 65 mph, according to the Department of Transportation.

- \* Many people believe that summertime cases of food poisoning are caused by mayonnaise going

bad. But mayonnaise is actually a preservative to some degree—the vinegar and/or lemon juice in it make it sufficiently acidic to inhibit bacterial growth. When people get sick from chicken salad, for instance, it's usually the chicken that does it.

- \* There is a clear-cut relationship between smoking and stroke. Fortunately, if you stopped smoking five years ago, your risk of stroke is the same as that for people who never smoked, according to the Framingham Heart Study.

- \* One veterinarian reports that overweight dogs have 75 percent more cardiovascular problems and 50 percent more cancers and locomotion problems than thinner dogs. The message: Slim dogs, like slim people, live longer, healthier lives.

- \* The average American eats about 150 pounds of sugar per year.

## Bye, bye sour milk

If the milk you buy turns sour before you have a chance to use it all, here's a way to increase its shelf life and make your money go further. Pop it in the microwave. According to studies done by Cornell University, microwaving stops bacteria that turns milk sour from multiplying, keeping the milk fresh for seven to 10 days after the expiration date on the carton. For best results, microwave one cup at a time. Use high power for two minutes. Then refrigerate immediately.

Hypothermia is the dropping of body temperature and is recognized by cool and cold skin that is usually very pale, but may also have large

irregular blue or pink spots. The face is frequently puffy or swollen and this can be an important sign especially when found in

combination with the cold skin and confusion.

The muscles are often unusually stiff particularly in the neck, arms

and legs. This stiffness may be accompanied by a fine trembling, perhaps limited to only one side of the body or one arm or leg. Shivering is an important sign that the body is having trouble keeping warm. Older people frequently shiver less or not at all.

oment, a cocoon of warm air around the body. Clothing should be layered. As a person warms up through exercise, outer layers can safely be removed.

## Work, leisure time should be equally balanced

As we plan for the new year, we frequently think of ways to make improvements—in ourselves, our relationships, our spending habits and our time management.

It is important to consider the balance between work and leisure.

Leisure:

- \* refreshes the brain when it is fatigued. Turning your thoughts to something unrelated to your work can be invigorating. A bank teller could be refreshed by painting china; a car salesman could study abstract art.
- \* relieves job-related stress. Do physical exercise or a hobby to

forget office tensions.

- \* can give a feeling of self-worth. You could uncover a hidden talent by singing in the choir, taking piano lessons or learning to sketch.
- \* enlarges your circle of friends. Giving your dog obedience lessons can introduce you to other animal

lovers; joining the garden club helps you meet other enthusiasts.

- \* prepares you for retirement. You will have developed several skills and interests through leisure activities that you can continue after a career. Friends made on the job will be left behind. But you can

continue to see your leisure-time companions.

To evaluate leisure activities, ask yourself: Is what I am doing the best thing for myself and for those I care for? Is it going to help me or hurt me? Can I keep it up as I get older? Will it eventually make me content?

## Heifers are expensive to grow out

It has been said the most expensive enterprise in a cow/calf operation is growing out heifers. How the heifer is fed from the calf to the

yearling stage is critically important and will affect her ability to produce calves plus determine the cost of developing replacement heifers.

Research at Clay Center indicates that heifers that are fed to proper weights for their frame score at breeding and calving time enter the cow herd better able to produce and wean heifer calves. Heifers that calve early in their first calving season continue to calve early and wean heavier calves throughout their lifetime.

It is important to manage breeding heifers so they calve early in their first calving season. Providing an adequate feeding program will ensure this to happen. By bringing as many of the heifers to

the proper weight for breeding and calving will reduce overall costs.

Target weights for medium framed Hereford-Angus Cross heifers should be around 675 pounds at puberty or breeding. If the heifer is to calve at two years she will need to weigh 675 pounds at 14 to 15 months of age.

A heifer that is weaned at eight months of age and 450 pounds must gain 200 pounds in the 166 winter feeding program and spring turnout period to be at the 675 pounds weight for breeding. It is rare that heifers or yearlings will gain more than .5 pounds per day in the first 40 days of spring turnout. So it is important that the majority of the weight gain be done in the winter feeding period.

## Clean carpets are a snap!

The cardinal rule in carpet cleaning is to act promptly with quick action, simple cleaning procedures can help you keep most carpets looking nice. For nylon and polyester carpets:

1. Scoop up spill and blot excess with clean white cloth or paper towel.

2. Apply cold water over stained area with clean cloth or sponge. Rub deep into the pile. Blot up excess moisture.

3. Apply solution of water and non-bleach detergent. Cover entire stain to bottom of pile. Blot.

4. Reapply cold water. Blot deep into pile till no longer sticky, soapy or wet.

5. Repeat steps 2, 3 and 4 until stain is gone. Finish blotting with clean white cloths or paper towels until all moisture is absorbed.

6. Gently brush up pile or vacuum. Allow complete drying before using.

## Delicious, easy canned salmon recipes given

### Salmon Corn Chowder

2½ pint cans salmon  
 1 can (10½ oz.) Condensed Cream of Potato Soup  
 3 cups milk  
 1 Tbsp. grated onion  
 1 small bay leaf  
 Dash pepper  
 1 can (8 oz.) whole kernel corn  
 Chopped parsley

Break salmon into large pieces. Combine soup, milk, onion, bay leaf and pepper. Heat soup stirring occasionally. Add corn and sal-

mon. Remove bay leaf. Garnish with parsley. Serves six.

### Salmon Supper Loaf

2 one-lb. cans salmon  
 1 cup chopped celery  
 1 cup chopped onion  
 ¼ cup melted butter or margarine  
 ½ pound fresh mushrooms, coarsely chopped  
 2 cups soft bread crumbs or crackers  
 ½ tsp. salt  
 ¼ tsp. pepper  
 2 Tbsp. chopped parsley (optional)

Grated rind and juice of two lemons  
 2 eggs beaten  
 ½ cup milk

Flake salmon, reserving liquid. Sauté celery and onion in butter until tender.

Add mushrooms and sauté five more minutes, stirring often. In mixing bowl combine cooked vegetables with bread crumbs, salmon, reserved salmon liquid, seasonings, parsley and grated rind and juice of lemons.

Add eggs and milk and mix well. Grease loaf pan. Pack salmon mixture into pan. Bake in preheated oven (375F) for 45 to 50 minutes.

Serve as is or decorate top with mashed potatoes. (You may want to brown the top of the potatoes by

placing the loaf under the broiler a short time.)

### Rice and Salmon Casserole

1 pint salmon  
 2 cups hot cooked rice  
 2 Tbsp. butter  
 ¼ tsp. salt  
 1 can condensed cream soup (celery, mushroom, asparagus, etc.)  
 ½ cup bread crumbs, crackers or potato chips

Combine rice with butter and salt. Pat into bottom and sides of a well greased one-quart casserole. Break salmon into chunks and arrange over rice. Pour soup and salmon liquid over salmon and top with crumbs. Bake at 350F for 35 to 40 minutes or until bubbly. Makes four or five servings.

## Suicide myths, facts, signals

**Myth:** "Young people don't kill themselves."

**Fact:** Suicide is the number two cause of death for young people ages 15 to 24.

**Myth:** "People who talk about suicide don't kill themselves."

**Fact:** Eight out of 10 people who commit suicide tell someone that they're thinking about it.

**Myth:** "Young people who attempt suicide won't ever try again."

**Fact:** Four out of five young people who attempt suicide have made a previous attempt.

**Myth:** "There is a suicide type of personality who is more apt to commit suicide."

**Fact:** Suicide happens to all kinds of people, even people who seem "normal." There is no "suicide type."

**Warning signs**

- Talking about or threatening to commit suicide.

- Previous suicide attempts.
- Personality changes, unusual withdrawal, aggression or moodiness.

- Deep depression—observable symptoms include eating more or less, sleeplessness or excessive sleeping and talk of worthlessness.
- A dramatic drop in school or job performance.

- Preoccupation with the subject of death, including the themes of suicide, death or depression in essays or artwork.
- Withdrawal from family and friends.

- Giving away prized possessions.
- Loss of interest in hobbies, sports and other activities.
- Unusual impulsive or reckless behavior.

- Personal neglect, including grooming and dress.
- Drug or alcohol abuse.
- Sudden calm after being upset.

## Don't spill that costly soap!

A container of liquid hand soap next to the sink is now a common sight. But this convenience costs two or more times as much as regular bar soaps. This according to tests comparing number of hand washings per container or bar. For example, one popular brand of bar soap costs 21¢ for 100 washings. The same brand in liquid form costs \$1.00 per 100 washings—five times more for essentially the same soap. You can pay an arm and a leg for fancy bar soaps too. One brand costs \$8.50 per bar. And they won't clean any better than the generic brand from your local supermarket, according to tests. The only dif-

ference is added perfumes, antiseptics or deodorants that can do more harm to skin than good. And the price. Cleaning ability is all the same.

## Watch the fat

To save calories, go easy on fats, sweets and alcoholic beverages. They are often the source of extra calories.

One teaspoon of fat or oil equals 40 calories.

One teaspoon of sugar is 15 calories.

One fluid ounce of 80-proof alcohol equals 65 calories.

## Offer dieter support

Has anyone in your household made a resolution to lose excess weight. If so, give him or her a gift of support.

Dieters are more successful when family and friends support their efforts. That doesn't necessarily mean that you, as the support person, have to go on a diet, too. There are many types of supportive activities.

For example, talk about dieting and help the dieter plan nutritious low calorie menus that he or she can stick with for a lifetime.

Work within the framework of familiar family food habits to achieve a gradual weight loss (one to two pounds per week). Count calories together and help the dieter learn the size of suitable portions. Smaller plates give the illusion of larger helpings.

Be willing to take higher calorie desserts and snacks out of home meals. Cake, pie, ice cream and chips may be too much of a temptation to the dieter. Be supportive by eating such desserts when you're away from home.

Be aware that beer and alcohol contribute unneeded calories. Help the dieter substitute lower calorie beverages such as iced tea.

When eating away from home with the dieter, be willing to patronize restaurants that offer ala carte and low-calorie choices. Help the dieter to make wise food selections.

You can also help the dieter establish new eating behaviors that cut caloric intake. For example, don't eat in front of the television set. Learn to eat slowly, enjoying family conversation during meals.

Encourage the dieter to exercise by participating yourself. Try walking in place of "couch potato" activities like TV watching. In addition to burning off calories, exercise is a good substitute when tempted to eat.

When it comes time to celebrate, downplay food and drink. Birthdays, Christmas and other holidays are just as special with less food and more family interaction.

Be aware that your own behavior can deter a family member who is dieting. Be understanding when weight-loss stalls. Don't scold the dieter for not losing. If they leave food on their plates, praise them, then help them make better estimates the next time they serve themselves.

If you're serving, dish up small amounts first, then offer second helpings and lower-calorie choices. This will cut waste as well as waistlines.

Above all, remember that a change in food habits is the most important outcome of weight reduction activities. Permanent changes will help the dieter to keep off pounds that are lost. Your continuing support will be needed.