

## Are your children becoming potential couch potatoes

By the time today's child turns seventysomething he (or she) will have spent a full seven years in front of the "tube." Indeed, the nations youngest generation uses up more time watching T.V. than it does engaging in any other single activity except sleeping. The average two to seventeen year old

devotes upward of 22 hours a week viewing everything from cartoons to soap operas to sitcoms. And that doesn't include time taken to rent movies and or play video games on the VCR.

The statistics are a cause of concern for the American Academy of Pediatrics. One reason is that too

much time spent watching television may contribute to obesity. Consider that watching the tube burns only a few more calories per hour than sleeping. And it can keep a child from expending calories on other more strenuous pursuits like gymnastics or little league during after-school hours.

Research has also shown that those who tune in to television regularly are likely to snack on high-calorie foods such as potato chips and soda pop during air time. Finally, some overweight youths may get caught up in a vicious circle of turning to TV for entertainment because they feel self-conscious about their bodies and then hesitating even more about joining in physical activities with kids that are in better shape.

If your little one is "glued" to the TV day in and day out, nip the habit in the bud. The Academy of Pediatrics suggests that parents limit their children's favorite television time to no more than two hours a day and, at the same time, encourage their youngsters to playing ball, swimming or jumping rope. Some youngsters won't even need the encouragement after the set is turned off. The TV-less boredom alone can get the children moving, says William Dietz, MD, a researcher in childhood obesity at the Tufts University-affiliated New England Medical Center.

## Use various methods when teaching youth

Young people will be more interested and active learners if a variety of teaching methods are used. How much information a learner retains will vary from method to method. Remember that "learn by doing" is a basic concept in 4-H and often the best way to retain knowledge.

**Reading:** Young people will retain approximately 10% of what they read. Printed project materials and other literature are important ways to share knowledge, but they should be supplemented with other learning methods.

**Hearing:** The members will retain approximately 20% of what

they hear. Most teachers talk too much. Give young people a chance to explain and discuss what is presented.

**Seeing:** Young people will generally retain 30% of what they see. Exhibits, posters and illustrations are a big plus in teaching, especially when the young people prepare materials to share.....

**Hearing and Seeing:** When young people see and hear new material, they will retain approximately 50%. Observing demonstrations, seeing movies, slide/tapes, etc. and participating in tours are generally popular teaching methods.

**Saying:** The members will retain approximately 70% of what they personally explain. When the young people become an active part of the learning process, the amount they learn increases dramatically. Discussion groups and judging experiences are two important ways members can express their ideas.

**Saying and Doing:** When young people are actively involved in saying and doing, they retain approximately 90% of the material.

These are teaching methods you may want to adapt to your group or experiment with other methods.

## Health insurance confusing?

Are you lost in the maze of health insurance? Help is available.

By taking the following advice from the Oregon Insurance Division's staff, you can be a smarter health insurance consumer:

- Read your policy or your group medical benefits booklet. This may sound like common sense, but surprisingly few Oregonians have taken the time to really become familiar with their coverage.
- If something is unclear, contact your agent or personnel office

for an explanation.

- Do not sign a blank health insurance application or one that isn't complete and correct. If your application isn't accurate, you could risk losing your benefits.
- Remember that the savings of buying insurance from unknown or distant companies and agents is usually offset by the cost and inconvenience of correcting problems or misunderstandings.
- People who have health conditions should be extremely cautious about changing insurance companies.

When outdoor temperatures are high, daily watering of container and hanging basket plants is not unusual.

Soil in metal drums, gallon cans, plastic tubs, wooden boxes and flower pots can dry out quickly, especially in full sun.

Water container plants when the soil is dry. Stop applying water when it begins running out of the container's drain holes. Avoid getting the container soil excessively soggy and don't leave water standing on the soil surface.

The simplest way to protect container plants from extreme heat is to move them to a cooler location during the hottest part of the

day. Frequent watering of container plants makes more fertilization necessary because large amounts of moisture leach nutrients out of the soil quickly.

Soluble, all-purpose fertilizers that can be mixed beforehand in water are easiest to use with container plants. Apply this type of fertilizer every week during periods of frequent plant watering.

## You can save money on car insurance premiums

Do you think your auto insurance costs too much?

Here are a few tips from the Oregon Department of Insurance and Finance on how to bring your premiums down:

- Shop around. You may find several hundred dollars difference

between insurance companies.

- Increase your deductibles; do not use your policy to cover small losses.
- Pay your premium in full instead of in monthly payments.
- Drive defensively. A good driving record means a lower premium.
- Find out how much it will cost to insure your car before you buy it. Certain makes and models like sports cars are bigger risks to insurance companies and cost more to insure.
- Ask about discounts for good students, good drivers, seniors, non-smokers, defensive driving courses, air bags, anti-lock brakes, and multiple cars.
- Think about dropping collision coverage on any car 12 years old or older because it may cost more to repair than it is worth.

Wash all leaves, stems and buds.

## Give outdoor plants plenty of water during dry season

Warm, dry weather makes plants thirstier than usual, especially those in containers such as planters and hanging baskets.

When outdoor temperatures are high, daily watering of container and hanging basket plants is not unusual.

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## Learn to can August 29

Canning on the Warm Springs Reservation, Housing & Extension Cooperating, Canning Class will be held at the Housing Administration building, at no cost, Wednesday, August 29, 1990 from 1:00 to 3:00 p.m.

While doing your cleaning, do some spring plant cleaning too.

Most houseplants can be washed in warm, soapy water at bathing temperature about 90 to 100 degrees F. The exception to houseplant bathing are hairy-surfaced plants such as African violets and begonias.

Washing Houseplants removes dirt, insect eggs, oily deposits from oil heat, and insecticides. It also helps control houseplant insect pests such as mites, mealy bugs and scale insects.

Repeat the washing at frequent intervals to bring out the natural

## When cleaning house, bathe plants too

shine of plant foliage.

And don't water the plants every time you pass by. More plants die from overwatering than from underwatering. Water houseplants thoroughly, but only enough to prevent wilting. If you overwater, the fine roots, or feeder roots, rot and can't absorb water for the plants.

Repeat the washing at frequent intervals to bring out the natural

## Keep insurance records straight

Insurance is one of the most important purchases you will ever make. Here are a few guidelines to guarantee your insurance will meet your needs when you have to make a claim:

- Read before you sign
- If something is unclear, get an

explanation from your agent or company

- Get it in writing. The only guarantee of coverage is in your contract.
- Ask your agent to walk you through your policy and explain the coverage, its limits and conditions.

Get a copy of every document you sign as you apply for and buy insurance.

- Never pay in cash unless you get a written receipt. Whenever possible, pay your insurance company directly.
- Keep a copy of your receipt, both sides of a money order, or your check.
- Read your policy as soon as you receive it to be sure that what you receive is the same thing you paid for.
- Know your rights and use them.

The Insurance Division offers free help by phone. If you have a question or complaint about an insurance company, call the division's Complaint Resolution and Investigation Section at 378-4636, or write to them a 440 Labor & Industries Building, Salem, OR 97310.

## Yummy venison recipes presented

**Venison Barbequed Ribs**  
3 to 4 lb. game ribs, cut in serving size pieces  
salt and pepper  
water

4 to 5 bay leaves  
1 medium onion, chopped  
1/4 cup margarine or butter  
1 cup catsup  
1 cup chili sauce  
1 tsp. sugar  
2 tbsp. prepared mustard  
1 tsp. Worcestershire sauce  
1/4 tsp. cloves  
1 tsp. salt

Wipe ribs with damp paper towel. Season with salt and pepper. Place in Dutch oven with a little water and bay leaves. Roast covered, in 400° F oven, 1 hour or until brown and crispy. Cook onion in butter or margarine until soft. Add catsup, chili sauce, sugar, mustard, Worcestershire sauce, cloves and 1 tsp. salt. Simmer 10 minutes, stirring occasionally. Serves 4.

**Venison Roast**  
4 to 5 lb. roast  
1 tsp. salt  
1/2 tsp. pepper  
1 tsp. monosodium glutamate  
2 tbsp. instant minced onion  
2 tbsp. Worcestershire sauce  
4 slices bacon  
2 lemons sliced

Remove all fat from venison roast. Place in a roasting pan and rub with salt, pepper and monosodium glutamate. Sprinkle onion and Worcestershire sauce over roast. Cover roast with bacon and lemon. Cook covered, at 300° F for 4 hours or until tender. Add a small amount of hot water, if needed. Serves 8 to 10.

**Venison Savory Roast**  
5 lb. game roast (trim off fat)  
1/2 cup cider vinegar  
1/4 cup chili or catsup  
1 tsp. flour  
1 tsp. Worcestershire sauce  
1 tsp. dry mustard  
1/2 tsp. chili powder  
2 tsp. salt  
1/4 tsp. pepper  
2 tbsp. honey or brown sugar

Wipe roast with damp paper towel. Make paste of vinegar, chili sauce or catsup, 1 tsp flour, Worcestershire sauce, mustard, chili powder, salt, pepper and honey or brown sugar. Rub well into meat. Place on rack in roasting pan. Lay strips of bacon over top and hold in place with toothpicks. Dot with butter or margarine and pour water around (not over) meat. Brown in 450° F oven, basting every 10 to 15 minutes with drippings. Occasionally sprinkle lightly with flour before basting. When well-browned after about 1 hour, reduce heat to 350° F and roast 4 hours longer if meat is from a young animal; 5 hours if from an older animal. Add more water as moisture evaporates. Thicken drippings with flour for gravy. Serves 8.

**Venison Pot Roast**  
3 to 4 lb. roast  
2 cups water  
1 bay leaf  
1/2 tsp. thyme  
1/4 tsp. basil  
1/4 tsp. pepper  
1/4 tsp. celery salt  
1/2 tsp. salt  
4 slices bacon  
4 carrots, quartered  
4 small rutabagas, quartered  
6 small potatoes, quartered  
1 small onion, sliced  
1/2 cup sour cream  
use other vegetables if desired

Place roast, water and seasonings in a heavy pan. Lay bacon strips on roast. Cover pan tightly. Simmer until nearly tender. Add vegetables and cook with the roast until all vegetables are tender. Add sour cream. Heat but do not boil. Serve immediately. Serves 6 to 8.

4 strips bacon, thinly sliced  
1/2 cup butter or margarine  
2 cups hot water  
flour

Wipe roast with damp paper towel. Make paste of vinegar, chili sauce or catsup, 1 tsp flour, Worcestershire sauce, mustard, chili powder, salt, pepper and honey or brown sugar. Rub well into meat. Place on rack in roasting pan. Lay strips of bacon over top and hold in place with toothpicks. Dot with butter or margarine and pour water around (not over) meat. Brown in 450° F oven, basting every 10 to 15 minutes with drippings. Occasionally sprinkle lightly with flour before basting. When well-browned after about 1 hour, reduce heat to 350° F and roast 4 hours longer if meat is from a young animal; 5 hours if from an older animal. Add more water as moisture evaporates. Thicken drippings with flour for gravy. Serves 8.

Place roast, water and seasonings in a heavy pan. Lay bacon strips on roast. Cover pan tightly. Simmer until nearly tender. Add vegetables and cook with the roast until all vegetables are tender. Add sour cream. Heat but do not boil. Serve immediately. Serves 6 to 8.

Count may surprise you....

## Thirst quenchers add calories

When it's hot, your body needs plenty of liquids to replace the fluids it loses through sweat. But don't depend on your thirst to tell you when enough is enough. A general rule: Drink at least 1 1/2 times the amount that quenches your thirst. Shun beverages that contain alcohol or caffeine because they're dehydrating. Limit the amount of sugar-sweetened beverages. Their calories may surprise you.

Beverage	Calories
Sparkling or mineral water, or club soda (12 oz.)	0
Diet Coke, Diet Pepsi, Diet 7up (12 oz.)	0
Iced Tea (unsweetened) (8 oz.)	2 to 5
Powdered Drink mix sweetened w/aspartame (8 oz.)	3 to 5
Gatorade (8 oz.)	39
Original New York Express iced coffee (8 oz.)	69
Kool-aid (8 oz.)	80
Hawaiian Punch, Tang or Libby's juicy juice (6 oz.)	90
Hi-C (6 oz.)	80-100
Dole Pure and light (6 oz.)	90-100
Original New York Seltzer (10 oz.)	100-126
Lemonade (8 oz.)	100
Sundance Fruit Juice Sparklers (10 oz.)	119-133
Ginger ale (12 oz.)	124
Tonic Water (12 oz.)	125
Root beer, Coke, 7up, Pepsi (12 oz.)	152-160

## Diabetic drinks are sugar-free

**Lime Fizz**  
If you like Fresca, you'll love this refresher.

2 servings 1 serving: 1 large glass  
6 ice cubes  
1/4 cup fresh or bottled, unsweetened lime juice

Artificial sweetener to substitute for 6 teaspoons sugar  
1 bottle (10 ounces) club soda

Crush ice cubes and divide between two 10-ounce glasses. Dissolve sweetener in lime juice, then pour 2 tablespoons of mixture on top of crushed ice. Pour half bottle club soda on top of each; stir briskly with spoon. Serve immediately.

Nutritive values:  
CHO 1 gm., PRO 0, FAT 0, Calories 4, Sodium 30 mg.  
Food Exchange per serving:  
One large glass may be considered "free."

Low-sodium diets:  
This recipe is suitable.

**Orange Fizz**  
2 servings 1 serving: 1 large glass  
6 ice cubes  
1/2 cup orange juice  
1 teaspoon lemon juice  
1/2 teaspoon pure orange flavor  
Artificial sweetener to substitute for 2 teaspoons sugar (optional)  
1 bottle (10 ounces) club soda  
1 thin slice orange

Crush ice cubes and divide between two 10 ounce glasses. Mix together orange juice, lemon juice, and orange flavor; dissolve sweetener in fruit juices. Pour 1/4 cup of mixed juices into each glass. Pour half bottle club soda into each glass. Stir briskly. Cut orange slice in half crosswise, then fit onto edge of glass. Serve immediately.

Nutritive values per serving:  
CHO 6 gm., PRO 0, FAT 0, Calories 28, Sodium 26 mg.  
Food Exchange per serving:  
1/2 Fruit exchange  
Low-Sodium diets:  
This recipe is suitable.

**Tomato Fizz**  
2 servings 1 serving: 1/4 cup  
4 ice cubes  
1 cup chilled tomato juice  
2 teaspoons lemon juice  
2 teaspoons Worcestershire sauce  
1/2 teaspoon celery salt  
2/3 cup club soda

Put ice cubes in two 10 ounce beverage glasses. Combine tomato juice, lemon juice, Worcestershire sauce, and celery salt; mix well. Pour on top of ice cubes. Add club soda and stir vigorously with spoon. Serve immediately.

Nutritive values per serving:  
CHO 6 gm., PRO 1 gm., FAT 0, Calories 24, Sodium 952 mg.  
Food Exchange per serving:  
1 vegetable Exchange  
Low-sodium diets:  
Omit celery salt. Use unsalted tomato juice and low-sodium Worcestershire sauce.

**Foamy Orange Cup**  
2 servings 1 serving: 1/4 cup  
1/2 cup skim milk (or buttermilk made from skim milk)  
1/2 cup unsweetened orange juice  
Artificial sweetener to equal 1 teaspoon sugar  
1/4 teaspoon vanilla extract  
1/4 teaspoon almond extract  
Dash of salt  
3 ice cubes, cracked into small pieces

Place all ingredients in blender; cover. Blend on low speed until ice cubes are crushed and the drink is foamy.

Nutritive values per serving:  
CHO 10 gm., PRO 3 gm., FAT 0, Calories 52, Sodium 113 mg.  
Food Exchanges per serving:  
1/2 Milk Exchange plus 1/2 Fruit Exchange.

**Pink Lady**  
2 servings 1 serving: 1/4 cup  
1 cup skim milk  
3 ice cubes, cracked into small pieces  
1/2 tsp imitation rum extract  
1 to 2 drops red food color  
Artificial sweetener to equal 1 teaspoon sugar  
1/4 tsp vanilla extract

Chill serving glasses. Measure all ingredients into blender container; cover. Blend at low speed, then switch to high until ice cubes are crushed and mixture is foamy and well blended. Pour into glasses.

Nutritive values per serving:  
CHO 6 gm., PRO 4 gm., FAT 0, Calories 44, Sodium 64 mg.  
Food Exchange per serving:  
1/2 Milk Exchange  
Low-Sodium diets:  
This recipe is suitable.

**Chocolate-Flavored Syrup**  
10-20 servings 1 serving: 1-2 tsp  
1/2 cup (43 grams) dry cocoa, firmly packed  
1 1/4 cups cold water  
1/4 teaspoon salt  
Artificial sweetener to substitute for 1/2 cup of sugar  
2 1/2 teaspoons pure vanilla

Mix cocoa, water, and salt in a heavy saucepan until smooth. Bring to a boil, simmer gently, stirring constantly for 3 minutes. Remove from heat; let cool 10 minutes. Add artificial sweetener and vanilla, mix well. Pour into a jar, cover, and store in refrigerator. Stir well in jar before measuring to use.

Nutritive values per serving:  
CHO 1 gm., PRO 0, FAT 0, Calories 6, Sodium 28 mg.  
Food Exchange per serving:  
Up to 2 tablespoons may be considered "free." If 1/4 cup is used count as 1 vegetable Exchange or 1/2 Fruit Exchange.

**Chocoholic**  
2 servings 1 serving: 1/4 cup  
1/2 cup skim milk  
1/2 cup unsweetened orange juice  
Artificial sweetener to equal 1 teaspoon sugar  
1/4 teaspoon vanilla extract  
1/4 teaspoon almond extract  
Dash of salt  
3 ice cubes, cracked into small pieces

Place all ingredients in blender; cover. Blend on low speed until ice cubes are crushed and the drink is foamy.

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Food Exchanges per serving:  
1/2 Milk Exchange plus 1/2 Fruit Exchange.

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Information Provided By:  
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## Extension notes new staff, upcoming classes, 4-H clubs

**Clay D. Penhollow**...Agriculture, CRD and 4-H Youth Agent  
**Mollie Marsh**...Home Economics Agent  
**Deborah B. Scott**...Home Economics Aide  
**Arlene Boileau**...4-H Youth Intern  
**Justine "Tina" Aguilar**...4-H Youth Program Aide  
**Jeri Brunoe**...1/2 time 4-H Youth Intern  
**Eraina Palmer**...Secretary

later but she did an excellent job of learning the functions of Secretarial work. We all share the girls in different areas and we are very proud of them. They have been doing a good job, good luck in school this fall girls...Thank you very much from all the Extension staff.

Remember Oregon State Fair starts soon, August 23, thru September 3, 1990.

If you have any questions call us at 553-3238. Canning is upon us now so call Mollie or Deb they would be glad to help answer your questions. Also they are giving mini-workshops in canning, jams & jellies, quick pie filling with clear-jel so if you want to have them come into your homes to give a demonstration please don't hesitate to call.

4-H clubs will be starting soon so call Arlene or Tina to get those children signed up for this fall. Be watching for a list of clubs and leaders for this year right on this page of your Spilyay Tymoo. If you are interested in being a leader contact Tina right now.