

Take instant fun for holiday travel

Take along some instant fun if your holiday travel includes young children.

To help time pass on a long ride, be it train, car or plane, put together some art activities that will entertain youngsters. You can travel nearly by storing these activities in clear, resealable plastic storage bags.

Children should not travel with scissors and pre-schoolers should not travel with sharpened pencils.

Here are some possible art activities. Store one activity per sack.

* Crayons and imagination paper (sheets or paper cut into a variety of shapes.)

* Pre-gummed papers or colored paper and glue stick and white construction paper cut into notecard size or postcards. Paper can be pre-cut into strips and shapes (rectangles, hearts, half-circles and others) to glue down.

* Paper sewn, stapled or folded into booklet form and crayons or colored pencils. Children can draw a picture of things they see along the way, making a picture diary.

* Jumbo pencils, paper and shapes that can be traced around or rubbed for textures (combs, keys, compacts).

* Egg carton spikes to make simple puppets. Smaller-than-a-penny cotton balls, fabric scraps, small shapes of construction paper and glue sticks. Cut off the spikes inside a cardboard egg carton. (These spikes should resemble cardboard thumbtacks and will fit on the tips of the fingers.) Kids use the pre-cut

paper—ovals, circles, triangles—to decorate the spikes as animal or people heads. With a puppet on one finger, the other fingers can serve as the puppet's arms or legs.

* Index cards for puppets. Glue sticks and pre-cut paper shapes. The card is fitted into the curve of the hand. Half circles, circles, ovals

can be glued to the top of the card for eyes. Decorate the mouth with teeth and tongue—triangles, rectangles, petal shapes.

For a work surface, take a shoe box lid or small tray with a raised edge.



Information Provided By:

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November 4-H Calendar

November	CLUB/MEETING PLACE & TIME	LEADER
1	Yarn Screen at 2365 Oitz Loop in the Trailer Park, 4:30 to 6:30 p.m. Beginning Cooking at 4-H Room 4 to 5:30 p.m.	Toni Made Fran Uhaus
5	Grooming at the Extension Office 4 to 5 p.m. Storytelling at the Warm Springs Library from 4 to 6 p.m. SAR at the 4-H Room 7 to 9 p.m. Beginning Coking #1 at the 4-H Room from 4 to 5:30 p.m.	A. Boileau Lillian Yahtin Keith Baker Deb Scott/ L. Fuentes
7	Beginning Beadwork at the 4-H Room from 4 to 5:30 p.m. SAR at the 4-H Room 7 to 9 p.m. Basketball at the WS Gym 7 to 8:30 p.m. Sports Card Collecting in Room 23 at WSE from 2:45 to 3:20 p.m.	C. Arthur Keith Baker F. Kalama Nancy Wright
8	Pen Pal at the Extension Office from 4 to 6 p.m. Beginning Cooking/4-H Room/4-5:30 p.m.	Raynele Martinez & Paula Brisbois Fran Uhaus
9	Basketball at the WS Gym from 4:30 to 6:30 p.m.	F. Kalama
12	Grooming at the Extension Office from 4 to 5 p.m. Storytelling at the WS Library from 4 to 6 p.m. Beginning Cooking #2 at the 4-H Room from 4 to 5:30 p.m.	A. Boileau L. Yahtin D. Scott and L. Fuentes
13	Advanced Beadwork at the 4-H Room from 4 to 5:30 p.m.	Caroline Tohet
14	Beginning Shawlmaking at the 4-H Room from 4 to 5:30 p.m. SAR at the 4-H Room 7-9 p.m. Basketball at WS Gym 7-8:30 p.m.	Sandra Kalama K. Baker F. Kalama
15	Yarn Screen at 2365 Oitz Loop in the trailer park from 4:30 to 6:30 p.m. Beginning Cooking/4-H Room from 4 to 5:30 p.m. Basketball/WS Gym from 4:30 to 6:30 p.m.	Toni Made Fran Uhaus F. Kalama
16	Grooming at the Ext. Office/4-5 p.m.	A. Boileau
19	Storytelling/WS Lib/4-6 p.m. Beg. Cooking #1/4-H Rm./4-5:30	L. Yahtin D. Scott/ L. Fuentes
20	Shawlmaking/4-H Rm./4-5:30	S. Kalama
21	Beg. Beadwork at the 4-H Rm from 4 to 5:30 p.m. SAR/4-H Rm/7 to 9 p.m.	C. Arthur K. Baker
26	Sports Card Collecting in Room #23 at WSE from 2:45 to 3:20 p.m. Storytelling/WS Lib./4-6 p.m. Beg. Cooking #2/4-H Rm./4-5:30	N. Wright L. Yahtin D. Scott/ L. Fuentes
27	Adv. Beadwork/4-H Rm/4-5:30	C. Tohet
28	SAR/4-H Rm./7 to 9 p.m. Basketball/WS Gym/7-8:30 Shawlmaking/4-H Rm./4-5:30 Pen Pal/Ext. Off./4-6 p.m.	K. Baker F. Kalama S. Kalama P. Brisbois R. Martinez
29	Beg. Cooking/4-H Rm/4-5:30	Fran Uhaus
30	Basketball/WS Gym/4:30-6:30	F. Kalama

Freeze salmon for long-term storage

Freezing is now the recommended method for long-term storage of smoked salmon. Whether prepared commercially or at home, smoked fish is a perishable product. Refrigeration will keep it safe to eat for a short time. However, smoked fish shouldn't be refrigerated longer than two to three weeks. After that length of time, it may be unsafe to eat. Fish are a source of a cold-loving strain of bacteria that causes botulism food poisoning. These bacteria grow slowly in lightly smoked fish at refrigerator temperatures.

Home canning has been an option for storing smoke fish longer than three weeks. However the OSU Extension service isn't recommending this preservation method.

Changes in commercial smoked fish canning recommendations have prompted the re-examination of home canning methods. Both moistness of the smoked fish and fill of the canning jar may affect the length of processing required.

Further research is necessary to determine safe home canning recommendations for smoked fish. It must be processed in a pressure canner for an adequate length of time to destroy clostridium botulinum bacteria.

OSU researchers are seeking funds to conduct the research necessary to reinstate home canning recommendations for smoked fish. In the meantime, smoked fish should be frozen for long-term storage. For an extra margin of safety,

heat home canned smoked fish to destroy any botulinal toxin that might have formed. Instructions are available in the newly revised "Canning Seafood" publication (PNW 194) available at the county Extension office. Smoked fish canned in an oven or boiling water canner won't be safe to eat. Only the higher temperatures reached in a pressure canner will destroy the bacteria that cause botulism.

Any smoked fish that hasn't been canned in a pressure canner may be unsafe to eat because of underprocessing. Both underprocessed and spoiled home canned smoked salmon should be boiled 10 minutes to destroy the toxin before discarding.

Ensure safety with potpourri pots

Those cute little potpourri pots can really add a nice, fragrant aroma to your home. But careful use is imperative to ensure safety. Follow these steps for proper use.

Keep water in pot while it is in use. Do not let it burn dry.

Clean outside of unit before or

after every use. Do not allow soot to accumulate above or around candle flame. Keep candle clean of debris and candle wick material.

When replacing candle, use proper size and type of candle to avoid excessive soot build-up. Avoid using candle in metal cup.

Place unit in a clear and open area free from drafts or flammable materials.

Never leave a burning potpourri unit unattended.

If the unit should flare up, smother the flames with a wet cloth. Do not throw water on the flame.

Extension staff welcomes 4-H leaders

This fall is a very special time for the 4-H program in Warm Springs. This year we have 12 4-H clubs, all of them filled with eager children willing to learn and full of energy. Tina and Arlene are trying to keep up with the club members and their leaders, as well.

At this time, we would like to welcome the following 4-H leaders of 1990: Paula Brisbois and Raynele Palmer-Martinez, Lillian Yahtin, Colleen Arthur, Sandra Kalama, Toni Made, Caroline Tohet and Daisy Ike, Keith Baker, Foster Kalama, Nancy Wilson and Laura Fuentes. Laura has two 4-H

clubs, both of which are filled at this time. Fran Uhaus is working at IHS temporarily and volunteered to lead a six week 4-H cooking club. This club is also filled at this time.

Tina and Arlene would like to welcome these very special people to the 4-H program and to the wonderful world of teaching the youth of Warm Springs and Madras, Oregon.

Wind-up toy recalled

In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Dan Brechner and Co., Inc. of Floral Park, New York, is voluntarily recalling its "Riding Rabbit" wind-up toy because the toy may break into small parts posing a potential choking hazard to young children.

The "Riding Rabbit" wind-up toy is made of yellow or pink plastic and is about six inches in height. The rabbit has a white face with an orange nose and a white stomach, and a decal of three stars and a blue cloud. When wound up, the rabbit's head rocks while it "rides" around on what appears to be a unicycle.

Approximately 5,400 of these

Riding Rabbits were sold nationwide, particularly on the East Coast, from January 1988 to February 1989 for approximately \$5 each.

CPSC discovered this small part violation when a sample was collected and tested for compliance with safety requirements. Neither CPSC nor Dan Brechner and Co., Inc. is aware of any injuries associated with this toy.

Consumers who have these Riding Rabbits should immediately take them away from children and return them to the retailer where purchased for a full refund of the purchase price. Consumers with questions regarding this recall may contact Robert Follick, Esq., at (212) 233-6630.

JOB OPENING

Extension Intern
4-H and Youth Agent
(Half- or full-time depending on funding)

See page 8 for complete job description.

Roasting turkey simple

Roasting your Thanksgiving turkey is as simple as 1-2-3. Just follow these easy guidelines.

Place turkey breast-side up on a rack in shallow open roasting pan.

If a meat thermometer is used, insert into center of thigh next to body not touching bone.

Place a "tent" of light weight

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4-H Recognition Night

has been changed to Friday, November 16 from 7 to 8:30 p.m. at the 4-H Room

Oranges supply vitamin C

Oranges are nutritious! A small orange supplies all or most of your child's recommended daily amount for vitamin C. And if you're watching calories a small orange has about 50 calories.

Valencias are wonderful for juicing and a refreshing half-cup of fresh juice has only 56 calories and

supplies the recommended daily amount of vitamin C.

If oranges in your market are tinged with green, be assured they are fully ripe, sweet and juicy. The warm weather causes the orange skin to reabsorb chlorophyll and turn green again when fruit is fully ripe and remains on the tree.

Use orange in cookie recipe

Orange 'n' Apple Oatmeal Cookies

2 cups quick oats, uncooked
1/2 cups chopped nuts
Sift together flour, baking soda, salt, cinnamon and nutmeg.
In large bowl, cream together margarine and sugar. Add egg and orange peel; beat well. Gradually blend in dry ingredients. Stir in orange, apple, oats and nuts. Drop batter from teaspoon on lightly greased cookie sheets. Bake at 375 degrees for 14 minutes or until lightly browned. Makes about 5 1/2 dozen.

Herbs and spices add flavor to foods reducing the need for salt.

Buying herbs and spices in bulk is less expensive than in jars or cans and you can purchase just the amount needed.

Place the mixes in the salt shaker and use instead of salt.

Directions: Combine all ingredients and mix thoroughly. Store in jar with tight fitting lid.

To prevent caking place a few grains of rice in jar.

Mixed ingredients provide seasoning

2 tsp summer dried summer savory
2 tsp celery seed
2 tsp ground cumin
2 tsp sage
2 tsp marjoram
1 tsp lemon thyme

Combine all ingredients and whirl in blender or powder with a mortar and pestle. MAKES ABOUT 1/3 CUP.

Spicy Seasoning
1 tsp ground cloves
1 tsp pepper
1 tsp crushed coriander seed
2 tsp paprika
1 tsp rosemary
Whirl contents in a blender.

These mixes are used in combination dishes and to flavor meat. Start by using 1 teaspoon of seasoning and add more if desired.

Mediterranean Mix
3 tsp parsley flakes
3 tsp savory
3 tsp thyme
3 tsp marjoram
5 tsp dried basil
3 bay leaves, crumbled
5 tsp dried lemon peel
1/2 tsp celery seed

Combine ingredients. Makes 1 cup of mix. Use with vegetables, poultry, fish and lamb.

Latin Blend
2 tsp dry mustard
2 tsp dried lemon peel
4 tsp ground allspice
4 tsp ground nutmeg

Combine all ingredients and store in airtight container. Makes about 1 cup of mix.

To make dressing: Combine 1/4 up of mix with 1/2 cup cold water. Blend into 1/2 cup low-fat mayonnaise or salad dressing and 1/2 cup plain low-fat yogurt.

For a vegetable dip or a topping for baked potatoes, decrease water to 1/4 cup and increase yogurt to 1/2 cup.

Check popping methods

Here's how three cups of regular and light microwave popcorn compare to air-popped and oil-popped popcorn:

Microwave Popcorn	Calories	Fat grams
Betty Crocker Pop-Secret (2 1/4 cups) regular: Natural flavor	100	6
Butter flavor	100	6
light: Natural flavor	70	3
Butter flavor	70	3
Featherweight Natural flavor	80	1
Butter flavor	100	3
Jolly Time regular: Natural flavor	160	10
Butter flavor	150	11
light: Natural flavor	80	3
Butter flavor	70	2
Orville Redenbacher regular: Natural flavor	80	3
Butter flavor	80	3
light: Natural flavor	50	1
Butter flavor	50	1

Paul Newman (3 1/3 cups) Natural flavor 150 8 Butter flavor 150 8 Pillsbury Natural flavor 190 10 Butter flavor 190 10 Planter's Butter flavor 140 8

Non-Microwave popcorn* Air-popped 69 1 Oil-popped 123 6

*Figures for calories and fat for air-popped and oil-popped popcorn averages. Values vary with amount of oil added, kernel size and brand of popcorn. Gourmet popcorn tend to contain large kernels that pop up fluffier. Because it takes fewer kernels to fill three cups, actual calories may be less than values given in this comparison.

4-H/Youth Programs can provide a setting for all youth to:

Enjoy
Explore
Investigate
Learn

AS THEY GROW IN

Sense-of-Self
Self-Confidence
Responsibility
Decision-Making Skills
Subject Skills and Knowledge
Communication Skills
Leadership
Social and Recreation Skills
Cooperation
Community Concerns

4-H can do this for youth if we keep the focus on personal growth goals.

THE CHALLENGE: How do we do that together?

4-H curriculum enhances child care programs

A new 4-H Adventure club curriculum to enhance after-school child care programs will be introduced by Oregon State University Extension specialists at a series of workshops from October 27 through December 1.

It's part of Extension's School Age Child Care program spearheaded by Barbara Boltes and Brad Jeffreys, Extension 4-H and youth development specialists. The initial stage of the program, aimed at youngsters in kindergarten through third grade, is supported by a \$10,000 grant from US Bancorp to the Oregon 4-H Foundation.

The final workshop will be held in Bend at the Cascade Natural Gas Building December 1. The session will run from 9 a.m. to 3 p.m. The \$25 registration fee includes a copy of the 4-H Adventure curriculum. Contact the Warm Springs Extension Office for more information.

Grief to be discussed

Oregon State University Family Life Specialist Jan Hare will present a workshop on "What Do I Say to My Grieving Friend" Thursday, November 29 at the Community Center Social Hall. The workshop will begin at 7 p.m. Refreshments and babysitting will be provided. There is no charge for the workshop. For more information and sign-up, call the Warm Springs extension office at 553-3238.

TV linked to obesity

According to research, three hours of TV watching a day is enough to double a man's risk of obesity. Watching the TV set may not cause obesity, but research continues to show that there is a definite correlation. Past studies indicate a correlation between obesity and television for children and teens as well.