

You can watch your calorie intake even while dining out

Did you make a New Year's resolution to change your diet? If you're trying to cut down on fat and calories, dining out doesn't have to spell disaster. You can enjoy staying on your regimen if you choose the right restaurant and make good food choices.

A growing number of restaurants, corporate cafeterias, gourmet establishments, and even fast food chains are providing patrons with more nutritious food offerings, observes Carolyn Raab, OSU Extension foods and nutrition specialist.

These include foods cooked without fat, more vegetables and fruit, more fish and poultry entrees, sauces on the side, salad bars, and more wholegrain breads.

Healthy dining starts when selecting a restaurant. If possible, scan the menu first to see how foods are prepared. When they are "made to order," it is easier to

request items prepared with less fat. Restaurants that offer a la carte selections provide a better alternative than all-you-can-eat feasts.

Don't let your best dietary intentions crumble while enjoying a meal away from home. Raab offers these suggestions:

- Plan ahead. Before leaving your office or home, take the edge off your appetite by drinking a glass of water or eating a piece of fruit, some raw vegetables, or a salad. When you're famished, you're more likely to overeat.

- Order a la carte meals. Ordering a full meal just because it costs less can mean getting more food than you need. The extras are often high-calorie, high-fat items such as French fries, potato chips, and desserts. It's best to order what you want and no more.

- Watch for hidden calories. Before ordering, ask how the food is

prepared. Watch out for frying, breading, and rich sauces. Since most high-fat sauces are added at the end of cooking, request that they be left off or served on the side.

- Beware of the salad. Watch out for calorie and fat-laden items such as bacon, cheese, avocado, cold cuts. Order salad dressing on the side, so you can control the amount you eat.

- Go easy on the bread spreads. It's fine to eat a roll or slice of bread with your meal. Keep in mind, however, that it's the topping that adds unwanted calories. Skip the butter altogether or spread it on very thinly.

- Be dessert-smart. Wait until you finish your meal before ordering dessert. Keep in mind that most restaurants have some type of low-calorie, low-fat offering such as fresh fruit. If not, settle on a cup of coffee or tea.

- Watch the alcohol. If you plan to have wine with your meal, drink club soda or mineral water instead of the pre-dinner cocktail.
- Stay out of the "clean-your-plate" club. Have your waiter remove your plate as soon as you finish eating. That way, temptation to pick at leftovers isn't there.



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Use medications wisely, carefully

There may be no alternatives to medication for managing many health conditions. Yet, taking medication can produce serious problems, especially for older adults.

Our sensitivity to drugs increases with age, and so does the incidence of adverse drug reactions. The chance of an adverse drug reaction is three times greater for a 75-year-

old adult than for a 25-year-old adult.

Physiological changes due to age and illness affect the way drugs are absorbed, metabolized, distributed, and removed from the body. Therefore, drug action becomes less predictable with age; the intended action may be altered.

Older adults are more likely than any other age group to have one or more chronic illnesses, such as heart disease, high blood pressure, diabetes, and arthritis. Medical conditions can affect the way drugs are processed in the body.

It is not unusual for an older adult to take five or more medications several times a day. The risk of adverse drug reaction increases dramatically with each additional drug taken. The potential risk for drug-interaction is: 5.6 percent with two drugs, 50 percent with five drugs, nearly 100 percent with 8 or more drugs.

Keeping track of taking multiple medications is another problem. Dosage schedules often become complicated, increasing the risk for not taking medication as directed.

It's not uncommon for the standard adult dosage of a drug to be inappropriate for an older adult.

When medication dosage is too high, drug toxicity or overdose may occur.

Drugs which can easily become toxic in older adults include cardiac, diuretic, antihypertensive, anticoagulant, and central nervous system depressant medication.

Medication problems in older adults may go unrecognized because symptoms may mimic those of health conditions commonly associated with age or illness.

For example, the first sign of an adverse drug reaction in an older adult is often a change in mental functioning. The person may appear to be forgetful, confused, spaced-out, or hallucinating. Dementia may be suspected.

Other signs of adverse drug reactions include: fatigue, constipation, anorexia, incontinence, frequent falls, depression, weakness, tremor, excessive drowsiness, anxiety, faintness, and dizziness.

It is most important not to get caught in the trap of attributing such changes to "old age." When a change is observed in an older person's behavior or mental or physical condition, medical advice should be sought immediately.

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Clean winter clothing before storing

It's time to put away the heavy clothing and take out summer clothes. But before you pack up your winter things be sure they are clean.

Dirt and food stains attract insects that damage the garments.

Clothes moths and carpet beetles are attracted to food particles and soil remaining on fabrics, especially wool and furs. They lay their eggs on the fabric and the

larvae that hatch do the most damage. These little creatures will eat wool hair, fur, and products made from these materials.

To protect your clothing from damage use these suggestions:

- Dry clean or launder clothing before storing it. Although cleaning will not prevent infestation, it will get rid of the food particles and soil that attracts clothes moths and carpet beetles.

- Clean garments should be stored and sealed in tight containers. Use a zipper plastic bag designed for storage, not the film bags used to transport clothing from the dry cleaners. Try to store clothes in a cool, dry place, away from direct sunlight.

- Protect woollens in storage container by adding paradichlorobenzene (PDB) or naphthalene crystals or cakes. Follow the directions on the container for the amount to use for a given space. A zippered garment storage bag 24 inches wide by 20 inches deep by 54 inches long contains 15 cubic feet. Measure or estimate the amount of space you are trying to protect and use the chemicals accordingly.

If you use too much chemical, you may have a very difficult time

removing the odor when you want to wear the garments. Because certain dyes may react with these chemicals, be sure to avoid direct contact with the fabrics.

Place the PDB or naphthalene crystals in a ventilated box in the storage area or loosely wrap the crystals in tissue, netting, or cheesecloth. Place them in the upper part of the storage space as vapors move downward. Allow several days for garments to air out and the odor to dissipate before wearing them next fall.

- An alternative to the PDB and naphthalene crystals is no-pest-strips. They are useful in closed chests or closets. The odor from such strips is less noticeable than from "mothcrystals." Follow the direction for dosage and legal use. Wash hands and skin that may come in contact with resin.

- Cedar chests and cedar-lined closets are satisfactory only when moth eggs are already out of the garments. Cedar will not kill moths or silverfish, but the insects avoid it.

- Check stored clothing regularly for signs of infestation. If you see any damage, the clothes must be cleaned again.

Keep fat in perspective

Can you change the type and amount of fat in recipes? It depends.

Fats have many functions in food preparation. They add flavor and give a creamy "mouth feel" to foods. Also, they tenderize baked products by coating the strands of gluten that form the grain. Some recipes rely on air beaten into solid fat as a source of leavening to increase volume. Even frying depends on fats.

Several types of fat are used in recipes. These include butter, margarine, liquid vegetable oil, and hydrogenated vegetable oil (shortening). Interchanging these can affect texture, especially in cakes, quick breads and cookies. For example, if oil is used in place of shortening that is creamed (beaten into a creamy consistency), baked products may be coarser and denser.

For best product quality, it's best to use the type of fat specified in a recipe.

The amount of fat can also make a difference in product quality. Reducing fat in sauces and gravies may have little effect. However, baked products may be less tender and drier when less fat is used. Substituting a whipped or diet margarine for a regular margarine can affect texture of baked products because the fat content is usually lower.

If better health is the goal for changing the fat in a recipe, keep things in perspective. Although substituting a vegetable oil for a solid fat will reduce saturated fat in the diet, the total amount of fat eaten may have greater impact on serum cholesterol and other health indicators. All dietary fat sources must be kept in mind to make positive changes.

Newlyweds should begin their financial planning early

Financial planning doesn't sound romantic, but finances are part of a marriage.

Ideally, a couple should set aside time to talk about their finances before the wedding. If you are already married and you haven't talked finances, schedule a financial planning session with your new spouse.

What should you discuss?

First, determine each person's financial expectations or goals. It is normal for financial expectations and goals to differ. Through discussion, you will resolve conflicting goals and agree on some spending and saving priorities. Develop a budget for the first year.

Second, list the debts and assets each of you are bringing into the

marriage. Decide whether debts will become joint obligations or remain individual ones. If one or both of you have been married before what financial obligations do you have to either a former spouse or children from a prior marriage?

Discuss how money will be handled in your marriage; there are several ways. Some couples pool both incomes. Some pool part of their incomes for shared expenses and goals, while each spouse has separate funds for individual expenses and goals. Still others keep incomes separate and negotiate who pays which expenses.

Whatever system is followed, it is important that each spouse has the opportunity to participate in

the financial decision making and budgeting.

Consider record-keeping implications of the system you choose and decide who will handle the day-to-day money management chores such as paying bills and keeping records.

Tax and credit decisions also are important. Joint income needs to be estimated and W-4 forms filed with employers should be adjusted.

Couples may want to reduce the number of credit cards they have, to reduce annual fees. But, most financial experts recommend that a married woman keep at least one charge card in her own name to maintain a separate credit identity. Couples should evaluate in-

cident. The youngest family member starts kindergarten.

Each of these persons is in transition. While some can be ex-

pected, such as starting a new job or school year, others are out of our control.

All transitions, however, are those uncertain times during which you change from one routine or way of life to another.

Transitions signal a break with the past. It may mean a change in a comfortable routine or a new set of priorities. Often transitions mean a loss, such as the end of a relationship, a neighborhood or a dependency.

Each transition can initiate a crisis, that is a sense that things are not okay either within us or within our environment.

It's helpful to know that every transition provides an opportunity to look at our goals and priorities, to develop personal strengths, and to try something new.

Remember that we've made it through other times of change in the past and that with a positive attitude and help from others, we can make it through the present transition.

Transitions sometimes difficult to accept

It's photo time!

4-H Photography Weekend is scheduled for April 26, 27, 28, 1991 at the Klamath County Extension Building, Klamath Falls, Oregon. Tentative schedule.

Search and Rescue program offers members opportunities, challenges, comradery

When Warm Springs youth become members of the 4-H Search and Rescue Cadet Program, they're not in it for laughs and giggles. Program members are continually mentally and physically challenged, of their own accord, and reach heights not met by many adults. The challenges offered through participation and excellence have earned older club members teaching status.

The 4-H club began in 1987, under the leadership of Keith Baker, as an outdoor survival program. Through the years, the program has evolved into one that provides comradery, loyalty and positive peer pressure among club members.

Club size is limited to 10 due to safety factors when the group members are in training. Previously, age requirements mandated that members be between the ages of 10 and 18. This year, however, because of ability and loyalty, younger members are allowed to join and older members are allowed to remain members until they are over 18 because they "don't want to quit at 18," says Baker. "I didn't think their loyalty would be that strong."

Members must maintain or exceed their first quarter grades to remain in the club. In addition, family and cultural activities take priority over club functions. Members must also abide by certain rules. They cannot lie to the leader;

if the leader suspects alcohol and/or drug use, the member is immediately dismissed from the club; and, there is to be no fighting or violence among members. Discipline among members is self-enforced—they decide what the punishment should be and then the leader approves or disapproves the action.

Baker says club members are "either 'A' or 'F' students and they're strong-willed individuals. They're easily bored" with life's usual offerings and excel when challenged. "They represent that 25 percent of the kids for whom the school district may not have programs. They're accelerated learners."

A recent accomplishment for some members was the successful completion of the Oregon State Sheriff's Association Search and Rescue standard skills test. Members exhibited first aid knowledge, radio communications ability, map and compass use, search pattern techniques, crime scene security, track awareness and outdoor survival experience.

Because of their knowledge and certification, club members are instructing adults, which, says Baker, is sometimes difficult for adults to accept. This year, club members are instructing other juveniles, as well. Among other activities, club members have responded to traffic accidents, searches on the reservation, staged the "practical" test for

the Warm Springs Police Department First Responders course, have taught Fire and Safety personnel how to rescue people off rooftops, have helped train counselors for 4-H Challenge Camp and have instructed Wheeler County Search and Rescue group a map and compass course. Additionally, Jefferson, Wheeler and Morrow counties have asked the club to respond to searches and participate in training sessions.

Club members have been asked to conduct training sessions and assist with searches in adjoining counties as well as receive training in native foods, fire survival, gun safety, spelunking and white water and cliff rescues. "Many 'outside' search and rescue groups know about the Warm Springs club, but many community members are unaware of their activities and accomplishments," said Baker.

Twenty-four-hour survival feats include club members venturing out into the "wilderness" and surviving with nothing more than matches, rain gear, a knife and dry clothing. No food is allowed as members must gather their own food from the wilds. "I wouldn't have to worry about the kids if they ever got lost or stranded," says Baker. The kids are well prepared physically and mentally to undergo strenuous con-



Members of the 4-H Search and Rescue Cadet Program meet Tuesday evenings at the 4-H Center. Left to right back row are Rain Circle Courtney, James Moran, Frank Brunoe, Louie Smith and leader Keith Baker. Front row, left to right, are Joseph Scott, Jr. and "Chopper" Lionel Smith. Other members are Eric Langness, Roselyne Scott and Michael Leacy.

ditions. "They'd never get cold." Parents of club members have been supportive and sometimes participate in training sessions.

"Most parents are the kids' friends, not the enemy," adds Baker. Baker is nearly humbled by the members of his club and is proud

of his association with them. "They've taught me more than I've taught them...they teach me something new everytime I'm with them."