


## Plan early for your retirement

by Norma L. Simpson  
Have you ever thought about how you will survive when you are no longer working? Some people talk about "Retirement" with fear in their voices because they are not able to make ends meet now. What will happen when you are retired?  
Everyone says that your Social Security check, even with monthly allotment, will not be enough for you to live on. And older people who may want to work part-time after retiring are having a hard time finding work. Others say they will have to live with their

children when their homes are already too crowded. But there are other choices.  
The American Association of Retired Persons and the Oregon State University Extension Service have joined forces to provide special training for people who are retired or are planning to retire in future. This series of seven programs MONEY AFTER 50 is for people who have limited resources.  
John Beal, Jefferson County home economics agent, will join us in Warm Springs for the series on Wednesday Evenings from 5:30 to 7:00 p.m. in the main floor training

room Education Center 1110 Wasco Street. He will bring other Jefferson county participants to the seven meetings. Oct. 12, 19, 26 and Nov. 2, 9, 16 and Nov. 30.  
People don't plan to fail when they retire, but failure to plan is what leads to failure and an uncomfortable future  
To register for the series or if you have questions about MONEY AFTER 50, contact Norma Simpson (553-3238) in the Warm Springs Extension office or John Beal (475-3808) at the Jefferson County Extension Office.



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The above individuals are devoted to extending research-based information from Oregon State University to the people of Warm Springs in Agriculture, Home Economics, 4-H Youth, Forestry, Community Development, Energy and Extension Sea Grant programs. Oregon State University, United States Department of Agriculture, Jefferson County and the Confederated Tribes of Warm Springs cooperating. The Extension Service offers its programs and materials equally to all people.

**EDUCATION THAT WORKS FOR YOU**

## Changes in children require changes in parents

Parents often think that it's hard to keep up with the children. Before you know it, the baby is off to Middle School, and then suddenly the teenager is about to graduate from High School. Oregon State University Extension Child Development Specialist Sue Doescher heard our plea for more information about the changes that take place for the older school kids.  
One OSU Extension fact sheet "Comparative Aspects of Middle Childhood and Adolescence" SP 57-081 looks at three aspects of growing up - Physical-Motor Development, Social-Emotional Development and Intellectual Development. If you have Pre-teen or Teenagers, you may want to ask for a copy of the fact sheet to help yourself to cope with the changes in your child.  
Remember, just as the child is maturing and learning to be a different person than he or she was as a child, parents are also changing and maturing. But we often forget that was going on from age 10 to 18. In this article we'll share some of the Social-Emotional aspects.

### COMPARATIVE ASPECTS OF MIDDLE CHILDHOOD AND ADOLESCENCE

| Characteristics                     | Late Childhood (10-13 years)  | Early Adolescence (13-15 years)  | Late Adolescence (15-18 years)   |
|-------------------------------------|---|--|--|
| <b>Social-Emotional Development</b> |   |  |  |
| Concept of self                     | Less troubled about body than about skills. Begin to be able to take criticism. Concept of self still in fluid state and relatively easy to influence. Encourage "internalized" recognition of accomplishments. | Struggle to understand and accept a changing body. Lack of personal security reflected in dressing like gang or idol and in exaggerated sense of importance. Ability to accept suggestions directly related to maturity of self-concept. Instability causes doubt of own accomplishment. | With constructive help, become more acceptant of self. More able to take suggestions, more objective. Growing ability to accept recognition and accomplishments. |
| Personal appearance and grooming    | Not particularly interested in appearance. Girls may have more incentive than boys.   | Interested in appearance for short periods and on special occasions. Girls more likely to have sustained interest in appearance.   | Some may have high interest in personal appearance; exaggerated to meet group standards.   |
| Relationship to adults              | Accept adults and want their suggestions and approval. Need guidance.   | Need and want guidance and approval, but reject domination. Are quite sure of own "infallibility" and resent criticism.  | Need and want guidance, but want it on an adult level; seldom ask for it. Usually accept guidance from someone with prestige. High idealization and altruism.    |
| Relationship to age-mates           | Begin to see place in a group. Compare skill with others. Sexual attraction may be expressed as hostility.  | Status in group more important. Want to dress same as group. Interest in opposite sex is growing, but still more secure with own gender group. Striking differences in maturity within gender groups and between boys and girls.   | Greater interest in opposite sex and greatly increased mixed gender group activity.  |
| Group activity                      | Heightened interest in activities performed as a group. Increased ability to cooperate. Girls may be more ready than boys for "grown-up" jobs.  | Need the group as a support and proving ground to gain independence.   | "Going along with gang" tapers off at end of this period, as ideals for individualism increase. Being part of mixed gender group important.                      |

## Share your ideas for special storage needs

by Norma L. Simpson  
During the recent training session for New Mutual Aid Homeowners, I had the men and women list the items that they felt would be problems to store in their new homes.  
There was practically universal agreement that families have lots of extra bedding, small and large tools, toys, shoes, camping equipment, traditional clothes and video tapes.  
So the Extension Office is in the process

of collecting practical ideas for storing these items. I ordered two types of video tape storage ideas to be attached to doors.  
Perhaps by the time the article appears in the Spilyay Tymoo, we will have more items in the my office to attract attention, ie items to go along with the inexpensive curtains.  
I have a number of ideas for storing hair dryers, curling irons, and curlers. But I am stumped by how to store hair-pieces.  
IF YOU HAVE WORKED OUT SOME GREAT STORAGE IDEAS FOR YOUR

HOME, PLEASE SHARE THEM WITH US. WE'LL MAKE A WARM SPRINGS STORAGE PACKET TO SHARE WITH OTHERS.  
For the Mutual Aid class, the New Homeowners received a list of 75 things that they will need to store. If you list items to be stored at the same time you plan your next move, perhaps you can eliminate the unnecessary items and reduce the clutter in your home.  
As I was writing articles for this issue, one lady told me someone had thrown away in the dump dozens of canning jars that were in perfect condition. Showen wants to buy a pressure canner to go along with the jars.  
Someone is going to benefit from a new Mummy type sleeping bag. I saw the dirty sleeping bag sticking out of a garbage can. But since my father branded me as a natural "alley rat" I have retrieved thousands of things from piles discarded by others. This sleeping bag was given a thorough washing and a tiny iron-on patch to keep stuffing in, and the bag is again ready for the next hunting trip.  
Every October a lady I know has her five children go through the good toys that no longer interested them - "that stuff's for younger kids" they would say, as they outgrew last years fads. Off they went to be recycled to other families through St. Vincent De Paul or Salvation Army. That leaves lots of room for the new toys arriving on Dec. 25.  
It seems that we could share our wealth with others even if it's not in the form of Pendleton blankets. Let's give good, clean things to Madras Thrift Shop and the volunteers will sell the items to recycle the throw-aways. The Thrift Shop turns the profits into equipment at the Mountain View Hospital which benefits all of us using the hospital, and the volunteers make money for scholarships for needy students.

## Conversion table helps with using egg substitute

Lots of people in Warm Springs prepare quantities of food for special events.  
If you have recipes that were developed for dried whole egg products, but you want to use fresh eggs or the other way around, you can convert the amounts using this table.  
The table comes from the 1993 HANDBOOK OF FOOD PREPARATION published by the American Home Economics Association.  
Another popular book, FOOD FOR FIFTY sixth edition, has some excellent suggestions for storage of unused portions of dried whole

eggs. "After opening, refrigerate any unused portions in container with a close-fitting lid. Reconstitute only the amount needed at one time. Reconstitute by blending with water or combine with other dry ingredients in recipe and add amount of water needed to reconstitute.  
Use reconstituted eggs immediately, or refrigerate promptly in an airtight containers and use within 1 hour.  
Store unopened packages in cool, dry place where temperatures are no more than 50°F, preferably in refrigerator.

### SHELL EGG EQUIVALENCY TO DRIED WHOLE EGG PRODUCTS

| SHELL EGG (Large size) | DRIED WHOLE SIFTED  | WATER                     |
|------------------------|---------------------|---------------------------|
| 6                      | 3 oz. 85 g          | 1 cup 237 ml              |
| 12                     | 6 oz. 170 g         | 2 cups 473 ml             |
| 24                     | 12 oz. 340 g        | 1 qt. 946 ml              |
| 30                     | 1 lb. 9 oz. 709 g   | 2 qt. 1/3 cup 1971 ml     |
| 100                    | 3 lb. 2 oz. 1418 g  | 1 gal. 2/3 cup 3942 ml    |
| 150                    | 4 lb. 11 oz. 2126 g | 6 qt. 1 cup 5915 ml       |
| 200                    | 6 lb. 4 oz. 2835 g  | 2 gal. 1 1/3 cups 7886 ml |

## New clubs planned for Fall

It is time to enroll 4-H members and Leaders for the NEW 4-H year. Enrollment Packets are available at the OSU Extension Office please stop by and pick one up at the Education Building  
**4-H Clubs for 1994-95**  
Search and Rescue - Keith Baker  
Girls Basketball - Foster Kalama  
Boys Basketball - Melvin Tewee  
Boys basketball - Janice Gunshow  
Advanced Beadwork - Myra Shawaway  
Rocking 4-H - Bob Pawelek  
Cloverbud-beadwork - Annie Kalama  
Cultural Club - Darlene  
Rainbow Dancers - Crystal  
LIVEwire Production - Carol Wewa & Anita Davis  
Sue Matters  
Garden Club - How about being a 4-H Leader and have

a 4-H Club for Youth in 1994-95. Call 553-3238 and ask for Arlene or Crystal  
You can have your 4-H club meetings in your choice of place.  
Liz Blann will have a 4-H cooking club starting in January March 1995  
Recognition night at the 4-H Kitchen on Saturday, October 29, 1994, 1 PM In the Afternoon. Please mark your calendar and we will see you there  
**LOTS OF LOST 4-H WILDERNESS ENRICHMENT CAMP STUFF PLEASE STOP BY AND TAKE A LOOK**  
Rainbow Dancers: A new schedule will be out by the end of the month. We will need new 4-H registration forms filled out. You performed so great and grown so much this summer, we are so very proud of all of you, we will see you soon. Take care and have a great school year.

## Spring to bring new seeds

The 1994 gardening season is almost over and soon winter will be upon us. When the cold weather keeps you inside going through seed catalogs for next summer's garden keep an eye out for these new varieties that have been announced by the National Garden Bureau.  
Cantaloupe hybrid 'Fast Break' sounds like a winner for home gardeners everywhere. It matures very early (65 days) and is very sweet. 'Fast Break' has large size fruits for its class and excellent yields. (Petoseed Co. Inc.)  
Sweet Corn 'Kandy Kwik EH' is a vigorous 67-day hybrid yellow sweet corn. The 7.5 inch ears are filled to the tip with 14 to 16 rows of sweet, tender kernels compared to Seneca's Horizon. It is widely adapted, and has excellent early vigor and emergence, making it well suited to early planting. (Rogers Seed Co.)  
Cucumber 'Big Burpless' is a giant hybrid cucumber with superior flavor. The large fruits retain quality even when jumbo size. They are crunchy, sweet, bitter-free,

burp-free and very dark green. They are superior to regular burpless cucumbers in every respect and are resistant to powdery mildew, cucumber mosaic virus and scab. 'Big Burpless' mature in about 55 days after plants are established in the garden. (W. Atlee Burpee Co.)  
Eggplant 'Park's Whopper Hybrid' is the highest yielding eggplant in it's class, 50-80% greater than open pollinated varieties. It is a 'Black Beauty' type with a little more teardrop shape to it and a dark shiny purple color to it that is almost black. The fruits are mild flavored and delicious. 'Park's Whopper Hybrid' matures in about 62 days and will grow to about 30 inches tall. (Geo. W. Parks Seed Co.)  
Although summers are quite hot here in the High Desert our growing season is usually very short. Keep this in mind when selecting vegetable varieties for home gardening. The shorter the number of days to maturity the more likely the variety will produce a successful harvest for you.

## Be sure to test your pressure canner

by Norma L. Simpson  
This week I tested an old pressure canner gauge to be sure it would be safe to use after the big hunt. It is a good thing that the lady brought it to be tested, because the low-acid foods canned in her canner would not be safe to eat. The gauge was off 4 degrees.  
The gauge is the way that we know that the pressure inside the canner is enough to kill the bacteria inside the jars. The only way that the temperature of the food reaches 240°F. is to be sure the pressure inside the canner reaches that level.  
Master Food Preservers recommend new gauges if the dial is off by more than one

degree.  
When I called the Masterson-St. Claire Hardware in Bend, they told be that they had two types of screw-in type gauges. Take the lid with you so that you will get the correct size and thread for the pressure canner that you have. If you know that your gauge is not working properly - like the children have been playing with the arrow because the glass cover is broken - be sure to replace the gauge. The gauge sells for about \$17  
**SAFETY OF HOME CANNED FOODS IS VERY IMPORTANT—YOUR # 1 JOB**  
Bring your pressure canner lid to the OSU Extension Office and we will test it for free.

## Store chemicals safely, securely

by Norma L. Simpson  
Take a look at this cabinet with bleach, slug bait, anti-freeze, paint, etc. Do you use any of these products in your home? If you do, avoid wearing soft contact lenses when working with these and other hazardous products in the home. The soft contact lenses absorb vapors and trap them against the eyes. That is why the eyes seem irritated when these products are used in an enclosed home or office.

Put Mr YUK stickers on hazardous household products and teach children to leave them alone. These stickers are available at any Payless Drug Store pharmacy counter in Oregon, according to THE HAZARDLESS HOME HANDBOOK, which I received from the Oregon Department of Environmental Quality. The book suggests that you put the telephone number of the Oregon Poison Center by your telephone. Outside of Portland  
The toll-free number is 1-800-452-7165.

