

Microwave cooking retains more vitamins

by Norma L. Simpson and Consumer Digest

Do you wonder if the fast cooking microwave process is as good as the old fashioned way? You'll be happy to know that it is.

Nutrition researchers at the Nutrition Center of Cornell University in New York State tested six different vegetables to see which process would be better. Boiling, steaming or micro waving. Better in this case means that less Vitamin C is lost in the cooking process.

In each case, microwave vegetables retained more Vitamin C than those boiled or steamed. One reason is that less water is used in microwave preparation. Water leaches vitamins into the cooking water.

The study showed that boiling vegetables resulted in the greatest loss of Vitamin C. Though steaming fared better than boiling, steaming could not measure up to microwaving, which saved time and retained the vitamin.

"You might conclude," says Consumer Digest, "that skipping cooking altogether and eating only raw vegetables would be the most nutritious way to go. But cooking breaks down starch in foods like broccoli and cauliflower and the abundant fiber in which vegetables as carrots and broccoli, making them easier to digest."

Training held in Bend

by Timothy Wojtusik

Pest Management Course

This year's Central Oregon Pest Management Course will be held on Tuesday, 21 February, 1995. This training will be at the Riverhouse in Bend from 8:00 a.m. to 5:00 p.m. It is a good opportunity for people in the area with state pesticide applicator or consultant licenses to receive up to eight hours of recertification credit.

The Central Oregon Pest Management Course will be divided morning and afternoon sessions. The topics covered in the morning will be of interest to all types of applicators. They will include: worker protection standards, pesticides and hazardous wastes, chemical spill management, noxious weeds, weeds in irrigation systems, rodent control, groundwater safety and new developments in spray equipment. The afternoon will have two separate trainings, one for agricultural pesticide application issues and the other for non-agricultural pesticide application issues.

The training includes lunch and registration is \$45 before 14 February, \$55 after. Payment made out to Central Oregon Short Course and registration form should be sent to:

Central Oregon Short Course
IPPC/OSU
Cordley Hall 2040
Corvallis, OR 97331-2915
Tel:(503) 737-3541
Fax:(503) 737-3080

For more information please contact the Warm Springs Extension office (553-3238).

Applications being accepted for 4-H scholarship program

Applications are now being accepted for the 1995 4-H Scholarship Program. The Jefferson County 4-H Executive Council will be awarding one \$600 or greater college or technical scholarship to a qualified applicant.

Applicants need to be high school seniors or 4-H Alumni, and carrying a 4-H project in their high school senior year and involved in the Jefferson County or Warm Springs 4-H programs.

For additional information, contact the Jefferson County (475-3808) or Warm Springs Extension offices (553-3238). Application deadline is April 14th.

Cooking with Soy Sauce can be delicious and easy

by Norma L. Simpson

During the preparation for my cooking demonstration on January 19, 1995, I gave a closer attention to soy sauce that I have ever done. I confess, I don't like the sauce in most foods, so I seldom buy it. But one of the recipes that fits the goals of the Health and Wellness Cooking Classes held every Thursday is to have Less Salt, Less Sugar and Less Fat in every thing we prepare.

Many people in Warm Springs like eating Chinese food. So I wanted to reduce the sodium level in a recipe in the February 1995 Betty Crocker EASY CHINESE. You'll notice in the recipe that I looked at ways adapt the ingredients to the products available in Jefferson County and to reduce the amounts of sodium, from the chicken broth, in the soy sauces which are now well labeled to the contents of the ingredients in the foods.

Below under asterisk **** you see sodium information that I learned while shopping trip.

SHIITAKE MUSHROOM/NOODLE SOUP

from the Chinese Sampler of EASY CHINESE

by Betty Crocker 2/95

2 cans (14 1/2 ounces each) ready-to-serve reduced sodium chicken broth*
1 package (3.2 ounces) shiitake mushrooms, sliced**
1 small bell pepper, chopped (1/2 cup)
1/2 cup sugar snap peas***
1 teaspoon dried rosemary leaves or 1 tablespoon chopped fresh leaves
1 teaspoon soy sauce****
1/2 package (8-ounce size) Chinese plain noodles*****
Mix all ingredients except noodles in 2-quart saucepan. Heat to boiling over medium

Diabetics need special socks and anklets

by Norma L. Simpson

One day in the Deschutes Crossing I noticed a tableful of people who had their swollen feet oozing out of their shoes. My heart went out to them, because my old but expensive anklets use to make my feet swell the same way. Then one day I received a catalog with medical aids of all kinds, including wide socks for Diabetics. The socks are wide in two places at in the toe area and at the leg/cuff of the socks. Both socks are designed to reduce painful pressure on sensitive legs, ankles and feet.

There are socks for Women but it says one size fits all. They sell for 2 pair for \$9.99.

My only objection was the elastic that appears to be at the edge of the cuff and with ribbing that seems to pull into the calf of the leg. For all the socks that I have I have cut the elastic. It doesn't make them look very good, but I seldom have swollen feet except when I'm on long car or plane trips.

The socks for Men come in sizes M/L for shoes 8-10 or XL for shoes 11-13. Men's socks have extra cushiony soles. They come with the cushiony price of 2 pair for \$14.99.

Since so many people in Warm Springs have to worry about complications of Diabetics, we should pay special attention to circulation being cut on people who suffer from strokes and diabetes. Treat your loved ones with roomy socks, without elastic and the shoes that will accommodate the bulkier socks. Take a pair of their favorite socks when you try on shoes, so you will know that the socks and shoes go together for comfort.

If you want the name of the catalog for these wide socks, give me a call at the OSU/Warm Springs Extension Service 553-3238. I have another type of sock that I prefer and shoes to go with them. I was lucky last week getting on a sale of my favorite shoes, \$20 off. Yes I was in the right place at the right time, for a change.

Publication available for heating tips

by Norma Simpson and Extension Home Economics News Tips

The real Cold maker has set in and you may have found that the furnace is just not doing the job. Perhaps it is the leaks and drafts around the doors and windows. Or perhaps it's the family habits of leaving the doors open for long spells when you dash to water the animals, feed the birds or carry groceries in from the car. I notice a few of these problems myself.

If you decide however to follow the advice of the heating contractor, who pronounced that the furnace is beyond repair you may need to look into help from Dave Brook the Oregon State University Extension Energy Agent. "Many people ask what the most efficient heating system is. Usually what they want to know is which system would cost them the least to operate." Other people want to know if it's worth the cost to convert to a more efficient system of heating. There are so many choices. Some friends swear by heat pump. Others favor the high-efficient furnaces. Brooks thinks you need to look both at the cost of the fuels, the

efficiency of the furnace and the cost of conversion.

"Different companies say their fuel is the most efficient, or heats faster, or is more environmentally friendly," Brook points out. "You can cut through the marketing hype if you do a little legwork. Heating systems last 15 years on average. So it's important to look beyond the onetime installation cost. Saving a few dollars now on a less efficient heating system could cost you much more in energy bills over time."

A new publication by the OSU Extension Service can help you decide whether spending extra money for high efficiency heating equipment is a good investment. "Buying A New Heating System" show how to fight lifetime cost for heating systems. System type, efficiency, and fuel are all taken into account. The publication also explains how to select a contractor and what should be included in bids.

Request a copy of "Buying A New Heating System" from the Oregon Energy Line, OSU's request line for publications on home energy topics. Call toll free in Oregon 24-hours a day: 1-800-457-9394.

Wellness facts shared

from the UC Berkeley Wellness Letter

A well-maintained copier installed where there is adequate ventilation should pose not problems, according to governmental studies in the U.S. and Canada. A copier does emit some ozone, which in large enough quantities can irritate the respiratory tract. But the amounts produced are small and decompose into oxygen rapidly, so they would become a problem only in a tightly sealed room. A copier should not be installed right next to any work station, especially if the area is small or windowless. Good ventilation is important.

Toner, which is necessary to the photographic process that makes copies, could also be an irritant. But most copiers now have "containerized" toner systems and automatic shutdown features on waste-toner containers to prevent overflow. Thus you don't come in contact with toner or toner dust. Periodic servicing - which is practically unavoidable, given the breakdown rate of most copiers - fan forestall problems.

You may also worry about the bright light of copying machines. However, eye damage is unlikely so long as the glass plate is in place. The glass blocks most of the ultraviolet radiation; lint in the blue spec-

trum does pass through, but at low levels. The visible light itself can cause discomfort if you stare at it. So close the cover, or at least avert your eyes. Children "copying": their hands are in no danger, but tell them not to stare at the light.

WELLNESS FACTS

Carrots have twice as much beta carotene as they did in 1950, according to a report by the USDA, making them one of the best sources of this important antioxidant. Scientists are constantly improving food crops and developing new varieties. If current genetic research proceeds on track, the carotene content of carrots may double again by the year 2000.

Out of Wok. It's well know that cooking in iron pots and pans adds iron to food cooked in them but steel cookware, which is 98% iron, can be just as good a source of dietary iron. A recent study at Texas Tech University in Lubbock found that stir-frying in steel woks increase the iron content of food, usually by 200 to 500%. The iron content of 3.5 ounces of vegetables, for instance, rose from 0.4 to 3.5 milligrams when stir-fried in a wok. Woks are typically made of black steel; those made of stainless-steel would release an insignificant amount of iron.

Sodium 450 mg
THIS IS THE YEAR OF THE BOAR IN THE CHINESE CULTURE.

The New Year began January 31. People born during the Year of the Boar are courageous, tenacious and eager to learn new things. When they marry, they will look for a person compatible with the year they were born.

One Chinese custom that I have tried to follow for many years is to have all your bills paid before the New Year arrives. That practice has kept me out of many financial difficulties - though I confess this year I was glad that Visa card bill had not arrived before the year ended.

One joy of being an American is looking at the many customs from other cultures that become a part of our lives. We love chow mein, Peking Duck and stir fry so much that we think these Chinese foods are "American." We love pizza, lasagna and mozzarella cheese so much we forget they are Italian Foods, and now they are American foods.

We love tacos, tortillas, burritos and fiestas so much we think these Mexican foods are American foods and holidays. And they are because we accept these wonderful things as part of what our friends, neighbors and relatives gave to us. Aren't we lucky they are so generous? And we gave them a passion for salmon, roots, venison and huckleberries which the creator gave to us.

When I visited New Zealand, I saw 12 foot high fences around fields where they raise deer, to sell meat to the Germans, and hides to sell to the Italians and velvet and horns to sell to the Chinese. And Warm Springs Composite Products fireproof doors are ordered all over the world. What an amazing place to live, this place called Earth!

Nutrition Per Serving	
Calories	115
Carbohydrates	25 g
Percent Daily Value:	
Calories from fat	20
Dietary fiber	2 g
Vitamin A	*
Fat	1 g
Protein	4 g
Vitamin C	18%
Saturated fat	0 g
Calcium	2%
Cholesterol	0 mg
Iron	12%



Information provided by:
OSU Extension
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553-3238.

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- Arlene Boileau 4-H & Youth
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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

Fire alarm test proves valuable lesson

by Norma L. Simpson

Watching the TV news this past week has revealed some sad facts. A dozen children in four or five homes were killed by fires. Not just because of the fire but also because the fire alarm did not have batteries in them. The newscaster showed a simple way to hold two lighted matches to the fire alarm, to see if the batteries were working.

To my astonishment, my alarm did not go off when I gave my alarm the test.

So I tried the test several times with the same alarming result...no screeching sound.

I bought a new battery, thinking maybe I had not changed the battery when Daylight Savings Time went off in October. Usually I do faithfully change the battery, but I don't remember testing to see if the

fire alarm was working. No screech remained in my memory.

The next astonishing thing with the new battery is that the alarm still did not go off...until I put it in my pocket to go to the hardware store to buy a new alarm. I don't want to buy the same type a alarm the next time. And since I'm buying a new one, I'll take the time to buy an alarm that also "sniffs" the gases generated by fires. Sure it will cost more, but my life is worth it....and I bet you think your life and the lives of your family are too.

Give the fire and smoke alarms thorough tests once they are installed in the home. Be sure to stress the importance to the children to leave the alarms alone. We don't want to see or hear about your home and children on the next newscast.

Test your fire alarm today!!

Tips on reflective listening

by Norma L. Simpson

If you ever feel that you and your partners are not getting along, it could be that there is a need for reflective listening. That act is one of the things you can do to get along by better communications...not only in marriage but also in business and community service.

Here are some of the do's and don'ts of reflective listening that you can put into practice to prevent conflict and put the glow back into your marriage.

Do

- *Listen with more than your ears
- *Watch your partner's face
- *Show some expression of interest in your face
- *Watch your body language
- *Watch your partner's body language
- *Listen for your tone of voice
- *Listen for your partner's tone of voice
- *Repeat back what you hear so everything has been understood
- *Share roles of sender and receiver
- *Be totally present
- *Take responsibility for your own behavior

Don't

- *Interrupt
- *Make sarcastic comments
- *Judge or criticize
- *Ignore feelings
- *Think of what you'll say next
- *Make broad, negative statements
- *Cross-complain
- *Use irrational tactics
- *Tune out what is being said
- *Talk behind partners back
- *Bring up past conflicts
- *Resort to violence

These are some of the suggestions in the OSU Extension Fact Sheet #322 put out by Leslie D. Hall, called "Communication Strategies for Adult Couples". If you'd like a copy you will find some of them outside the Norman's door in the main floor of the Education Center on Wasco Street.

Guide rules for "at-home" children

Modern Maturity Magazine November-December 1994

What should we expect of our at-home kids?

- *That while in our homes they won't engage in activities we don't approve of - such as drugging, drinking to excess, or bringing in sexual partners.
- *That job-hunting is their primary responsibility, and they should realize we won't support them if they don't take it seriously.
- *That they will share the household chores and take proper care of their personal sapes and belongings.
- *That they will afford us a fair amount of privacy - and we will grant them the same.
- *That they will extend common courtesies, like "I won't be home for dinner tonight" (which we promise not to follow up with "So where will you be going?")
- *That we will be able to discuss things that bother us - and we'll make every effort to negotiate a solution.
- *That they will contribute a percentage of their earnings to cover everyday household expenses such as utilities, phone bills, etc.

Salmon Recipes

Salmon Loaf
2 pints canned salmon
2 eggs, beaten, salt & pepper to taste, dash dry mustard (optional)
2 tablespoons minced onion
3lices dry bread crumbs or crushed crackers
1 can cream of mushroom soup
1/2 cup milk
Combine all ingredients in a bowl and mix well. Place in a loaf pan and bake at 375 F. for 35-40 minutes.

Rice and salmon casserole
1 pint canned salmon
2 cups hot cooked rice
2 tablespoons butter
salt to taste
1 can condensed cream soup (celery, mushroom, asparagus, etc.)
1/2 cup bread crumbs crackers or potato chips.
Combine rice with butter and salt. Pat into bottom and sides of a well greased 1 quart casserole. Break salmon into chunks and arrange over rice. Pour soup and salmon liquid over salmon and top with crumbs. Bake at 350 F. for 35-40 minutes or until bubbly. Makes 4 to 5 servings.