

Great and simple cooking on a budget

By Leslie Mitts
Spilyay Tymoo

Simple is the key word for those attending a series of classes at OSU Extension this month.

The Simply Good Eating series is teaching community members how to eat healthy things on a limited budget as well as different ways to quickly prepare healthy food.

Emilee Hugie, extension agent, leads the classes and said they've had at least eight participants per class throughout the series.

She said the classes are particularly helpful because of the current economy decline.

"We're all kind of in budget crunch right now," Hugie explained. "Coming to classes like this and getting new ideas of things to do is just helpful."

Pinky Beymer said she has found the classes to be "quick and easy" and that they also provide good information.

"I was just looking for different food ideas," Beymer said of her decision to attend.

Jacklyn Langley is planning to move out on her own in upcoming weeks and decided to go to the Simply Good Eating Series in order to learn useful tips.

"I really liked it. It's helpful," Langley said. "I think it's really going to help me be out on my own."

Langley encouraged Deborah Jackson to attend as well. Jackson said she found the class on shopping and saving particularly helpful when it comes to menu planning and freezing food.

The four-week series of classes has been held each Tuesday in September with a noon session and an evening session.

Participants who attend at least two of the classes received a cookbook with recipes from



Leslie Mitts/Spilyay

Those attending the Simply Good Eating classes prepared a variety of healthy and simple dishes for their classmates to sample.

the class.

Previous session topics included: "Don't be Sorry, Keep Food Safe," "Shop and Save," and "A Quick Guide to Tasty Food."

Each session included an educational period as well as a hands-on activity. For instance, during the "Shop and Save" session, participants practiced menu planning and played a price-guessing game involving local stores.

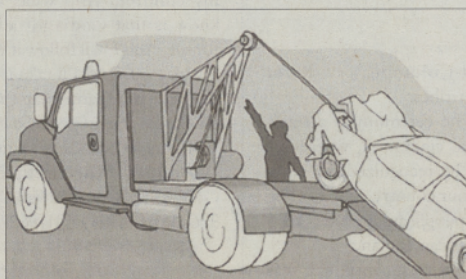
Those in the class then learned how to turn a meat sauce into four different dishes and sampled each of the dishes that they made.

The final classes will be held next Tuesday, September 30, at 12 p.m. and 5:30 p.m. at the Education building. The subject will be "Quick Meals from Food on Hand." Call OSU Extension

at 553-3535 or 553-3238 for more information. Hugie said they will continue to host activities throughout the fall, includ-

ing sessions on salmon canning and smoked salmon in September and fruit canning and preparation in October.

Remove abandoned vehicles



People wishing to have abandoned vehicles removed from their property can call Tiger Van Pelt at 419-7379, or Rodney Guerin at 977-6981.

Renewable energy discussion at workshop

Warm Springs Power and Water Enterprises would like to invite the Warm Springs community to an evening workshop to discuss renewable energy.

This workshop will inform the membership on possible ventures in the renewable energy industry involving the Confederated Tribes of Warm Springs.

Renewable energy development has increased largely due to state requirements for utilities to acquire these resources.

Warm Springs has the potential to develop large renewable energy power plants.

This meeting will cover what they are and how they operate.

The meeting at the Kah-Nee-Ta High Desert Resort and Casino beginning at 6:30 p.m. on Thursday, Oct. 9.

If you are unable to attend, material will be available following the workshop.

You may contact Wil Sando at 553-1046 for more information.

Minerals and mineral supplementation for open range livestock

Workshop focusing on understanding minerals in the diet of livestock (data collection occurred here locally in Warm Springs).

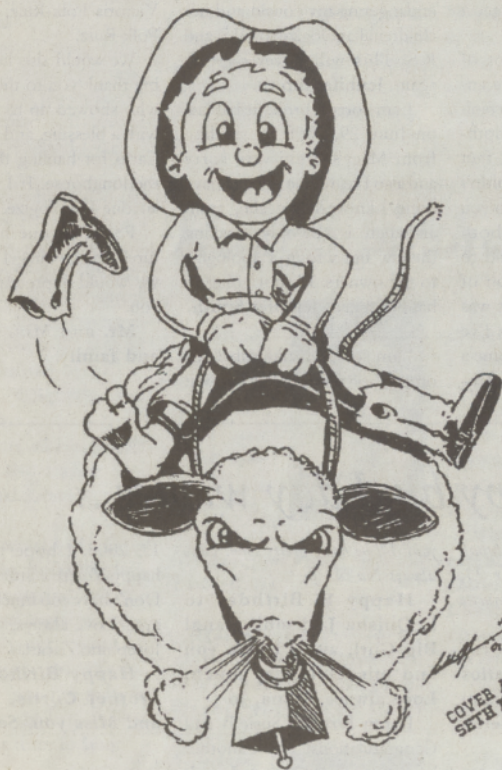


Thursday, Sept. 25 at the Agency Longhouse.

Light dinner served at 5 p.m. Workshop will start at 5:30 p.m. Presenters are Fara Brummer and Tess White (Alltech). For more information, please contact the OUS Extension Office at 553-3238.

Free roping gloves distributed by Alltech!

Please don't forget to register to vote – the deadline to register is October 14.



2008 Fortieth Annual COWDEO

Saturday, Oct. 18 – 5:00 p.m.
Sunday, Oct. 19 – 1:00 p.m.

For contestants 5 thru 14 years

Not eligible: Top 5 in PeeWee Groups, Junior Rodeo Association

at Jefferson County Fair Complex, Madras, Oregon

**All Around
Award Saddle**
donated by
DMJ Automotive

**Admission
\$3.00**
Per Person

Calf Roping
Senior, Junior, or PeeWee

Goat Decorating – PeeWees
Horseless Calf Roping – 11 & Under
Breakaway Calf Roping – Seniors
Sheep Riding – 5 & 6 year olds
Cow Riding
Girls & Boys Barrel Racing – Senior, Jr, PeeWee
Chicken Scramble – 3 to 5 year olds

Flag Race
Senior, Junior, or PeeWee

Registration begins at 9 a.m. Sept. 29 at the fair office. Or call 325-5050.