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### Road Report

The Morrow County Public Works Department has released the following Road Report for the week of May 16-20: Old pavement on Balm Fork Road is being ripped up, mud is being removed, fill material and gravel spread, new culverts installed, old culverts cleaned and the road surface bladed. Pine City up Little Butter Creek also had new culverts installed, along with widening and building of shoulders, shoulder work, spreading of gravel and cold patching.

Upper Rhea Creek, Willow Creek, Upper Willow Creek, Meadowbrook, Stock Drive and Fuller Canyon roads all had cold patching work done and Valby, Belle Ranch, Fuller Canyon and John Bergstrom roads had gravel spread on them. Roads that were bladed were: John Bergstrom, Valby, Fuller Canyon, Dee Cox and Carlson.

The channel has been moved and road rebuilt on Road Canyon on Balm Fork. Fill material was hauled to Halvorsen to Eight-Mile and the road cleaned up after a washout.

Ditches were bladed and fill rock spread on Joe Kenny Road and road signs were repaired on Blackhorse Canyon Road.

Dirt is being moved off the road for widening and fill rock applied on Patterson Ferry Road in the Boardman-Irrigon area in preparation for a major road project that will be starting soon.

In addition to usual repair and maintenance of equipment, the shop crew has been fabricating tables, a gas tank and an iron rack for shop use.

## 'Econo-Eating'

By MONINE STROEDEL-STEBBINS OSU Extension Service

How many times a day do you eat or drink something? Most kids have something to eat or drink eight times a day. How often you eat isn't nearly as important as what you eat. Snacking isn't just milk and cookies after school. It's any kind of food or beverage you or your kids grab when the "hungries" strike, or when you get bored, or it's handy so it might as well be eaten.

The trick with snacking is to have things that are good for you ready to eat or to fix easily. And with today's food prices, they need to be inexpensive, too.

Anticipate the need for a snack. If you always need a break about the same time, have things fixed before you're absolutely starving. If you're trying to cut down on calories, think about having vegetables cut up and ready, or have some of the delightful special teas that can give you a sweet taste without adding calories. As the summer comes, you might want to pour.

Single serving snacks are usually more expensive but do have appeal. I can remember envying those kids who had the little boxes of raisins. One smart mother bought one set



During a lifetime the average human heart beats two-and-a-half billion times.

of those snacks and had the kids very carefully save the boxes so they could be used again. Chips, cupcakes and other snacks come in these individual packages. It's least expensive if you just go without, since they have little nutritional value, and usually have quite a bit of salt and oil or sugar.

It's nice, though, to occasionally tuck them in a lunch. Sometimes they're on sale or sold cheaper at some stores. You can also buy the larger sack and package them yourself. Large sacks of munchies do disappear easily, or go soggy, so it doesn't always mean a savings. These snacks are much more expensive if you end up buying them from a vending machine, though, than when you buy them at the grocery store.

On the items that are consumed whole, buy or fix the smaller sizes. For instance, buy small apples or bananas. Make cookies in a smaller size, too. Cut things up or set out a portion that is allowed for the day.

If you have the hungries for something specific—say, you're a chocolate lover, then look for ways to fix something low-cost that takes care of the craving, before it becomes an obsession.

Be aware of the way you eat snacks, too. Eat things slowly, taking a break, if possible, rather than grabbing as you run. If you're hurrying you're eating faster which means you probably eat more. It helps to choose something crunchy, so you can have the satisfaction of chewing a lot. Vegetables, fresh fruits, or popcorn last longer than some softer snacks.

If you're tempted to eat something when you feel you shouldn't, don't have that food in the house at all, or put it out of sight or out of reach. I used to be hungry as I cooked dinner and got into the habit of reaching for the marshmallows which were very handily placed in the cupboard near the stove. I figured out the calories and decided I was better off keeping them in the freezer, so they didn't get hard and they weren't as easy to grab.

A few years ago, when I was preparing for a program on "Nutrition and My Child," I asked some of my young homemaker friends about snacks their kids liked. One gal invited me out and her kids fixed me some really delightful snacks. Part of the fun was the names the snacks were called. "Cigars" were given to me with the advice, "Don't smoke 'em, eat 'em." This was a cabbage leaf that was spread with peanut butter and then rolled up. At first I was concerned that it might lead to smoking—but the young man cleared that up. He said, "Smoking isn't good for you but peanut butter and cabbage are." He certainly had his values down pat.

Another fun snack was "Ants on a log"—a strip of celery spread with peanut butter (the log) and a little row of raisins (the ants). "Dandy Candy" and "Tortilla Toppers" are other fun snacks with creative names.

Some snacks are cheaper if you make your own. Cookies or cupcakes baked at home are cheaper than when bought individually. Caramel corn is a real treat and can be made at home, too. Here's a simple

inexpensive (I figure it costs about 35 cents for a big batch) but tricky recipe. It's tricky only because you need to judge when it's cooked to a light golden brown. It continues to cook even after taking it off the heat, so can be burned easily. I burned my first batch so I put some special precautions in the recipe. It's not a recipe for kids to make because the sugar syrup gets very hot.

#### Caramel Corn

Pop six quarts of popcorn. Put into a very large metal container that is lightly buttered. Don't use plastic, the syrup could melt it in spots. It's also very nice to eliminate the unpopped corn, so you don't break a tooth.

In a 2-quart saucepan, combine one cube margarine or butter (1/2 cup) and 2 1/2 cups white sugar. Cool and stir over medium heat until melted and a light golden brown. This takes about 10 minutes.

The sugar and melted butter don't combine. When it's the right color, very light golden brown, add one-third teaspoon baking soda. Stir together and then pour over popcorn. (It's helpful to have the soda measured and ready. That's how I burned mine—looking for the measuring spoon!)

Stir the popcorn and syrup mixture. Stir and stir. It's helpful to use a long-handled spoon, because the mixture is very hot and you don't want to touch it as you stir.

With all these precautions you probably won't want to try it. It really tastes good, lacking only the peanuts, which you could add, and the prize to resemble a favorite snack that costs more for one box than for the whole six quarts. One more precaution—it's a good idea to brush your teeth after eating a sticky, sugary snack.

#### Tortilla Toppers

Flour tortillas

Hot pepper cheese

Place one tortilla on a frying pan (no grease) using medium heat. Top with thinly sliced cheese and another tortilla. Let cook until cheese starts to melt, then turn over. When cheese is completely melted, put on a cutting board and cut into wedges.

#### Dandy Candy

1/4 cup honey

1/4 cup peanut butter

1/2 cup non-fat dry milk

1/2 cup crushed cereal flakes or sesame seeds (optional)

Mix honey and peanut butter. Gradually add dry milk, mixing well. Form into balls with greased hands. Roll in crushed cereal flakes or sesame seeds if desired. Chill.

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### Local Cub Scouts recognized



Top sellers in a Cub Scout pepperoni stick sale were T.R. Riehl (left) and Jim Kindle. Kindle sold 155 sticks, while Riehl brought in cash for 149 sticks. Richard Pettyjohn came in third by selling 75. A total of 1,358 sticks were purchased. The Scouts were recognized for their efforts at a Pack meeting Monday night.



Shawn Eng, the son of Tic and Connie Eng, received the Arrow of Light Award at a Cub Scout Pack meeting Monday night. The award is the highest achievement in Cub Scouting.

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