

**Drive Safely This Winter . . .
NEWSLETTER FROM GOVERNOR BRYAN**

Winter will soon be upon us, and in an effort to focus on the hazards of winter driving, I have declared the week of November 15-21 as Winter Storm Awareness Week.

Because winter storms affect all of us and can cause life-threatening situations, I have directed the Nevada Division of Emergency Management and the Nevada Department of Transportation (NDOT) to put together a list of safety tips to help motorists drive more safely during unfavorable conditions.

One of the more important things to remember when driving on snow or ice covered roads is to get a feel of the road and follow at a safe distance. The slicker the road, the farther away from the vehicle you should stay.

If you should happen to find your car skidding, avoid braking and steer in the direction in which the rear end is skidding. Also, avoid oversteering and keep the clutch engaged or the car in drive.

Another important tip to remember is that if your car

becomes stuck in the snow, one way to free it is to "rock" it out by switching from reverse to forward. If the wheels start to spin, find a way to create traction under the rear wheels, then apply power slowly and steadily. Many Nevadans carry a bag of sand in their car during winter for this purpose.

Other ways to improve winter driving include:

—Keep the windshield and windows clear. Always have your windshield wipers in good condition.

—Be sure to have good tires and carry tire chains.

—Have your car "winterized" by checking antifreeze, lights, battery, tires, wiper blades, heater and defroster, brakes and steering. In addition be sure to carry flares, a flashlight and a shovel in your car.

Winter is also a season filled with several of our most treasured holidays, times when family and friends gather to celebrate together. Let's make this holiday season a most safe and enjoyable one.

**HOLIDAY PARTY
ANIMALS —
TURKEYS**

Tom Turkey (the original Thanksgiving party animal) will be attending numerous holiday celebrations in the next few months, but wise cooks should ensure he doesn't invite bacterial to share in the festivities. This advice from a UNR College of Agriculture nutrition specialist.

"There are certain precautions all cooks should take when thawing, stuffing and cooking a turkey," says Martha Harveywebster, Nevada Cooperative Extension nutrition specialist.

"The safest way to thaw a turkey is to take it out of the freezer and leave it in the refrigerator for four or five days," she advises. Turkeys should never be left on the kitchen counter to thaw because bacterial multiples rapidly at room temperature.

U.S. Department of Agriculture experts offer additional advice: (1) purchasing a pre-stuffed, fresh turkey is not recommended because raw turkey and stuffing ingredients are highly perishable and can be a breeding ground for bacteria; (2) cooking a turkey for a long time at a very low temperature is not recommended because the temperature is not high enough to kill bacteria; (3) cooks should serve food at the last possible minute and NEVER leave food out at room temperature more than two hours; and (4) after dinner, stuffing should be removed from the turkey and both the stuffing and the turkey should be refrigerated.

Harveywebster notes that America's Pilgrim forefathers started a healthy tradition

lented and allowed the child to have his way. The child will continue the practice in the future for as long as it works. When it ceases to manipulate you, he/she will try other procedures in search of another one that works.

What you must do is refrain from giving the child's manipulative tricks the results that are desired. The child is not born with any form of behavior. He is conditioned to do that which produces positive results. No child does anything that he/she knows will bring about distasteful results. If you have conditioned the child to anticipate your changing your mind every time he/she cries, you must completely change this attitude. This will require time, patience

Thanksgiving Dinner

Discover the delicious difference of serving canned Polish Ham as a new idea for the traditional holiday menu. Always lean, tender and nutritious, Polish Ham comes ready to serve or to prepare in any number of simple or elaborate ways.

For Thanksgiving try:

Pecan Honey Baked Ham

- 1 5-lb Polish canned ham
- 1 3-oz can pecans, coarsely chopped
- ¼-cup dark brown honey
- 1-tbsp melted butter
- ½-tsp grated lemon rind

Score sides of ham as desired. Place in baking pan. Bake at 350 degrees F oven for 1½ hours. While ham is baking, stir together remaining ingredients. After ham has baked for 1½ hours, remove from oven and pour the honey mixture over top of ham and continue baking for ½ hour, basting once or twice with syrup that has run off from topping.

Place on serving platter and garnish with fresh or canned fruits. Serves eight. NF

Thanksgiving material; for Immediate Release



Here's a suggested menu for Polish canned ham, clockwise from top left, Apple Pumpkin Soup, Corn Souffle, Pecan Honey Baked Ham, Brussels Sprouts with Bacon and Onion, plus your favorite beverage and dessert.

with the first Thanksgiving dinner, but that most dinners today are not as nutritious.

"Today we tend to dilute the good nutrition of the traditional Thanksgiving dinner by going overboard on fat (sauces, sour cream, gravy) and sugar (pies, relishes, holiday candies)," says Harveywebster. However, Thanksgiving dinner can be both nutritious and delicious, she believes.

"Do some serious menu planning," Harveywebster says. "Ask yourself, 'Is it really necessary to bake six

pies for a family of four?'"

Harveywebster offers the following recommendations for preparing a balanced Thanksgiving dinner that minimizes fat and sugar intake:

—It isn't necessary to prepare every vegetable in a cream sauce. Prepare candied sweet potatoes if they are a holiday tradition, but compensate by making a lower sugar version of cranberry sauce and pumpkin pie.

—Make "regular" foods, such as peas, look as attrac-

tive and appetizing as "special" foods. Also, be realistic. Don't prepare a low-calorie, pumpkin desert instead of pumpkin pie if you will feel "cheated" for the rest of the year. Bake the pie and enjoy every mouthful you eat, but keep portion size reasonable.

"Everything in moderation," she reminds us.

For additional advice concerning holiday foods, contact your local Nevada Cooperative Extension home economist.

COPING

by

Dr. Charles W. Faulkner

NNPA FEATURE



CONTROLLING YOUR CHILD'S BEHAVIOR

Dear Dr. Faulkner: I am a young mother with a child 18 months old. My child is a brat. He cries every time I tell him to do something that he doesn't want to do. What should I do to get him to obey me? Ms. W., NEW Mexico

Dear Ms. W.: Suppose that your child is difficult to control and objects to everything that you tell him/her to do. Perhaps the child cries uncontrollably when told to turn off the TV and go to bed. At the start of the final program that you want the child to watch, say to him/her, "When this program is over, you will go to bed." Use a calm, kind, confident voice.

When the program ends, turn off the TV and usher the child to bed. Suppose the child begins to cry uncontrollably as an indication of the desire not to go to bed. You should continue to usher the child to bed, while totally ignoring the whimpering. The secret is to act nonchalant,

polite, and authoritative. Even if you are angry or feel pressured, you must not show it. You must act like the commander of your own ship who gives an order and sees to it that your order is carried out. Be kind, be firm and do not back down. The child will cease the objectionable behavior as soon as it becomes clear that you definitely (and confidentially) intend to have your order obeyed.

The child who cries when given an order is seeking to manipulate your behavior and get his/her way, when you give in, you are giving the child control of your behavior and you will confront this kind of resistance quite a lot in the future. The only reason that the child cries when told to do something he/she does not want to do is because it has worked many times in the past — whenever you told the child to do something in the past and he/she cried, you re-

This is the basis for practically all human behavior. This is conscious behavior conditioning.

Dr. Faulkner may be reached at P.O. Box 50016, Washington, DC 20004.

