

# Information from the State 4-H - Youth Office

Volume XXII - Number 6 & 7

July & August, 1983

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Donald L. Stormer

Assistant Director

Extension State 4-H Leader



Cooperative Extension Work in Agriculture and Home Economics,  
A&T and N.C. State Universities,  
100 Counties, and U.S. Department of Agriculture, Cooperating.

STATE 4-H STAFF RESPONSIBILITIES

Enclosed please find an up-to-date listing of "North Carolina State 4-H and Youth Staff Responsibilities - 1983-84." If you need assistance from any of our staff, please give us a call or drop us a note.

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4-H DIGEST - HOME ECONOMICS AND HEALTH

We are enclosing five copies of another 4-H Digest entitled Home Economics and Health. This is the fifth in a series of 4-H Digests providing information about private resource support to help expand and strengthen your 4-H program. We should have approximately 70 extra copies left over if anyone would like extras.



Donald L. Stormer

"The problems of the world essentially are the problems of individuals. If individuals can change, then the course of the world can change. This is a hope worth sustaining."

from I'm OK - You're OK



CONFERENCE SLIDE SET AVAILABLE

"National 4-H Conference in Review," a slide/tape set which captures the essence of the 1983 Conference, will be available for loan from our Visual Communications Department after August 25. The 80 slides and synchronized cassette tape highlight conference programs and recommendations and give a visual presentation of major speakers and events during the week.

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### PUBLICIZING THE 4-H FAMILY PROGRAM

The National 4-H Council needs our help in informing 4-H families of the opportunity to visit their nation's capital and explore the many fascinating places in the Washington, D.C. area while staying at the National 4-H Center.

The Center, a campus-like setting located on 12½ acres on the edge of the District of Columbia, provides attractive, yet inexpensive accommodations, a cafeteria which serves three meals per day and convenient public transportation to nearby downtown Washington.

Find out how to investigate the many cultural and historic sites available by requesting information about the Families Program. Once you have decided to take advantage of this opportunity, the Council will provide a 4-H FAMILIES PLANNING PACKET. The packet contains maps and pertinent visitor information. Write to: 4-H Family Program, National 4-H Council, 7100 Connecticut Avenue, Chevy Chase, Maryland 20815. Or if you need a quick reply, call: 301/656-9000, extension 574.

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### IFYE NEWSLETTERS

Enclosed please find two newsletters from Raylene Jessup, our IFYE to the United Kingdom. Due to District 4-H Activity Day and 4-H Congress we are sending two at once.

Pauline E. Moore



### 1983 AUTO SKILL DRIVING CONTESTS

A copy of the 1983 Report for the North Carolina District 4-H Auto Skill Driving Contest is enclosed.

Henry Revell, Jr.

### IDEAS TO TRY - INVOLVING PARENTS

Most parents are willing to help out with 4-H club jobs that need to be done. The key is how they are approached and how you think that they should be involved. Find out what really interests the parents. A photography bug will probably conduct a special session for the entire club as well as teach all the photography projects. Others might be great at helping plan a float or the fair booth. Keep parents informed about all phases of the program.

**To Gain Parent Support:** Ask parents to do a specific job; ask husbands and wives together; especially encourage fathers to help - boys need more positive role images to imitate; recognize parents for helping (i.e., a certificate at your clubs achievement night). Ask their advice on different topics; involve them in meetings; give them a written or printed club program and explain what will be happening; have a parents program; talk 4-H when you see them.



Al Ulrich  
Extension 4-H Specialist  
Volunteer Leadership  
Ohio

"Am I united with my friend in heart,  
what matters if our place be wide apart?"

....Anwar-i-Suheili (Persian Poet)

### COMMUNITY GRANTS AVAILABLE TO TEENAGERS

Groups of young people who want to improve their communities are eligible to receive grants from Metropolitan Insurance Companies.

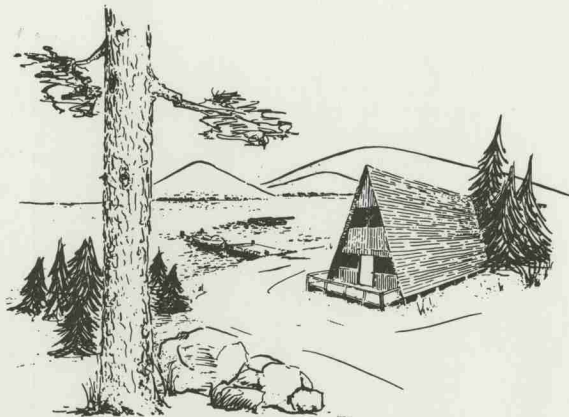
The grants, limited to \$250, go to groups of five or more people ages 12 to 18. Typical projects might include beautification of a park or building benches at bus stops, company officials said.

In the Raleigh area, application forms are available at the Metropolitan office, 3801 Wake Forest Road. Call 872-2934 for information.

Frances Wagner

DATES TO REMEMBER

August 19-21	State Council Retreat	Betsy-Jeff Penn
September 1	Submit Group, Club, and County Reports in Automotive, Conservation of Natural Resources, Health and Safety; Club Reports in Community Service and applications for nationally sponsored scholarships. Resubmit certain cumulative records for National competition.	
	Poster Art Exhibit	State 4-H Office
September 24	University Day	NCSU
October 3-7	Southern Region Volunteer 4-H Leader Forum, Rock Eagle Conference Center	Eatonton, Georgia



# 1983 N. C. 4-H AUTOMOTIVE SKILL DRIVING CONTEST

Sponsored by  
N. C. MOTOR CARRIERS ASSN.

RALEIGH, N.C.

COUNTY	PARTICIPANT	DIST	WRITTEN SCORE	PARTS IDENTI- FICATION SCORE	SCORE	TIME (min x 2)	TOTAL SCORE
Chowan	F. Blount	NE	0	0	93	12	105
Jones	A. Barber	SE	0	15	71	8	94
Davidson	L. Davis	NW	15	18	52	10	95
Craven	B. Gaskins	NE	3	12	38	8	61
Cumberland	M. Guin	SE	3	24	36	8	71
Swain	W. Holden	W	0	0	89	8	97
Granville	B. Holman	NC	0	9	42	10	61
** Davidson	D. Leonard	NW	6	0	35	8	49
* Cabarrus	R. McGlamery	SW	0	0	27	8	35
Orange	T. Raysinger	NC	15	6	31	8	60
** Jackson	D. Shuler	W	0	0	34	8	42
* Rowan	T. White	SW	0	0	31	8	39

\* = Winner

\*\* = Alternate Winner



N. C. 4-H DISTRICT AUTO SKILL DRIVING CONTEST  
REPORT FOR 1983

WESTERN DISTRICT WINNER

DAVID SHULER  
305 COUNTRY CLUB DRIVE  
CULLOWHEE, NC 28723 (JACKSON)

WILLIAM E. HOLDEN  
R-3, WESSER ROAD  
BRYSON CITY, NC 28713 (SWAIN)

WESTERN DISTRICT ALTERNATES

STEVE MOODY  
R-1, Box 191 C  
ROBBINSVILLE, NC 28771 (GRAHAM)

DELL GRANT  
Box 479  
BRYSON CITY, NC 28713 (SWAIN)

TOTAL PARTICIPANTS: 8

COUNTIES: JACKSON, SWAIN  
GRAHAM, MADISON, MITCHELL  
AND YANCEY

SOUTHWESTERN DISTRICT WINNER

ROLAND MCLAMERY  
R-1, Box 124B  
STANFIELD, NC 28163 (CABARRUS)

TRACI WHITE  
Box 151  
CLEVELAND, NC 27013 (ROWAN)

SOUTHWESTERN DISTRICT ALTERNATES

BRIAN IRVING  
905 GORDON STREET  
MONROE, NC 28110 (UNION)

SHANE STEMPNIAK  
310 BIRNAN WOOD DRIVE  
CONCORD, NC 28025 (CABARRUS)

TOTAL PARTICIPANTS: 6

COUNTIES: CABARRUS, ROWAN  
CLEVELAND AND UNION

NORTHWESTERN DISTRICT WINNER

LISA DAVIS  
339 HEDGECOCK ROAD  
HIGH POINT, NC 27260 (DAVIDSON)

DUANE LEONARD  
R-6, Box 932  
THOMASVILLE, NC 27360 (DAVIDSON)

NORTHWESTERN DISTRICT ALTERNATES

PHILLIP LEWIS  
R-4, Box 300  
REIDSVILLE, NC 27320 (ROCKINGHAM)

JANE MEADOR  
R-2, Box 186  
RUFFIN, NC 27326 (ROCKINGHAM)

TOTAL PARTICIPANTS: 4

COUNTIES: DAVIDSON AND ROCKINGHAM

1 CANCELLATION

(OVER)

SOUTHEASTERN DISTRICT WINNERS

ANTHONY BARBER  
R-1, Box 319A  
TRENTON, NC 28585 (JONES)

MIKE GUIN  
230 LIVERMORE DRIVE  
FAYETTEVILLE, NC 28304 (CUMBERLAND)

SOUTHEASTERN DISTRICT ALTERNATES

JOE RENNER  
100 VISTA DRIVE  
CLINTON, NC 28328 (SAMPSON)

TONY BOWDEN  
705 A TAYLOR STREET  
GOLDSBORO, NC 27530 (WAYNE)

TOTAL PARTICIPANTS: 9

COUNTIES: JONES, SAMPSON, CARTERET  
ONSLOW, WAYNE, CUMBERLAND, AND  
BRUNSWICK

NORTHEASTERN DISTRICT WINNERS

BEVERLY D. GASKINS  
R-5, Box 284-A  
NEW BERN, NC 28560 (CRAVEN)

FELECIA R. BLOUNT  
R-2, Box 199  
EDENTON, NC 27932 (CHOWAN)

NORTHEASTERN DISTRICT ALTERNATES

ALAN DAIL  
Box 7  
CAMDEN, NC 27921 (CAMDEN)

TERRY LYNN WHALEY  
R-2, Box 431D  
AYDEN, NC 28513 (PITT)

TOTAL PARTICIPANTS: 5

COUNTIES: CRAVEN, CHOWAN, CAMDEN, PITT,  
AND MARTIN

NORTH CENTRAL DISTRICT WINNERS

TONY RAYSINGER  
#13 RIGGISBEE MHP  
CHAPEL HILL, NC (ORANGE)

BOBBY HOLMAN  
207 SYCAMORE STREET  
OXFORD, NC 27565 (GRANVILLE)

NORTH CENTRAL DISTRICT ALTERNATES

DAVID BOYETTE  
R-1, Box 12A  
MURLE MILLS, NC 27541 (PERSON)

LENORA YOUNG  
R-3, Box 152  
WARRENTON, NC 27589 (WARREN)

TOTAL PARTICIPANTS: 8

COUNTIES: ORANGE, GRANVILLE, PERSON,  
WARREN, HALIFAX, AND WAKE

4 CANCELLATIONS





AGRICULTURAL  
EXTENSION  
SERVICE

*North Carolina State University  
School of Agriculture and Life Sciences*

Office of 4-H and Youth Development  
P. O. Box 5157  
Raleigh, N. C. 27650

August 3, 1983

I have been requested by Raylene Jessup, IFYE to the United Kingdom, to include you on the mailing list of her letters. The International Four-H Youth Exchange (IFYE) Program is conducted by National 4-H Council in behalf of the Cooperative Extension Service. Friends of 4-H in Moore County and the 4-H Development Fund of North Carolina assist in financing this exchange.

Sincerely,

Pauline E. Moore  
Extension 4-H Specialist

PEM:sfw



# LIFE ON THE OTHER SIDE



Newsletter Number 3

August 1, 1983

## IT'S TEA TIME

At home we always hear about the British having tea time, but until you've been to a few "proper teas" you really don't understand what exactly goes on at one! There are many different sorts of teas. There are morning teas, afternoon teas, high teas, just plain teas, and teas where there is not tea at all!

Tea is most commonly used as a term for an afternoon snack or for dinner. I did not have much experience with these sorts of events before I came--so at first I never knew exactly what I was sitting down to! I did not know if it would be a snack or if that was my dinner! It seemed rude to ask something of such common knowledge, so I just assumed--often times getting it wrong at first. However, after two months I have begun to get better at guessing and I think in another month's time that I will have it down to a "tea."

So what usually goes on at a tea? Well, that depends greatly on which sort of tea it is!

A morning tea usually occurs around 10:00. It consists of bread, butter, jam, a biscuit (which we would call a cookie!), and either a cup of tea or a cup of coffee. Coffee seems to be as commonly drunk at teas as tea!

An afternoon tea is more substantial than the morning tea. It is usually served around 4:30. This is where being a "foreigner" becomes a problem! The big meal of the day is at lunch time, so some families have an afternoon tea and no dinner, while others choose to have both. I never seemed to know at first if the afternoon tea was the meal for the day or not. Yet after a while your instincts begin to take over and you begin to be able to know. The menu of an afternoon tea usually consists of tea, coffee, bread, butter, jams, cheese, crackers, cakes, and biscuits. There is always enough food to make a meal off of.

So what is a high tea? That's when you are accustomed to having both an afternoon tea and dinner, and for one reason or another, you wind up having both of them at the same time.

A "just plain" tea is what we would call a coffee break. On an average it even tends to be coffee here too! Sometimes you might have a biscuit, but most times it is just a quick cup of coffee.

The British are very polite people and are always inviting you over for tea. The safest, most polite way to know what they are asking you to is to simply ask them what time they would like for you to come! That way you can usually tell what sort of a tea it will be! Yet whatever tea it is, one thing that you can always count on being served is hospitality and genuine friendliness.

### DRIVING DOWN THE ROAD

When I first got to Great Britain there were a lot of things that were new and exciting. Some were easy to get accustomed to, but the one thing that has taken the longest has been driving on the left side of the road! Just when you think you've gotten use to it, you will go to get into the wrong side of the car, or you will reach to adjust the rear view mirror, or you will be frightened by an oncoming vehicle when you meet in a curve because you will think it's on the wrong side of the road! I do not know what it would feel like to drive -- I haven't been brave enough to even sit in the driver's seat of a stopped car yet!

Road signs took some getting used to also! Because they are standard European signs so that people speaking all the different European languages can understand them. They are much different from the ones at home!

For the first two weeks I was here I looked and looked to find a speed limit sign. Finally I gave up and asked about them. "They are everywhere," I was told. So what do they look like? When they were pointed out to me, it became easy enough to understand why it had not dawned on me what they were. They are round with a plain white background and a black diagonal line through them! No words or numbers, just a black line! That means that the speed limit on that highway is 70. That's right - on a major dual carriageway (an interstate) the speed limit is 70 mph! On minor roads it is 60 and around town it is 30 or 40. There are no 55 speed limit laws here. For speeds other than 70, the signs are also round. The difference is that they have red circles around the outsides and the numbers in the middle.

There will be two of these sorts of signs posted at the beginning of a certain zone (one on each side of the road) and then about a hundred yards later there will be two more signs. These signs can be posted on anything from a light pole to a tree! They are much smaller than the first one. They are about one-fourth the size of a U.S. speed limit sign. After I knew what to look for, I realized that indeed they are everywhere. The key is just knowing what to look for.

For the most part the road signs here are very expressive! They have very vivid drawings showing that elderly people live in that area or there is a danger of falling rocks or that men are working ahead. They never have any words on them yet they convey their messages very effectively.

Roundabouts were a new phenomenon for me also. They are as common here as stop signs are at home. They are circles that you drive around when a bunch of roads come together. There are very few stop signs in Britian - instead you drive around to the left giving the right away to the cars on the right until you get to the road you want! There are a few in North Carolina - for example, the one in Pittsboro with a courthouse in the center. Both roundabouts and giveaways (our equivalent to yield signs) are quite common here. So when you are driving in Great Britian you don't have to make many stops.

Other major differences that I have found involving cars and roads are: (1) a very, very small percentage of the population own automatic cars, (2) they pay over \$2.50 for a gallon of petrol (gas), (3) a majority of the rural roads are one lane roads with little spaces left here and there to pull into for passing zones when another vehicle is approaching and (4) since January 1983, the wearing of a seat belt has become mandatory.

#### A TASTE OF GREAT BRITAIN

A lot of the "common foods" here were very new to me! I don't think many North Carolinians have ever eaten black puddings, haggis, marmite, triffls, or scones! Most people probably do not even know what they are -- I didn't until I got here.

Every meal has become an adventure! I have been here for nearly three months and I'm still being introduced to at least two new foods a week! I am also learning new ways to prepare and combine some of the foods that we have at home.

In order to get a real feel of these new foods - here are a few quick and easy recipes to try! Good luck and happy eating!

#### Welsh Cakes

8 oz. flour	1 level tsp baking powder
2 oz. margarine	3 oz. sugar
2 oz. lard	$\frac{1}{2}$ tsp mixed spice
2 oz. currants (dried fruit)	1 egg
pinch of salt	a little milk

Rub lard into the flour. Add dry ingredients. Add egg and a little milk to make a stiff paste (as for pastry). Roll out into "4" thick circles, and bake on a griddle or in a greaseless frying pan. Medium to high heat.

# Scotch Shortbread

- 6 oz. plain flour
- 2 oz. corn starch
- 2 oz. sugar
- 5 oz. butter/margarine

Mix well, kneading, place into  
a swiss roll pan.

# Trifle (England)

- |                                 |                  |
|---------------------------------|------------------|
| 1 sponge cake                   | 2-3 oz. sherry   |
| 2-4 Tsp. red jam                | 1 cup of custard |
| 1 can of fruit                  | whipped cream    |
| 1 package of jello (any flavor) |                  |

Place a sponge cake into the bottom of a glass bowl. Spread with red jam. Put on canned fruit (i.e. pears, peaches, raspberries). Put jello (any flavor) on top. Semi-jelled. Pour 2-3 oz. sherry over sponge cake. Put custard over top, whipped cream just before serving.

# Witch Salad

- |                            |                                |
|----------------------------|--------------------------------|
| 1 level tsp. baking powder | 1/2 oz. flour                  |
| 1/2 oz. sugar              | 1/2 oz. margarine              |
| 1/2 cup mixed salad        | 1/2 oz. lard                   |
| 1 egg                      | 1/2 oz. currants (dried fruit) |
| 1/2 little milk            | pinch of salt                  |

Put flour into the flour, add dry ingredients. Add egg and a little milk to make a stiff paste (for pastry). Roll out into thin sheets, and bake on a griddle or in a crockpot. Fry in oil. Roll out into thin sheets, and bake on a griddle or in a crockpot. Fry in oil. Roll out into thin sheets, and bake on a griddle or in a crockpot. Fry in oil.



# 1983 4-H DIGEST

## HOME ECONOMICS AND HEALTH

JUNE/JULY

SUPPORTED BY



NATIONAL 4-H COUNCIL

This is the fifth in a series of 4-H Digests providing information about private resource support to help expand and strengthen your 4-H program.

## Introduction

Teaching young people how to enhance their lives and improve the quality of living for their families is the focus of the 4-H home economics and health programs. Boys and girls learn basic concepts about living wisely and well. The diverse subject matter offered in the areas of clothing, consumer education, home management, bread, dairy foods, food-nutrition, food preservation, fashion revue, home environment and health provide an opportunity for individual expression in highly personal ways. 4-H'ers may add a creative touch while learning food skills, designing fashions and planning a better home. And they increase their knowledge through good nutrition and health practices which will serve them the rest of their lives. As they participate in learn-by-doing club activities they also learn economic concepts and management techniques which can be applied to all areas of living.

This issue of the 4-H Digest is designed to help you take advantage of the resources made available to you with the support of the private sector. On pages two

and three you will find the specific program objectives established by the Cooperative Extension Service. You also will find a listing of the corporations that help you stimulate excellence in these programs by providing incentives and awards and other support at the county, state and national levels. You and your 4-H members will want to write to persons listed to express appreciation for 4-H support.

Page four begins a variety of ideas to help you make home economics and health exciting areas of learning for your 4-H members. These ideas come from leaders and members all around the country. They have been tested—and they work! Related directly to the program objectives, these workable ideas will help your 4-H members in learning and meeting requirements for record book judging.

Starting on page 8, you'll find a listing of educational aids—member and leader manuals, slide sets, films and special publications—available to help you teach your 4-H'ers about home economics and health.

## IMPROVING YOUR LEADERSHIP SKILLS

The 4-H Digest is just one resource for 4-H leaders. In addition to the materials listed in this issue, there are many valuable resources available right in your community! Check with your county Extension office. Then, call on food markets, department stores, consumer specialists in the media, fabric and sewing supply stores, local fashion designers, doctors, dentists, interior decorators, furniture stores, optometrists, home improvement contractors, home energy specialists and gourmet cooks. They will be glad to help! You don't have to be an expert in any of these areas to serve as a 4-H leader. Most people are flattered to be asked to share their skills with young people. Call on them. Find out what a really resourceful leader you are!

Be sure to keep this issue of the Digest. Even if your present leadership role is not in one of these areas, it can serve as a valuable reference for the future. A limited number of extra copies are available at your state 4-H office.

National 4-H Council is a not-for-profit educational organization that utilizes private resources to help expand and strengthen the 4-H program. 4-H is the youth education program of the Cooperative Extension Service of the State Land-Grant Universities

and the U.S. Department of Agriculture. Programs and educational materials of National 4-H Council are available to all persons regardless of race, color, sex, age, religion, national origin or handicap. Council is an equal opportunity employer.







**Letters of appreciation** for support in these programs may be addressed to the following individuals:

**Bread**  
T. T. Lithgow, Jr., President  
Fleischmann Division  
Nabisco Brands, Inc.  
500 Lanidex Plaza  
Parsippany, New Jersey 07054

**Awards**  
County: 4 medals of honor  
State: Trip to National 4-H Congress  
National: Six \$1,000 scholarships

**Clothing**  
Robert G. Laidlaw, President  
Coats & Clark Inc.  
Box 1966  
Stamford, Connecticut 06902

**Awards**  
County: 4 medals of honor  
State: Certificate and pin  
Sectional: 17 Trips to National 4-H Congress  
National: Six \$1,000 scholarships

**Consumer Education**  
Stephen L. Pistner, President and  
Chief Executive Officer  
Montgomery Ward & Co.  
One Montgomery Ward Plaza  
Chicago, Illinois 60671

**Awards**  
County: 4 medals of honor  
State: Certificate and pin  
Sectional: 16 Trips to National 4-H Congress  
National: Six \$1,000 scholarships

**Dairy Foods**  
Clarke A. Nelson, Senior Vice President  
Carnation Company  
5045 Wilshire Boulevard  
Los Angeles, California 90036

**Awards**  
County: 4 medals of honor  
State: Certificate and pin  
Sectional: 18 Trips to National 4-H Congress  
National: Six \$1,000 scholarships

**Fashion Review**  
Harold Cooper, Vice-Chairman of the Board  
Simplicity Pattern Co., Inc.  
200 Madison Avenue  
New York, New York 10016

Curt Arvidson, President  
White/Elva Sewing Machine Company  
11750 Berea Road  
Cleveland, Ohio 44111

**Awards**  
County: Medals to blue award group  
State: Trip to National 4-H Congress  
National: Six \$1,000 scholarships

**Food-Nutrition**  
Andrew J. Schroder III, Senior Vice President—  
Administration  
General Foods Corporation  
250 North Street  
White Plains, New York 10625

**Awards**  
County: 4 medals of honor  
State: Trip to National 4-H Congress  
National: Six \$1,000 scholarships

#### Food Preservation

William A. Kerr, Chairman of the Board  
Kerr Glass Manufacturing Corporation  
501 So. Shatto Place  
Los Angeles, California 90020

**Awards**  
County: 4 medals of honor  
State: Trip to National 4-H Congress  
National: Six \$1,000 scholarships

**Health**  
Arthur W. Woelfle, Chairman  
Kraft, Inc.  
Kraft Court  
Glenview, Illinois 60025

**Awards**  
County: 4 medals of honor; 4 club certificates  
State: Trip to National 4-H Congress; 10 club  
certificates  
National: Eight \$1,000 scholarships

**Home Environment**  
James L. Dutt, Chairman  
National 4-H Council  
7100 Connecticut Avenue  
Chevy Chase, Maryland 20815

**Awards**  
National: Six \$1,000 scholarships  
Six Trips to National 4-H Congress

**Home Management**  
James L. Dutt, Chairman of the Board  
Chief Executive Officer, President  
Beatrice Foods Co.  
Corporate Offices  
Two North LaSalle Street  
Chicago, Illinois 60602

**Awards**  
County: 4 medals of honor  
State: Trip to National 4-H Congress  
National: Eight \$1,000 scholarships

#### Leader Forums

Reynold W. Malmier, Director,  
Communications Division  
American Optometric Association  
243 North Lindbergh Boulevard  
St. Louis, Missouri 63141

Zoe Coulson, Vice President,  
Consumer Services  
Campbell Soup Company  
Campbell Place  
Camden, New Jersey 08101

Jack E. Scholl, Executive Director  
Dr. Scholl Foundation  
Suite 2137  
111 West Washington Street  
Chicago, Illinois 60602

William Ziegler, III, President  
The E. Matilda Ziegler Foundation  
for the Blind, Inc.  
41 Harbor Plaza Drive  
P.O. Box 10128  
Stamford, Connecticut 06904

# Objectives

## common to all programs

1. Practice leadership skills and roles, take part in community affairs, and demonstrate citizenship responsibility.
2. Explore career, job and productive leisure opportunities.
3. Develop skills, knowledge and attitudes for lifelong use.
4. Learn to use accepted practices for mental, physical and emotional health, and to respect yourself and others.

## Individual Home Economics and Health Programs give 4-H'ers the opportunity to:

### Bread

- Learn the principles of nutrition as they relate to good health, physical fitness and attractive appearance.
- Appreciate the nutritional values of breads and grain products as one of the basic food groups.
- Acquire and demonstrate skills in planning, purchasing, preparing and serving them as a part of family meals and snacks.
- Learn the nutritional contributions and the importance of enrichment and fortification of a variety of breads and cereals.
- Understand scientific principles about bread making.
- Appreciate the importance and goodness of grain products in the diet and the many cultures around the world.

### Clothing

- Build self-confidence and poise by developing self-concept and the ability to make the most of one's personal attributes.
- Develop judgement and creativity in planning an attractive wardrobe that expresses their individual lifestyle.
- Gain consumer skills in making and purchasing clothing and accessories and in purchasing and using equipment related to clothing construction and care.
- Acquire ability to provide proper storage and care for clothing.
- Learn to make clothing for self and others.
- Make useful wearing apparel and accessories including needlecrafts.
- Acquire knowledge of fibers, yarns and processes for making fabric.

### Consumer Education

- Understand how personal values, goals and available resources affect consumer behavior.
- Understand how social, economic and political systems affect consumers and the effect consumers have on these systems.
- Understand management and economic principles when making consumer decisions.
- Understand the right and responsibilities of the consumer and of business and act responsibly as a consumer.

## Dairy Foods

- Learn the principles of nutrition and exercise as they relate to health, appearance and life-long fitness.
- Become aware of, use and enjoy a variety of dairy foods and learn the contributions they make in the daily diet.
- Help one's family and friends recognize the needs for and practice of regular exercise and good eating habits.
- Select foods with the nutrients and calories to balance one's daily physical fitness activities.
- Learn how dairy foods help meet the calcium and protein requirements of people of all ages.
- Acquire and demonstrate skills in purchasing, preparing and serving dairy foods in meals and snacks.
- Learn and practice proper storage, handling and preparation of dairy foods.

## Fashion Revue

- Build self-confidence and poise by developing an understanding of "self" which aids in the selecting and making of clothing which is becoming and expressive of one's personality.
- Develop skills in planning, selecting and making becoming clothing for different occasions.
- Select suitable and becoming accessories and model with confidence a garment made to meet one's wardrobe needs.
- Develop good posture and grooming habits.
- Acquire knowledge and skills in planning, presenting and participating in fashion revues.

## Food-Nutrition

- Learn the importance of including foods from each of the basic food groups in the daily diet.
- Understand the principles of nutrition as they relate to health, physical fitness and appearance.
- Learn about the wide variety of foods which may be included in the diet.
- Understand the scientific principles of nutrition.
- Acquire and demonstrate skills in planning, purchasing, preparing and serving tasty, attractive and nutritious meals and snacks.

## Food Preservation

- Acquire knowledge and skills essential to the successful preservation of foods by canning and freezing and encourage the canning and freezing of home and locally grown products.
- Understand basic scientific principles required for safe handling of foods to prevent spoilage before or after processing.
- Recognize the importance of and increase the use of fruits and vegetables in the diet.
- Learn how to supplement the home food supply by canning and freezing.
- Learn the principles of nutrition as they relate to good health, physical fitness and appearance.

## Health

- Accept responsibility for maintaining and improving their own physical, intellectual, emotional and social health.
- Acquire patterns of living that foster concern for health and the quality of life.
- Learn about community health resources, how these resources respond or can be changed to respond to community needs, and how to use appropriately the health care systems in the community.
- Learn about environmental issues as they affect health.

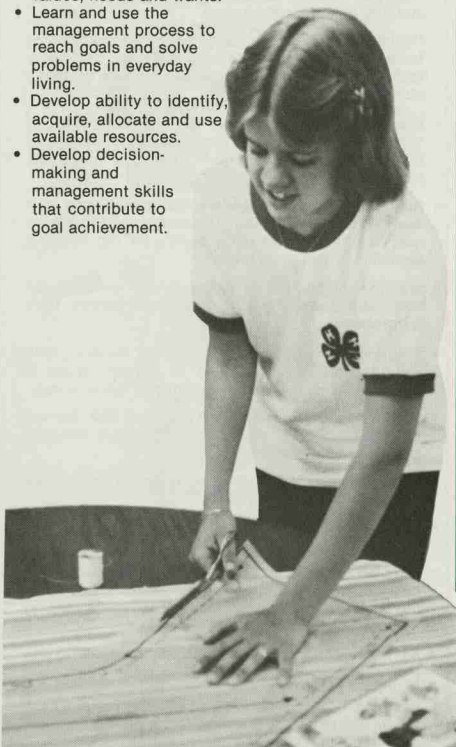
- Learn to make decisions that affect personal, family and community health.
- Learn how people grow and develop physically, intellectually, emotionally and socially throughout life.
- Participate in health service activities.

## Home Environment

- Learn and apply principles of design and function to make the home more attractive, convenient and comfortable within the family's resources.
- Plan home living spaces in keeping with the needs of family members and experience satisfaction from a home that expresses personal creativity and family life style.
- Develop an appreciation of and skill in the care and preservation of old and new housing, furnishings and accessories.
- Develop skills through quality workmanship and recognition of quality products for making changes in the home.
- Become aware of community housing situations, opportunities and responsibilities.
- Apply techniques of efficient use of energy as it relates to housing, furnishings and home equipment, and explore alternate sources of energy.

## Home Management

- Set and work toward attainable goals based on values, needs and wants.
- Learn and use the management process to reach goals and solve problems in everyday living.
- Develop ability to identify, acquire, allocate and use available resources.
- Develop decision-making and management skills that contribute to goal achievement.



# Ideas for Learning Lifestyles

The ideas you'll find below are innovative, educational and fun for your 4-H'ers. And they apply directly to the program objectives in each area. But why not expand your 4-H'ers' activities? You'll find that the home economics and health areas cross over easily from one program area to another. For example, consumer education applies to 4-H'ers buying food, looking into health care costs, or buying sports clothing. Home management entails budgeting food and clothing costs as well as per-

sonal management. Food-nutrition, dairy foods, bread and food preservation projects complement each other. And all the food-nutrition areas are giving a strong emphasis to physical fitness, providing a natural tie to the health project area. So expand your club's home economics and health interests! Let individual expression lead your 4-H'ers from one area to another—and you'll help produce well-rounded, self-confident young people with skills to last them a lifetime!

## Clothing

- Cooperate with schools. Develop a project where students study fibers under microscopes and experiment with fire resistance, stains, water temperatures. Prepare a science fair exhibit on your findings.
- Host one-day county-wide workshops on subjects such as trends in fabrics and patterns, sewing techniques or new sewing aids.
- Explore ways to use knitting, crocheting, quilting, applique and patchwork in clothing design and home decor.
- Invite professionals in clothing manufacturing, textiles and merchandising to discuss careers in the clothing industry with 4-H'ers.
- Poster a public place! Make posters showing how textiles are used for clothing, upholstery, machinery and interior design, for exhibit in malls or fabric stores.
- A wardrobe IQ? That's what 4-H'ers will have if you teach them to analyze their clothing needs and budgetary restrictions. They'll learn how to get the most for their money.
- Build the basics. Let 4-H'ers determine items in a basic wardrobe, then team up for a contest to decide how best to enlarge upon basics for fun clothing items and a variety of looks.
- Wardrobe analysis lets 4-H'ers study examples of how separates and accessories might stretch their wardrobes.
- September is Sewing Month—so get involved, with exhibits and demonstrations or fashion shows in malls, schools, senior citizen centers, fabric stores.
- Have a day of mini-workshops on topics like care and storage of clothes, wise buying practices, and how grooming relates to clothing.
- Become label-wise. Teach 4-H'ers how to read labels and why they are important.
- Show 4-H'ers how to start a file on stains and stain removal.
- Have an international clothing fair. Let each 4-H'er dress in clothing native to another land, tell about fabrics used and how certain styles reflect fashion trends.
- As your 4-H'ers learn sewing techniques, let them pair up as buddies to low income youth or younger members, and help teach how to use a sewing machine, how to measure and select a pattern, how to lay out patterns, pressing techniques and other sewing basics.

## Fashion Revue

- Look your best! Conduct a workshop on grooming, with local beauticians, skin care and make-up experts as consultants.
- A high school hit—will be your fashion revue workshop. Feature clothing based on skin tone, current fashion accessories, hair styles, make-up and fashion trends and suitable fabrics.
- Make an international scrapbook, showing how fashions from other countries have influenced American fashion through the years.
- Good posture is what your 4-H'ers will have, when they start regular exercises and body coordination activities as a group.
- Develop poise. Ask a local department store to give teens a chance to model spring or back-to-school fashions as mannequins, on stage, or in store aisles.
- Develop a traveling poster exhibit on color coordination. Lend it to schools, fabric stores, department stores, clothing specialty stores, other clubs.
- Individual fabric card files are a 4-H'er's easiest way to shop. Each member pins swatches of fabric from self-made clothing to a card. It's easy to pull the card for color matches when buying notions or accessories for that item.
- You'll have 4-H models when you work with your local fabric store to arrange an in-store modeling session for your members. Let them wear clothes they've made.
- Have a community fashion show emphasizing how 4-H'ers have taken out-of-style clothing and remodeled or re-accessorized it to bring it up to date.
- Encourage 4-H'ers to start a notebook, with clothing designs, hair styles, fabrics and colors they should or shouldn't wear, according to body size, face shape, skin tones or other reasons. It's a lifetime fashion guide.
- Use energy savings for a fall or summer fashion show theme, as 4-H'ers model layered clothing and narrate their uses in energy conservation.
- Reach out to handicapped youngsters—get your club involved in designing clothing for the needs of handicapped school children.
- A county fashion board composed of teens and adults can help you gain publicity and public support for 4-H fashion revue. Start one!

## Home Environment

- Invite an interior decorator to speak to your 4-H'ers about careers in the interior design industry.
- Have each 4-H'er choose a room in their home to redecorate, draw up a list of purposes the room serves, and explore how to design the room to meet those purposes.
- Incandescent vs. fluorescent—your 4-H'ers may develop a demonstration using different kinds of lights, to explain how they affect color.



- Furniture shopping? Take your 4-H members and ask the store manager to explain various styles and which mix well together.
- Study fabric finishes! Let your 4-H'ers use several kinds of fabrics, stain each, and try to remove the stain. Which fabrics are easiest to care for? Which stains are most difficult to remove?
- Build an exhibit of wood! Show the different types of woods that may be used in home decoration and furnishings. List assets and liabilities of each kind.
- Reach out—teach low income teens how to refinish furniture.
- Individual files with magazine pictures and print articles on color, texture, shape, and style and how to create a total room decor will give your members a lifetime decorating headstart.
- Let your 4-H'ers share their knowledge. They can develop a demonstration for other audiences—youth and adult—on how colors change with various textures in fabrics and furnishings. Show them how colors change under different lighting.
- Improve the outside! 4-H'ers may want to paint fences, repair lawn furniture, plan and plant container gardens and landscape for senior citizens.
- Start a club file on window treatments, wall hangings, flower arranging and other household decorating hints.
- Cost compare—let 4-H'ers figure the difference between buying a new sofa and reupholstering or slip covering an existing sofa. Compare quality of basic construction as well.
- Invite an architect to teach your 4-H'ers how to read a blueprint and draw a room to scale or plan a room arrangement on graph paper.
- Let each 4-H'er bring an old piece of furniture—and teach them how to restore it or remodel it for use in an overall decorating scheme.

## Home Management

- Have a contest—which 4-H'er can identify the most ways to make a home energy efficient?
- Take your club to a bank—let the manager tell your members about various kinds of bank services and how to budget.
- Hold a county-wide do-it-yourself fair, featuring home repair tips gathered by 4-H members.
- Start a "bank" at 4-H camp; campers deposit their money and pay for purchases with "checks" during their time away.
- A "4-H Thrift Club" established at a local bank encourages 4-H members to save individually, and balance a club budget as well.
- Plan meals and grocery purchases for one week. Compare cost for the week to cost for a week of unplanned meals and grocery shopping.
- Coupon clippers! Teach your 4-H'ers how to use coupons when shopping, and let them demonstrate coupon savings to senior citizens.
- "Clean Sweep" day allows members to organize home closets for better efficiency and report their space-saving ideas.
- Conduct member home safety checks and correct unsafe conditions.
- Take your 4-H'ers on a power trip—to the local utility company, where they can learn to be more efficient energy users.
- Let members develop individual schedules of daily/weekly chores at home, and work out specific chore assignments with other family members.
- Work with a local furniture dealer, and hold an open



house to demonstrate current methods of furniture care to customers.

- Let each 4-H'er list three things they want within the year and develop plans for using available resources to obtain those items.
- Start a baby-sitting course to prepare your 4-H'ers for money-earning opportunities. Explore other money earning possibilities—pet care, house cleaning, lawn care, or clothing repair and alterations.

## Consumer Education

- Become puppeteers! Have older 4-H'ers make puppets to teach younger members about needs and wants, money identification, and why people work.



- 4-H cut-ups—cut out magazine ads and discuss their effects on consumer buying habits. Include television and radio ads, too!
- Tour a department store! Find out why stores carry several brands of each item, and explore differences in quality and price for various items.
- Have a debate—do personal values affect what a person buys? How?
- Pick a consumer issue for your club to study—child safety seats for cars, for example. Research how the issue gained media attention, what consumers wanted for guidelines and how government responded to consumers.
- Shop for a specific item in three or four stores. Compare price, quality, variety of brands, store policies and other factors. Where's the best buy? Why?
- Each 4-H'er can estimate the cost of feeding their own family for one week. Then, find the actual costs. Let the whole club analyze how grocery money is spent (% for meat, % for fruit, etc.) and suggest budget cutting ideas.
- List local business and natural resources they use. Find out how those businesses affect the environment and how their environmental protection costs are passed on to consumers.
- Develop a demonstration for a low income area community center or service agency on product labels—how to read them, what information is required, and optional information to help consumers.
- Let your 4-H'ers demonstrate how using available restaurant and medical discounts can save senior citizens' money. Arrange meetings at senior centers.
- Study how canning, drying and freezing foods can help save money.
- Your 4-H'ers can develop a skit for school, showing a consumer deciding which product offers the most for the money.
- Team up! Hold a consumer judging activity on products important to teens—hair dryers, stereos, bicycles, radios, roller skates.

## Health

- Emphasize physical fitness at club meetings by encouraging light, nutritious snacks and exercise sessions.
- Construct a puppet show on eye safety for school use with younger children.
- Work with schools to provide displays on drug and alcohol abuse, and arrange for speakers on those topics.
- Have members record daily food intake and compare the list to basic food groups required for good health.
- Learn what information to give professionals in case of emergency and how to give first aid before help arrives.
- Explore health related career opportunities; visit hospitals, clinics, laboratories. Invite health care professionals to speak to your club.
- Bring individual immunization records up to date; list shots, inoculations and vaccinations.
- List phone numbers for doctor, police, fire department, ambulance, hospital and place near family telephones.
- Volunteer to work with physically, mentally and emotionally handicapped persons.
- Help plan nutritious menus for the family and encourage family physical activities.
- Study health problems unique to different parts of the world.
- Survey the home for health hazards; enlist family help to correct faults.

- Hold a health fair at a school or mall, with first aid exhibits and demonstrations.
- Work with local optometrists to conduct a vision screening clinic in a shopping mall or school.



- Lead a community vital of life program, to make sure families put vital medical information in vials to place in refrigerators in case of emergency.
- Organize a cardio-pulmonary resuscitation training course.

## Food-Nutrition

- Have an international food festival. Prepare foreign foods and list their nutritional value.
- Develop a 4-H skit for younger school children using clowns or puppets to explain the importance of fruits and vegetables in the daily diet.
- Make a display on nutrition for athletes, to use at a shopping mall, sporting goods store or school.
- Have a "favorite foods" party where 4-H'ers create their favorite nutritious dishes and exchange file cards with the recipe and nutritional information to other club members.
- Encourage each 4-H'er to keep a daily chart of eating habits, to see how many servings they get from each food group.



- Monitor Saturday morning television. 4-H members may watch different stations, log the amount of food advertising and compare information on how advertisers market to reach and influence children.
- Explore different food suppliers: farmers' markets, health food stores, supermarkets and others. Monitor products being purchased and read the labels for nutrition information.
- Your club may sponsor a county health screening program, and pass out nutrition pamphlets to participants.
- Investigate local health and fitness resources; visit facilities, compare programs and decide which is the best buy.
- Try stir-fry or outdoor cooking for new food preparation techniques.
- Select several types of food and study the list of additives contained in it. Explain the function of each additive.
- Work with government! Construct a walking trail in your town, and post exercise/nutrition tips on signs at rest stops along the way.

## Food Preservation

- Compare the cost of home preservation with the commercially purchased preserved foods. Compare taste and color as well.
- Visit your local library or museum; study how food was preserved in old times, and how it is preserved in other countries.



- Family food preservation guides for each member will help 4-H'ers determine how much food they need yearly to eat, to serve to guests, to give as gifts.
- Visit hardware, department or appliance stores. Compare features and prices on upright and chest freezers, canning equipment and supplies.
- Which fresh foods are seasonal and plentiful in your

area? Plan ways to preserve these foods.

- A resource file on canning and freezing, including information on food spoilage, safety tips, storage, equipment and plentiful food supplies will be helpful to members.
- Grocery stores and produce markets are great places for your 4-H'ers to demonstrate food preservation techniques and equipment.
- Using a variety of fruit, experiment with a cooked jam and an uncooked refrigerator or freezer jam. After two months storage, compare color, flavor, family preference.
- Tour a food processing plant, food inspection lab, food service department or farmers' market. What careers do they offer?
- Grow your own herbs! Learn how to dry and store them. Give them for gifts.
- Explore ways to use preserved foods: boiling, pan frying, steaming and pressure cooking. Compare texture, color, taste.
- Plan for club members to share their accomplishments by preserving additional foods to distribute to charities during the holidays.

## Bread

- Demonstrate bread making at local grocery stores or a shopping center.
- Experiment! Shape bread and rolls into wreaths, baskets, or animals.
- Compare different bread making methods—conventional, rapid mix, refrigerator and batter. Analyze taste, convenience, storage.
- Have a bread products party. Each 4-H'er brings a snack made with pretzels, bagels, breadsticks, crackers or other bread products.
- Bake bread using different flours: all purpose white, self-rising, whole wheat, soy, rye, oat and cornmeal. Compare textures and tastes.
- Make a master mix! Teach your 4-H'ers how to do it and how to use it, as well as how it saves time and money.
- Investigate breads from other lands; compare for ease of making, nutrition, taste.
- Make your own pasta! Study different kinds of pasta and how they are used.
- Bake breads to sell for fund-raising, or to give to senior citizens or charitable organizations.
- Plan a "Whole Grain" party. Everyone makes a dish made with whole grains, brings a copy of the recipe and their family or friends.
- Elementary school children will love a taste test. Use various types of bread, explain nutritional values, and how they are commonly used around the world.
- Try healthy bread products! Make whole wheat pastry, slim-line quiche, main dish meat and vegetable pies, and low fat and sugar dessert pies. Study the differences in nutritional values compared to traditional recipes.
- Prepare foods with and without additives to show differences in appearance, taste, quality; bread with and without leavening agents, for example.
- Plan a whole grain bread or cereal snack to take along on a recreational/fitness activity.

## Dairy Foods

- Dairy food for all ages! Arrange a demonstration of economical dairy recipes for a senior citizens' group.
- Have 4-H'ers develop a skit for younger members and school children, explaining how dairy products affect growth and development.
- Make and serve ice cream with locally grown fresh fruits.



- June is Dairy Month! Work with local dairies and super-markets; set up information displays, demonstrations and taste testing booths at stores and in malls.
- Make a 4-H club mall or store display showing dairy nutrients and how they affect growth and development.
- Conduct a blindfold test with club members to see if they can tell the difference between various types of dairy foods. Explain nutritional differences.
- Each club members may chart how often they eat dairy products and what kinds they consume. Determine ways they might improve their dairy products intake and as part of their complete nutritional plan.
- Test generic brands of dairy products; compare flavor, appearance, quality and price.
- Say cheese! Plan a cheese tasting party and serve fruits, vegetables, crackers and breads. Discuss origins of various cheeses, and differences in taste, texture and content.
- Quiz bowl! Have a county-wide contest with questions on nutrition, physical fitness and dairy foods.
- Physical education teachers, athletic coaches, health club managers and others in the physical fitness industry will give your 4-H'ers special insight into fitness careers.
- Snoop! Find out which agencies and organizations in your town provide physical fitness programs, visit at least two facilities and compare services and cost.
- Take a trip to a local school, business or nursing home and talk to the dietician. Learn how food from the milk and cheese group is included in the daily diet.
- Follow dairy products from farm to store—visit a dairy farm, then tour a dairy products processing plant.

## Leadership Learning Opportunities

### Vision Education Workshops at Regional Leader Forums

This workshop will train leaders in the recruitment and training of other leaders in 4-H vision education. Primary focus will be the newly published program materials and how to plan and implement vision education programs, identifying local resources. The



workshops are made possible through a grant to National 4-H Council by the American Optometric Association and will be held at the following locations:

- October 3-7—Southern Regional Leader Forum, Rock Eagle, GA
- October 20-23—Eastern Regional Leader Forum, Mystic, CT

November 10-13—North Central Regional Leader Forum, Brainerd, MN  
February 12-15, 1984

or  
March 11-15, 1984—Western Regional Leader Forum, Las Vegas, NV

### National 4-H Volunteer Leader Forum/Nutrition

September 12-17, National 4-H Center, Chevy Chase, Maryland. This forum provides a setting to share innovative ideas in workshops with Extension staff, experts from the food-nutrition industry and volunteer leaders from other states. Explore topics such as practical ideas and tools to promote nutrition education, letting food work for you, expanding your leadership role.



The forum provides additional dividends with cultural heritage field trips in the Washington, D.C. area and tours to locations such as the Campbell Soup Company, Camden, New Jersey; Independence National Historical Park, Philadelphia, Pennsylvania; and The Inner Harbor, Baltimore, Maryland. Forum fee: \$275.00. Sponsored by the Campbell Soup Company. Educational scholarships will be available, with the state 4-H office determining recipients.

### National 4-H Volunteer Leader Forum/Involving the Disabled in 4-H

October 17-22, National 4-H Center, Chevy Chase, Maryland. Educational scholarships are available, with the state 4-H office determining recipients. Field trips to such places as the Easter Seal Treatment Center, Gallaudet College (for the deaf), National Library Service for the Blind and Physically Handicapped. Visit Capitol Hill to discuss with legislators issues affecting disabled persons and attend appropriate hearings. Investigate beneficial techniques and necessary action required to involve disabled youth and adults in 4-H programs. Forum fee: \$275.00. Sponsored jointly by Dr. Scholl Foundation and The E. Matilda Ziegler Foundation for the Blind.

### Scholarship for 4-H Alumni

A \$3,000 scholarship will be awarded to a former 4-H member who has completed at least 45 quarter hours or 30 semester hours of course work at an accredited college or university. The scholarship provides for a 10-month educational experience in New York City at the Tobe-Coburn School for Fashion Careers, donors of the scholarship. Scholarship winner will be selected on the basis of desire and interest in pursuing a fashion industry career, leadership abilities, 4-H background, scholastic record in college and ability to adapt to a fast-paced urban lifestyle. Further information and application forms are available at your state 4-H office.

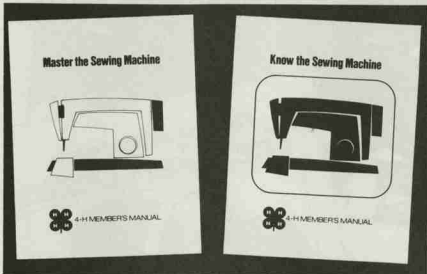
## *Educational Aids* in Home Economics and Health

### Clothing

The 4-H Sewing Machine project introduces beginning seamsters to the sewing machine and its use, a variety of sewing skills and practical applications.

**CO 325 - Know the Sewing Machine (Unit 1) @ 60c.** How's and why's of sewing machine operation: threading, stitching, controlling machine speed, winding a bobbin; helps the 4-H'er develop skills in machine stitching - curved seams, corners, hems, darts and fancy finishes.

**CO 326 - Master the Sewing Machine (Unit 2) @ 43¢.** Adjustment of stitch lengths, kinds and uses of needles and threads, adjustment of tensions, care of the sewing machine, and principles of zig-zag stitching and its applications.



**CO 327 - The Sewing Machine Leader's Guide @ \$2.00.** Tips on sewing methods and techniques. Printed copies of Member Manuals 1 and 2 included, plus pattern pieces to use as teaching aids.

DONOR: The Singer Company  
SOURCE: The Colson Company

**Activity Leaflets for Members and Leaders** - Reference leaflets on basic sewing techniques (marking, hems, seams, mending, grain, working with special fabrics) and individual project leaflets for members including how-to instructions for completing sewing projects are available at a small charge. Also available are leaflets with basic information on needlecrafts (knitting, crochet, embroidery, counted cross stitch and candlewicking). For complete list plus ordering information, request an order form for educational publications for sewing and needlecrafts.

SOURCE: Coats & Clark Inc.



**Fashion Revue** - Leaflets provide suggestions for boys and girls in preparing for a fashion revue.

PR 240 - It's Fun To Be A Model (girls)

PR 241 • It's Fun To Be A Model (boys)

DONOR: Simplicity Pattern Company, Inc.  
SOURCE: Program Services, National 4-H Council. Free.

**Reference Leaflets for Members and Leaders** - Leaflets on measuring, pattern sizes and pressing pointers are available at a small charge. For ordering information, request an educational order form.

SOURCE: Educational Division, Simplicity Pattern Co., Inc.

**Special Educational Service** - Simplicity Pattern Co., Inc. has two special fashion services for county Extension agents, 4-H agents, 4-H leaders and members: presentations by Simplicity Educational Representative and use of a Simplicity Fashion Loan Wardrobe (clothes for the family).

SOURCE: Simplicity Pattern Co., Inc., Attn: Pamela May, Educational Representative. Requests should be submitted by State 4-H Office nine to twelve months in advance of program date.





## Consumer Education

**Teen Scene** consumer education project: activity-oriented project on consumer buying skills - cost comparisons, reading labels and warranties, cash vs. credit, etc.

LI 012 - **Teen Scene Member's Manual** @ 25¢

LI 013 - **Teen Scene Leader's Guide** @ 20¢

SL 036 - **Teen Scene slide set for members** @ \$20.00

SL 037 - **Teen Scene slide set for leaders** @ \$20.00

DONOR: Montgomery Ward & Company

SOURCE: Educational Aids, National 4-H Council

RA 005 - **Consumer Education Radio Spots** @ \$3.25

SOURCE: Educational Aids, National 4-H Council



## Foods and Nutrition

### Bread

PR 025 - **Fleischmann's Bake It Easy Yeast Book** - Tested recipes and instructions for making yeast breads, rolls and pastries; tips on serving, storing and bread nutrition.

PR 026 - **The Young Cook's Bake-A-Bread Book** - Step-by-step illustrated instructions on mixing, kneading and shaping a loaf of bread, for beginners.

PR 027 - **The Young Cook's Bake-A-Bun Book** - Folklore and instructions for making yeast buns, for beginners.

PR 028 - **The Baker's Dozen** - Reference on bread-making techniques, nutrition, judging breads, how to give a bread demonstration.

PR 029 - **Yeast Dough Shaping Made Easy** - 16mm film, 15 minutes. Basic techniques for shaping dinner rolls and sweet breads. Includes free leaflet "Yeast Dough Shaping".

PR 030 - **Mr. Peanut's Guide to Nutrition** - 16mm film, 28½ minutes. Animated characters tell nutrition story. Film divided into five units: 1) Introduction to Nutrition, 2) Nutrition, 3) Basic Four, 4) Digestion and 5) Balanced Diet. Each unit on a separate reel. 9-12 year olds.

PR 031 - **Mr. Peanut's Guide to Nutrition** - discussion guide supports film. Teaching outline for leaders offers questions to ask and provides activity suggestions.

PR 032 - **Mr. Peanut's Guide to Nutrition** - member booklet for 9-12 year olds.

PR 033 - **Mr. Peanut's Guide to Nutrition** - leader's guide supports film and member manual.

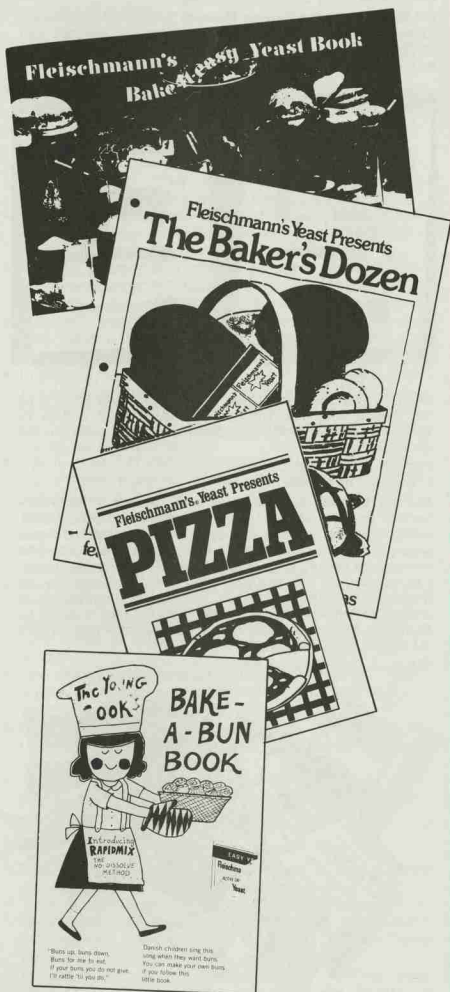
DONOR: Nabisco Brands, Inc.

SOURCE: Program Services, National 4-H Council. Free literature. Maximum county order 100 copies. Film available on loan. Order film two months in advance; give alternate dates and specify audience size.

**Pizza** film 16mm, 5 minutes. Teaches techniques of making pizza; especially the dough. Demonstrated by a teenager. Includes free recipe book.

DONOR: Nabisco Brands, Inc.

SOURCE: Cord Communications. Film available on loan. Order three months in advance. Give alternate dates and specify audience size.



## Dairy Foods

**4-H Dairy Foods Manual** designed for early teens. Incorporates nutrition, health and fitness, consumer food buying skills and preparation. Emphasis on variety of dairy foods, their nutrients, how they are made and used, and proper storage techniques.

DONOR: Carnation Company

SOURCE: Educational Aids, National 4-H Council. Available late 1983.

## Food—Nutrition

### Fit It All Together: Food for Fun and Fitness, Unit I

FN 001 member's 56¢ @ to 100 copies, 42¢ @ 100 or more; FN 002 leader's 32¢ @ to 100 copies, 28¢ @ 100 or more. Focuses on nutrition for 9-12 year-olds. Teaches basic nutrition, food preparation, fitness, consumer skills, and how they fit together.

### Fit It All Together: Food for Fun and Fitness, Unit II

FN 011 member's 56¢ @ to 100 copies, 42¢ @ 100 or more; FN 012 leader's 32¢ @ to 100 copies, 28¢ @ 100 or more. Focuses on nutritional needs for boys and girls in the 12-14 year age group. Incorporates health and fitness, caloric needs, snacking and fast foods, food buying skills, cooking with herbs and seasonings, and preparing a meal for family and friends.

**All American Foods.** FN 003 member's @ 63¢, FN 004 leader's @ 33¢. Takes 4-H'ers to all parts of the nation for a sampling of America's favorite dishes and folklore. Ages 9-12.

**Quick Meals.** FN 005 member's @ 60¢; FN 006 leader's @ 33¢. Suggests time-saving approaches to meal planning, preparation and service. Ages 12-14.

**Foods With An International Flavor.** FN 007 member's @ 74¢; FN 008 leader's @ 33¢. Presents foods of other lands now common to the United States. Introduces early high school age 4-H'ers to a country, its people, foods, customs and holidays.

**Teens Entertain.** FN 009 member's @ 74¢; FN 010 leader's @ 34¢. Guide to planning nutritious, fun parties and meals for friends ranging from snacks to a formal dinner for older teens.

DONOR: General Foods Corporation

SOURCE: Educational Aids, National 4-H Council

**Mulligan Stew** - Multi-media nutrition program for 9-12 year-olds. Centers around a five-piece kids' rock group that turns on to good nutrition.

**Mulligan Stew Film Series** consists of six 28½ minute programs.

SOURCE: Great Plains National Instructional Television Library. Write directly to Great Plains for price information.

## Support Materials:

MS 001 - Mulligan Stew Guidebook for leaders/teachers

@ 30¢

MS 003 - Mulligan Stew Poster @ 10¢

MS 004 - Mulligan Stew Announcement Brochure @ 2¢

MS 008 - Songs from Mulligan Stew cassette tape @ \$3.25

SOURCE: Educational Aids, National 4-H Council

CO 207 - Mulligan Stew member manual comic book @ 30¢

SOURCE: The Colson Company

**No. B332 Mulligan Stew Nutrition Button.** Orange button with white lettering 4-4-3-2 can be purchased out of Food-Nutrition program funds. Minimum order 200. 200-599 @ \$8.50 per 100; 600-999 @ \$8.15 per 100. 1000 or more @ \$7.75 per 100.

SOURCE: National 4-H Supply Service, National 4-H Council.

## Food Preservation

**PR 075 - Ten Short Lessons in Canning and Freezing** Teaches principles of food preservation and gives short history of canning and freezing.

SOURCE: Kerr Glass Manufacturing Corporation. 50 copies available free to each county Extension home economist. Available to members and leaders at 10¢ per copy.

## Home Environment

SL 301 - Care of Wood Finishes slide set I @ \$14.00

SL 302 - Care of Wood Finishes slide set II @ \$12.00

SL 303 - First Aid for Wood Furniture slide set @ \$12.00

SL 304 - Manufacturing Wood Furniture slide set @ \$20.00

SL 305 - Indoor Painting slide set @ \$22.00

SL 306 - Outdoor Painting slide set @ \$25.00

DONOR: Sperry and Hutchinson Company

SOURCE: Educational Aids, National 4-H Council

## Home Management

**4-H Management Project** teaches basic management skills with practical application for all 4-H'ers. Activities encourage decision making and improve management skills.

CO 300 - Spotlight on Management member's manual @ 44¢

CO 301 - Spotlight on Management leader's guide @ 39¢

CO 302 - Clues to Management member's manual @ 44¢

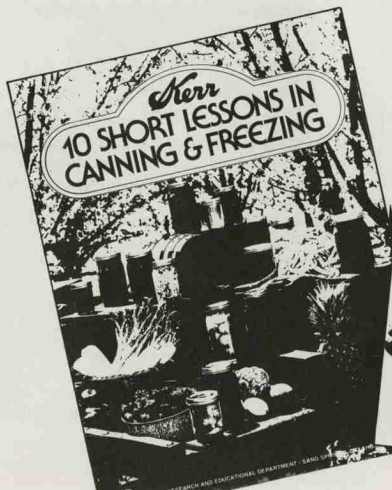
CO 303 - Clues to Management leader's guide @ 29¢

CO 304 - Clues to Management Card Game @ \$3.75

SOURCE: The Colson Company

SL 020 - Spotlight on Management slide set @ \$12.00

SOURCE: Educational Aids, National 4-H Council.





## Health

**Health - The 4th H series** of activity guides for members ages 8-11. Introduces general health information and 4-H record-keeping.

- LI 601 - Health - The 4th H Project Record @ 9c
- LI 602 - Health Scoreboard activity guide @ 8c
- LI 603 - Happiness & Health activity guide @ 8c
- LI 604 - Winning Smiles activity guide @ 11c
- LI 605 - Protect Your Health activity guide @ 8c
- LI 606 - First-Aid First Help activity guide @ 13c
- LI 607 - Health - The 4th H leader's guide @ 30c

**Stress Connection** - helps 9-12 year olds become aware of stressful situations in their lives, teaches skills and techniques to help them deal with these situations positively. Also enlightening for older youths and adults.

- LI 608 - Stress Connection leader's guide @ 50c
- LI 609 - Stress Connection member's manual @ 65c
- SL 039 - The Stress Connection slide set @ \$20.00
- SL 040 - Stress Connection - "Ernie II" slide set @ \$20.00

**Sports/Health Series** - 10 single concept sheets written for use by school athletic coaches and volunteers working with sports programs.

- LI 611 - Self Esteem in Sports activity guide @ 10c
- LI 612 - Competition, Healthy or Unhealthy activity guide @ 10c
- LI 613 - Sports for Girls activity guide @ 10c
- LI 614 - Growing as an Athlete activity guide @ 10c
- LI 615 - Sports Myths activity guide @ 10c
- LI 616 - Nutrition and Sports activity guide @ 10c
- LI 617 - Conditioning for Sports activity guide @ 10c
- LI 618 - Rehabilitation of Sports Injuries activity guide @ 10c
- LI 619 - Lifelong Skills activity guide @ 10c
- LI 620 - Running activity guide @ 10c

**LI 610 - Health Awareness Teams** - @ 75c. For Extension staff and volunteer leaders interested in training teams of teenagers to present health topics to the community. Excellent "how to" guide for locating teens and resource people to help, agencies and organizations to tap into, and available resource materials. Many suggested health topics. Can be adapted to local situations.

DONOR: The Robert Wood Johnson Foundation  
SOURCE: Educational Aids, National 4-H Council

**SL 017 - Taking Care of the 4th H slide set** @ \$23.00. Is helpful to those trying to organize a 4-H health program at the local level.

**LI 006 - New Horizons in Health Education** @ 35c. For Extension staff and volunteer leaders. Provides guidelines for 4-H health programming.

**LI 014 - Getting Your Hands on Health member/leader guide** @ 55c. Activities that 4-H'ers can do in club meetings, classrooms, camping situations and on their own.

**LI 404 - Together: 4-H Programming to Include Youth With Disabilities** @ \$1.25. Guide for Extension staff and volunteers working with disabled and non-disabled 4-H'ers jointly.

SOURCE: Educational Aids, National 4-H Council

**CO 606 - Know Your Limits (Drugs & Driving)** @ \$29c. For teens. Focuses on dangers of mixing drugs and driving.

DONOR: The Firestone Tire & Rubber Company  
SOURCE: The Colson Company

## Vision Education

**4-H Vision Education Series** - complete eye care program for 4-H families. The curriculum matrix in the leader's guide shows how the manuals can be used with all age groups. Specific activities are suggested for primary, intermediate and advanced levels; also for clubs with mixed age groups. The piggybacking column shows how the vision manuals can be used in other project areas. People and material resources included in the leader's guide. 18 activity guides for members.

- LI 700 - Vision Education leader's guide @ 40c
- LI 701 - Light for Sight @ 25c
- LI 702 - Your Remarkable Eyes @ 40c
- LI 703 - How Other Animals See @ 40c
- LI 704 - Making Light Work for Us @ 25c
- LI 705 - Our Colorful World @ 40c

**LI 706 - How the Vision System Plays Tricks on Us** @ 42c

**LI 707 - Problems of Vision** @ 42c

**LI 708 - Vision in Everyday Life** @ 40c

**LI 709 - Light for Learning and Living** @ 28c

**LI 710 - Eye Safety is No Accident** @ 26c

**LI 711 - Seymour Safely** @ 52c

**LI 712 - Windows to the World** @ 30c

**LI 713 - Healthy Foods - Healthy Eyes** @ 44c

**LI 714 - A Broader View of Child Care** @ 42c

**LI 715 - Living With Vision Loss** @ 52c

**LI 716 - Dog Guides for the Blind** @ 42c

**LI 717 - Community Service in 4-H Vision Education** @ 42c

**LI 718 - Career Opportunities in Vision** @ 26c

**LI 730 - Total Vision Education Series (1 each of all the above)** @ \$7.18

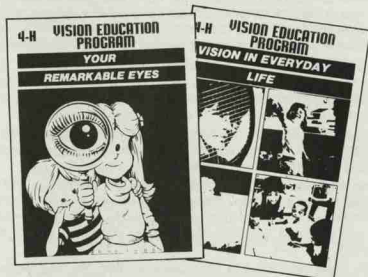
**RA 020 - Windows to the World cassette tape** @ \$3.25

**SL 044 - Vision Education slide/tape presentation** @ \$25.00

**LI 001 - Adventures in Vision leader's guide** @ \$1.30

DONOR: The American Optometric Association and the AOA Auxiliary

SOURCE: Educational Aids, National 4-H Council



## Source Addresses:

**Coats and Clark, Inc.**, 4-H Dept., Box 1010, Toccoa, GA 30577  
**The Colson Company**, 4-H Service Dept., 901 N. Main St., Paris, IL 61944. When total order is less than \$20.00 there will be an extra charge of 5c each per item plus \$1.00 handling charge.

**Cord Communications**, 565 Fifth Avenue, 5th floor, New York, NY 10017

**Educational Aids, National 4-H Council**, 7100 Connecticut Ave., Chevy Chase, MD 20815

### Shipping and Handling Charge Schedule

If order is \$2.00 or LESS, ADD 90c

If order is \$2.01 to \$3.00, ADD \$1.15

If order is \$3.01 to \$6.00, ADD \$1.55

If order is \$6.01 to \$9.00, ADD \$1.70

If order is \$9.01 to \$15.00, ADD \$2.00

If order is \$15.01 to \$20.00, ADD \$2.30

If order is \$20.01 to \$25.00, ADD \$2.65

All orders over \$25.00 & all foreign orders, customer will be invoiced for actual shipping charges.

**Great Plains National Instructional Television Library**, Box 80669, Lincoln, NE 68501

**Kerr Glass Manufacturing Corporation**, Box 97, Sand Springs, OK 74063

**Modern Talking Picture Service**, Film Scheduling Center, 500 Park Street North, St. Petersburg, FL 33709

**Nabisco Brands, Inc.**, Fleischmann's Bakery Ingredients Division, 565 Fifth Avenue, 5th floor, New York, NY 10017. Attn: Mr. Ward French

**National 4-H Supply Service, National 4-H Council**, 7100 Connecticut Ave., Chevy Chase, MD 20815

**Program Services, National 4-H Council**, 7100 Connecticut Ave., Chevy Chase, MD 20815

**Simplicity Pattern Company, Inc.**, 200 Madison Avenue, New York, NY 10016

## NORTH CAROLINA STATE 4-H AND YOUTH STAFF RESPONSIBILITIES - 1983-84

STAFF MEMBER	PROGRAM RESPONSIBILITIES
<p>Dr. Donald L. Stormer            Assistant Director, Extension            State 4-H Leader            201 Ricks Hall            North Carolina State University            Raleigh, North Carolina 27650            Telephone: 919/737-2801</p>	<ul style="list-style-type: none"> <li>* Statewide 4-H program planning and administration               <ul style="list-style-type: none"> <li>Long-range plan</li> <li>Annual plan of work</li> <li>Budgeting</li> </ul> </li> <li>* Supervision and coordination of District 4-H Program Leaders</li> <li>* Liaison with               <ul style="list-style-type: none"> <li>Extension administration</li> <li>Department heads</li> <li>School of Agriculture and Life Sciences</li> <li>4-H Development Fund</li> <li>4-H Agents Association</li> </ul> </li> <li>* 4-H policy development and interpretation</li> <li>* 4-H Bank Campaign</li> <li>* Chairperson, 4-H Staff Task Force for 4-H Program Support</li> <li>* Professional development of state 4-H staff</li> <li>* 4-H promotion, publicity and interpretation</li> <li>* 4-H phase of EFNEP</li> <li>* Liaison with Honor Club</li> </ul>
<p>Dr. Dalton R. Proctor            Associate Extension State 4-H            Leader, Specialist in Charge            200 Ricks Hall            North Carolina State University            Raleigh, North Carolina 27650            Telephone: 919/737-3242</p>	<ul style="list-style-type: none"> <li>* Specialist in Charge</li> <li>* Supervision and coordination of state 4-H specialists</li> <li>* Chairperson, 4-H Staff Task Force for 4-H Curriculum Development</li> <li>* Chairman, 4-H Curriculum Development Council</li> <li>* North Carolina 4-H Congress</li> <li>* Marine Science Camp</li> <li>* State 4-H Council</li> <li>* Achievement Project</li> <li>* Records, Awards and Scholarship programs</li> <li>* Chairman, 4-H Literature Review Committee</li> </ul>
<p>Mr. J. Roland Flory            Extension 4-H Specialist            208 Ricks Hall            North Carolina State University            Raleigh, North Carolina 27650            Telephone: 919/737-3242</p>	<ul style="list-style-type: none"> <li>* Resident camping program and facilities</li> <li>* Primitive camping program and facilities</li> <li>* Day camping</li> <li>* Liaison with and respective subject matter specialists</li> <li>* Recruitment, orientation and training of camp staff</li> <li>* Supervision of camp staffs</li> <li>* Dog Obedience Project</li> <li>* Small Animals Project</li> </ul>

\* Respective staff member assumes overall leadership responsibility



## STAFF MEMBER

## PROGRAM RESPONSIBILITIES

Mrs. Ann Y. Frazier  
4-H Specialist, EFNEP  
205 Ricks Hall  
North Carolina State University  
Raleigh, North Carolina 27650  
Telephone: 919/737-3242

\* 4-H EFNEP

Mr. William M. Garmon (Bill)  
District Extension Program  
Leader, 4-H  
200 Ricks Hall  
North Carolina State University  
Raleigh, North Carolina 27650  
Telephone: 919/737-3242

- \* Orientation of county 4-H staff (Northeast, Southeast)
- \* County 4-H program reviews (Northeast, Southeast)
- \* Assist with personnel recruitment, interviewing and selection (Northeast, Southeast)
- \* 4-H program management (Northeast, Southeast)
- \* Program development process in 4-H (Northeast, Southeast)
- \* Advanced in-service training (Northeast, Southeast)
- \* Electric Congress

Dr. Judy M. Groff  
Extension 4-H Specialist  
205 Ricks Hall  
North Carolina State University  
Raleigh, North Carolina 27650  
Telephone: 919/737-3242

- \* Chairperson, 4-H Staff Task Force for 4-H Program Development
- \* Program development process for 4-H
- \* Organization development
- \* Liaison with 4-H Animal Science and Mechanical Science Curriculum Development Committees and respective subject matter specialists
- \* District 4-H Councils
- \* Career education

Mrs. Sheilda McDowell  
4-H Staff Associate  
P. O. Box 21928  
A & T State University  
Greensboro, North Carolina 27420  
Telephone: 919/379-7956

\* 4-H Partners in Learning Program

STAFF MEMBER

PROGRAM RESPONSIBILITIES

Dr. Thearon T. McKinney  
Extension 4-H Specialist  
205 Ricks Hall  
North Carolina State University  
Raleigh, North Carolina 27650  
Telephone: 919/737-3242

- \* Chairperson, 4-H Task Force on Staff Development
- \* Volunteer leadership development
- \* 4-H Volunteer management
- \* Leadership conferences
- \* Leadership forums
- \* Leadership project
- \* Liaison with 4-H Leadership, Citizenship, Career Education and Community Development Curriculum Development Committee and respective subject matter specialists
- \* Community service project
- \* Liaison with 4-H Home and Family Resources Curriculum Development Committee, 4-H Communications, Arts and Leisure Education Curriculum, and respective subject matter specialists

Miss Pauline E. Moore  
Extension 4-H Specialist  
205 Ricks Hall  
North Carolina State University  
Raleigh, North Carolina 27650  
Telephone: 919/737-3242

- \* International 4-H programs
- \* Domestic exchange programs
- \* Citizenship program including demonstrations and projects
- \* District Activity Days
- \* National 4-H Conference
- \* National 4-H Week and 4-H Sunday
- \* Public speaking projects and demonstrations
- \* Self-determined project
- \* Fairs
- \* National 4-H Congress Coordination
- \* 4-H Newsletter

Mr. Henry Revell, Jr.  
Program Area Coordinator  
and 4-H Specialist  
Coltrane Hall  
A & T State University  
Greensboro, North Carolina 27420  
Telephone: 919/379-7956

- \* Supervision of 4-H staff and coordination of 4-H program at A & T State University
- \* 4-H in Public Housing
- \* Traffic Safety Contest
- \* Automotive Skill Driving Contest
- \* Program development process for 1890 4-H program
- \* Assist with personnel selection for 1890 4-H programs

STAFF MEMBER

PROGRAM RESPONSIBILITIES

Miss Sharon Runion  
Extension 4-H Specialist  
202 Ricks Hall  
North Carolina State University  
Raleigh, North Carolina 27650  
Telephone: 919/737-3242

- \* 4-H literature management
- Assist with curriculum development process
- \* Project planning guides
- \* 4-H programming in urban areas
- \* Training for Plan-Do-Review
- \* 4-H media loan library

Mr. Lathan F. Smith, Jr.  
District Extension Program  
Leader, 4-H  
205 Ricks Hall  
North Carolina State University  
Raleigh, North Carolina 27650  
Telephone: 919/737-3242

- \* Orientation of county 4-H staffs (West, Southwest)
- \* County 4-H program reviews (West, Southwest)
- \* Assist with personnel recruitment, interviewing and selection (West, Southwest)
- \* 4-H program management (West, Southwest)
- \* Advanced in-service training (West, Southwest)
- \* Program development process in 4-H (West, Southwest)
- \* Natural Resource Conference

Dr. David Weatherford, Jr.  
Extension 4-H Specialist  
204 Ricks Hall  
North Carolina State University  
Raleigh, North Carolina 27650  
Telephone: 919/737-3242

- \* Expansion program development
- \* Winning behavior skills
- \* Orientation and in-service training of county 4-H staffs
- \* Analysis; interpretation; and report preparation related to SEMIS, ES-237, and other data for determining accountability
- \* Liaison with Environment and Natural Resources Curriculum Development Committee, Plants and Soils Development Committees and respective subject matter specialists
- \* 4-H Program Evaluation
- \* Recreation and Leisure Education Project
- \* Drama Project

Dr. James P. West  
District Extension Program  
Leader, 4-H  
203 Ricks Hall  
North Carolina State University  
Raleigh, North Carolina 27650  
Telephone: 919/737-3242

- \* Orientation of county 4-H staffs (Northwest, North Central)
- \* County 4-H program reviews (Northwest and North Central)
- \* Assist with personnel recruitment, interviewing and selection (Northwest, North Central)
- \* 4-H program management (Northwest, North Central)
- \* Program development process in 4-H (Northwest, North Central)
- \* Advanced in-service training (Northwest, North Central)



AGRICULTURAL  
EXTENSION  
SERVICE

*North Carolina State University  
School of Agriculture and Life Sciences*

Office of 4-H and Youth Development  
P. O. Box 5157  
Raleigh, N. C. 27650

August 3, 1983

I have been requested by Raylene Jessup, IFYE to the United Kingdom to include you on the mailing list of her letters. The International Four-H Youth Exchange (IFYE) Program is conducted by National 4-H Council in behalf of the Cooperative Extension Service. Friends of 4-H in Moore County and the 4-H Development Fund of North Carolina assist in financing this exchange.

Sincerely,

*Pauline E. Moore*

Pauline E. Moore  
Extension 4-H Specialist

PEM:sfw





# LIFE ON THE OTHER SIDE



Newsletter Number 2

July 21, 1983

## CASTLES

One of the first things that I wanted to see when I came to England was a castle. So being the typical American tourist I loaded up with film and headed out. I landed up touring Lancaster Castle. No photographs could be taken on the inside and that was disappointing, but we had a very informative tour guide and I was soon so intrigued that I didn't care about the pictures.

So what is a castle really like? Well, just like our story books have lead us to believe there are dungeons, towers, moats, and yes, even eight foot stone walls!

Yet Lancaster Castle, like all the others, has things that make it unique. Things like a drop room, a history of famous hangings such as those of the Pendel Witches, and a prison and crown court that are still being used today.

A drop room is a room where prisoners were brought for execution. The victims were read their last rights and then they were either hung there or carried out a large door and on to the gallows of the "Hanging Corner." This corner, during the days of frequent public hangings, was where as many as several thousand spectators would gather to watch. The last person to be publicly hung was Timothy Burke in 1865. He was convicted of the murder of his wife.

The trial of the Pendel Witches is one of the most famous in England. They were said to have come from a mountain just inside of Yorkshire County, about 25 miles from Lancaster. They were hung in 1612. The place where they lived is still called Pendel Mountain and some of the people that live there now believe that the Pendel Witches still haunt the area between Yorkshire and Lancaster.

The prisons which are much more modern than the dungeons of the past are used now to house approximately 200 prisoners. These prisoners are from all over England, but for the most part they are guilty of minor crimes and are serving short-term sentences.

The Crown Court is the name given to a court room in England and the one in Lancaster castle is still regularly used. Some of the most famous criminal trials have been held there. When the Crown Court is in session at Lancaster Castle, the judge always wears a red robe and is usually accompanied by the High Sheriff, the Under-sheriff and a chaplain. In the past, convicted prisoners were often sentenced to death or deportation and were branded with the letter "M." It served much the same purpose as Hawthorne's scarlett letter. It showed everyone that that person had been denoted as a malefactor (doer of bad deeds). This branding was last used in 1811.

These are just a few of the things that serve to make this castle so unique. Lancaster castle, like most of the castles, has quite a vivid history. It dates back for over two thousand years! It first served as a look-out for invaders from the sea and a shelter from the Scots and the Picts. Later it was overtaken by the Roman legions during Caesar's conquest. In the early 600's the Romans left to return home. It wasn't used again until the Norman conquest of 1066. The ownership of the castle changed over several times between 1066 and 1399. But in 1399, Henry became King. Thus the castle, as part of the Duchy of Lancaster was recovered. It has remained the property of the monarch ever since.

### TAKE AWAYS

When I left the United States I thought I would be saying good-bye to McDonald's, Kentucky Fried Chicken and Wendy's. Yet I really didn't know what I would be saying hello to.

After six weeks of exploring the country sides of England and Scotland, I have found only one fast food chain! It's called a Little Chief. It would be similar to a Sambo style restaurant at home.

So if Great Britain doesn't have these places - what do they eat? Well, for a meal on the run they would go to a "take away" (we would say carry out or food to go). The most popular of these are Chinese Take Away and Fish and Chip Shops. These can be found in almost every town - yet each is privately owned and operated.

There are several major differences between a take away here and an order to go at home. One of the major differences is food that is taken away here is not taxed! Therefore to buy the same meal and leave with it will cost about 20p (35¢) less than to eat it there! There have been no drive thru services available anywhere that I have been - including London, Glasgow and Edinburgh, three of Great Britain's largest cities. All of the fast food is either go in, sit down, get a menu and a waitress or a walk-up window type service.

Once you have recieved your order, you will be surprised also. If you go to a fish and chips, (chips, by the way, is the Great Britain term for french fries - not potatoe chips) they will wrap your food up in a sheet of tissue paper. Then they wrap it in a thicker sheet of paper and often times this thicker paper is a newspaper! Then they hand it to you. If you want a fork, napkin or catsup, in most places you would be out of luck! When you order fish and chips in Great Britain that's what you get! Catsup and forks are merely added luxuries that we Americans have learned to use - the British on a whole do not even eat catsup with fish and chips! They will give you salt and vinegar, however. Vinegar may sound a little strange, but that's as common here as catsup is at home. Try a squirt the next time you're eating chips. It is really quite nice!



What about taste and portion size? I've tried several places now, both Chinese and Fish and Chips, and each has had very good food. I'm not an overly big fish fan, but the fish they use taste much like a fillet of flounder at home. As for the chips - what American doesn't like chips! The portion size really surprised me! For an English pound (\$1.60) you can get a huge portion of food. If you take your food home and put it in a large dinner plate - it will over fill it! On more than one occasion it has proven to be more than I could eat! It is really a bargain compared to our food back home. That much food at home would easily cost \$4.00.

As for saying good-bye to McDonald's, Kentucky Fried Chicken and Wendy's - I ate at McDonald's in London - it was just like home - prices and all. I've seen several KFC and a few Wendy's in the major cities. So I really didn't say good-bye at all - instead I've just said hello to Great Britain style take away instead!

#### SO WHAT'S SCOTLAND REALLY LIKE?

In Scotland, the folks are friendly, the men really do wear kilts and there are bag pipes playing in the streets! There are also lots of castles dotting the coast line, highland cattle can be found, and whiskey distilleries are common.

During my three weeks there I found the Scots to be a lot like the Southerners. They are very proud to be from Scotland, and they do not like being called a Yankee! They are easy going folks. They enjoy living in the country, their mountains of heather, and eating haggis. Haggis is equal in status to our southern fried chicken. It is something that really just can't be made as good anywhere else in the world except in Scotland.

Yes, Scots men really do wear kilts! It is a very important part of their heritage. They are very proud of their clan's tartans. They will wear their kilts to the most formal affairs with a great deal of pride. Kilts are tailor made and the art of making them is being able to make them last for a life time. It should not matter if the person gets smaller or larger, the kilt should still fit and any alterations should not be visible. Each kilt contains six or seven yards of material.

On the streets of Edinburgh, there really are bag pipers playing and in Scotland, bag pipe music on the radio is quite common! Learning to play the bag pipes is usually a family tradition that is passed along just as the bag pipes themselves. Bag pipers on the street are mostly for the tourist population - yet it is worth the 10 or 20 p (20-35¢) that you throw into his box in order to see a part of tradition being kept alive and popular.

The western coastline of Scotland looks like it belongs in a romantic novel. Long stretches of solitary, rocky beaches stand peacefully on each side of a castle that juts out of a mountain side. Some of the castles are still intact while others are left with only the ruins. They stand alone reminding you of the thousands of years of history that they have helped to preserve.

Highland cattle can be found dotting the grassy sides of mountains. These fuzzy-looking cattle resemble stuffed teddy bears! They are a breed of cattle that can be found in only a few other places throughout the world.

The number of whiskey distillers that can be found in Scotland, removes any doubt of how they got to be called the "Scotch." Distilleries are as common there as tobacco warehouses are in North Carolina. It seems that every town you drive through either has a malting or a distillery - or both! (Malting is the first stage of whiskey production) Distilleries can vary from large industrial sights to small privately owned operations. Some have been in production for almost 200 years!

So there's a brief overview of Scotland. The time I spent there was a "comfortable" time. I felt almost at home with the open, warm-hearted Scots. They gave me a touch of truly warm British hospitality.