

Jody Henkel

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Meat played a small part on the menu, and was usually chicken or lamb. Prices for pork and beef were outrageous, Jody reported. Pasta and rices were frequently served and salads were served from a common bowl.

Not surprisingly, olive oil was used liberally, as well as a lot of salt. Jody added, "They fried almost everything, in olive oil, of course." She had french fries done in olive oil, and rice and grape leaves was a favorite meal. Chicken was sometimes done outside over a fire.

Feta cheese was another frequent food on the menu, and Jody pointed out that most farmers kept sheep and goats, not cows. The only sizable dairy herd she saw in Greece was at the American Farm School.

Cheese pita is a favorite among tourists, she reported, but added that it was more like a turnover, made from phyllo dough.

The late night eating was difficult to adjust to, and Jody said that families which had children who needed to get up for school would feed them earlier. She, too, often ate earlier in the evening. She said restaurants didn't open until eight.

Since a lot of socializing is done over food or drink, she said it was quite acceptable to sit at cafes for hours. And, although one frequently thinks of Greek pastries, Jody said they were not eaten in homes, but were available in restaurants.

Jody found the Greeks to be very politically aware of the rest of the world. She said, "They read the paper and they like to discuss." They also were eager to ask questions, and she said their idea of the United States was not always accurate.

"It was hard for them to conceive of the size of our country." She said her limited Greek kept her from delving too deeply into subjects, but usually someone could speak English, especially when she was at the Farm School.

She found the Greeks to be very relaxed with an attitude that "if it doesn't get done today it will get done tomorrow. Their whole



These are a few of the many cabbages grown at the American Farm School in Greece. Jody got to help with planting and harvesting this popular vegetable.

society is like that." She also found that the society is becoming more modernized and more westernized. She said there once was an attitude that "the king or the poorest person in the world would be treated the same." This is now disappearing, something she finds regrettable.

Jody's trip to Greece was not her first to that part of the world. In 1977 she traveled to Turkey for three months as part of the American Field Service program at Lampeter Strasburg High School. However, she believes she was a little better prepared this time. "I think it is good to travel if you're in your twenties and have been out from home and have a little experience. It's a little easier on you." No matter what the age, however, she admits that there are always highs and lows when dealing with unknowns, and adds, "My first experience helped me, because I went through some of the same things."

A 1982 graduate of Colorado State University with a degree in animal science, Jody is now looking for permanent employment, particularly with the Cooperative Extension Service. While waiting, she plans to spend time visiting in New York state with her sister Nancy, and is looking forward to sharing her experiences in Greece.

She says, "I'm glad I went there.

It opened my eyes." And, in a logical extension of the trip, she adds, "I would like to learn to speak another language, and I'd like to travel more."

She says that emotionally an exchange trip such as the one she just returned from is the hard way to travel. Nevertheless, she prefers it to going to only tourist sites, something she did very little of while in Greece.

Fireplace safety can prevent accidents

MEDIA — Every year thousands are injured from accidents associated with fireplaces. The most serious injuries are burns and most of the victims are children. Now that we are at the start of a new year, it's a good time to protect your family by proper maintenance and sound fireplace habits, says Extension home economist, Greta C. Vairo.

Each year, have your chimney cleaned of creosote and checked to be sure linings and chimney construction are tight. Check that vents and openings are operating properly. Make sure your chimney guard is tight because squirrel and bird nests can stop up your chimney. Always use a screen that completely covers the opening around a fireplace to keep sparks from flying out. Don't put combustible materials, such as carpets or furniture near a fireplace.

Always keep the damper open while the fuel is burning to provide sufficient ventilation for efficient burning and to prevent the accumulation of poisonous or explosive gases from burning fuel.

Don't use gasoline or other flammable liquids to start or restart a fire because the flammable vapors can explode. Never use flammable materials in a room near a fire because explosive vapors can travel from where you are working to the fire. Don't use coal, charcoal, or polystyrene packaging in a fireplace unless the fireplace is well-ventilated. Don't use more than one artificial log at a time. These are treated to ignite quickly, and if too many are used at once, they can produce more heat than some fireplaces can withstand. When you dispose of ashes, be sure they're thoroughly cooled first.

Keep children away from the fire because their clothing can ignite easily. Even when the screen is closed, don't leave young children unattended in front of a fire. Even though you have taught them the dangers of fire, the impulse to explore may be too great.

Before you go to bed, make sure the fire is out—scatter the logs in the grate if you must, and be sure to check the fire screen.

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