

# Prevent Cancer

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## SPINACH AND RICE CASSEROLE

1 cup white or brown rice  
 1/2 cup plain low-fat yogurt  
 1 egg, slightly beaten  
 1 clove garlic minced or pressed  
 1/2 teaspoon grated lemon peel or juice, optional

1 package frozen chopped spinach (thawed, drained, and squeezed dry)

1 cup cheddar cheese, crumbled  
 1/2 cup fresh parsley  
 1/2 cup thinly sliced green onion  
 1/2 teaspoon dried oregano

Cook rice according to directions. Once done remove from heat and let stand 10 minutes. Stir in 1/2 cup yogurt, egg, garlic, and lemon peel; set aside. While the rice is cooking, combine the squeezed spinach with remaining 1/2 cup yogurt, cheese, parsley, green onions, and oregano. Spoon one-half the rice mixture into the bottom of a one and one-half quart casserole which has been sprayed with nonstick cooking spray. Top spinach mixture and cover with the remaining rice. Bake for 45 minutes in a 350 degree oven.

Tip: Cook fresh spinach for only a short time in a very little water to retain nutrients.

## CONFETTI SALAD BOWL

16-ounce can golden wax beans, drained

16-ounce can green beans, drained

17-ounce can sweet peas, drained

12-ounce can whole kernel corn with sweet peppers, drained

2 1/2 -ounce jar sliced mushrooms, drained

1/2 cup chopped celery

1/2 cup sliced pitted black olives

2 tablespoons chopped red onion

Red onion rings

Lettuce

Dressing:  
 2 teaspoons salt

1/2 cup sugar

1/2 cup salad oil

1/2 cup wine vinegar

For salad, combine beans, peas, corn, mushrooms, celery, olives, and chopped onion in large bowl, tossing lightly to mix. Pour dressing evenly over salad mixture. Cover; chill several hours or overnight, stirring occasionally. Serve in lettuce-lined salad bowl. Garnish with onion rings. Add fresh red pepper, chopped for color and texture, if desired.

Dressing: Dissolve salt and sugar in vinegar in small jar with tight-fitting cover. Add salad oil; cover and shake.

HONESDALE (Wayne Co.) — What are the most serious problems facing Wayne County teenagers? According to a cross section of 67 local opinion leaders, alcohol tops the list. Other top ranking concerns included tobacco, sexual activity, pregnancy, and illegal drugs.

These findings emerged from a recent survey conducted by a Wayne County Cooperative Extension as part of its new tobacco control and youth initiative. Funded by the Pennsylvania Department of Health, Penn State Cooperative Extension is working in six counties to develop community coalitions dedicated to creating a new generation of tobacco-free youth. This effort reflects Extension's long-standing commitment in its 4-H programs to youth development and health.

Alcohol use was clearly seen as the major problem for local teenagers with 91 percent of respondents listing it as one of the five top problems facing Wayne County teens. By comparison, 54 percent identified use of illegal drugs in their top five and 61 percent identified use of tobacco, cigarettes and/or smokeless products.

Tobacco use among youth doesn't get as much publicity as

teenage drinking or drug use, but it's a widespread problem," said Extension Agent Debra Bryant. "Unfortunately, what begins as youthful experimentation can easily turn into a lifetime of addiction to nicotine. Tobacco is often called a gateway drug, because it can lead to other risky behavior."

Statewide, about 47 percent of high school seniors use alcohol (including beer, wine, distilled spirits) at least once a month, 30 percent smoke cigarettes, and 12 percent use smokeless tobacco, according to a 1991 Governors' Drug Policy Council survey.

## Why Food Loses Flavor

NEWARK, Del. — The chemicals responsible for fresh flavor in foods are present in minute amounts. How those chemicals interact with packaging materials determines the quality, shelf life, and safety of food products.

"An area only a few atoms thick controls many chemical processes," explains Dr. Robert Keown, a specialist in packaging and polymer chemistry in the University of Delaware College of Agricultural Sciences. "The chemistry of the bulk of a sheet of polymer film and the chemistry of its surface can be very different. This surface is affected by chemicals in the environment and by the process used to produce the film. If the surface chemicals are reactive, they can use up all the critical flavor molecules in food."

present in only two parts per million. This is the equivalent of adding a teaspoon of flavorant to a railroad tank car of orange juice. Lose those chemicals, and the juice will taste stale.

Keown, who heads the department of food science, has received a \$40,000 grant from Kraft/General Foods, Inc. and \$40,000 in matching funds from the Delaware Research Partnership to study the effect food packaging materials have on food flavor. The focus of this research is the chemistry of the membrane on the surface of polymer films.

Keown's findings could lead to the development of packaging treatments that extend shelf life by limiting flavor loss and inhibiting the migration of off-flavors from the polymer into the food. The new information might also be used to develop packaging that indicates shelf life expiration.

About 300 distinct chemicals make up the flavor of orange juice, for example, but those responsible for freshness may be

## Gathering For Antique Needleworkers

ELIZABETHTOWN (Lancaster Co.) — Those interested in quilting and antique needleworking are encouraged to attend a gathering at the Heritage House Museum, 43 E. High St., Elizabethtown, on Tuesday, February 22 at 7 p.m.

It is not necessary to know how to quilt or to do tatting, samplers,

bobbin lace, and other antique needleworking as all skill levels will be represented at the gathering. However, those who attend should be willing to become interpreters at the Museum when a level of skill is attained.

There is no charge for the gathering. Please call (717) 367-4908, for more information.

## Panoramic Egg Class

HERSHEY (Dauphin Co.) — In the Panoramic Egg Class, participants will make and decorate a keepsake, panoramic egg, a sugar delight that reveals a scene inside the egg. Learn the process of making these treasured eggs from start to finish. The instructor, Nancy Fasolt, is the owner of the Cake and Kandy Emporium, and is a

well-known confectioner from Lancaster County who will supply molds and other specialized materials. The class fee is \$14 for museum members, \$19 for non-members. The registration deadline for the class is March 1, 1994. Call (717) 534-3439 for registration information.

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