

Warren County Plat Books Available

YOUNGSVILLE (Warren Co.) — The 2002 Warren County Plat Books, a fund-raising project for Warren County 4-H, are now available.

This year's edition is 106 pages and includes four new helpful additions. There is the usual index of landowners alphabetized by name, plus an additional index organized by county map numbers. Both indexes have page numbers by the owner for easy reference. Map pages have a red color to easily identify maps and boundaries. Street maps of towns are also shown.

The book contains landowners

of 10 acres or more identified on pages according to townships. Other boundaries, streams and highways are identified. The book is great for outdoor enthusiasts — hunters, snowmobilers, etc. crossing land; plus those interested in real estate.

This fund-raising project is for Warren County 4-H educational programming for life skills development, citizenship and leadership events and project learning. It is done in cooperation with Warren County assessment and mapping offices led by Jerry Jesperson, chief assessor.

This year's edition have two

sizes available — 8½ by 11 for \$30 and 11 by 14 at \$40. They are for sale at Ace/Oneida Hardware on Beech St. and Assessment Office in the Warren County Courthouse; both Columbus and Sugar Grove D & L Enos Milling; Mosher Milling in Bear Lake; Peterson's Hardware in Sheffield; Tall Tales Sporting Goods in Russell; Trading Post in Tidioute; and Home and Garden Store (Agway) and Cooperative Extension/4-H office in Youngsville. Books can be mailed by contacting Cooperative Extension/4-H at (814) 563-9388.

Learn Pennsylvania German

LANCASTER (Lancaster Co.) — The Lancaster Mennonite Historical Society will offer a 10-week, introductory Pennsylvania German dialect class this spring. The class is intended for persons who wish to begin study of the dialect as spoken in the York and Lancaster County area.

Instructor Stephen D. Miller will start this year's introductory class on Tuesday evenings, beginning March 19 and ending on May 21. Class will be from 7-9 p.m. at the Historical Society, 2215 Millstream Road, Lancaster.

To aid learning and access to the instructor, class size will be limited to the first 30 applicants on a first-come, first-serve basis. Advance registration for the course is required at \$75 per Society member and \$90 per non-member. Interested individuals may contact Lola Lehman, (717) 393-9745 at the Historical Society. The registration fee covers handouts and course work but not the textbook.

Miller will use Introduction to Pennsylvania Dutch (1993) by

Elizabeth Wengerd as the required text. Students will also need a notebook. The Society bookshop offers a variety of additional dialect books and study aids such as audio tapes containing the dialect being spoken for those who are interested.



Host Families Sought For Japanese Teens

COLLEGEVILLE (Montgomery Co.) — Host a Japanese student July 21-Aug. 18.

Host families share one thing in common — a willingness to welcome a Japanese youngster into their home as a family member, not as a tourist or special guest. Families are required to have a child who is the same sex and who is close in age to the Japanese youth, and they need to have the enthusiasm to share their lives and their culture with their Japanese visitor for the four-week homestay.


The Japanese members want to experience daily life in North America, so no special trips or entertainment are required. They look forward to doing family chores, learning new games, shopping, trying new foods, and sharing their own Japanese

culture, foods and customs with their host family. The Japanese youth are happy to share a room with their host sister or brother.

The costs of hosting a Japanese student are minimal. The Japanese organizations provide complete medical insurance, and students bring their own spending money for souvenirs and personal purchases. Hosts are not required to be 4-H members to participate, although the Penn State University approved screening process is required.

Host family applications and additional information about this or other 4-H opportunities are available by contacting Nancy Kadwill at Penn State Cooperative Extension in Montgomery County at (610) 489-4315. Montgomery County Cooperative Extension is an educational outreach of the College of Agricultural Sciences at Penn State University.

Consuming Thoughts
by
Fay Strickler
Penn State Extension
Home Economist for
Berks Co.



Quick meals do not have to be boring. In fact, by focusing on foods that cook quickly like pasta, fresh vegetables, boneless chicken, beef and fish fillets, you can turn out a delicious gourmet meal in less than 30 minutes. Follow these suggestions and try the recipe that follows.

- Consult your menu. If you are going to cook chicken on Tuesday, take it out of the freezer Monday morning and let it thaw in your refrigerator. If you forget, defrost it in the microwave and take care of other chores while it thaws. It is not safe to thaw foods on the kitchen counter!

- Try simple variations on old standbys. Add a bit of orange rind or fresh grated ginger (keep some in the freezer ready to grate) to vegetables while they cook. Or add salsa or drizzle of lemon or lime juice before serving. Bake or microwave poultry as usual, but with mustard and herbs, no-salt added tomato puree and herbs, or salsa on top. Or poach in orange or tomato juice or low sodium chicken bouillon with a dash of thyme or cinnamon.

For a Mexican touch, spread fish with plain lowfat yogurt and top with salsa before cooking. Add dried fruit or celery, scallions or mushrooms to a basic rice or couscous recipe. Vary salads by using different in-season vegetables, and lots of them. Experiment with different flavored vinegars as a dressing.

To make salads quickly, wash a few days' worth of lettuce at a time. Spin or pat dry and store in plastic bags in the refrigerator.

- Use leftovers wisely. Leftovers from the Sunday roast chick-

en can make a wonderful casserole or stir-fry the next day. Leftover chili becomes a great topper for a taco salad or a baked potato. Leftover pork roast is delicious cubed and tossed with vegetables for an easy curry or crepe filling.

- Organize your cooking to use your time efficiently. Start the dish, which needs to cook or marinate the longest; chop vegetables while pasta or meat cooks.

Easy Chicken Teriyaki

For an oriental-style dinner, serve with rice. This dish is also tasty served with baked potatoes, and simple steamed vegetables.

- ½ cup teriyaki sauce
- ¼ teaspoon ground ginger
- ½ cup water
- 4 skinless chicken breast halves
- ½ cup white vinegar without bones
- ¼ - ½ teaspoon garlic powder

Stir together all ingredients except chicken in a baking dish or pan. Add chicken pieces, turn a few times to coat well with sauce. If still on the bone, microwave on High, with meatier parts near edge of dish, covered with wax paper 18-20 minutes. Rotate dish ½ turn after 9-10 minutes. Let stand 4-5 minutes before serving. (Or bake bone-in chicken at 375 with flesh side down in sauce, covered, for 45-50 minutes).

If boneless, microwave at medium-high, covered with wax paper, 15-20 minutes or until done. Rotate ½ way through. Let stand, covered, 2-3 minutes before serving. (Or, cook with the marinade in a covered skillet on the stove, simmering 20-25 minutes or until done.) Serves 4.

Weight Loss Workshop Begins

SPRINGFIELD (Delaware Co.) — A 12-week program developed by nutrition specialists at Penn State University and based on current research on obesity, weight loss, and coping (relapse) plans, enables most participants to lose ½ to 2 pounds weekly while lowering their risk of heart disease, diabetes, and certain cancers.

"My New Weigh of Life," teaches participants how to make permanent eating habit changes and increase activity level.

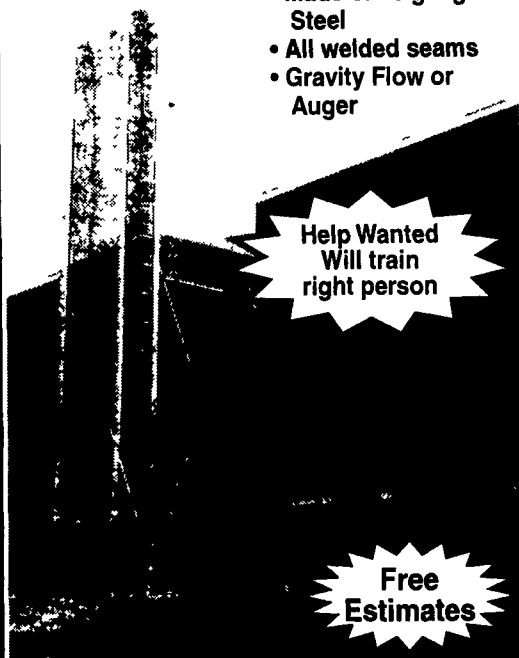
Classes are conducted at Delaware County Cooperative Extension, 20 Paper Mill Road, Smedley Park, Springfield, on Mondays in the morning from 10 a.m.-11 a.m., starting Jan. 28 or in the evening on Wednesdays from 6:45 p.m.-8:30 p.m. beginning Jan. 30.

To register send a check for \$75 made out to DCCE. Fee includes a workbook. Light exercise is included in the class.

For registration and questions, call (610) 690-2655.

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