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U.S. DEPT. OF AGRICULTURE  
NATIONAL **EXTENSION SERVICE**

# REVIEW

U.S. DEPARTMENT OF AGRICULTURE \* SEPT.-OCT. 1974

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THE NATIONAL EXTENSION SERVICE  
COURTESY OF THE NATIONAL EXTENSION SERVICE

## Working with International Youth



*The Extension Service Review is for Extension educators — in County, State, and USDA Extension agencies — to help people learn how to use the newest research findings to bring about a more abundant life for themselves and their communities.*

**EARL L. BUTZ**  
Secretary of Agriculture

**EDWIN L. KIRBY, Administrator**  
Extension Service

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## EXTENSION SERVICE

# REVIEW

*Official bi-monthly publication of Cooperative Extension Service; U.S. Department of Agriculture and State Land-Grant Colleges and Universities cooperating.*

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## In Review

"People and Programs" — that's what Extension work is all about. Our new back-page feature is designed as a forum to exchange ideas about what's interesting, newsy or different in Extension.

What unusual activities are your staff involved in? Most of us get newsletters concerning our own specialties, but often never learn of events important to our fellow Extension workers in other fields.

For the small space available, the *Review* staff will try to highlight brief items on special events, workshops, and new Extension ideas from many sources. We hope you'll contribute! — JB and PL

# Youth — Latin America's Promise for The Future

by  
E. Dean Vaughan  
*Assistant Administrator  
Extension Service - USDA*

"We thought we were farmers, but we were only planting the seed."

Thus a farmer in Guatemala described his reaction to the new agricultural technology demonstrated in his community by 4-S club members, including his own son Pedro.

Pedro is one of hundreds of rural youths who are learning new skills in agricultural production and leadership, home improvement and nutrition, through expanding rural youth programs in Latin America.

Spearheading this growth is the Inter-American Rural Youth Program (PIJR), an arm of the National 4-H Foundation in cooperative association with the Inter-American Institute of Agricultural Sciences of the Organization of American States.



*At the doorway to her host family's house in the Costa Rican village of La Suiza, Grace Woodman of Paw Paw, Michigan, spends a quiet moment with two village children.*



*Andrea Nazarenko of Moscow, Pennsylvania, learns about one of the local products in Brazil, bricks made of mud.*

PIJR links the 4-H program of the U.S. Cooperative Extension Service and youth development programs of Central and South America and the Caribbean. It works with national governments and institutions and private organizations to help rural young people realize their potential and become more effective participants in their society.

PIJR emphasizes the value and the potential of the individual girl or boy as resources in rural development. Young people learn quickly, and often are more willing to change than their parents.

Pedro, for example, completed his first year in the 4-S bean project, and despite unfavorable weather, doubled the average production. Black beans have high protein content, and help fill the nutritional needs of Pedro's family and customers.

Pedro is just one of the many youngsters benefitting from food production and utilization projects funded through a grant from the W. K. Kellogg Foundation.

Projects are in progress in Guatemala, Costa Rica, Paraguay and Venezuela. But the results are being shared throughout the hemisphere. Many other countries are using the new technology for growing corn, beans, soybeans and vegetables and for raising poultry, rabbits, and other sources of protein.

The U.S. 4-H involvement is not just on paper. Volunteer 4-H alumni serve as Youth Development Project (YDP) workers in the four project nations as well as in other less developed countries in Latin America, and also in Africa and the Far East. YDP's spend a year or more working closely with professional

counterparts, usually a club agent or home economist.

Together they plan and carry out organization of clubs, improvement of projects, recruitment and training of leaders. Despite differences in language and culture, YDP's quickly become members of their host communities and make contributions that last far beyond their one-year stay. And through other 4-H international exchange programs many professionals and volunteers in nations around the world have opportunity for study in the United States.

The YDP brings his U.S. home community into closer touch with the potential and the problems of Latin American youth. James Courtright of Springfield, Oregon, started a pen pals project between young people in his Costa Rican community and in Oregon. A Missouri



*Susan Wasserman, YDP to Paraguay, on right, with girl from Paraguay grinding corn.*

1974 Inter-American Conference on Rural Youth in San Jose, Costa Rica, October 13-18, 1974.

With the theme "Rural Youth and Their Decisions for the 1980's," the conference includes training sessions and discussions by leaders on methods of improving and expanding rural youth programs.

U.S. Extension professionals participating in the Central America 4-H travel seminar will be a part of this conference.

Several regional seminars also have been held to exchange information and share results of successful methods and materials.

The results are impressive. Today nearly 400,000 rural boys and girls are enrolled in 4-H type programs in Latin America and the Caribbean, four times the number involved in 1960.

group raised \$85 to help Marilyn Kay Kuntmeyer, Palmyra, Missouri, buy materials for sewing demonstrations.

The YDP experience is not one-sided. It helps the volunteer as well. Paul Ramsden of Highland, Wisconsin, said after his work in Jamaica in 1973:

"Above all, go into this experience with an open mind. You are going into a new culture. Your values and goals are going to be challenged — especially by yourself. You are going to be super-frustrated at times and super-elated at times and you probably will come out of this experience as I did, feeling that it was the very best thing you have ever done for yourself."

To help strengthen youth programs in Latin America, an Inter-American Rural Youth Advisory Council was formed in 1971. It is meeting in conjunction with the



*Sandra Lee Jones, YDP to Venezuela, talking with boys and girls at school in Barquisimeto, Venezuela.*

PIJR serves as a catalyst to encourage this growth. It concentrates on strengthening leadership and creating a favorable climate for cooperation through consultations, training services and communication.

As Galo Plaza, secretary general of the Organization of American States and honorary chairman of the Inter-American Rural Youth Advisory Council said recently:

"The 4-H movement in Latin America is the most efficient and effective vehicle for modernization of agriculture in Latin America. We in Latin America are not frightened by youth. We must understand them and bring them into our economic life. We are doing this through 4-H and thus doing what we can to improve the lives of the coming generation."

Every Extension worker has a stake in helping people everywhere fulfill their potential. There is opportunity for direct and indirect participation in the exciting work with rural youth in Latin America and the Caribbean. To find out how, contact your State 4-H office. □



*Arthur Tenbrink of Hayward, California, shares photos of the U.S. with a Brazilian host sister.*



*William Rapking, YDP to Venezuela, talking with two young farmers.*



# Cedar House Halfway Home



by  
Twila V. Crawford  
*Assistant Extension Editor  
Kansas State University*

People with Cedar House, a transitional living facility at Olathe, Kansas, came to Jo Conley, Johnson County Extension home economist, for assistance with interior design and nutrition.

Ms. Conley helped and became so involved she now is president of the board of directors of Cedar House.

Cedar House is a unique facility in Kansas. It offers services to accommodate the needs of people 16 years of age or older. Other transitional living facilities in the State are concerned with one kind of problem such as mental, emotional, alcoholism, drug abuse. Cedar House is concerned with the many different problems of individuals.

This "halfway house" is a vital link in a person's rehabilitation and reestablishment in the community. It serves as home base where she or he can keep in touch while trying to get life back in order after a troubling situation. People admitted to Cedar House have potential for employment or functioning as homemakers.

Cedar House was established in 1966 with a 3-year nonrenewable federal grant. In 1969 Cedar House was incorporated as a charitable, nonprofit organization.

Funds come from the United Fund, membership dues, an annual bazaar, and from residents of Cedar House.

Residents are expected to pay as much of the actual cost as they are able to. One who is working is expected to contribute two-thirds of his or her take-home pay.

Louise Meyer, director of Cedar House, credits Ms. Conley with helping make the community aware of the facility. The county home economist often talks about Cedar House while informally visiting with groups.

Approximately 50 persons each year are helped at the rambling two-story house. "Someone always is coming and going," Ms. Meyer explained. Most are ready to leave the program within 3 to 6 months. Juveniles may need the group home and its services longer.

"Here at Cedar House a homelike atmosphere is coupled with the assuming of adult responsibilities related to daily living. Each individual deals with personal problems in a group setting. When people come here, they must be able to behave responsibly," Ms. Meyer said.

Staff positions include the director, a job placement counselor, a night counselor, and a weekend counselor.

These people understand human behavioral situations.

Referrals come from such agencies as social services, county courts, hospitals, and guidance centers. Most Cedar House residents are from northeast Kansas, although there is no residency requirement.

Cedar House is accepted in the community, and people in the Olathe area have become involved in its activities, contributing their own talents, such as painting, carpentry, decorating.

Extension Homemakers Units help support the house. They donate food and money and make items for the bazaar held each year by the Cedar House auxiliary.

While Home Economist Conley is deeply involved with Cedar House, she also works with the disadvantaged, elderly, young homemakers, and 4-H youth. She serves on a day-care center board and was a member of the original Olathe adult education board.

Co-workers say she develops leadership abilities in other people. "The wonderful feeling of accomplishment I receive is from being able to help people," Ms. Conley says. □

by  
Lee N. Dreiman  
Extension Agent  
Portland, Indiana

2007

# Women 'Man' Tractors With New Know-how //

When I was first approached concerning some lecture courses for female tractor operators, I thought: "Women's Lib" has reached the farm!

But I was wrong. Ms. Calvin Gagle, a Jay County homemaker, had read a magazine article for women who must operate farm machinery. We talked about the article, about the educational needs of women, and about the many aspects of the life of a farmer's wife. Ms. Gagle insisted that as the county Extension agent, I should initiate and coordinate a learning session for women who operate tractors.

Much thought and planning were needed before undertaking such a project. Feeling ill-prepared and apprehensive, I hesitated to admit there was a need for this type of education in Jay County. I know that an increasing number of farm women are expected to operate farm machinery. But what farmer-husband has the time and patience to teach his wife the safety aspects of machinery, the proper handling of routine tilling, and the implement





Forty-three people attended the first session held on January 16, 1974. Mr. Willsey's excellent discourse on safety measures included safe driving tips and practices to avoid. He also stressed the importance of preventing hearing losses.

Mainly mothers of teenagers, the women attending represented a cross section of Jay County. They came from farms of 80 to 1,150 acres. But all had one common purpose in attending — an intense desire to obtain information about safety on the farm and to ask questions about farming and related problems.

Reactions to this first session were positive with favorable comments from the women attending. In lively discussion before the meeting, they expressed a desire for further information. We asked the women to prepare a list of questions or offer their suggestions for a second meeting.

Questions poured in, and the agenda for the second meeting started taking form. The women wanted to know about the use of jumper cables, how to manage different types of soils, how to plow three-cornered fields, what depth to plow, and what to do when the tractor gets hot. They asked about speeds for plowing, disking, and road traveling. They had submitted a variety of challenging problems for the panel.

The questions were summarized and categorized before the meeting. The dealers had been reluctant to accept responsibility in speaking roles for the

language needed to request parts for repair work?

I decided that farm women do need the opportunity to learn these things.

As my first step in researching the proposed program, I contacted four implement dealers in Portland during May, 1973, requesting their cooperation and input. Although somewhat doubtful about the idea, the dealers seemed to recognize that women did indeed need more education about farm machinery and the fundamentals of agriculture.

In early December an informal meeting was held with the dealers to lay the groundwork for a short course to train women to operate tractors.

With five tractor-related fatalities in Jay County during the past five years, safety needed to be an important feature of the program.

We chose Richard Willsey, farm safety specialist from Purdue University to initiate the program. If this proved successful, a later session could be held. With the Jay County Courthouse auditorium as the meeting place, preparations began for the first session.

A large ad ran twice in the local newspaper, *The Commercial Review*. We used the Extension homemakers mailing list to send form letters explaining the program and requesting a return card which was enclosed. The machinery dealers sent the same information to many on their preferred customer mailing lists. Enthusiasm rose as the returns came back with favorable comments and questions.

first meeting, but as the second was being planned, they volunteered themselves, their employees, and any other resources they could provide.

Nine instructors formed a panel for the second session held on February 20, 1974. Most were implement dealers or their employees. A relaxed group of 46 appeared to enjoy the exchange of problems and solutions. Some of the women brought their husbands; those husbands went away from the meeting with a different outlook toward their wives' problems.

After all the questions related to farming projects had been answered, the women talked about their personal tractor driving experiences. The women also exchanged ideas about how to pass the time while waiting in the long lines at elevators.

During a more informal period with refreshments provided by the implement dealers, we received positive comments of appreciation from the participants. Many felt they had learned much from the two sessions and would feel more free to seek help with future problems.

The meetings provided valuable experiences for the women attending. They felt a need for this type of education and participated when it was made available. The congenial atmosphere also improved relationships between the women and the implement dealers.

One woman's request for help in operating a tractor had grown to include many facets of farm problems and their solutions for many other women. □



"Fantastic — I really recommend it — it's the greatest learning experience I've ever had."

That was one Minnesota dairyman's reaction after returning from an organized tour of dairy farms and research facilities in Pennsylvania, New York and Michigan.

"I figured I'd paid for the cost of the 6-day trip by the time I returned home, in new ideas," said Vince Kahnke, Waseca, Minnesota.

"I'd toured about every dairy farm around here — I knew most barns in the area inside and out. So I figured it was time to see how dairymen in a different part of the country operated," he added.

Mervin Freeman, the tour leader and area farm management agent with the University of Minnesota Agricultural Extension Service, further explained the theory behind taking 25 dairymen and their wives halfway across the country to observe dairy operations under vastly different conditions: "We're trying to bring dairymen the latest in dairy technology and management.

"We wanted to zero in on new ideas not yet implemented in Minnesota. We're getting to the stage in Minnesota where dairy production costs are increasing rapidly, and farmers are going to have to learn how to overcome them. Farmers in the East have been living with higher taxes, feed and labor costs, so we thought it would be a good idea to go there."

The idea of farmers learning from other farmers through tours isn't new, but Freeman thinks management-minded dairymen should do more of it.

2007

## Dairy Tour Sparks Ideas For Profit

[Management]

by John M. Sperbeck  
*Extension Information Specialist  
 University of Minnesota*

The idea of the Minnesota dairy tour started when Freeman and Ron Orth, another Extension agent, studied dairy herds in six States during a quarter leave 2 years ago. "We surveyed 60 farmers in Minnesota and found they had made many mistakes that had cost them thousands of dollars in their expansion plans," Freeman said.

"We thought that an organized tour might save more dairymen from making the same costly mistakes that we had seen other dairymen make. We try to let the host farmer tell his story. I do most of my work before the tour starts, organizing farms to visit, and planning the schedule."

Charles Walker, Grand Meadow dairyman, is enthusiastic about the tour idea. The day after we called on him, he was planning an open house for a new free stall parlor system. "I copied many of

the ideas from the tour," said Walker, who plans to double his herd size from 80 to 160 cows.

"One reason we expanded is that I'd like to give at least a couple of the boys a chance to stay on the farm. But you have to watch your timing with an expansion move like this," said Walker, who is 40. "I told my banker when I was planning the move that 2 or 3 years from now would be too late — I'd better forget it if I didn't make the move right now."

Kahnke, who milks 120 cows averaging more than 500 pounds of butterfat and 13,000 to 14,000 pounds of milk in partnership with his son, Vince Jr., made some changes when he got back from the tour.

"I started mixing grain with the silage instead of feeding it separately. We're using a loose housing set-up, and if the cows didn't get a chance to load up on grain in the milking parlor, some of them went without. I also decided to change teat dip, and made some feeding changes with my dry cows as a result of tips I picked up on the tour. I had been getting my dry cows too fat," said Kahnke. His son, Vince Jr., signed up to go on the tour the second year.

"We saw some great management on the tour — I was really impressed by the way some of the easterners operate," said Vince Sr. "It made me think we're a little spoiled in the Midwest. We have more options in cropping plans and don't have some of the high-cost obstacles I saw in New York and Pennsylvania. Anyway, such an experience is bound to sharpen your management skills." □



On a sunny Sunday in June, some 10,000 Chicagoans go "down on the farm." The annual event is Farm Visit Day, sponsored by the Illinois Cooperative Extension Service and local farm groups.

"We don't try to pick show places," said Phil Farris, Kane County Extension advisor, who handles much of the publicity for the event. "We want to show city folks how a bottle of milk, a sirloin steak, or a carton of eggs are produced. A lot of city families, particularly those with children, welcome the opportunity to see a modern farm and get acquainted with rural neighbors."

Twenty-nine farms in six northern Illinois counties were selected for display on the first visitor's day in 1972. Last year, nine counties participated.

The farms range in size from 100 to 800 acres and specialize in beef, dairy, hogs, sheep, Arabian horses, vegetables, corn, soybeans, eggs and turkeys.

Farmers use various methods to tell their story. On one dairy farm in Kendall County, the prize cow of the herd was tied in the yard. In front of her were a bale of hay, a bucket of water, and the ground feed she would eat that day. An accompanying sign told that he had produced 123 pounds of milk yesterday — enough for three 9-ounce glasses a day for 73 days.

One farmer in Whiteside County displayed all of his equipment with price tags

attached. This showed the variety of machinery needed and the cost involved.

The Whiteside County planning committee made elaborate publicity preparations and received the most visitors. They passed out brochures in banks, restaurants and grocery stores. They held a special steak dinner for the news media before the event. Ministers urged their congregations to visit a farm or two after services. Speakers visited clubs and appeared on TV and radio programs.

The county committee is the key to the program's success. The Farm Bureau, NFO, DHIA, Livestock Feeders and Pork Producers are active in each county they represent. The committee selects the farms, meets with the host families, determines the information to be presented, arranges for refreshments, and handles local publicity.

Communication between rural and urban people is vital. These urban visitors want to learn more about where their food is produced. All are courteous, friendly, and delighted by the opportunity. Farm host families are equally happy with the response.

A good summary of the day comes from a letter written to Farris by one of the visiting families: "On our way home, our tired 7-year-old daughter said, 'I bet we had more fun today than anyone in our neighborhood'." □

2057

## Farm Visits Focus on Fun and Food //

[Extension work]

by  
Byron Hutchins  
Area Advisor,  
Resource Development  
University of Illinois

by  
Dan Lutz  
*Assistant Extension Editor*  
*University of Nebraska-Lincoln*

How do you go about putting equally desirable but sometimes conflicting goals in perspective, allowing both improvement of a county's economy and continued quality of life without undue conflict?

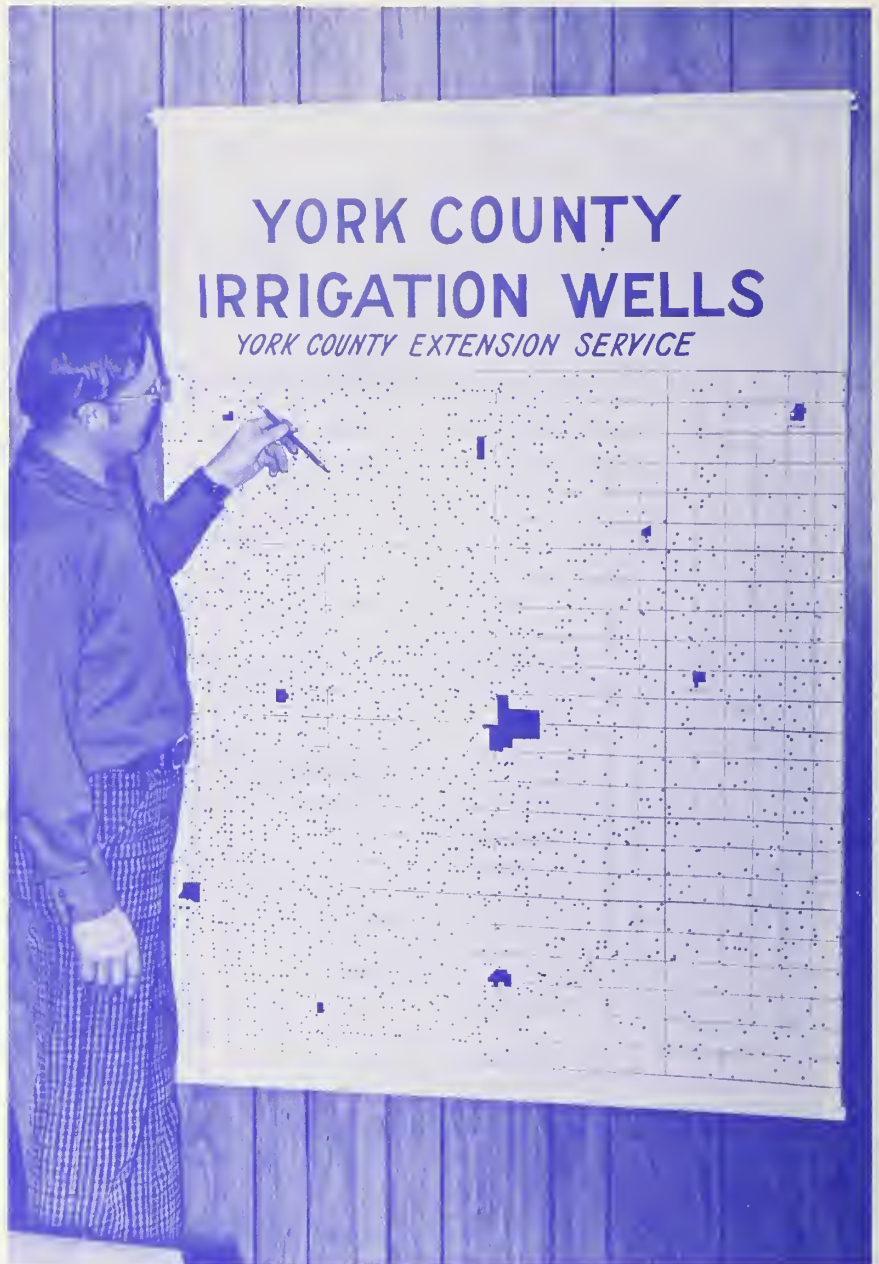
In water-plentiful Nebraska, Harry H. Hecht, York County Extension agent, has been a leader in the conservation and wise use of this key resource. Foreseeing an inevitable drain on ground water supplies through rapidly expanding irrigation development, he led in organization of the first Ground Water Conservation District in Nebraska.

Recently, Hecht has been moving York County toward a comprehensive plan for countywide rural zoning, putting him in the first wave of Extension workers in this important aspect of land use planning.

He received a U.S. Department of Agriculture Superior Service Award in May 1974 for his "leadership in conserving and using Nebraska's limited water resources; notable success in crop irrigation programs, especially soybeans; and furthering much-needed countywide planning and rural zoning."

A cursory look discloses some pretty old-hat approaches: reports, meetings, news articles. But all are part of a plan that doesn't have the obvious Madison Avenue campaign image. Organizing a group, telling people the group was organized, telling the group what people think, and then telling people what the organization thinks are not unrelated. One dovetails into the other, reaching back to a need identified by Hecht some time previously.

One of Hecht's most consistent and effective media tools is his personal column, which has appeared in the York *News-Times* for many years. He uses the column to dispense information and advice, to motivate his readers and drop an occasional opinion. He has kept a constant flow of information on York Coun-



Visitors to York County Extension office see this up-to-date map (it's a white window shade), locating the county's approximate 1,800 irrigation wells.

## No Water Shortage for York County, Nebraska

ty's irrigation economy before readers.

Years ahead of his time in his concern for the depletion of ground water, Hecht organized the York County Irrigation Association in 1957, and in 1958 began systematic measurements of static water levels in 68 irrigation wells.

His campaign to form a Ground Water Conservation District followed classic lines. Other agents could fit his methods to their local circumstances.

First, he generated awareness about the establishment of a district through irrigation clinics and tours, a corn yield program, and a series of information meetings. He involved cooperative sponsorship or input by other agricultural organizations.

The concept of York County landowners retaining local control of their ground water was identified early in the campaign as a powerful incentive to establish the district.

Hecht advised and assisted Irrigation Association officials in circulating

petitions to get the district issue on the ballot.

He tailored educational programs, involving many meetings and heavy use of mass media, to explain what a Ground Water Conservation District would provide.

Hecht co-authored a bulletin with University of Nebraska Extension Water Resources Specialist Dean Axthelm, which became an important information piece in the successful petition drive. The bulletin cited scientific records, data and knowledge about York County water levels.

Hecht's close working relationship with the daily *York News-Times* resulted in stories and editorial support. The paper noted that "this may be a historic vote that will influence other areas of Nebraska to accept or reject the water district idea," and said, "York County is setting the pace for all of Nebraska in trying to do something about declining water levels."

What methods made this project succeed? Hecht says, "Constant publicity through special features and regular news columns to keep people informed of impending situations. Local people must believe in a program themselves and be willing to sell or defend it."

Hecht's chronicle of the successful campaign: "Project discussion started . . . received information from State agencies . . . public meeting of irrigators . . . legislation introduced to change law authorizing district . . . joint meeting with other counties . . . other counties not in favor of joining district now . . . irrigators voted at annual meeting to proceed with discussion . . . county agent prepared bulletin on county ground water . . . irrigation association endorsed formation of new district . . . state agencies approved district . . . brochure mailed to irrigators . . . petitions filed with county clerk . . . hearing held, no objections filed . . . general election voting tabulations: 916 favoring formation of district; 547 opposed . . . combined boards of irrigation association and new ground water district met; irrigation association dissolved and all funds and equipment turned over to ground water district."

In 1969, Hecht published a mimeographed report on a York County Water Quality survey, which has been widely quoted, in tune with heightened public interest in pollution problems.

Results of the survey have been important in allaying fears that increasing use of commercial fertilizer in heavy amounts is contaminating ground water. The survey, reported by Hecht in the *Omaha World-Herald*, the State's largest newspaper, showed that nitrate levels were remaining well below health danger levels. Hecht's conclusion: "It would appear farmers are getting blamed for a lot of pollution they are not causing."

Under Nebraska's pioneering system of statewide natural resources districts, the York County Soil and Water Conservation District in July, 1973 became a part of the Upper Big Blue Natural Resources District. Hecht in 1972 assisted in the development of program plans and location of district headquarters adjacent to the York County Extension office. □



*The control center for the automatic irrigation system on the Ed Thieszen farm near Henderson, Nebraska, saves labor and water. Shown checking out the center are Floyd Marsh (kneeling), general manager of the Upper Big Blue Natural Resources District; Harry Hecht, York County Extension agent (left); and Thieszen.*

# Parents

## Preview Great Expectations

by  
Duane R. Rosenkrans, Jr.  
*Associate Extension Editor*  
*Mississippi State University*

Expectant parents have proved to be a new and receptive audience for Cooperative Extension Services in a three-county area of south-central Mississippi.

Using the multi-county approach, three Extension home economists secured the cooperation of physicians, the regional medical center, and others to offer a series of four classes for interested couples. The response was so good that the series will be repeated twice a year under Extension's leadership.

The home economists who planned and arranged the classes are Pauline Alford of Amite County, Virginia Jones of Walthall County, and Rosemary

Sassone of Pike County. Amite and Walthall counties are on either side of Pike County, where the Southwest Mississippi Regional Medical Center is located.

Development of the series was started more than 6 months in advance.

The idea had been "planted" by State Extension specialists, and this was the first group in Mississippi to conduct such instruction. Another factor which influenced the group was that Virginia Jones and her husband had only a few months before traveled to a hospital in Jackson, more than 90 miles from their home, to attend similar classes. The home economists discussed it with an obstetri-



*Virginia Jones, Extension home economist, bathes her baby in a demonstration before the class for expectant parents.*

cian who assured them that he would "like for all of my patients to have this opportunity."

Next step was to secure the cooperation of the medical center administrator. The idea fitted exactly his concept of making the hospital truly a part of the community. He liked Extension's involvement, making it clear that the classes were open to all regardless of what hospital they planned to use. He also liked the organization and the publicity the Extension home economists provided.

Early preparation for the series included securing supplies of various publications. Some of these were family life and health education materials familiar to all home economists. Other materials were recommended by physicians.

Sources included the Mississippi Cooperative Extension Service; U.S. Department of Agriculture; U.S. Department of Health, Education, and Welfare; Mississippi State Board of Health; other government and health agencies, and manufacturers.

As the time for the classes drew near, letters were mailed to expectant parents,

using lists obtained from obstetricians. Those planning to attend were requested to fill in and return cards to their county Extension offices, although this was not required.

The home economists made about 20 large posters and 50 smaller ones, and displayed them in public places. They arranged well-timed newspaper publicity, including informal group pictures of instructors. Radio announcements were also prepared. Publicity was continued while classes were in progress.

The four classes were scheduled on Monday evenings during April. Something different was offered each time, and the topics were well publicized.

Participants evaluated the classes by filling out a simple form after completion of the series.

The experience that rated highest with the expectant parents was their visit to the labor room, delivery room, and nursery during the third session. In addition, they received an explanation of the hospital's policies for maternity patients. Also rated high was a motion picture showing childbirth.

In a session for "fathers only," a

pediatrician answered their questions while mothers were being taught useful exercises by the physical therapist.

Other features included demonstrations on how to bathe, feed and otherwise care for the baby after taking it home; a family planning session; and a maternity fashion show.

Instructors besides the local pediatrician and physical therapist included other medical center personnel, nurses and personnel from county health departments, and a speaker from the State Division of Family Planning.

Out of 40 evaluations, 33 rated the class excellent, 6 good, and 1 fair.

Some comments from the expectant parents were particularly interesting. While most of the couples were expecting their first baby, one mother who already had one child wrote, "I was unaware of many things with my first child. Now I feel I know what is going on." Another observed, "The film on delivery was excellent. I did not know anything about this even though I have already had a child."

An expectant father stated, "There were so many things I didn't know anything about, simply from being a man." Another wrote, "It relaxed my wife."

The classes were free, but one participant wrote, "I would have been willing to pay for it."

Forty couples were present at most sessions and a large number attended all four. Some missed the first class but attended others after hearing about it. Some missed the final class — one couple because their baby was born the night before. In at least a couple of instances, expectant mothers had to miss one of the classes but their husbands were there.

More than 120 persons attended one or more of the classes.

At the end of the final class, each couple received a certificate and a prenatal gift package consisting of sample diapers, nursing bottle and other items.

These young couples were almost entirely a new audience for the Extension Service, the home economists reported. At the first class, they knew only a few people in the audience.

Extension and the medical center plan to repeat the series of classes twice a year.

□



*Equipment in the delivery room is explained to this couple in the expectant parents class by a nurse.*



*Robert Rust, Iowa State University Extension meats specialist, gives pointers to the audience on how to get the most out of a cut of meat.*

Meetings usually scatter families in every direction. Not so with the Southwest Iowa Family Food Fair — 1974. Extension staff there capitalized on the fact that almost everybody is interested in food. And 2,500 men, women, and children attest to the fact that it truly was a family affair.

Children were welcome. The Dairy Council of Central States provided activities for preschoolers during the afternoon sessions. And elementary children had a similar program in the evening. Most of the activities were food-related, including games to teach the basic four food groups and new foods.

Several exhibits at the fair catered to children also. One called “Snappy Snacking” was manned by nutritionists from Iowa State University. Kids were invited to come up and make sandwiches that looked like faces. Their “art materials” ranged from cucumber slices for eyes to mustard and ketchup for smiles.

While the kids experimented with the “Basic 4,” so did parents. Included on the agenda were sessions on canning, microwave cookery, gourmet meat cookery for men, breads, small appliances, dairy foods, and beef dishes.

Three food presentations were conducted at the same time for 45-minute periods. Then the audience moved to a different topic area for the next session.

Mary Jo Huseman, Kansas Department of Agriculture and Kansas Wheat Commission, led the session on breads and cereals. Through slides and demonstrations, she brought fair visitors up to date on proper dough preparation, baking, and seasoning. She also shared information about baking utensils that give the best results.

The surge of interest in home canning was evident at the well-attended session led by Mary Lou Williamson, representative of a manufacturing company. She talked about new canning equipment, cookbooks and garden varieties that are good for canning. Ms. Williamson stressed safety and the importance of knowing proper canning techniques.

“The Great Microwave Cooking Show” by Bonita Nichols drew crowds, too. She seemed to read the minds of fairgoers as she explained just how microwave cookery works. She answered questions on the differences in microwave

2007

# Food

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# A Family Affair

by  
Don Wishart  
Assistant Extension Editor  
Iowa State University



and conventional ovens and mentioned the speed and cleanliness of the microwave type. Ms. Nichols prepared several foods using the oven.

Mary Beth Jung, representing an appliance manufacturer, demonstrated how to prepare unusual but simple fruit dishes with small kitchen appliances. She explained how to retain vitamins and other nutrients in vegetables by stir frying, and showed equipment that could be used to make homemade sausage.

Wherever there are recipes given out, there are people. Janine Knop, representing the Iowa Beef Industry Council, found this out. Her session was called "Beef for All Occasions." While she demonstrated how to make different beef dishes, she shared the recipes with the audience. Among them were directions for "Beef Jerky" and "Beef Fudge."

Robert Rust, Iowa State University meat specialist, also gave away recipes — this time appealing to the men in the audience. He donned a chef's hat and shared some hints on sensible meat buying and preparation. He emphasized the importance of accurate time and temperature of cooking. Carving makes a difference, too, and thinly sliced meat tastes better and goes further.

Rust encouraged men to try meat cookery and tempted them with a recipe for sausage simmered in a wine sauce.

Anne Richards, from a dairy company, made a milk punch, gelatin salad with yogurt, cottage cheese spread, and baked products with nonfat dried milk solids to show the variety of ways to include milk in meals.

There were also local exhibitors — county cattlemen's dairy committee, county pork producers and "porkettes," seed companies, hardware stores, and other local food-related businesses.

Many of these participants gave away door prizes, which added a little excitement and gave them good advertising.

The Family Food Fairs were held in four towns. Each fair lasted one afternoon and one evening. The program was basically the same in each town, though local exhibits varied.

The success of the food fairs was due to the effort of the total Extension staff — State and local.

Work on the fairs began in June 1973 when Enid Wortman, consumer manage-

ment specialist in the Southwest Iowa Extension Area, began making contacts for the program. She secured all the experts and directed the publicity.

A consultant from the Iowa State University Information Service provided publicity ideas, suggested food fair symbols and wrote news releases. Local Extension personnel were responsible for "personalizing" the publicity and appealing to their counties to "Come to the Fair."

As we said, the fair was held in four towns. It came to Atlantic, March 17; Glenwood, March 18; Clarinda, March 20; and Harlan, March 21. Southwest Iowa Extension Area staff members were involved in program planning and also were present at the fairs. The staff in counties hosting the fairs also made a commitment to help in their county and

to secure local exhibitors.

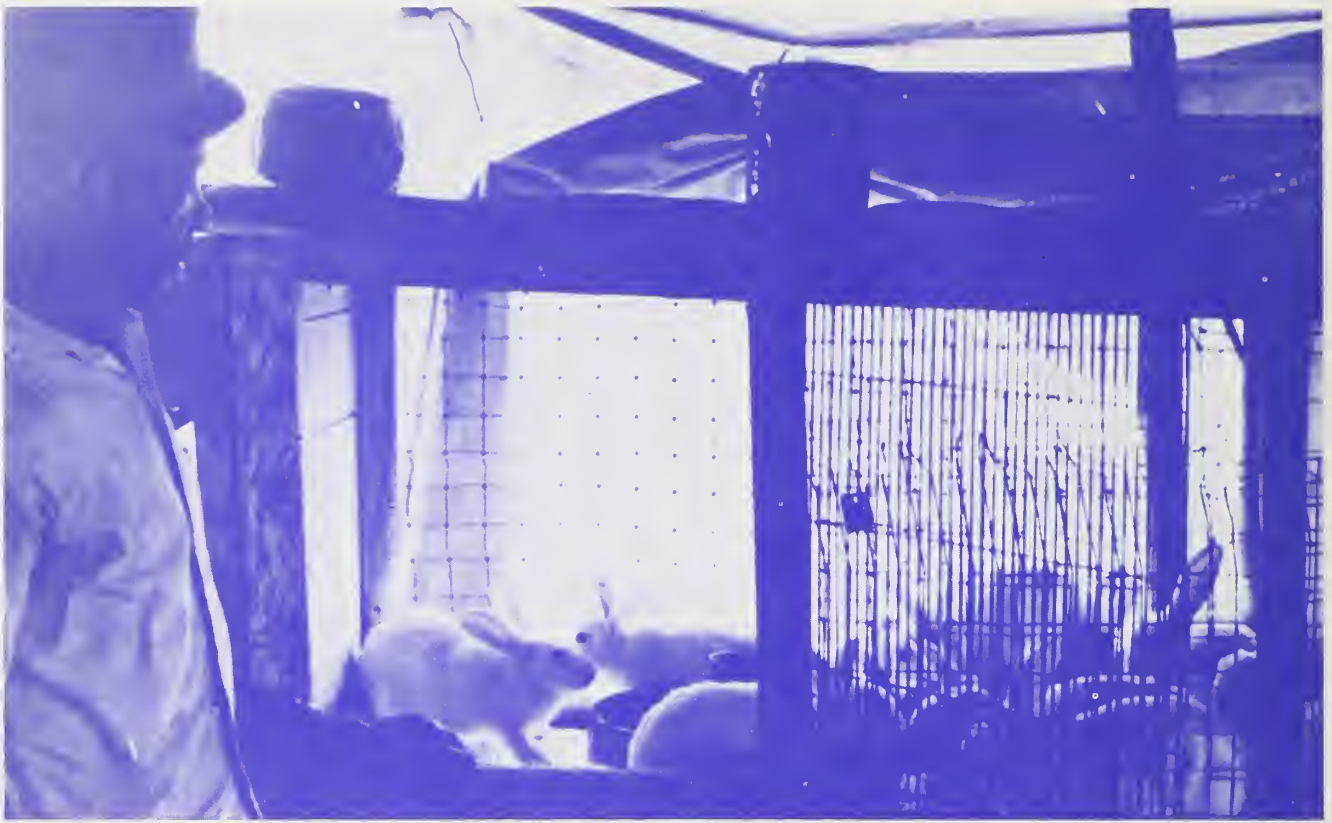
Robert Hegland, Southwest Iowa Extension Area director, explained the purpose of total staff involvement.

"Extension work in our area is based on the philosophy that we have one Extension program, not three or four separate segments," he said. "We believe that Extension programs should be planned with both youth and adult family members in mind. Our staff members appreciated the opportunity to be exposed to the total educational program, not just the area where they have special expertise."

A lot of work and a lot of time, but 2,500 people know just a little more about selecting and preparing food from the basic four food groups, and can make better sense of the 1974 consumer market. □



*An Iowa State University nutritionist distributes the raw materials for a group of children as they make happy face sandwiches.*



*Chester Wallace examines young rabbits he hopes to market. Rabbit production is a new venture for Wallace, but he thinks it has good income possibilities.*

# 2007 Raising Rabbits Raises Incomes In Texas //

by  
Herbert Brevard  
*Area Information Specialist  
Texas A&M University*

Twenty-two families in Panola and Harrison counties in Texas have participated in a self-help program to increase their income and improve family nutrition. Sponsored by the Harrison-Panola County Community Action Association, Inc., the program is known as the Supplemental Income and Nutrition Program.

Wanting to sponsor programs with a long-term impact, the association board of directors asked Harold Wells, Panola County Extension agent, to study the economics of rabbit production for families with limited income. Wells found very little information available on rabbit production in East Texas. He and S. A. Anderson, executive director of the association, then visited a large rabbitry

in Rogers, Arkansas, and obtained information on all phases of rabbit production and marketing.

But, problems began with the delivery of rabbits. Some of the participants had inadequate shelter for the animals. No records were available on the breeding dates of the purchased does. Numerous young rabbits died because nesting boxes were not prepared in time.

These problems soon turned into learning and teaching opportunities. Wells arranged for educational meetings to teach potential producers necessary management and marketing skills. Six meetings and a 1-day shortcourse, with an experienced producer as instructor, were held.

When the program began, rabbit feed cost \$88 per ton. It currently sells for more than \$144 per ton. Fryer rabbits, marketed between four and one-half and six pounds, initially sold for 28 cents per pound. Currently, they sell for 46 cents. As a result, the profit potential has basically remained unchanged.

They found that rabbits could be raised economically, with a ready market available through the Arkansas firm. (Lining up a market *first* is vital!) With good management, \$8-\$12 profit per year per doe could be expected. After hearing this report, the association's planning committee began contacting prospective producers.

Plans included furnishing 16 does and two bucks to each qualified family, plus feeders, waterers, cages and a 4 to 6 month supply of rabbit feed. In turn, the family would shelter and properly care for the rabbits. Within one year, the family also agreed to return 16 does and two bucks to the program.

But, after 5 months and 68 contacts, the program failed to materialize.

For reasons still unexplained, interest in the project was re-kindled in February 1973. After locating rabbits and equipment, the first family received their rabbits.

How successful has the program been? Currently, seven families in Panola County and three in Harrison County are participating in the program. All 16 original families have returned 18 rabbits each to the program.

Three or four families have gone out of the rabbit business, primarily for lack of time. One family produced 120 pounds of rabbit meat for home use and sold 1,791 pounds in one year.

Eight to twelve dollars doesn't seem like much money to some people. To the Panola and Harrison County families, the rabbit program means additional income and adds a delicious and nutritious delight to the family menu. □



*Robert Downs, Sr., left, watches as Harold Wells, Panola County Extension Agent, weighs a young rabbit for market. Downs has returned 16 does and two bucks to the program.*



## PEOPLE AND PROGRAMS IN REVIEW

### Get to 'Know America'

As a spinoff of the coming Bicentennial celebration, special "Know America" 5-day seminars will be offered during the fall, winter, and spring months at the National 4-H Center in Washington. Although sponsored by the National 4-H Foundation and the National Extension Homemakers Council, any ES-approved group is invited to take advantage of this educational program.

### New Gift Idea for Graduates

"Gift Certificates" for University of Missouri study are now available for correspondence courses or for credit hours of on-campus study. Certificates can be used at the Columbia, Kansas City, Rolla or St. Louis campuses. For more information on this continuing education promotion contact Marion Wallace, Area Continuing Education Programmer, University of Missouri Extension Center, 880 West College, Troy, Missouri 63379.

### Extension and RD — Hand-in-hand

Extension personnel chair 33 of the 52 State-USDA Rural Development Committees and hundreds of the area and county committees. The Guthrie County, Iowa, RD Committee, with the local Extension agent as chairperson, sponsored a community attitude survey in one town. The town's Chamber of Commerce credits the survey with helping to change the attitude of retailers from fatalism to dynamism.

### Extension Home Economist Heads AHEA

Margaret Fitch, Arizona State home economics leader, is the new national president of the 50,000-member American Home Economics Association. She is the third Extension home economist to receive this honor in the 65 years of the organization.

### ES-USDA and OSHA Sign Safety Agreement

Extension Service-USDA and the Occupational Safety and Health Administration (OSHA), U.S. Department of Labor, recently signed a Memorandum of Understanding to clarify the responsibilities and areas of operation in job safety and health training, and education and information activities, as they relate to agricultural employees and employers.

### 4-H Education for Parenthood

Pilot programs in Education for Parenthood, under a \$100,000 grant from the Office of Child Development, HEW, are now in progress in Maryland, Minnesota, Texas, and California. Teenagers are learning about child development and receiving practical experience in working with children outside the school system.