

Lone students, faculty turn out for Comm. Service Day



Tim Patton (l.), Troy Lindstrom, Craig Gutierrez and Denny Starr decorate an lone City Park tree for the holidays as part of a Community Service Day project last Wednesday.



Eric Pointer (l.), Darla Anglin and Scott Barnett do their part by cleaning up an lone resident's yard.

Apple Juice & Cider — Know The Difference?

You've probably been drinking apple juice and apple cider since you were a youngster, but have you ever realized that the two aren't

quite the same even though their names are sometimes used interchangeably? Apple juice, as the name implies, is the juice which

results from the grinding and pressing of fresh apples. It is filtered to remove most of the apple solids or pulp. After filtering and clarifying, the juice is then hermetically sealed in cans, jars or bottles and is pasteurized for longer shelf life. No artificial sweeteners are added. Thanks to pasteurization and the vacuum sealing, apple juice is available all year-round.

Sweet apple cider starts out just like apple juice. It is pressed from fresh, whole apples. However, it is not as finely filtered and clarified. This accounts for the cloudy appearance and for the residue which sometimes accumulates in the bottom of the container after it has been standing for awhile.

The major difference lies in what is not done to the cider. It is not pasteurized nor is it hermetically sealed for long shelf life. Fresh, sweet apple cider will remain sweet, flavorful and unfermented for up to three weeks under refrigeration.

Both juice and cider are perfect for any season. When it's warm, try refreshing apple juice mixed with club soda over ice.

When you've been enjoying the great outdoors in fall or winter, warm up with cider heated and served with a cinnamon stick stirrer.

Try cooking your favorite chicken, fish or pork dish in apple juice or cider in place of other liquids. The apple flavor will spice up any dish.

Conservation tillage topic of March meeting

Conservation tillage is the subject of a meeting to be held on March 3 and 4, 1983, at the Portage Inn, The Dalles, according to Darrell C. Maxwell, Extension agronomist stationed at the Columbia Basin Agricultural Research

Tips On Selecting Clothing For Infants And Children

Children's clothing needs vary with their stages of growth and development and the activities that go along with each of those stages. Yet certain features are desirable in clothing for all ages. Youngsters should have garments that provide freedom of movement, protection from severe weather and room for growth.

- Birth to three months. Growth is rapid and clothing purchases should be limited to a few items that can be laundered frequently. Design should allow ease in changing.

- Three to six months. Rapid growth continues. Clothing should move with the child as infant learns to hold up head, turn over, wave arms and legs in the air.

- Six months to one year. Needs clothing to keep warm but not interfere with crawling. More clothes needed for wide-awake hours.

For a free 20-page booklet, write to: Children's Clothing, Sears Tower, BSC 40-08, Chicago, IL 60684.

Center near Pendleton.

Target audience for the session is farmers in wheat growing regions of northern Oregon and southern Washington. The program being developed will include farmers relating their experiences with conservation tillage, reports on herbicides to be used in reduced tillage and scientists telling about

research related to conservation Maxwell said.

Sponsors of the meeting, which will be titled "Conservation Tillage Symposium," are: Oregon State University, USDA Agricultural Research Service, Soil Conservation Service, Oregon Chapter of the Soil Conservation Society of America and the Oregon

Wheat Growers League.

"We expect to have at least one high ranking official of the United States Department of Agriculture on the program," says Maxwell. A grower representative is scheduled to give an update on the STEEP program which provides federal funds to finance research

and extension on soil and water erosion problems.

Maxwell reports that there will be space available for machinery exhibits and commercial booths. Inquiries for space may be addressed to Darrell C. Maxwell, P.O. Box 370, Pendleton, OR 97801 or telephone (503) 276-5721.

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