

Exchange parents visit from Slovakia



The Slovakian family of Vernonia AFS exchange student Rian Ragsdale visited Ragsdale's parents last week in Vernonia. Before arriving here, they picked up their daughter Martina, 16, who has spent this year as an exchange student in Kennewick, Wash. When they leave, they will visit the exchange family of their son, Michal, who spent 1996-97 in Marcola. Pictured are (l-r) Bob and Susann Ragsdale, Eva and Oliver Moravcik, Martina and, in front, 9-year-old Magda.

Treat fish right to preserve flavor, quality and safety

Okay, what's the absolute least amount of gear you need to take on a fishing trip? Let's see, a rod and reel, some extra tackle, hooks, bait. Oh, and don't forget a cooler filled with ice.

Unless you're a hook-and-release angler, one of the reasons you go fishing is to catch fish so that you or someone else can eat them. To maintain the best possible eating quality, you need to chill your catch immediately and keep it cold until you can refrigerate, freeze or cook it.

Fish spoil rapidly if they aren't chilled soon after they

die, so the farther you are from home, the more important it is to keep them on ice. When fish begin to deteriorate, they develop an unpleasant fishy smell and soft, unappetizing flesh. Once this happens, there is little choice but to toss them in the garbage, a waste of precious natural resource.

Recommended procedures for chilling as well as cleaning and gutting of sportcaught fish are explained in "Handling Sportcaught Fish," a seven-minute video publication from the OSU Extension Service. In addition to the whys and hows of chilling, the easy-to-follow

video provides a step-by-step demonstration of how to clean a fish.

The companion publication expands on and serves as a reference to the video. The video is available for free-loan from your local OSU Extension Office. The publication "Handling Sportcaught Fish" EC 1414, is also available from OSU Extension Offices. It is also available on the Internet at <http://www.agcomm.ads.orst.edu/> and select "Educational Materials List", then "Foods and Nutrition" then "Food Preservation and Storage".

—OSU Extension Service

Upward Bound funded at Pacific

Pacific University's Upward Bound program has received a \$297,019 federal grant for 1998-99.

"We are the oldest Upward Bound program in Oregon and one of the survivors of rigorous competition during the last funding round," said Roberta Nickels, director of Pacific's Upward Bound program.

Started at Pacific University in 1966, the Upward Bound program offers summer college preparatory courses to students who are from financially disadvantaged families, or from those who have not traditionally sent children to college.

Pacific's program has survived numerous years of federal budget cuts, Nickels said. "After 32 years, this 'soft' mon-

ey is starting to look good to other folks."

Intensifying competition for Upward Bound grants has in recent years led to the demise of several long-standing programs, including those at University of Oregon and Oregon State University, according to Nickels.

"We are proud of our 'survival' and the impact we are having on the lives of students who might not otherwise pursue college," Nickels said.

A high percentage of "graduates" of the Upward Bound program do attend college, including several students currently attending Pacific, she added.

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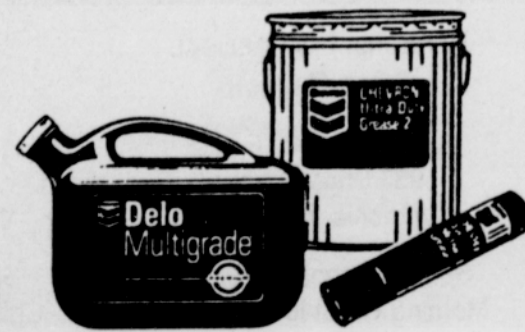
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