

Golden Roundup

October 2013

**A Passion
for Hunting**

See page 4



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October is National Apple Month

Submitted by Ludmila Keller

Fall is a great time to buy apples. This tree fruit is not only a good source of fiber, but also high in potassium and vitamin C. Additionally, apples are naturally fat- and sodium-free. One 2.5" apple only has 81 calories. All these are good reasons to add apples to our diet. So let's start with picking the right apples.

When you buy apples, choose firm, smooth-skinned ones with intact stems. They should smell fresh, not musty. If you can dent an apple with your finger, it is too soft.

Make sure to store apples in a dry, cool place. You can also put them in a plastic bag in the refrigerator. Make several holes in the bag for ventilation. Also keep in mind that apples will pick up the flavors of other foods, so keep them separate from strong flavored foods. Since apples produce ethylene which may cause other fruits to prematurely ripen, store them away from other fruits. Apples should be used within three weeks.



Before you eat or cook your apples, make sure to wash them, even if you plan to remove the peel. When it comes to cooking, apples are very versatile. Here are a few cooking suggestions:

Applesauce. Place peeled, sliced, and cored apples in a microwave or pan with one-quarter inch water. Allow apples to steam until soft and add water if needed. Remove from heat, mash apples to desired consistency and add seasonings such as cinnamon, nutmeg or sugar. Eat warm or allow to cool.

Bake. Select larger apples and remove core with knife, leaving half-inch of the apple core at the bottom. Put a small amount of seasoning in the hole such as cinnamon, clove, ginger or nutmeg. Place apples in a baking pan and add 3/4 cup water to the pan. Bake at 375°F for 30-40 minutes or until desired tenderness.

Grill. Combine 1/2 cup water and 1/4 cup lemon juice in a large bowl and place sliced apples in mixture. Place soaked apple slices on skewers and grill about seven minutes on each side. Once grilled, remove from heat and add seasoning such as cinnamon, clove, ginger or nutmeg. For added variety and texture, add apples to a grilled kabob.

Raw. Rinse and dry an apple to enjoy as is, or slice and dip in peanut butter or yogurt. Dip apple slices in lemon juice to prevent browning.

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Hunting Means Having Fun with Friends and Family

By Brenda Mehling

There have been many great memories made from hunting in the past 40 years for local Sidney pheasant and deer hunter Steve Bright. In his younger days, it was about having fun with his buddies. However, now that he is a father and grandfather of 2 up and coming hunters, the hunting experience has become more about spending quality time with his family.

Bright remembers loving to hunt so much in his younger days that he and his buddies would shoot jackrabbits so they could afford ammunition. He said, "In those days (around the 70s) a person could make a few dollars off a good jackrabbit hide." Unfortunately, today they aren't worth a lot.

Bright has always enjoyed both pheasant and deer hunting. When pheasant hunting, He claims that he's all about having a great time with his buddies. He says "down in the valley is good, out in the hills around with 2 or 3 of us. We get a good spot on the CRP, a pheasant will run down the field before you jump em."

Bright also has 2 beautiful Labrador retrievers. He had to laughingly admit that he hasn't had time to make them into the hunting dogs they should be. Steve added



Steve Bright

"if you're hunting with a good dog, he'll find a pheasant for you." Bright had a good laugh about how he actually uses one of his buddy's dogs which he claims is much smarter than his. "He's so smart that he'll even go get you a beer from the cooler at the end of the day." he said.

When hunting deer Bright explained, "I mostly like to hunt whitetail does because they have the best meat." If he feels the need to also bring home a deer with large horns, Bright chooses to hunt mule deer.

Deer hunting will start early for Bright this year as he and his youngest daughter, Michaela, will be going out for this weekend's youth hunt. He is excited about taking her out and is also looking forward to taking his grandson in a few years. Bright said, "Most of the times I go out this year will be with her."

The best part about Bright's hunting for the family is getting together and eating wild game. Papa Steve (as his grandkids call him) and his wife Patty both thoroughly enjoy cooking for their whole family. Patty stated, "I like to cook my deer meat in the oven with cream soup and rice." Bright on the other hand, prefers to fry most of his game and especially loves pheasant meat. But no matter how it's prepared, the Bright family just loves to get together and carry on the tradition.

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What does the “sell-by” or “best if used by” date on food mean to you?

By Tie Shank

Don't feel alone if the terms “sell-by” or “best if used by” confuse you.

Emily M. Broad Leib, a lecturer in Food Law and Policy at Harvard Law School and the co-founder of Harvard's [Food Law and Policy Clinic \(FLPC\)](#), states “The labeling system is aimed at helping consumers understand freshness, but it fails - they think it's about safety. And (consumers) are wasting money and wasting food because of this misunderstanding.”

A recent study done by Harvard Law School's Food Law and Policy Clinic and the Natural Resource's Defense Council exposes the truth behind expiration dates and offers suggestions to food manufacturers on how to better set these dates. The study looked at rates of waste, finding that 90% of consumers throw food away on the sell by date. As a result, about 160 billion tons of food is wasted every year. An average family of four throws away approximately \$1,560 worth of perfectly good food each year. That equals roughly 120 pounds per month, per household.

Lieb explains, as a result of the confusion and misconceptions by consumers over these dates, not only are we throwing away good food, but we're also wasting considerable natural resources, labor, taxes, landfill space and we're harming the environment.



Eggs will last 3 to 4 weeks past their “sell-by” dates if stored properly.

University of Minnesota food safety scientist Dr. Theodore Labuza, who reviewed the Harvard study, said that in his over 30 years of researching date labels, he was unaware of any outbreaks of illness related to food being kept in the refrigerator or on the shelf past an expiration date, as long as it was stored properly. When asked in a recent interview what he recommends people do to ensure the safety of their food, Labuza stated, “People should keep their refrigerator below 40 degrees Fahrenheit. I keep mine at 34 degrees, and I can get a six week shelf life on

an unopened container of milk, and I can keep steak in there without having to freeze it for 14 days. This is VERY temperature dependent. One hour outside the refrigerator is equivalent to 24 hours in a refrigerator. The lower the temperature, the better.”

Plenty of perishables have a shelf life beyond their “sell-by” dates. Lieb listed some dates and advice that may help consumers:

*Milk and dairy products should be the last thing you purchase before checking out at the grocery store. This will minimize the time it's left unrefrigerated. Milk should also be stored at the very back of the refrigerator where air tends to be colder and it's not as exposed to warmer air when the refrigerator is opened.

*Eggs will last 3 to 4 weeks past their “sell-by” dates if stored properly on the shelf in the refrigerator versus on the refrigerator door.

*Hard cheeses will last 3 to 4 months beyond their “sell-by” date if wrapped in moisture-proof plastic. She advises if the outside forms a visible mold, trim the mold and a ½ inch area of the cheese around it.

*Yogurt will last 10 days to 2 weeks beyond the “sell-by” date if stored around 39 degrees Fahrenheit. “Don't worry if it separates; just stir it up and dig in. Toss it if it has any visible sign of mold or a bad odor.”

*Lunch meat will last 3 to 5 days past the “sell-by” date if it's sealed. Lieb states, “Always eyeball it before you consume it. If it has a yucky green, slimy film get rid of it!”

*Freezer kept food – food will last a long time if your freezer is set at zero degrees, but for every 5 degree increments in temperature, the storage time cuts in half. Lieb reminds consumers, “Freezing does not kill bacteria, so remember to cook it thoroughly and follow the fridge rules when you take it out.”

*Raw meat kept in the freezer – “Raw poultry, pork and beef in the form of steaks or roasts will last up to 12 months stored properly in the freezer. Ground beef and cooked meats will only be good for about 3 to 4 months,” says Lieb.

*Pantry kept foods – Unopened oils will last for about 6 months. Opened oils will only last about half that time. Ground herbs and spices will last for 6 months; whole spices will last for about 2 years.

*Pasta, Rice and Sugar – will last for about a year

*Canned goods – Unopened – will last for between 2 and 5 years.

Always use your best judgment. If you question if something is spoiled or rotten, do not take any chances.

“Consumers need to take that extra minute to actually look at their food and smell their food and make an assessment,” Leib said. “When we just rely on these dates and throw everything away after the date, we're leading to really high rates of food waste.”

Fairview Memories

THE FAIRVIEW NEWS
THURSDAY JAN 12, 1950
AN INDEPENDENT NEWSPAPER

The Fairview News Thursday, Jan. 12, 1950 Polio Drive Will Begin Next Week

Solicitation of funds in the annual polio drive will begin in Richland county on January 16 according to James Cottingham, chairman, from Sidney, and everyone is urged to assist in this campaign against infantile paralysis.

The national fund has been depleted because last year there were more infantile paralysis cases than at any time in history. It costs tremendously to assist in the care of these cases and to continue with research.

All chapters throughout the county are urged to raise more money than at any time in the past. Consequently citizens should make larger donations to this cause.

The Fairview chairman assisting in the county drive is George Hovey.

The Fairview News Thursday, Jan. 12, 1950

Fairview Bank Holds Annual Meeting; New Director Is Elected

Annual meeting of stockholders of the Fairview Bank occurred Tuesday evening and an election of officers took place

and a summary of the year's business showed a progressive growth by this local business institution.

The loss of Leo J. Lukanitsch, cashier and original organizer of the local institution who recently passed away, was deeply regretted and tentative plans were made to add a new member to the bank staff.

With the exception of Mr. Lukanitsch all former officers were re-elected. They were; Duncan Noyes, president; John S. Alling, vice president; H. G. Rostomily, assistant cashier and Charles Dahl, assistant cashier. These men were likewise re-elected to the board of directors, and Roy Lukanitsch was elected as a new director.

The Fairview News Thursday, Feb. 16, 1950

Girls' Scout Council Is Organized In Fairview; Great Interest In Troop

Organization of a Girls' Scout Council was effected in Fairview at a meeting of interested women held February 15 in the Lions club hall.

About 20 mothers participated in a discussion to organize a girl's scout troop here. Mrs. G. E. Fitzgerald, Mrs. Harold Lawrence and Mrs. Floyd Sax, all members of the Sidney Girls' Scout

Council, were in attendance and gave informative talks on the organization and work of scouting.

With the organization of a Council any organization or church can sponsor a troop, it was stated. Any group wishing to go into this work can contact Mrs. B. P. Foster or Mrs. William Holder for details. Girls between 7 and 17 years of age are eligible and are invited to attend a meeting on Monday, February 20, after school at the Lions hall.

At the organizational meeting this Wednesday the following ladies were elected to the Fairview Girls' Scout Council: Mrs. B. P. Foster, president; Mrs. William Holder, vice president; Mrs. Franklin Blomgren, secretary, and Mrs. Joe Thomas, treasurer. Various committee chairmen will be appointed.

The Fairview News Thursday, Nov. 2, 1950

Young Folks Did Less Damage On Halloween Than Occurred In 1949

Signs of better citizenship on the part of young folks in this community were evident the morning after halloween according to many local people who stated that the damage by pranksters was much less than a year ago.

Naturally, adults were thankful for whatever consideration they received. They have largely welcomed smaller children with their costuming but have felt that the damaging of property by older town and country youths was uncalled for. Destruction did not show good training, sportsmanship or citizenship and adults were perturbed.

This year there were scores and scores of the younger group in costumes and around for "tricks or treats." Most everyone enjoyed the friendly visits and the good manners shown by the youngsters.

There was soaping of downtown windows and from the older group a few remaining outhouses were tipped and junk piled in streets. Special activities on halloween night were part of the answer but parents largely held the key to the situation in cooperation with their children.

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