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THE FOGHORN

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INSIDE

Home And Community Education
A Letter from the President.....page 2
Calendar of Events.....page 2
Upcoming Programs.....page 2
Community Development Education
Recycle Batteries/Cell Phones....page 3
Hazardous Waste Collection.....page 3
4-H Youth Development..
National 4-H Week.....page 4
Charter Renewal Forms.....page 4
Leadership Opportunities.....page 4
4-H T-Shirt Order.....page 5
4-H Leaders' Banquet.....page 5
Calendar of Events.....page 5
Agricultural Education
Milk Replacer vs. Whole Milk....page 6
World Dairy Expo.....page 6
Cover Crop Workshop.....page 6
Pasteurized Colostrum.....page 7
Back Page
Gypsy Moth News.....page 8
Fall Fertilizing.....page 8

FOGHORN ADDRESS CHANGES

Please let us know if your mailing address changes. Since the Foghorn is mailed 3rd class, it is not forwarded, and UW-Extension must pay for incorrect addresses. Call 388-7141 for address changes or you will be removed from the list.

Millionaire Secrets

What behaviors do self-made millionaires engage in that allow them to build and maintain wealth? Mary Novak, Family Living Educator, UW-Extension, will explore this question on Oct. 8, 6:30 P.M. Kewaunee County Administration Center, 810 Lincoln St. Kewaunee.

Learn simple practices millionaires use to build wealth. Based on a popular book, you will come away with ideas you can use right away. Attending a program will not cause a person to become wealthy. Adapting some daily strategies that self-made millionaires practice will likely lead to increased family financial security.

Is it possible to build wealth on a modest salary? Attend the program and decide for yourself. Registration is required by calling UW-Extension, 388-7137 by Oct. 1.

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A monthly publication for Kewaunee County residents. These programs are supported by your tax dollars. We look forward to receiving your comments. Please call us at the phone numbers provided in the individual headers.

Back to School for College Students: Is Drinking Part of the Curriculum?



As college students arrive on campus, they look forward to new friendships, new experiences and making memories

that will last a lifetime. Unfortunately for many, college can also be a time of binge drinking and dealing with its aftermath. "Many students believe that drinking is a part of the college experience," says Kristen Bruder, University of Wisconsin-Extension family living educator in Dunn County. "Incoming students need to know there are plenty of other students on campus that do not use alcohol. In fact, there are many clubs, organizations and activities that are alcohol free."

A 2007 College Health Assessment Survey found that 19 percent of students never use alcohol at all. Fourteen percent used alcohol, but had not done so in the previous 30 days.

"Those students who choose to drink can face academic consequences such as missing classes, falling behind, doing poorly on exams or papers and receiving lower grades overall," says Bruder. A recent study suggests that nearly half of college freshmen who choose to drink spend more time drinking each week than they do studying.

Academics aren't the only area affected by a student's choice to drink. Injury, assault, sexual abuse, unsafe sex, blackouts or even death could be other consequences of heavy drinking.

"Many students are not aware that the human brain does not actually fully mature until age 25," says Bruder. "Excessive and binge drinking can damage the still

developing hippocampus which handles memory and learning, as well as the prefrontal area which plays an important role in forming adult personality and behavior."

So how can you help your student deal with college pressures of drinking? Bruder offers several tips for parents.

--Talk--don't lecture. Tell your child you want them to have fun but also to be safe.

--Listen to your child's concerns without passing judgment and without giving advice.

--Be aware that your child will experience the most pressure related to drinking in the first six weeks of school.

--Call, text and e-mail frequently during the first six weeks.

--Know and respect the law.

Understand the penalties for underage drinking and share them with your son or daughter.

-- Moderate or infrequent drinking is the "true norm." Focus on true norms. Let your student know that the majority of college students do not abuse alcohol.

--Take advantage of campus resources. Encourage students to use the services and resources offered by the university.

--Inquire about and make certain you understand the college's "parental notification" policy.

--Learn about your child's roommates.

--Allow your child to make up an excuse if it helps them resist peer pressure to drink. For example, a student may explain their wish not to drink by saying, "I drank so much in high school, I'm going to experiment with what it's like to study sober."

This can help your child "save face" if needed.

--Let your student know that you will



not pay tens of thousands of dollars to fund a four-year party. It is important to reiterate the reasons for attending college. Let your child know that you have expectations and what those expectations are.

"Remember that your child is about to experience a new phase in his or her life," says Bruder. "Just as you let go when they walked into their kindergarten classrooms, now you need to let go as they walk onto the college campus."

It is normal for parents to feel anxious, excited and apprehensive. You cannot make decisions for your child--only help them along the way. And if you find your child is partying more than you would like, there is hope, says Bruder.

"As students move into the upper classes and eventually graduate, most of them quit their excessive drinking," says Bruder. "Once the peer pressure is removed, throwing up and hangovers lose their appeal."

A new UW-Extension curriculum, including a DVD titled "Are You Ready? The College Transition," is available from the UW-Extension Learning Store at <http://learningstore.uwex.edu/Are-You-Ready-The-College-Transition-P1277C255.aspx>

The program, including PowerPoint presentations, learning materials and a DVD, is designed for educators, but parents and students may also find it helpful.



Is Organic Food Really More Nutritious?

Studies published in scientific journals from the past 50 years were recently reviewed to learn whether there was evidence showing that organic foods were more nutritious. The review showed that "there are no important differences in nutrient content between organically and conventionally produced foods." All differences that were found were either inconsistent or easily explained based on the different fertilizers used to grow the crops.

What does the term "organic" mean? Organic foods are grown without synthetic pesticides, growth hormones, antibiotics, genetic engineering, chemical fertilizers or sewage sludge. To qualify as organic, foods must come from farms that have been certified by the U.S. Department of Agriculture (USDA). USDA inspectors verify that the foods were raised, processed and distributed to meet official organic standards.

Though organic food may not be more nutritious than other food, consumers may choose it for reasons besides nutrition. Buying organic foods is a personal choice, often based on individual beliefs and taste preferences.

"Keep in mind that organic foods are not always locally grown or produced on small family farms," says

Susan Nitzke a nutrition specialist with the University of Wisconsin-Extension.

Consumers who are buying organic foods in the hopes of supporting local farms using more traditional farming practices should be aware of the fact that locally grown produce and organic produce are not necessarily the same.

"You may be able to get conventionally grown produce from a local farmer, while some organic products are now actually brought in from other countries" says Mallory Koenings, a graduate student in nutritional sciences at the University of Wisconsin-Madison. "In Wisconsin, though, there are many both local and organic farmers, giving consumers a wide variety of options."

For more information on the USDA's organic food determination, see <http://www.nal.usda.gov/afsic/pubs/ofp/ofp.shtml>

Locally, residents joined a community garden in Kewaunee to grow their own food. Gardeners are using organic methods to manage pests and are enjoying the fresh taste and bounty of vegetables. For more information on food produced in the community garden contact the UW-Extension office.