

Taft Times

Spring 2005

Northern Illinois University Lorado Taft Field Campus

Oregon, IL

Springtime Service Learning

Spring time at Taft means many things, but one of the most popular is the return of the service project. Over the years, many schools have found a way to leave a permanent mark on Taft besides the branding board.



There are many reasons to consider service learning when making your schedule for next year. The service learning instructional methodology integrates community service with academic instruction as it focuses on critical, reflective thinking, and civic responsibility. Critical reflection is a key element to the effectiveness

of service learning, making it different than just grunt work. Students should think about why they are working, who it will benefit and how they feel about it. At Taft, students who participate in service projects are introduced to land and resource management techniques in an effort to reduce erosion, restore prairie and reduce the impact of invasive species and the thousands of participants that come to Taft every year.

Goals of service learning include:

- Enhancing student learning by joining theory with experience and thought with action.
- Enabling students to help others, give of themselves, and enter into a caring relationship with others.

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Ticks: Myths and Misconceptions

With springtime beginning, flowers start to bloom, the turkey vultures return to Taft, and many animals, insects and arachnids shake off the cobwebs of winter. While Taft has not had a tick problem recently, there is plenty of habitat around campus for them to live and every once in a while a student, teacher, or parent comes to the clinic to remove an unwanted passenger. Here are some interesting facts that will hopefully dispel some of the myths attached to these little creatures.

Ticks are insects

Myth. Ticks have 4 pairs of legs in their adult form and no antennae. With these characteristics, ticks are members of the family arachnid and are cousins to spiders, scorpions, and mites.

All ticks cause Lyme disease.

Myth. Of the 15 species of ticks found in Illinois, only one species is known to transmit the bacterium *Borrelia burgdorferi*, which causes Lyme disease. This species, *Ixodes scapularis*, is commonly known as the deer or black-legged tick.

Not all deer ticks carry Lyme disease.

Fact. Deer ticks are vectors for Lyme disease, which means that they transmit the bacterium from the host used during its immature stages of its life cycle to the host used during its adult stages of life. If the tick used an uninfected host as an immature tick, then it will not have the bacterium to transmit to their host as an adult.



American Dog Tick
<http://www.pestworldforkids.org/ticks.html>

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Let the Internet Bring You Outdoors!

As the end of the school year rounds the corner, Spring Fever begins and students soon become anxious and fidgety in their desks. For all of you teachers with students who have the Fever, here are a few ideas to help you bring your class outdoors!

- **Leaf Printing:** <http://www.dnr.state.wi.us/org/caer/ce/eek/cool/leafprint1.htm>
- **5 Minute Field Trips:** <http://www.cpawscalgary.org/education/pdf/5min-fieldtrips.pdf>
- **Composting with Worms:** <http://www.dnr.state.wi.us/org/caer/ce/eek/earth/recycle/wormcomp.htm>
- **Make Your Own Paper:** <http://www.dnr.state.wi.us/org/caer/ce/eek/cool/paper.htm>
- **Nature Games:** <http://www.inquiry.net/outdoor/winter/activities/games/nature.htm>
- **Mathematics of Trash:** <http://www.dnr.state.wi.us/org/caer/ce/eek/teacher/tontrash.htm>
- **Controversy Discussion:** <http://www.cpawscalgary.org/education/pdf/take-a-stand.pdf>
- **Shady Acres:** <http://www.cpawscalgary.org/education/pdf/shady-acres1.pdf>
- **Biodiversity:** <http://www.tpwd.state.tx.us/education/activities/coastal/biodiversity.phtml>

Learn by Serving

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- Assisting students in seeing the relevance of academic topics to the real world.
- To enhance self-confidence and self-esteem.
- Increasing civic and citizenship skills.
- To impact local issues and local needs.

In the past few years students have participated in:

- Creating firebreaks and participating in prairie burns in an effort to restore Taft's remnant prairie.
- Helping to build and create the seats at the timber house.
- Whitewashing the walls of the pioneer cabin.

- Rebuilding the threshold and creating a garden outside the timber house.
- Wood chipping trails and the challenge course to reduce impact and erosion and improve safety.
- Removal of invasive species.
- Construction of bat boxes and wood duck houses.

We appreciate the effort and hard work of all the students and teachers who have given back to Taft over the years.

There are opportunities for service projects during every season of the year. If you are interested in having your school leave it's mark on Taft through service learning, please let your coordinator know.

Andy's Answers

Greetings from the Kitchen! To assist you in making your Taft trip planning a "piece of cake", we would encourage you to take advantage of what the dining hall can offer.

Students that have specific dietary needs (wheat, dairy, allergies, etc.) are very common these days. Instead of a teacher or school nurse acting as a middle person, sending information back and forth, please feel free to provide the parent with the kitchen phone number (815-732-2111 ext. 124) and ask to speak with Andy. The kitchen will then be able to work with the parents to help meet the student's needs. Often parents have concerns about nut allergies. Our kitchen is nut-free. When parents inquire about nuts, let them know our kitchen has taken every step necessary to create a nut-free environment.



As always, if you have vegetarian staff and students, a protein alternative will be available when poultry, pork or beef is served. What is helpful for our planning is if you let your coordinator know if the vegetarian will eat poultry or fish.

Occasionally a kitchen staff member will be asked if something different can be made for a student that won't eat or doesn't want to eat particular food items. Our policy has been to decline to prepare different food for the picky eaters.

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Tick Myths

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Size of a deer tick compared to a dime
<http://www.ent.iastate.edu/imagegal/ticks/>

One bite from a deer tick is all it takes to become infected with Lyme disease.

Myth. An infected deer tick is most likely to transmit infection after feeding for two or more days. The sooner a tick is found, the less likely infection is passed on to the host.

Ticks are best removed with a hot match or nail polish.

Myth. Ticks should be removed using fine tipped tweezers only! Grasp the tick firmly and as closely to the skin as possible. With a steady motion, pull the tick's body away from the skin. The tick's mouthparts may remain in the skin, but do not be alarmed. The bacteria that cause Lyme disease are contained in the tick's midgut or salivary glands. Cleanse the area with an antiseptic.

Even if a tick is removed in less than 24 hours, you should still worry about infection.

Fact. As with all injuries, individuals should be alert to their body and its functions after receiving the bite. The incubation period from infection to onset of erythema migrans is typically 7 to 14 days but may be as short as 3 days and as long as 30 days.

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Wearing a hat will prevent ticks from coming into contact with you.

Myth. Ticks will position themselves on grass and fallen leaves and engage in a behavior called "questing". While a tick is questing, it is waving it's front legs, attempting to sense the heat or carbon dioxide from a bird or mammal. Hats offer no protection from ticks because they spend very little or no time at the head level of most animals. There are several simple steps, though, that one can take to avoid a deer tick bite. These include:

- Perform tick checks often!
- Wearing light colored clothing so that a tick can be easily spotted and therefore removed.
- Wearing long sleeved shirts and long pants to decrease the amount of skin available for a tick to come in contact with.
- Tucking pant legs into ones socks is also a good step to minimizing exposed skin.
- Applying insect repellent containing DEET as described by the EPA to exposed skin and clothes.

Information Courtesy of :

<http://www.cdc.gov/>

<http://www.idph.state.il.us/envhealth/pccommonticks.htm>



CANDIED VIOLETS

Yield: makes dozens

- 1 egg white
- Violets
- Granulated sugar

Whip 1 egg white until it is frothy but does not stand in peaks. Gather perfect violets and their leaves; wash them gently and quickly in cold water and drip dry. When dry, dip each violet or leaf in the egg white and roll it quickly in granulated sugar to coat evenly, taking care not to get the sugar on too thick. Lay out on waxed papers to dry, well separated. In several hours or a day, the blossoms will be quite crisp and can keep for several months without losing fragrance or flavor. Store in an airtight tin, layered between waxed paper.

These delicate edible confections can be used as decorations on cakes or simply put out for nibblers on a glass candy plate. Both scent and flavor are exotic. Plus, they taste yummy!

Pioneer Lady's Country Kitchen by Jane Watson Hopping, 1988

Source:

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Andy's Answers

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We're quite comfortable in saying NO for the following reasons:

- This is an outdoor education camp setting and the nature of such is that everyone eats the same food.
- It would be inappropriate to cater to one or two students, but not everyone else.
- We hope that the students would take the opportunity to try new things and expand their palate.

Finally, continue to make meal requests for your group. Please let your coordinator know your likes as well as any meals you would like to avoid. This helps in menu planning. Teachers tend to be more familiar with the likes and dislikes of their students than we are. We are also open to new ideas and suggestions. If you can think of something the students may like, let us know and we may be able to cook something up!

If you have any questions, or there is anything we can help you out with (student needs, menu questions, etc.) feel free to contact us!

Thanks and we'll see you on your next visit!

Zero Food Waste Hall Of Fame

- 🏆 Worth Junior High
- 🏆 Orangeville
- 🏆 Good Shepard
- 🏆 Galena Middle
- 🏆 Metro Prep
- 🏆 Thomas Middle

Everyone who comes to Lorado Taft works hard to reduce their food waste. This semester, we would, once again, like to acknowledge those schools who have reached the promised land of zero ort. Unfortunately, we do not have the space to recognize the many schools who make it into the "1 Pound Club" by achieving 1 pound of ort or less.

Congratulations and keep working towards zero ort!

