

Riding Program Continues



Craft Corner

(Continued from Page B2)

strands of floss. 2. Bring needle up through fabric. 3. Return needle to same hole. Bring needle back up a short distance away, looping floss under needle. 4. Work chain by repeating step three over and over again (a).

ACCENT STITCHES: 1.

Wherever desired, use other embroidery stitches for accents. 2. Using four strands of floss, work backstitches for fine lines (b). 3. Using two strands of floss, work french knots in clusters for flower centers.

FINISHING: Finish as a pillow or picture.

Food and Nutrition Projects Coming

LANCASTER — New 4-H food and nutrition projects are under way that will teach nutritional concepts in addition to food preparation, says Ellen Harkleroad, Penn State 4-H food and nutrition specialist.

True to the 4-H motto, participants will still learn by doing, but the new projects will teach good food habits that could last a lifetime.

The new projects are divided into 10 parts. The first three are available in all counties now, the next three are being tested in selected counties but will be available this year, and the third group of three will be available in 1985. The last part of the program will be more experimental and

allow for independent study under the supervision of an adult.

In addition to the food preparation, the projects teach concepts such as the relationship of food to energy, protein alternatives and amino acids.

Activities like weekly food charts and questionnaires on the quality of the planned recipes are also included in the projects.

All of the projects are economical and practical. No recipe contains ingredients that will not readily be found in the kitchen cupboard or in the local grocery store.

The food projects, always one of the top five in enrollment among 4-H projects, should continue to be popular with his new format, Harkleroad says.

LANCASTER — Riding a horse can be a frightening experience for any beginner, but from the point of view of someone in a wheelchair, the animal looks even larger and more menacing. Still, hundreds of handicapped people have learned through the 4-H riding program and look forward to each Saturday when they can ride again.

This year, the program will be able to expand even more than in the last few years because of a \$30,000 grant from the Westinghouse Corporation that will be used to buy adaptive and safety equipment and train volunteers, says Karen Hileman, Penn State 4-H specialist.

The program, which began in 1980, teaches riding and horse care to people with handicaps ranging from learning disabilities to spinal cord injuries. Through the program, the rider gains confidence and a sense of responsibility as well as improved muscle control and a reinforcement of physical therapy.

The program began with nine riding centers but has expanded to become the largest program of its

kind in the century with 35 centers, 700 handicapped and 1,500 volunteers in 1983.

So far, volunteers have been the key to the program, both in terms of teaching new riders and donating horses.

Each new rider is assigned three volunteers who have been trained to keep the handicapped person safe. At least one is experienced in controlling the horse. The other two help the rider learn better balance and proper horse-riding posture by holding on to the handles of a special belt that the rider wears around the waist.

Horses for the program have mostly been donated by people who have an animal their child has outgrown and they don't know

what to do with.

Without these volunteers and horses the program could not continue.

But a program that needs special equipment cannot depend only on volunteers. That's where the \$30,000 grant comes in, says Hileman.

Because of the money, equipment like the special belts and stirrups that automatically open if a rider should fall will be housed at Penn State and be available on loan for any group interested in starting a new program. More audio-visual materials will also be available to help new groups.

With this money and the support of volunteers, the program should continue to grow, Hileman says.

4-H

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