

Horsewoman rides for handicapped

(Continued from Page B22)

"There is a definite freedom in riding," Paulette states. "After seeing what they (the riding program instructors and horses) did and how it helped, I found out how much it was needed," she says. "If they can use the horse to benefit these people, then I'm willing to help them," she adds.

After riding for 35 hours, Paulette looked exhausted. She had ridden through a severe wind and thunderstorm in the area the night before. Her eyes had swelled shut from the dust in the arena during the storm. To cool herself during the hot, humid days and nights, Paulette poured buckets of water over herself. She experienced changes in temperatures that would cause anyone to become sick. At this time, she was trying to overcome severe leg cramps that had caused the muscles in her thighs to swell and were very painful.

"I just won't quit," she said when asked if she was going to make her 100 hour goal.

Paulette's fiance, Bobby Paul, confessed that this attempt to break the record was his idea.

"I guess it's kinda my fault," he said. When Paul heard about the Rajah Shrine Mounted Patrol and their attempts to raise money for the handicapped, he approached them with this idea for Paulette to lend her support.

"I thought, should we do another one?" said Bobby Paul, Paulette's standby throughout the ordeal. "It takes a lot out of her," he adds.

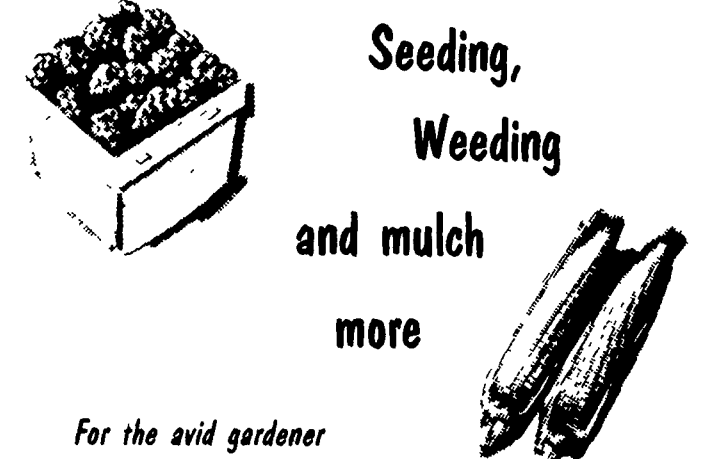
Paulette says, "that's the hard part, I know what's coming," referring to her previous attempts.

But this pair was serious about using the ride to benefit handicapped children. Paulette stressed that crippled children and the handicapped riding program needs help. She said that riding teaches the handicapped balance, increases the range of joint movements, and helps the mentally retarded in their concentration.

One of the highlights of this attempt for Paulette was a visit from a young friend of hers. In 1982, at the end of her second record-breaking ride to benefit the handicapped riding program, Paulette was brought a crippled four-year-old boy in braces. He asked her if he could ride the last three-hour interval with her. Together, Paulette and her new friend, Eric, finished that 1982 ride. On Wednesday, June 13th, sometime after Paulette had begun this try, Eric showed up in Shartlesville. Paulette did not know that he was coming and she had not seen him for a long time. What made her almost break down was that Eric showed her that he can walk now. He had taken the first steps since crippled and still had the love of riding that Paulette had given to him.

Paulette was successful. Not only did she break previous records for endurance riding but, she raised a substantial sum for the handicapped riding program as well. She also gained much admiration. Each day many people stopped by to see her riding.

Many Berks Countians smile when talking about this attempt, which made them realize what it must mean to a handicapped child to be able to ride a horse.



**Seeding,
Weeding
and mulch
more**

For the avid gardener

Mulches can benefit gardens

Summer mulches can benefit gardens and gardeners. The most obvious reasons for using mulches are to reduce weed problems and conserve soil moisture. Mulches also protect soil by reducing wind and water erosion and compaction from rain. They shade the soil, moderating soil temperature. Mulches also help keep plants clean and reduce diseases.

For maximum benefit, select appropriate mulch materials and use them correctly. In the vegetable and flower garden, salt hay is a good choice because it is weed-free. Grass clippings are acceptable but do contain weed seeds. (If lawns were treated with an herbicide, do NOT use clippings until the fourth mowing.) Straw makes good mulch but extra nitrogen may be needed in the garden where it's used. Chopped or half-rotted leaves are okay; whole leaves tend to pack and are not

recommended. Peat moss is good in the soil but has disadvantages used as mulch. It can blow around and when it is very dry it becomes water repellent.

Wood and bark chips are good choices for mulching shrubs, trees and other permanent plantings because they decompose very slowly. In the vegetable and flower garden they will interfere with annual soil preparation.

Black plastic is an effective mulch material which can help warm soil and perhaps give a hard start on the growing season. It must be laid down over thoroughly moist soil; however, and it is probably best used in combination with trickle irrigation systems.

There are some cautions that need to be added to a discussion of mulches. Except for the black plastic, they should not be put down too early - especially on crops like tomatoes, peppers, eggplants, and melons that need

4-H specials

MEDIA, Pa. — What's in store for your summer? School's out and your children are enjoying the fruits of their school labors — a long sleep, a special visit, or a few lazy days. But then what? An uneventful summer can be a long and boring one for your children and a frustrating one for you.

The 4-H youth program may be just the thing for you both. Delaware County 4-H is again offering Summer Specials at the 4-H Center in Rose Tree Park, according to Nadine B. Albany, extension youth agent 4-H.

Summer specials short term educational projects. This summer: archery, babysitting/child care, cooking over coals, entomology, farm animal care I and II, rocketry I and II, small animal veterinary science and wood-working will all be offered.

Sessions begin on July 3 and run through August 2. Registration is on a first come basis and the fee for each project is \$4 except rocketry, which is \$6. Summer Specials are open to any Delaware County boy or girl between the ages of 8 and 19. For more information and a Summer Special Brochure contact the 4-H office at 565-9070.

warm soil. Delay or avoid mulching very wet soils. Build a mulch of grass clippings slowly in layers; a heavy single application will generate heat and an unpleasant odor. Slug problems can be aggravated by mulches which provide an ideal habitat for those garden pests.

All Cooperative Extension programs are offered without regard to race, color, national origin, sex or handicap.

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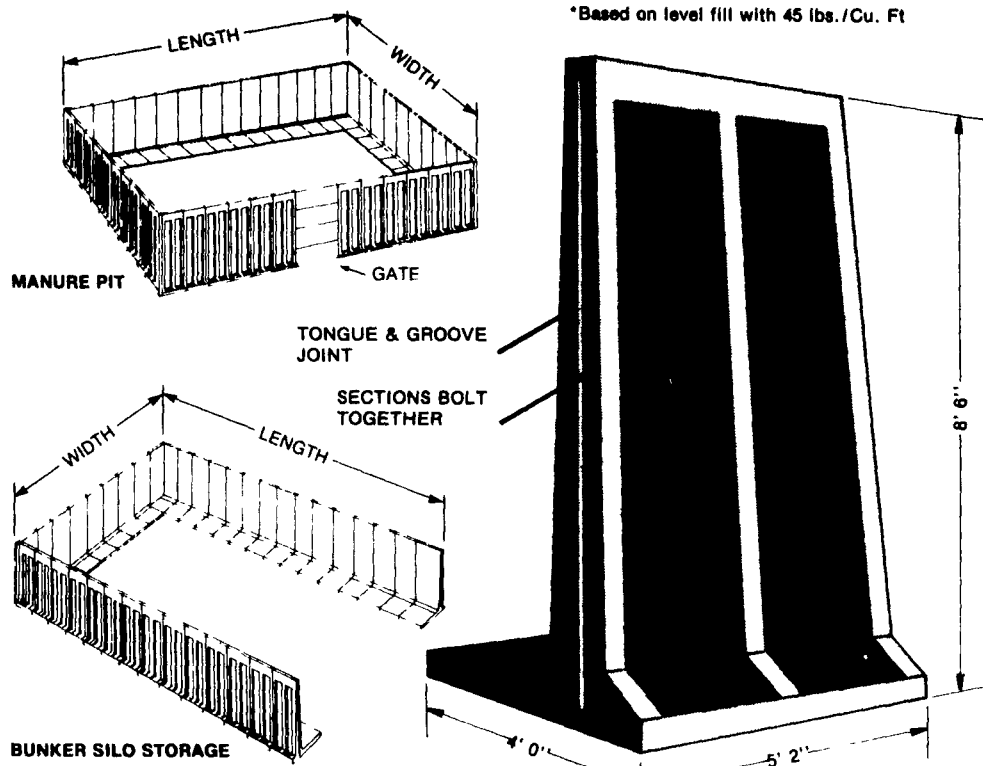
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70'	251	376	504	630
80'	287	431	576	720
90'	323	485	648	808
100'	359	539	720	900
110'	395	593	792	989
120'	431	648	864	1080
130'	467	688	936	1170
140'	503	755	1008	1260
150'	539	808	1080	1350

*Based on level fill with 45 lbs./Cu. Ft



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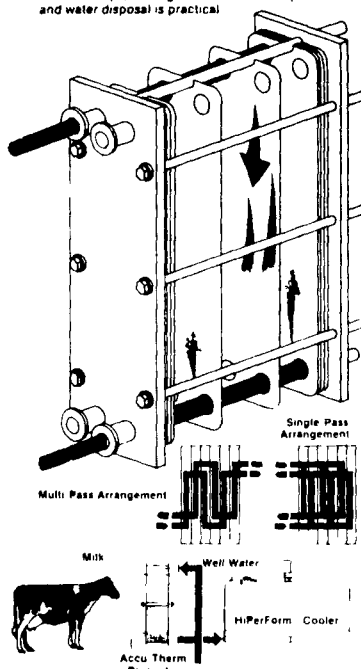
FOUR REASONS WHY YOU SHOULD HAVE A MUELLER ACCU-THERM PRECOOLER ON YOUR FARM!

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