

Ladies Day Out

(Continued from Page B26)

sell the animals and equipment, and rent the land.

But for now she is enjoying the simple pleasures of farm life. "Plowing is just the best job," she says. "I love to work at night. It's a great feeling. It's relaxing."

Earlier in the day the farm women were welcomed by Joyce Sankey, who spoke about women's roles in PFA and stressed women's importance in agriculture now and in the future. They also heard from Laurie Dobrosky, PFA regional organization director, who talked about her job responsibilities.

The women concluded their day out with a tour of Donegal Mills Plantation, an authentic restoration of the American way of life in the 18th and 19th centuries.

Lebanon 4-H'ers take top honors at South Central judging contest

LEBANON — Eight Lebanon County 4-H Dairy Club members took top honors at the South Central Regional Dairy Judging Contest.

Stephanie Wagner, Lebanon, and Mike Kunkle, Jonestown, turned in excellent performances as they won the junior and senior division competitions, respectively. Mike was also 5th in oral reasons. Nelson Bomgardner, Ono, placed 3rd overall in the senior division. Adam Sonnen, Richland, and Kynel Bomgardner, Ono, posted five performances in placing 5th and 6th overall in the junior

division competition. Rounding out the teams were Lynette Shuey, Ono, junior team member, and Laura Harding, Lebanon, and Sherry Donmoyer, Annville, senior team members.

The purpose of the contest itself was to develop the youth's ability to select ideal animals by appearance and to improve the participants' ability to think on their feet and defend their placing of the cattle classes.

Serving as coaches were: John Bomgardner, Ono, and Alan Hostetter, Annville.

Heat can be dangerous for elderly

WEST CHESTER — Everyone complains about the heat, but extreme temperatures can mean real trouble for the elderly. As people age, their bodies become less sensitive to long exposure to heat, says Trudy Dougherty, extension home economist.

A buildup of body heat can cause heat stroke or heat exhaustion, especially for those elderly with heart or circulatory disease, stroke and diabetes.

The two principle heat-related illnesses to watch for are heat stroke and heat exhaustion.

Heat stroke is a medical emergency requiring immediate treatment by a doctor. Symptoms include: faintness, dizziness, headache, nausea, loss of consciousness, body temperature higher than 140 degrees, rapid pulse and flushed skin.

Heat exhaustion takes longer to develop and may be harder to spot. It results from loss of body water and salt. Symptoms include weakness, heavy sweating, nausea and giddiness. The treatment for

this condition is bed rest away from the heat and lots of cool liquids to drink.

But both of these illnesses can be avoided if you just stay cool. Remain indoors in an air-conditioned room or go to a cool public place if your home is not air conditioned.

Take baths or showers, place ice bags or wet towels on the body and use electric fans, but be careful to avoid electric shock.

Stay out of direct sunlight and avoid strenuous activity.

Wear lightweight, loose-fitting clothing. Drink plenty of liquids to replace lost fluids. Water, iced tea and fruit juices are the best. Avoid alcoholic beverages and those that contain too much salt. Salt can complicate existing medical problems, such as high blood pressure. Check with your doctor before taking salt tablets.

Most importantly, don't ignore danger signs like nausea, dizziness and fatigue.

Remember there are government-funded programs to help low-

income families pay high energy bills, insulate homes and even get emergency repairs on cooling units. Contact your local community action agency or area agency on aging to direct you to the proper source.



SOMETHING TO CROW ABOUT....

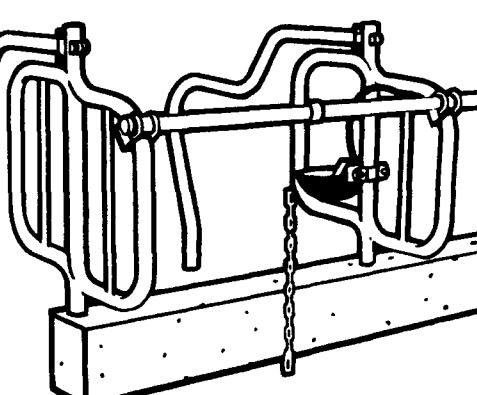
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Jane Balmer, a widowed farm wife, urged a crowd of over 200 PFA women to plan ahead for the possibility of having to run the farm themselves at their Region I Ladies Day Out on Tuesday.



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