

Fun olympics offered at Montgomery Co. 4-H Fair



Ladies Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

Diet And Migraine

Some sufferers of migraine headaches may find that relief is spelled D-I-E-T! As many as twenty-five percent of migraines may be due to dietary factors. Controlling these migraines may be as simple as eliminating certain foods from the diet and changing food habits.

A migraine is a periodic headache noted for severe pain on one side of the head, nausea, dizziness, and other unpleasant symptoms. It occurs when blood vessels in the brain become temporarily over-enlarged. Scientists believe that the disorder which causes migraines is inherited . . . but they don't know exactly why it occurs.

A migraine attack is thought to be triggered by such factors as stress, fatigue, exposure to bright light, oral contraceptive use and menstration . . . as well as diet.

Food may be involved by causing an allergic reaction or by introducing chemicals into the body that affect blood pressure.

Food is known to cause other types of allergies . . . for instance, hives can be caused by strawberries. In the case of migraines, it is simply the brain which becomes the target of the allergy rather than another part of the body. A number of foods . . . such as chocolate, wheat, citrus fruits, tea, and coffee, have been mentioned as possibly causing allergy related migraines. However, none have been proven a cause of migraine, and many scientists believe more research should be done.

If you suffer from migraines and feel that food may be a factor in causing them . . . talk to your allergist and a registered dietitian. Migraine sufferers appear to vary a great deal in their sensitivity to foods and beverages. A dietitian can help you identify specific foods which may be causing a problem instead of your trying to avoid a long list of foods. That could cause enough stress to bring the migraines back!

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NORRISTOWN — The Montgomery county 4-H Fair will be held August 16-18. One of the many exciting activities to be held at the fair will be a fun olympics. This event will begin at 3:30 p.m. on

Saturday, August 18th. There will be races, games and other types of fitness events. The olympics are open to all boys and girls and there is no fee to enter.

This event is being organized by teen council members Bridget Faulkner and Michele Wilsey. Past year's events have included a 3-legged race, a distance run, and a Frisbee disc throw. There will be prizes and ribbons awarded in each event.

Another activity for pet owners is the small pet parade. This is a type of informal pet show in which boys and girls enter their pet in one or more categories. Past categories have included smallest, largest, prettiest, best trick, best costume, and most unusual. Ribbons and prizes will be awarded for the best placings in each category. One domestic animal may enter; no poultry or livestock due to health reasons. A fee of 50 cents per animal will be collected at the time of

registration. The pet parade is being organized by Sheryl Hunter and Beth Kent. The event begins with registration at 11:30 a.m. on Saturday, August 18th. The parade will begin at noon.

Both the Fun Olympics and the Pet Parade will be held as part of the Montgomery County 4-H Fair. The Fair is held at the Montgomery County 4-H Center on Snyder Road just off Rt. 363 between Allentown Road and Sumnerstown Pike in Lansdale. For more information about these and other fair activities call Jim Nitterauer, 4-H Summer Assistant at 277-0574.

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