

Baby fat

(Continued from Page B14)

dishes, and even regional specialties can make eating an adventure while keeping calories within bounds.

Finally, build in regular patterns of exercise. We tend to think that all children are active. Remember that there is a difference between activity and exercise. Children need a planned, exercise program. Planned means daily exercise of at least 30 minutes in duration. Such activities as riding a tricycle or bicycle, walking or playground activities that involve the whole body: jumping rope, swimming, skating, or dance are examples. Lifetime sports of tennis, handball, swimming, dance or riding a bicycle should be introduced as soon as the child is able to participate. And family walks are a great way to encourage fitness and sociability (forget taking along something to munch unless it is a healthy food choice!)

Small business key to rural economy, USDA official says

UNIVERSITY PARK, PA. — Small-scale entrepreneurship is the key to rural economic development in the 1980s, the federal director of rural development policy said.

Addressing a Future Farmers of America conference for vocational agriculture teachers here, Willard "Bill" Phillips Jr., of the U.S. Department of Agriculture, said "smokestack chasing must not be depended upon" for the creation of new rural jobs.

"The large firms which once looked to rural America for an inexpensive, conscientious labor force are now looking overseas for such advantages," Phillips said.

Even so, "the fact is that small businesses with fewer than twenty employees have accounted for two-thirds of all new jobs in the last decade," he said. "Moreover,

small businesses with strong community ties and vested interests in local development add stability, strength and diversity to local economies which transplanted factories cannot match."

Phillips said traditional vocational agriculture programs have always encouraged entrepreneurship—"the family farm is the oldest form of American enterprise"—and he urged that these traditions be modernized to meet current economic needs.

"Management training, problem-solving activities, real-life business experience and community involvement have always been hallmarks of vocational agriculture programs," Phillips said.

"Joining these traditional strengths with the new and growing phenomenon of school-

based enterprises—newspaper publishing, real estate renovation, child care, feeder pig operations and a host of other businesses—can give this generation of young rural citizens all of the tools they need to make rural America prosper and grow well into the future," he said.

"By combining these old and new approaches," Phillips told the teacher conference, "you as educators have the opportunity to forge a powerful and productive link between rural education and rural development. I hope and trust you will make the most of that opportunity."

About 50 Pennsylvania teachers and students participated in the program, which offered training in initiating and carrying out community service projects.

The Pennsylvania meeting was one of four Building Our American

Communities conferences held by the FFA this summer. BOAC is a national FFA program designed to encourage vocational agriculture students to conduct local community development activities with civic and government leaders and organizations.



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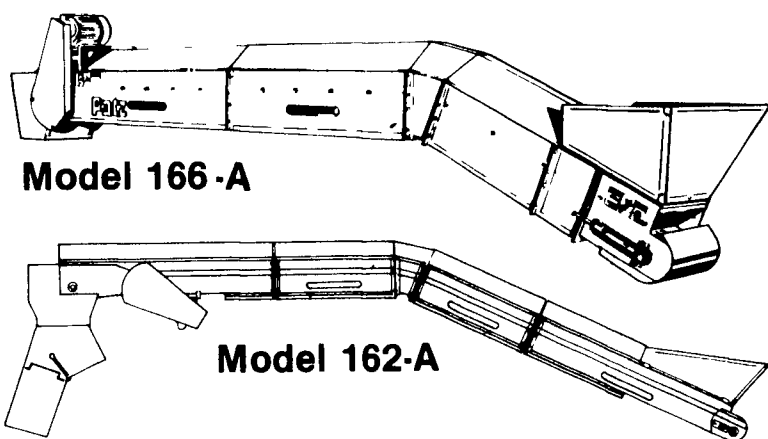
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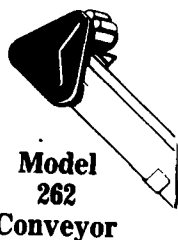
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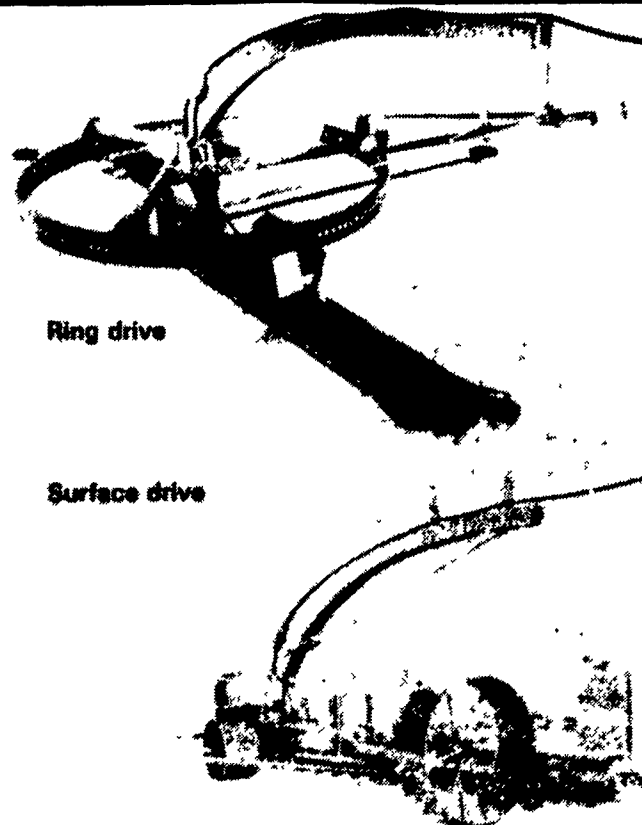
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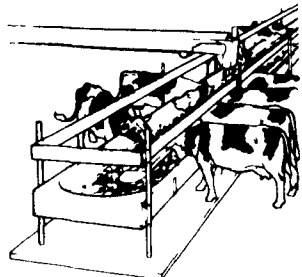
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