

'College Days' to Focus on Health and Nutrition

COLLEGE PARK, Md. — You'll get plenty of food for thought at "College Days" — three days worth of health, nutrition, and consumer classes coming up in June.

Leading health experts from area universities will report on the most recently discovered links between diet and cancer, heart disease, and osteoporosis.

To reduce the risks of heart

disease, for example, experts will make specific recommendations on exercise and consumption of fat, cholesterol, and salt. And nutritionists will explain how women can increase their intake of calcium to help prevent the crippling effects of osteoporosis.

The University of Maryland Cooperative Extension Service, chief sponsor of the event, has scheduled a smorgasbord of 25 health and food-related classes.

Highlights include: classes on food allergies, diet and stress, food

preservation, no-fuss breakfasts, fresh seafood preparation, and low-calorie microwaving.

And for cooks on a budget, home economists will share tips on cutting food costs — without compromising nutrition.

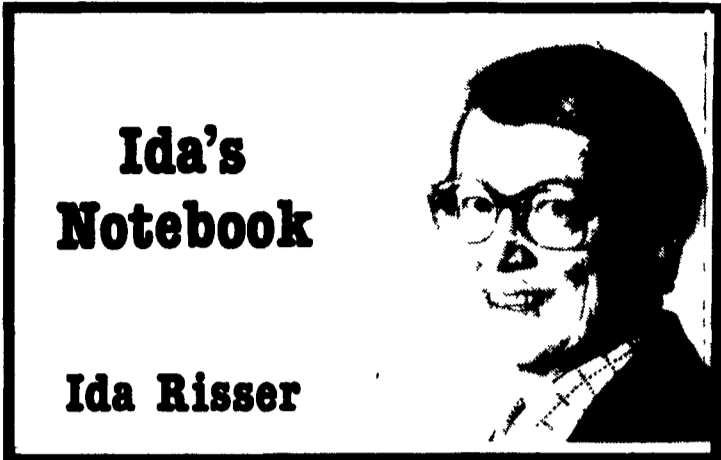
Sums up Judy Williamson, College Days organizer: "Our goal is to help people make immediate improvements in their diets by

giving them nutrition and money-saving information."

College Days is scheduled for June 10 to 12 at the Baltimore County Campus in Catonsville. Registration fees are minimal.

Both daytime and evening classes are offered.

For more information, call (301) 454-5174.



Ida's Notebook

Ida Risser

When our children were living at home, we had a tradition that on May first they would lay flowers at the front door for me. Then they knocked on the door and ran and hid until I opened the door and picked up the bouquet.

This past May first I despaired of receiving any flowers. But, while I was doing my dreaded job of mowing the yard, Cindy walked in from the barn with her arm behind her back. She had parked her car out of sight behind the barn and had hoped to surprise me, but I spoiled it by being outside.

After I thanked her for remembering, she walked back to get her car. That is when the trouble started! She had inadvertently locked it with her pocketbook, keys, airline tickets and luggage inside. You see, after working the night shift at a plant in northern Pennsylvania, she slept two hours and then started for home as she expected us to drive her to the Harrisburg Airport.

What to do now as her plane lifted off in a little over an hour? I phoned the AAA and gave them my membership number and in a half an hour they had a locksmith here who opened it as slick as a whistle.

But, we could not get to Harrisburg in half an hour for her flight to Florida and so my husband suggested that we try to

meet her connecting flight at the Baltimore Airport. We made it, but just barely, as the plane was due to leave ten minutes after we arrived.

Airplanes surely get people far away in a hurry. That weekend I think my family was really supporting the airlines. One child flew to Jacksonville, Fla.; one to Atlanta, Ga.; one to Raleigh, N.C. and another made plans to fly to Kansas City, Mo.

When I got home from Baltimore that evening, I found a very beautiful arrangement of flowers on the front porch from another daughter. I was not forgotten.



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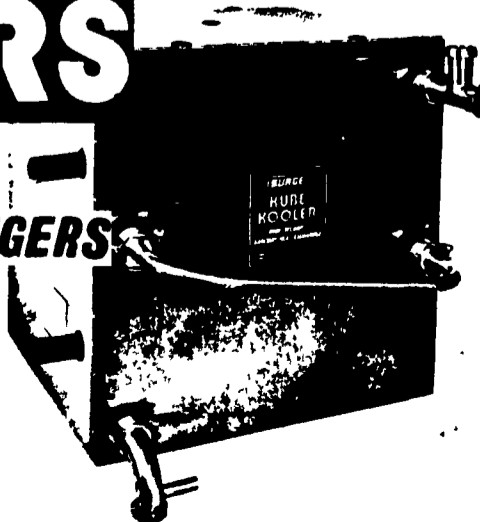


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