

Food and Fitness Exhibit Planned for 'Ask The Experts'

UNIVERSITY PARK — No one food can do it all. For good health and fitness, select foods from the

four food groups and eat a variety of foods every day. That's advice from a U.S. Department of

Agriculture fact sheet you can pick up at Ag Progress Days, August 19-21.

Look for the Food and Fitness exhibit in "Ask the Experts" tent. Penn State Extension agents will be on hand to give you a free bag of information on health, nutrition and fitness. You'll get the latest

advice on how to eat a variety of foods, how to murder a vegetable (as well as tips on how not to), and booklets, "Staying Well is Your Responsibility" and "Go for Health," which will help you change your mind about your body.

Extension agents will also be

available to answer specific questions on nutrition, fitness and exercise.

Ag Progress Days will be held August 19-21, between 9 a.m. and 5 p.m. at Penn State's Rock Springs Agricultural Research Center on Route 45, nine miles southwest of State College.

Esther Sangrey Prepares For Fairs

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wedding couple desires.

She likes to experiment with recipes, but has found delicious cake recipes and doesn't deviate from the tried and true. "I know which recipe I want to use if they ask for a certain flavor. Once I find a good one, I stick with it."

Esther likes to make homemade noodles, which she exhibits at the fair, but started to do it to use up the egg yolks from her wedding cakes and from the frosting.

Her wedding cake service includes making sure the cake is properly situated on the cake table at the reception. She transports it ever so carefully in her car, and then puts it in place, sometimes using a fountain with punch, if so requested.

Flowers for the cake are supplied by the wedding couple, and frequently they are dried flowers or a combination of fresh and dried, Esther says. She also said it is most common for the bride and her mother to come to make the wedding cake selection, though occasionally a groom will help make the decision.

Esther says she has developed her food and cake business so that she can slow down her cleaning business. Both are avocations she can continue to enjoy for a long time.

Her way of relaxing is to go to the mountains or the shore with her husband, and though she was once a sewer, she said she does very little sewing now.



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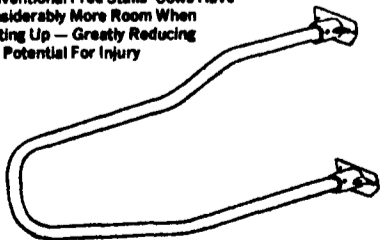
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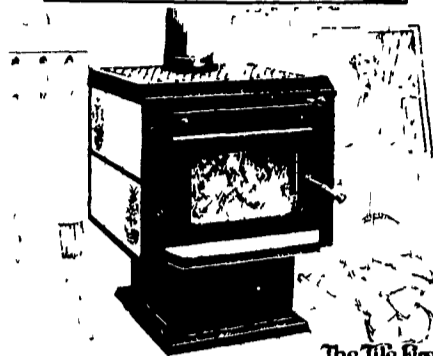
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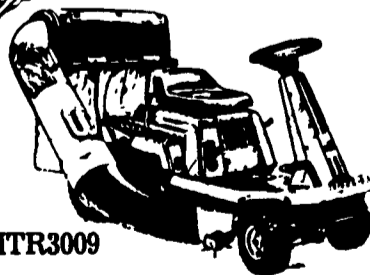
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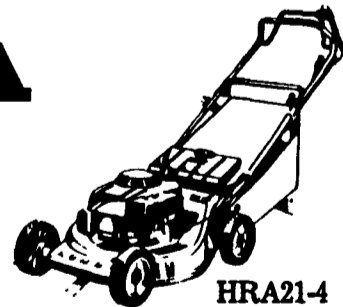


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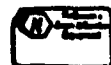
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