

# Ida's Notebook



**Ida Risser**

It does seem as though, here in the middle of winter, I should be able to catch up on my reading. However, the piles of newspapers just keep getting higher. I am determined to read the daily newspaper through but somehow

the Sunday paper is simply too big to plow through in one afternoon and so it is put aside for a time of leisure that never comes.

Magazines are another item that accumulate on the coffee table and hassocks. I tell my children not to

subscribe for extra ones but they pay no heed. And, I do believe that we get at least 15 different farm magazines. Some of them are never opened and so when they are a month old, I give them to our Amish neighbors. If the farmer doesn't read them, at least their children can cut out the pictures of farm animals.

The other day I drove with my husband in his truck to Chester County to buy some cows. Some roads were one lane and not the snow plowed ones that we are accustomed to where we live. We saw several sleighs which were the proper vehicle for those conditions.

Yesterday I saw a flock of unusual large birds when I slogged through the deep snow to fill the bird feeder. They flew away toward the river and appeared to be some kind of crane or heron.

The odd appearance of the flock caused me to hurry and get Allen's binoculars for a closer look at their long bills, necks and legs.

This cold weather surely causes

me to carry many buckets of coal to our "hungry" furnace. I'll be glad when once a day will suffice and still keep our house warm. But by that time with warmer weather will come other jobs.

## Fitness, Nutrition Tips For Folks On The Run

**UNIVERSITY PARK** — If being behind schedule is a fact of life and fixing a meal is the last straw, you don't have to sacrifice good nutrition to arrive on time. Penn State Extension is offering a series of Food and Fitness fact sheets that will help you eat on the run — and keep a balanced diet.

The key to a nutritious but fast meal is planning with a balance of choices from the four basic food groups. "Fast eating means simplification and planning ahead," says Dr. J. Lynne Brown, assistant professor of food science at Penn State and author of Extension's new fact sheets, Food and Fitness.

Here are some general tips for eating on the run:

- Cook double recipes and freeze in serving sized portions
- Look for one-pot meal recipes
- Interweave as many steps as possible

• Use appliances that save time  
A nutritionally balanced meal should contain two or more vegetables, grains or pasta or bread, a source of protein, and a dairy product. If you select a frozen entree, read the nutrition label to be sure the fat and sodium content are not excessive. A low sodium product contains 140 milligrams or less of sodium per serving. Select an entree with 10 grams of fat or less per serving to help you limit your fat intake.

If you would like more information about how you can eat on the run and get started on the road to fitness, contact your County Cooperative Extension Service and ask for the six part series of fact sheets on Food and Fitness. Other topics include fitness, exercise, smart snacks and nutrition for competition. The fact sheets cost 10 cents a piece or 60 cents for the series.

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