

# Bradford County Extension Meeting

The public is invited to attend the Bradford County Extension Annual Meeting, Thursday, November 5, 7:45 p.m. at the Towanda Elks Club meeting room, South Main Street, Towanda. Reservations must be made by advanced ticket sales only by October 30 and are available from Executive Committee members or from the Extension Office at \$6.00 per person.

A full evening agenda includes entertainment by the Winding River Players with a humorous presentation titled, "I'm in a Hurry;" the Extension Cooperators Awards; Top 4-H Girl and Boy remarks; Extension Today by Steven Tuttle, Regional Program

Leader and a short business meeting and election of 2 directors.

Executive Committee members who will have tickets are: Robert Thomson, Dale Allis,

Carl Gore, Anita Whipple, Joyce Kerrick, Ronald Butts, Owens Brackman, Linda Wri-sley, Ellen Foust, Roy Beards-lee, Larry Brown and Sylvia Murphy.

## Former Rural Youth

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brought laughter and applause. They even lost their partners and had to start over "just like old-times."

The former club not only exposed them to new ideas but also new friendships. At least 30 couples boast that the club played Cupid and found them their spouse.

Brubaker said he met his wife Martha Jane Reist when he served as president of the organization and Jane was elected secretary. Mrs. Brubaker joked, "I worked for him then, and I've been working for him ever since."

Evidently, relationships didn't turn out so well for everyone. On Saturday night, one fellow said, "Well, look who is sitting at that table—there's the girl I gave a

bouquet of violets."

Guests joked about their trifoc-als, dentures and white hair, but admitted they "show concern if I feel my mind is beginning to go."

Rural Youth of Lancaster Coun-ty filled an active role for 15 years. Roy Brubaker, a former RYLC president, explained the club was unique since membership was con-stantly changing because "when we got married, we dropped out."

The club was formed mostly at the urging of Mary Brubaker Clark's mother who pressed the Farm Bureau, extension services and vocational departments to con-tribute to RYLC. From the begin-ning, RYLC remained an indepen-dent organization, but they did rely upon financial help from the Farm Bureau educational fund to send some of the youth to leadership

schools.

Although the group was not affiliated with any religious orga-nization, it had strong Christian beliefs with its preamble to the constitution stating one of the pur-poses was "to create more interest in Christian principles and ideals." Others were "to build personality, integrity and other important fac-tors which are essential in the building of an aggressive and hap-py generations." The organiza-tion's code was "To encourage democratic processes and living by the golden rule."

As the anniversary observation drew to a close, Brubaker encour-aged his peers not to dwell on the past but to think about the future, for blessings are not a one-way street.

## Lose Weight

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Callaway's patients weigh in only every six weeks to avoid "the weekly guilt trip". "We measure their metabolic rate and give them a whole list of things they can expect to happen," he says. "The last thing on the list is weight loss. We can tell them how quickly or how slowly they can expect to lose. By deemphasizing weight loss and telling them we are inter-ested in these other things happen-ing, all of a sudden we've changed their orientation," the physician explains.

Callaway believes the change of regimen is harder for a farm wife to adopt than for the professional women he sees in his Washington, D.C. practice. He says he saw farm wives during his 15 years at the Mayo Clinic in Rochester, Minnesota.

The three most important things a person can do, Callaway advises, are to (1) establish a meal pattern with 25 per cent of the daily calorie intake at breakfast and another 30 per cent at lunch, (2) cut back on needless source of fat, such as fried foods---don't cut out meat and dairy products---and (3) build in some sort of a daily exercise program.

If a woman works by herself all day long, she probably needs some sort of an exercise network to motivate her, the doctor thinks. Without external rewards, it is very hard to do it on one's own.

The other thing for women to realize, according to Callaway, is that not everyone is genetically predisposed to be five feet nine and 112 pounds. With the distribution theory, the experts are looking at, not how much a person weighs, but where the fat is, he says.

"One way to get at this is to mea-sure waist and hip circumference. Divide the waist measurement by the hip measurement. If the waist is 80 percent or more than the hips, the women really need to lose because they're at greater risk for diabetes and heart attack. If it's 70 per cent or less, there's really no health advantage to losing." Calla-way says.

"If we can shift the focus to healthy weight, rather than "ideal weight"...focus on those with belly fat to bring down their weight slowly...These are achievable goals," he states. If on the other hand, people expect to "meet the hype and lose three pounds a week...they're never going to get there," Callaway emphasizes. "They're going to try once or twice and get discouraged and feel even worse about themselves."

The time will come, the doctor believes, "when we'll look back on starving the way we look back on bleeding and purging. It's well meaning but uninformed."

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