


## Ida's Notebook

**Ida Risser**



This season of the year I hear that stores and shopping malls are crowded. You could not prove this by me as I do most of my shopping from my home.

For years we have been giving magazine subscriptions to our children. This year I gave them a choice of a General Mills box of new food products, restaurant coupons, cookbook, etc. or a magazine subscription. Half of them chose to try the variety box of foodstuffs.

Our church has a "Giving Tree" every year with cards giving the needs of less fortunate people. There are 22 different agencies listed on the tree. Some help people with specific diseases, some are homes for senior citizens with limited means while others help homeless women and children.

Still others include Big Brothers and Big Sisters, Lancaster County Prison, Salvation Army and drug rehabilitation centers.

My daughter and I took five cards which listed various pieces of clothing. Even though she lives in Wyoming County she managed to get the Christmas packages to me as her father went deer hunting up there for two days. He only saw one running deer.

Even my grandchildren will be getting their Christmas gifts in the mail. By doing this, I realize that I won't be seeing their faces when they open their gifts. But, then their parents won't have to transport gifts from Pennsylvania to their homes all over the country either.

Now I must take time to remove the Indian corn and small orange

# Start Children Walking For Health

SCRANTON (Lackawanna) — Fall may be the perfect time to share the pleasures of walking with even the youngest family members, says Karen Thomas,

Penn State Cooperative Extension home economist.

"Researchers have found that between 35 to 40 percent of third grade children are already developing heart disease risk factors - excess weight, elevated cholesterol and abnormally high blood pressure." Ms. Thomas says.

People who exercise throughout their life tend to be leaner, have stronger hearts and more efficient muscles than people who do not exercise. They also live longer. Several studies have

linked walking to a decreased risk of heart attack.

One way to make walking fun for younger family members is to take an alphabet walk. As you walk, look for objects whose first letters spell out the letters of the alphabet - in alphabetical order.

Older children might enjoy a number walk where objects should be counted in sequence - one mailbox, two stoplights, three telephone poles.

Color walks are perfect for younger children. The goal is to hunt objects of a specific color.

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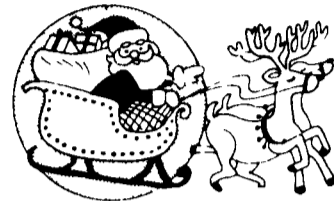
If there's a little one who always wants to help Dad, get him a Stihl of his own — a Stihl Jr. Wood Boss toy saw, it looks like a real Stihl Wood Boss, but it's sized and safe for smaller

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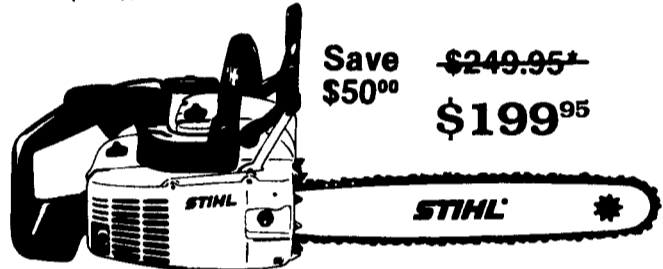


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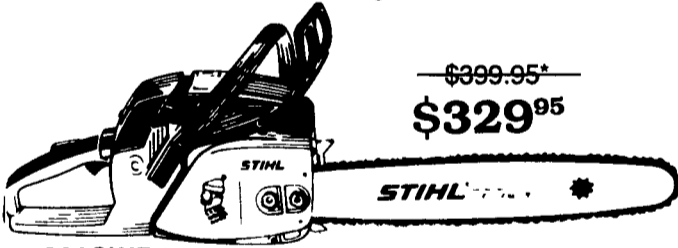
*...come in for a demonstration*

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