

Dairy Council Offers Weight Management

SOUTHAMPTON (Delaware Co.)— Have you made a resolution as you enter the new decade to at last achieve and then maintain your ideal weight? If so, you are in good company. 30% of all Americans are between 10-30% overweight. Weight control is one of the top concerns of health-conscious Americans as they count their calories, their grams of fat and keep track of their cholesterol levels. Billions of dollars are spent annually on weight loss gadgets, products and programs.

According to Molly Kellogg, Dairy Council's Coordinator of Lifesteps, a weight management program, there is no "quick fix" to

losing weight and maintaining this loss. As a registered dietician, Kellogg emphasizes that it is essential for overweight people to keep weight off -- not only just lost it.

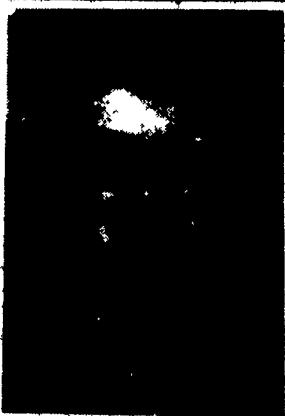
Lifesteps is a weight management program developed through extensive research by National Dairy Council and marketed locally by Dairy Council, Inc. in Southampton, PA, Kellogg explains that this program is designed for those needing to lose 10 to 70 pounds. It is presented by a health professional such as a registered dietician in 10-13 weekly one-hour sessions and two individual counseling sessions. It includes content on a nutritionally adequate diet, a physical activity component, behavior modification techniques and group support.

"It is great to offer a program that lets each person decide which foods to eat and his or her own form of physical activity," Kellogg explains. "Lifesteps will not ask participants to do anything impossible for them to continue for the rest of their lives," she said.

Where is Lifesteps available? It is offered at 15 hospitals in the greater Delaware Valley. It can also be offered at a corporate worksite, or other health or community centers. For a free brochure on Lifesteps and a list where the program is offered, call the Dairy Council at (215) 322-0450 or send a stamped self-addressed envelope to Molly Kellogg, Dairy Council, Inc., 1225 Industrial Highway, Southampton, PA 18966.

Ida's Notebook

Ida Risser



Nowadays we are told that in order to have good relationships we should communicate with each other. We should be open and express our feelings instead of keeping them bottled up inside. There are many ways to do this.

Long ago families gathered around the table three times a day. Now it seems that some people must plan in order to eat together once a week. Everything is rush, rush and each person goes his own way.

I am amazed that there are so many postcard albums offered for sale at public auctions. They usually bring over a hundred dollars. Even the fact that someone took the trouble to save these picture

postcards is surprising.

At the turn of the century it only cost one penny to tell your cousin that you'd "meet at the trolley station Friday night." Many of these cards contained just such messages. Or they might tell of a gathering of extended family on a Sunday afternoon where a picnic held in the woods was the social event of the week.

I write a lot of letters to keep in touch with our scattered children and with my sisters. They in turn are more wont to use the telephone to call us. Sometimes the messages are mundane and tell us of ordinary events like whether or not the grandchild ate his breakfast. Other times the telephone

brings us news of a birth or of an illness.

No longer do we ring the bell on the house roof to summon help. Rather we would rush to the phone to dial "911." No longer do we hitch up a horse in order to visit a friend. Now we simply jump in a car and are there in minutes.

But, I am glad that someone took the time to write and save postcards and by so doing give us a glimpse of life in the early 1900s.

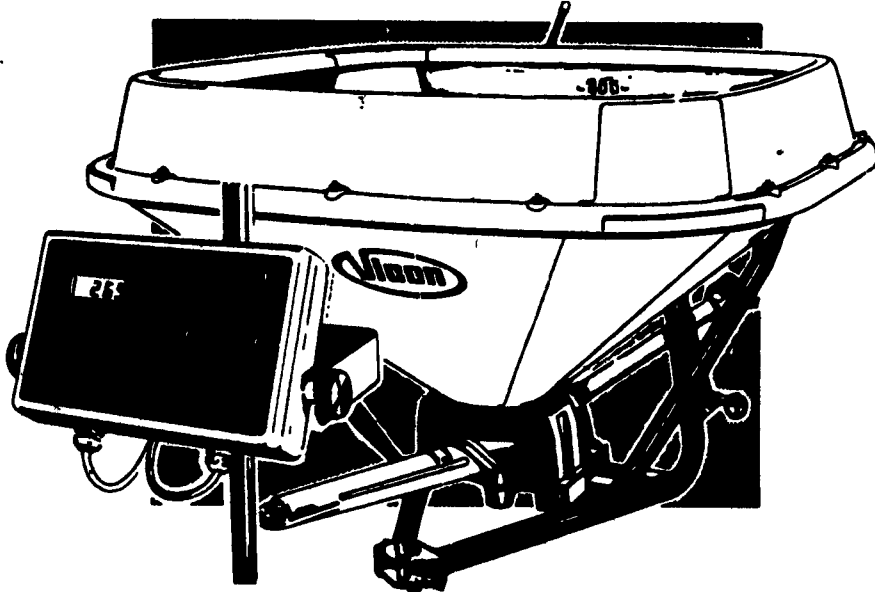


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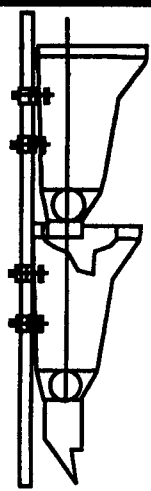
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