

## Ida's Notebook

Ida Risser



Having recently been through another election day, I can say that it is better to have a big turnout than a small one. And, I mean this in more ways than one. Many people do not show much interest in a Primary Election and only 20% voted this year. This left a lot of free time for the clerks and inspectors. It was a long afternoon but we did have a newspaper to read to pass the time.

Our Bible Study group has just finished their study of 1 Peter. The study was entitled, "A Faith More Precious Than Gold" by Gonzalez. We met in various homes and we took turns leading the study. Many people do not like to take charge of teaching and so our church has someone to "teach the teachers." Even so, sometimes the lesson is rather complex and hard to understand.

The other week I was privileged to visit the farm where my great grandmother Graybill was raised. The farm has a large house and

barn and was built in a pretty setting near a spring. This farm is near my home, but I had not known the background of what is now an Amish homestead. A lady from Kansas, who was visiting in Lancaster County and who is interested in genealogy, took me to this farm across the Conestoga River from my home. The family who lives there were preparing for church services to be held at their home that Sunday and they were very busy. The lady is raising a lamb which she had tied near the back door. And as I was leaving, I was given two tomato plants-- a red one and a yellow one. I'm anxious to see what they will produce.

We also had an unexpected visit from a couple from New York state. They had traveled to Alaska with us several years ago. At first I did not recognize the man who rang our doorbell but when his wife got out of the car my memory was jolted. We had a pleasant Sunday visit with them.

## Small Changes Let You Eat Right

Americans who make small changes in what they eat can make a big difference in their overall health, according to the U.S. Department of Agriculture. In response to research indicating consumers may be confused by -- and weary of -- seemingly con-

flicting advice on what they should and shouldn't eat, USDA has initiated a new "Eating Right... The Dietary Guidelines Way" campaign. The campaign takes solid nutrition research and translates it into practical things consumers can do every day to eat healthier. For example, USDA

surveys show that salad dressings are a major source of fat in diets of many women. Using just one to two less tablespoons of salad dressing a day can bring some women's fat intake within levels recommended by nutrition experts.

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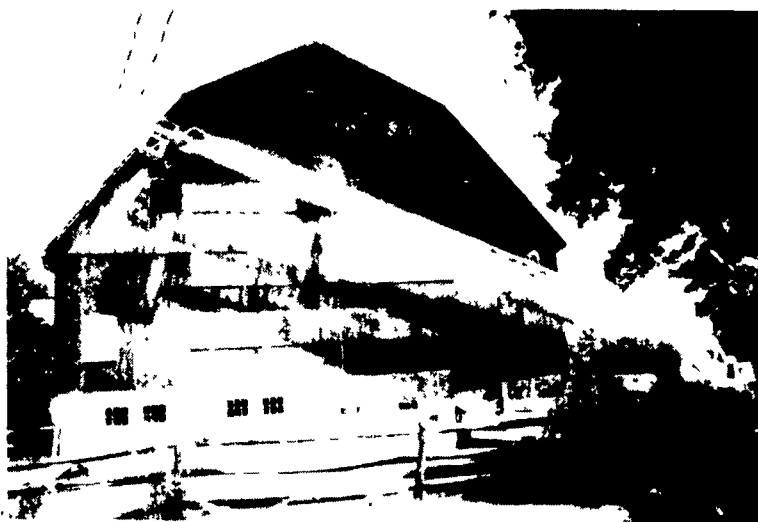
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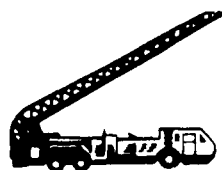
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