



Have You Heard?

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Stress Can Affect Eating Habits

Routines can be unbearable burdens rather than stabilizing factors in times of stress — especially when the routine is family dinner and the stress is due to a family member's absence because of military assignment.

Coping with that situation is easier for some people and harder for others. Friends and family can help, but an individual's attitude may be the deciding factor.

An attitude based on deprivation and over-indulgence usually results in frustration, guilt, and ironically, unwanted weight loss or weight gain.

From a nutritional standpoint, researchers know that healthy eating promotes physical health; which in turn helps an individual deal with mental stress.

Eating a variety of foods on moderate amounts is always advisable, and especially so for persons under stress. Doing so may be harder, however, especially if the individual feels out of control.

For example, family members cannot control government actions that affect where their loved ones are. But individuals can control their attitudes about their eating habits.

Exerting that power of control is one way children often deal with the stress of growing up. By refusing to eat certain foods or

demanding other foods as treats, they are expressing a desire to be in control.

Just as parents seek to train their children to use that power to choose nutritious foods over junk foods, so too, do nutritionists advise stressed adults to use their power of choice wisely.

I want to point out three ways you can practice controlling food, rather than allowing food to control you.

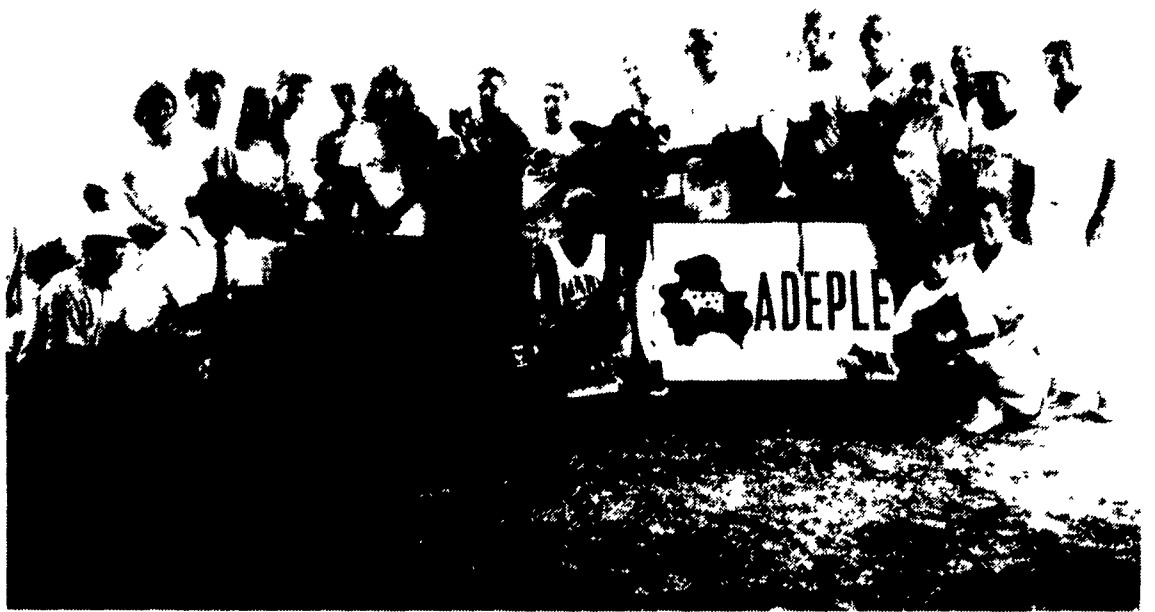
First, get a grip on yourself. Admit that you feel stressed, but do not dwell on your "right" to be stressed. The sooner you accept that fact that you cannot control the source of your stress, the sooner you will be ready to take control over how you react to that stress. One choice you make in reacting to stress is whether you will continue to eat normally, or whether you will overeat or avoid eating.

Second, keep eating in perspective. It is neither the most important, nor the least important thing you do each day.

While planning nutritious meals and snacks can provide structure and give a focus to daily activities, it is good to realize that it is okay to take an occasional break from that structure.

Third, do not skip meals. That is always a temptation for most individuals who feel overworked due to increased job or family responsibilities.

Bolivia Hosts Alfred State Team



A 12-member team of agriculture students and faculty from Alfred State College of Technology poses with counterparts in Bolivia where the collegians spent a portion of the winter recess living and working on farms. Team leader is Thomas J. Cannon (Kneeling, second from left), assistant professor in the Agricultural and Horticulture Department at ASC. At his right is Bolivian agriculturist Jorge Hurtado Pax, a former exchange student who attended Andover Central School in 1969 and 1970.

Skinfree Fried Chicken Available

In what it called the "biggest breakthrough since Colonel Sanders developed his secret blend of 11 herbs and spices," Kentucky Fried Chicken announced it will begin the nationwide introduction of skinfree fried chicken on the bone, lower in calories, fat and cholesterol than its traditional fried chicken.

The product, called Lite'n Crispy Chicken, will be rolled out to nearly 5,000 Kentucky Fried Chicken restaurants this year, the

company said. Some 700 KFC restaurants in the Northeast will have the product available beginning this week.

"Millions of Americans love the taste of our traditional fried chicken but would like a lighter alternative," said Kyle Craig, president of Kentucky Fried Chicken USA. "So we've developed a product for the '90s, a skinfree chicken which is lower in fat and calories but still tastes great."

The company spent more than a year developing the product, according to Craig. It is prepared, with Colonel Sanders' secret blend of 11 herbs and spices using deep marination. It is then lightly covered with a new breading specially-developed to absorb less

oil during cooking. KFC only uses 100 percent vegetable oil. To complement the "better-for-you" product, salads and multi-grain rolls will be available in restaurants serving Lite'n Crispy.

Compared to KFC's skin-on Extra Tasty Crispy® chicken, new Lite'n Crispy has, on average, 39% fewer calories, 45% less fat, 44% less sodium and 37% less cholesterol.

"Many Americans are concerned about saturated fats and cholesterol, and the fast food industry is responding," she said. "With Lite'n Crispy, KFC is taking a significant step in the right direction."

Kentucky Fried Chicken operates and franchises more than 8,000 restaurants

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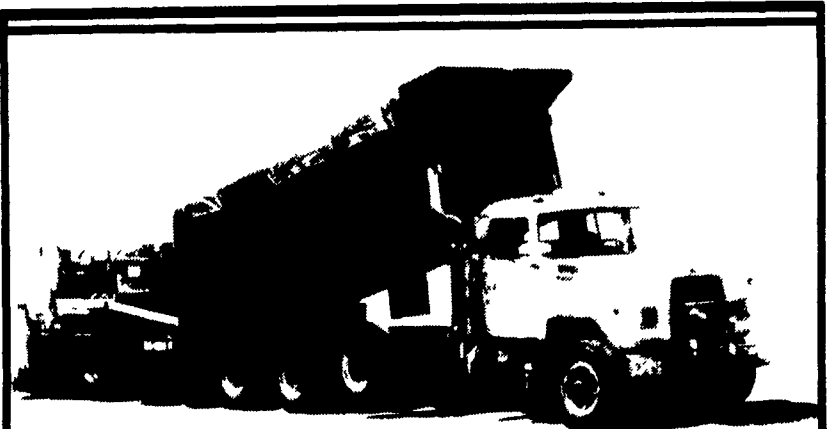
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