

BEEFestival To Be Held In Carroll County

WESTMINSTER, Md. — The third annual Maryland BEEFestival will be held at the Carroll County Farm Museum on Sunday, June 23 from 10 a.m. until 5 p.m.

This year marks the first year this BEEFestival will be held at the Farm Museum. The festival is cosponsored by the Maryland Beef Council, the Maryland Cattle-men's Association, and Maryland's organized beef breeds.

The farm museum grounds will abound with the aroma of nutritionally prepared beef-related foods. A variety of beef selections will include pit beef, shish kabob, teriyaki stir fry, beefburgers, beefdogs, ground beef barbecue, rib eye steaks, fajitas, and more.

Attention will be focused on the 1991 Maryland beef cookoff contest. The category for this cookoff is "outdoor barbecue." All amateur chefs are invited to lend their culinary skills for this contest.

Just bring your own utensils and outdoor grill. The first prize winner's recipe will be entered in the mid-Atlantic region beef cookoff contest to compete for an all-expense paid trip to the 1991 National Beef Cookoff in Colorado Springs, Colo., September 22 and 24. For contest rules, contact Anita L. Wehrman, Maryland Beef Council, (301) 592-3940. Deadline for entries is June 1.

And, for professional chefs, the chef's cookoff provides the opportunity to promote your restaurant. All professional chefs are invited to prepare their favorite beef recipe

on an outdoor charcoal grill. Winning chef recipes will be judged on taste, originality, and presentation. For more information and entry forms on this particular event, contact Betsy Rippeon, (301) 670-9300.

Admission to the BEEFestival is

\$3 for adults, \$2 for ages 6 to 18 and over 60, and under 6 is free with chaperone. For more information, call the Farm Museum office at (301) 848-7775, (301) 876-2667, or (800) 654-4645. The event will be held rain or shine.

Ida's Notebook

Ida Risser



Birthdays come and birthdays go! In time, they add up to a lot of years. It is almost easier to remember my grandparents' birthdays than all of my grandchildren's.

As our immediate family is scattered, I send quite a few letters and many birthday cards. It is always a problem to know when to mail them so that they will arrive on the right day. Many of them must travel across the country.

My husband just got a card three weeks early. I believe the sender was thinking of his brother's birthday. I like to get my cards on the exact day but I realize that isn't easy to accomplish.

I've kept a birthday book for some 50 years and some months are crowded with weddings and birthdays - even deaths are recorded. It is a wonderful little reference book.

Recently a cousin of mine died, and I was so busy arranging the funeral and service that I completely forgot about sending cards. Usually I send many each month. In addition to dealing with ministers, funeral directors and lawyers, I had to completely empty her house.

This past month is not one that I would want to live through again. There were drawers and closets full of papers and clothes and the decision had to be made as to what to do with everything. Books to a library, frozen food to a Friendship Community and clothes to a ReUse-It shop.

But despite all this, I realize the job was easy compared to what someone would have to do for me if I simply walked out one day and never came back. My house is full to overflowing and I can't even imagine moving to another house.

mlr IT DOES A BODY GOOD.



Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

CHILD CARE IN THE '90'S

During the decade of the 1990s, it is projected that three out of four children will be enrolled in some type of child care program. In such programs, children have the chance to meet new friends, discover new worlds of music, art and creativity, explore the ups and downs of jungle gyms and learn to be responsible for themselves and others — at an earlier age than ever before.

Such togetherness creates good, healthy human relationships. But when children are together in group settings, they are also exposed to many new germs for the first time. And because young children's immune systems are not fully developed, the chance of becoming ill is increased.

In addition, children many not always follow food hygiene habits. They often suck their thumbs and put things in their mouths — habits that help spread diseases. Practicing good cleanliness is one step in helping prevent the spread of infectious diseases and keeping children well.

Medical experts agree that handwashing is an important way

to reduce the spread of infectious diseases. Why? Because hands are often warm and moist, they are the perfect place for germs to live. Since hands, especially children's hands, are constantly touching things (picking up germs as well as spreading them), at the end of the day children often bring these germs home without even knowing it.

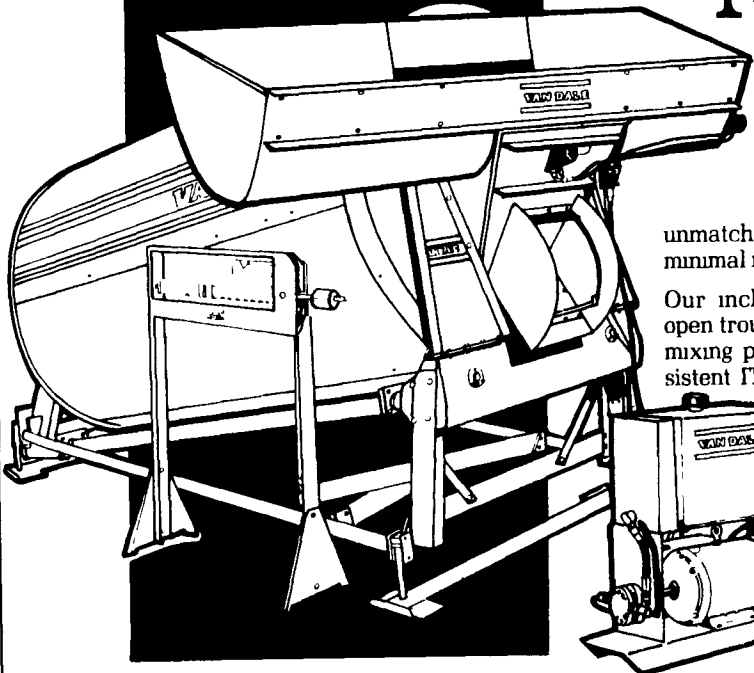
Thus, by practicing good handwashing habits, children (and their families) decrease their chances of becoming ill — helping them stay well from day to day. In this way, children develop good health habits that will stay with them throughout their lives.

Make it a family project to practice the following four simple handwashing steps:

1. Wet hands with warm, running water.
2. Add soap, then rub hands together, making a soapy lather. Do this away from the running water. Wash the fronts and backs of hands, as well as between fingers and under nails.
3. Rinse hands well under warm, running water.
4. Dry hands thoroughly with a clean towel.

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