



Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

HOW TO SURVIVE THE SANDWICH GENERATION

The squeeze is on for many Americans age 45 to 60.

Sandwiched between two generations and increasingly coping with the competing demands of aging parents, children, and booming careers, Americans in this age group may have little time for their own wellness.

The number of people in the sandwich generation is growing as Americans live longer. The over-50 group currently makes up 23 percent of the U.S. population and is expected to continue to expand. During the next 30 years, the over-50 population will increase by 74 percent. This dramatic shift will focus attention on the growing health concerns of this age group.

According to the National Center for Health Statistics, heart disease begins to take its toll after age 45. Older adults also are more likely to face problems with hypertension, diabetes, obesity and osteoporosis.

What specific steps can 45- to 60-year-olds take to prolong wellness by caring for their own health needs? Here are some tips developed by an expert nutrition and medical panel that was recently convened by the National Dairy Council.

* Be more selective about the foods you eat. Although nutritional requirements change very little

as we age, our ability to burn calories slows. Therefore, we need to take greater care to consume foods that provide needed nutrients without extra calories.

* Recognize there are no "good" or "bad" foods. With careful planning, all foods can fit into the context of a low fat diet.

* To slow bone loss, improve your calcium consumption. Studies show that post-menopausal women who typically consume fewer than 400 mg of calcium per day could significantly reduce bone loss by increasing their calcium intake to 800 mg per day — the current Recommended Dietary Allowance. And osteoporosis does not only affect women. In fact, 20 percent of Americans with osteoporosis are men.

* Rely on foods and beverages to meet your particular nutritional needs. Foods and beverages are the preferred source of nutrients. If you take a daily supplement, however, make sure it contains vitamins and minerals in amounts no greater than 100 percent of the U.S. Recommended Daily Allowances.

* Indulge in a physical activity you enjoy every day. Physical activity can help you achieve and maintain healthy weight and expand the amount and variety of foods you can enjoy.

* Count on yourself to prolong good health. Growing older doesn't mean it's all downhill. You

can prolong and even improve your health by eating right and engaging in regular physical activity.

* Encourage food manufactur-

ers and retailers to develop or provide products and services to meet your needs. You're a growing population and deserve to have your needs met. Today's technolo-

gy is better equipped to develop products that meet those needs, be they low-fat products or reduced lactose products. So become involved and express your needs.

Cambria County Farm Women President

LOU ANN GOOD

Lancaster Farming Staff WINDBER (Somerset Co.) — For the third term, Hannah Bender is the Cambria County Farm Women president of four societies with 77 members. Hannah has been a Farm Women member for 50 years and has lived in Cambria County all her life until her recent retirement in bordering Somerset County.

Hannah joined Farm Women shortly after her marriage when her husband was stationed overseas as a medic in World War II.

When he returned home after more than a three-year separation, Hannah introduced him to some of her Farm Women friends.

"Now, I know why you like to go to Farm Women," her husband said. "You meet so many wonderful people there."

"I have met many wonderful people through Farm Women, not only in the county but also in many other counties," said Hannah who drives all over the state to attend Farm Women conventions in other counties.

Hannah has also served three years as a state director for the organization.

"When my children were small, I was only active in the local society, but when they grew up, I started attending meetings in other counties," Hannah said.

Hannah has been a widow for 18 years. Since then she has been to Haiti four times to teach Bible School and to Nigeria two times



Hannah Bender

for a three-month term.

Although people in the U.S. often think Bible School is for children, in Nigeria and Haiti as many adults as children attend classes.

"People are so interested in learning. Children and adults memorize whole chapters of the Bible," Hannah said.

Because Nigeria is a Muslim country, Bibles are quite expensive. The limited amount of Bibles encourages the people to memorize scripture and since Nigeria is English speaking, Hannah had no language problems as a teacher.

In the area where Hannah worked, the people had no electricity or indoor bathroom facilities. The peoples' understanding of farming was limited.

"They don't have good yields because they just dig a hole and put in a seed instead of tilling the soil," Hannah said. "They need people to teach them how to grow vegetables."

Hannah's concern for the people continues. She often shows slides and gives talks on the mission work to church and Farm Women groups.

"I'm trying to save money to go back to Nigeria, but it's hard to save on a limited income," Hannah said.

Although Hannah lives in a retirement apartment complex, she hasn't retired from her many church and community activities. Several days a week she works with Meals On Wheels, delivering meals to the more than 100 residents in the apartment complex.

She volunteers two days a week for the Church of the Brethren where she works in the Nearly New and gift shops.

But one of the activities that Hannah is best known for is her willingness to provide transportation for those who need it.

"Years ago, I did not have a license and I needed to depend on others for transportation. Now, that I can drive, I want to help others. If they need to go to a doctor's appointment, to the hospital or shopping, I'm happy to take them," Hannah said. "It's the Christian way of doing things."

Hannah enjoys quilting, stringing beads, ceramics, and other crafts.

She has three children, seven grandchildren, and two great grandchildren whom she enjoys visiting.

Here is one of Hannah's favorite recipes to serve to family and friends.

DESSERT RAINBOW CAKE

3 packages Jell-O (orange, lime, and strawberry)
Angel food cake, baked
Divide cake into three parts and break in pieces. Sprinkle package Jell-O over each section until covered.

Layer the following ingredients in an Angel food cake pan:

- Strawberry-flavored cake pieces
- 1 package frozen strawberries on top
- 1 quart softened vanilla ice cream
- Lime-flavored cake pieces
- 1 can drained blueberries
- 1 quart ice cream
- Orange-flavored cake pieces
- Mandarin orange sections
- 1 quart Ice cream
- Freeze. When ready to serve, set cake on a plate and slice.

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