



The Ladies Committee of the Atlantic Dairy Cooperative include, seated from left: Elizabeth Morris of Chestertown, Md. and Thelma Ott, chair lady, Bangor. Standing: Sydna Shabloski, Wellsboro; Julie Knepper, Three Springs; and Cindi Fulper, Lambertville, N.J.

## ADC Women Learn Concepts Of Left-Right Brain Dominance

LOU ANN GOOD  
Lancaster Farming Staff

LANCASTER (Lancaster Co.) — "That explains why I'm always getting into trouble," said Cindi Fulper of Hunterdon County, N.J. Cindi was referring to the ladies' session at the Atlantic Dairy Cooperative's annual meeting where Jane Mecum, extension agent for Perry and Juniata counties, spoke on the battle between left-brain and right brain dominance.

From the descriptions of people who have either right or left brain characteristics, Cindi learned that she is right brained. "I act before I think," she said. "I'm the person who throws all the parts of a bicycle on the floor and try to put it together without reading the directions."

Chair lady of the Women's Committee Thelma Ott said, "I'm left brained. I think we are the worriers because we can't control everything."

Not only did the ladies discover which part of the brain plays the largest role in their decision making but also why their husband and children act they way they do.

"My husband's left brained — he saves everything. This (session) gave me a little more insight into the reasons why," said Sydna Shabloski of Wellsboro.

And, for Julie Knepper of Three Springs, the session helped her see why her five children act the way they do.

According the left-right brain theory, those who are right brain dominated are fun and outgoing but usually are not focused, have limited attention spans, and would rather ask for forgiveness afterwards than get permission beforehand.

Left brain dominate persons tend to be neat and organized. They obey rules but are not flexible and like to be in control.

Most people are a combination of left-right brain characteristics but lean more toward one or the other.

"I'm definitely left brained until

we come to stacks — I have them. My attic is nothing but piles," said Elizabeth Morris of Chestertown, Md.

Unlike the left brain dominate person who keeps everything highly organized, a right brain dominate person who can't throw anything away has stacks but can find any thing they need in them.

Another part of the Ladies Meeting held on November 20, was a demonstration on antique hats and clothing given by Millie Bubash of State College.

The Atlantic Dairy Cooperative celebrated its 75th anniversary at the Host Farm Resort in Lancaster during its two-day annual meeting on November 19 and 20.



### Berks Society 6

Berks County Society of Farm Women, Group #6, held their November meeting in the home of Sallie Hauseman, R.D. #4, Boyertown. Ten members answered the roll question, "What is your favorite cookie?" After the meeting, a cookie exchange took place.

Mary Youse was presented a

pin from the farm women on her 80th birthday. January 11, the State Convention will be in Harrisburg at the Forum. Sallie Hauseman and Erma Bauer will serve on the auditing committee. Secret pal names for 1993 will be exchanged at the Christmas party, December 4, members will meet at the Stagecoach Stop Restaurant.

### York Society 26

York County Farm Women 26 met November 10 at B C Restaurant with 16 members and 1 guest in attendance. Mary Conley served as hostess.

President Ruth Traver gave a report on the York County Convention which was held at

Wisehaven Hall on November 4.

The groups annual Christmas banquet will be held on Saturday, December 5, at 6 p.m. at Paddletown Church.

The next meeting will be held at the home of Ruth Traver, Pleasant View Drive, Lewisberry.

## Start the day with

# YOGURT

Sprinkle granola or your favorite cold cereal over a bowl of yogurt, any flavor.

Mix plain or vanilla yogurt with diced fresh fruits and serve with a bran muffin.

Whirl in a blender until smooth, half a cup of fruit yogurt, half a banana and half a cup of milk.



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