



## Have You Heard?

By Doris Thomas  
Lancaster Extension  
Home Economist

**Beware Of Food Triggers**  
Temptations to eat are everywhere . . . Tv ads that take you to fast food restaurants, alluring smells from cookie shops in malls and bakeries in supermarkets. If these weren't enough, research suggests that even the colors on your cereal box and the wall decor of your favorite restaurant may be designed to rev up your appetite. Psychologists have long recognized the impact color can have on human behavior. Several studies suggest that color can also impact appetite. In a study conducted at Johns Hopkins, simply changing the color of food carts and cups from orange and yellow to black

and white decreased the amount of food sold during coffee breaks in a company cafeteria.

Warm hues like orange, red and yellow tend to make food look better and diners hungrier. The story is told that when Howard Johnson's first opened, the color scheme was light blue. People complained of the cold and food sales did not go well. After a color expert advised changing to bright orange, food sales went up 134 percent.

Music also appears to affect food intake, particularly the speed of eating. Research suggests that lively fast-paced music moves people to eat more and to put it

away faster. Without music, participants in the study averaged 3.9 bites per minute and took about 40 minutes to finish a typical lunch. About one-third went back for second helpings.

When the "Stars and Stripes Forever" or some other spirited music were played, people sped up to about 5.1 bites per minute and finished their meals in a record 31 minutes. In addition about one-half went back for second helpings.

Soft classical music, in comparison, had a calming effect on diners. The eating pace slowed to 3.2 bites per minutes and participants took almost one hour to finish the same lunch. Perhaps most important, no one went back for seconds and several did not finish their meal.

Rock music seems to have contradictory effect. Young people eating to rock music almost inhaled their food in the study. In contrast, some older people complained they could not eat because of the racket.

Changing seasons and work shifts also may mean a weight shift for many. People who struggle with their weight typically gain during the winter months and lose during the summer months. Part of this is due to the differences in physical activity. However, research also shows that the shorter days of winter trigger depressions and subsequent overeating in some people.

With the many influences that drive us to overeat it is easy to conclude that weight management is a never-ending struggle we are destined to lose. Interestingly, control lies neither in totally suc-

cumbing to, nor in ignoring the urge to eat, especially since satisfying the desire to eat often makes us feel better emotionally and

physically. Rather, the key is to be aware of environmental food triggers and then to indulge the urge to eat — in moderation.

## Stagecoach

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where between 9,000 to 12,000 pounds.

Interior of the coach is comparable in size to a compact car, with bench seats facing the center from front and back. Original coaches had an additional front-facing center seat, cramping knee space for riders in all three seats. The Seigfried's two-seat design allows riders more leg room, along with the luxurious finish of tufted, black leather seats, crushed red velvet ceiling and headcovers and black fringe finish around the upper edge. Even the black leather side-curtains are lined with matching velvet. And a sliding glass window drops down into each door panel for more open-air riding.

Painting the coach proved to be a major challenge. Several paint mixes were tried - and sanded off - before the bright-red, enamel-shine finish was achieved. One mix promised red - and turned a bright pink. But their satisfaction with the finished product has been well worth the headaches, sleepless nights, scraped paint and crumpled sketch designs generated by this talented and inventive pair.

"We think this is how Abbott and Downing would build them today," the Seigfrieds are convinced.

"It's given me a lot more appreciation for how they used to build things," admits Alex, Sr. "We have easier methods we can adapt today."

Two local artists added their talent touches to enhance the finished coach's shiny-red beauty. Gleason Crumling painted the gold-leaf-finished, spread-winged eagle on each side of the boot, Siegfried Woodworking's signature logo which will authenticate and number each coach built. Chuck Farrah added the ornate black and yellow pin-striping detail.

Through friends and word-of-mouth, the Siegfrieds estimate they have five to 10 visitors most days stopping by to admire the stagecoach. And when it was hauled by trailer to Lancaster for the upholstery and interior work, the surprised and delighted reaction from passing automobiles was readily visible.

"No, we don't really mind having to part with Number 1," philosophizes this father-son pair when asked about parting with their first completed coach, which is probably — and fittingly — headed West.

Later, they do hope to keep one for themselves. With a team hitched to the front, it will be a great way to advertise their business; Siegfried Woodworking - Stagecoach Builders.

## Teen Attends 4-H Ambassador Conference

UNIVERSITY PARK (Centre Co.) — Tanya Hofler, daughter of John and Ellen Hofler of Glenmoore, recently participated in the fifth annual Penn State 4-H Ambassador Conference held at the University Park Campus where she attended workshops on interviewing skills, public speak-

ing and marketing. These Ambassadors will serve as spokespersons for the more than 120,000 4-H members throughout Pennsylvania. State 4-H Ambassadors promote the 4-H youth development program and the land-grant university system and are available to speak to groups about Penn State Cooperative Extension and 4-H.



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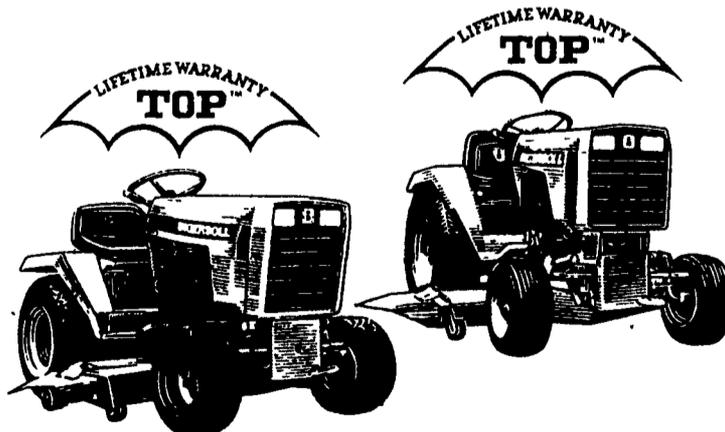
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