

Agri-Women Stand For Property Rights, Install President

CHICAGO, Illinois — Members of American Agri-Women (AAW) from throughout the United States addressed key issues in agriculture and installed new executive officers during the 18th annual AAW National Convention November 10-14. Key issues addressed included a broad range of environmental, property rights, economic and health care issues.

Attending the convention were Pat Sueck, Airville, Barbara Grumbine, Lebanon; Carol Ann Gregg, Grove City; Gail and Sarah McPherson, New Park representing Penn's Agri-Women. PAW's President Pat Sueck represented the state on the AAW Board of Directors and was appointed to the Veritas Committee who will be searching for a 1994 award winner whose print or media projects seek to bring truth to the public on agricultural issues. Carol Ann Gregg is AAW's legislative chairman in charge of the AAW Fly-In to Washington, DC each June. It's a time to bring AAW policy to the attention of Congressional legislators. Bylaw chairman Gail McPherson introduced changes which raised the organization's dues. She also received a President's Award at the closing banquet.

AAW's newly installed president, Ardath DeWall, stated, "We are very concerned about the erosion of private property rights and the myriad of regulations which restrict the individual's right to use his property and undermine the wise use of natural resources." Specifically, AAW is seeking changes in the reauthorization of the Endangered Species Act which would provide for the consideration of people, as well as plants and animals, in limiting activities and property use. DeWall said, "We need to weigh the effects on people, their families, homes, communities and livelihoods when making decisions about protecting endangered species. When protecting the habitat of a particular species would

destroy jobs and communities, the people affected need to be part of the decision."

In other actions, AAW is supporting legislation which requires that federal agencies assess the potential for "taking" private property in the course of regulatory activity, with the goal of minimizing takings of private property. AAW is opposing allowing Biological Survey takers to enter private property without permission.

The agricultural women's organization is seeking legislation to enable retiring farmers to convert farm assets to an individual retirement account, since their assets generally are in effect their retirement "savings". Concerning the proposed reorganization of USDA, AAW is supporting the creation of a farm services administration to provide local service centers and "one-stop shopping" for producers. AAW supports retaining the current farmer-elected county committee structure and maintaining ASCS conservation programs in the farm services administration.

DeWall, of Shannon, Illinois, has become AAW's 10th president. She and husband Verlo and their two sons operate a dairy farm and have a registered Holstein herd in Northern Illinois. She has served the dairy industry in a number of leadership capacities, including as an initial member of the Dairy Research and Promotion Board and president of AMPI/Morning Glory Region Women. She was also the first president of the Farm Women's Leadership Network.

DeWall succeeds Trenna Grabowski, Dubois, Illinois, who has served as president during the past two years. American Agri-Women is the nation's largest coalition of farm, ranch and agribusiness women. At this convention, AAW welcomed two new affiliate organizations, bringing the total to 50 state and commodity affiliates. AMPI Women, a dairy women's affiliate of AAW, hosted the 1993 Convention. For more information about AAW, contact President Ardath DeWall, 11841 N. Mt. Vernon Road, Shannon, IL, 61078, 815-864-2561.

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Have You Heard?

By Doris Thomas
Lancaster Extension Home Economist

Low-Fat Low-Cost Gifts
Holiday gift giving can be a drain on the brain as well as the pocketbook, and your gift can still wind up in the back of a loved one's closet. But while not everyone may want a certain gizmo, knickknack or extra scarf, everybody does have to eat.

As one who follows heart healthy eating guidelines, I do not recommend plum puddings and chocolate creams, but fortunately there are other gifts that are fun to receive, good for your health, and easy on the budget. Here are my suggestions, and the reasons why they make nutritional sense.

A large body of scientific evidence supports the merits of cutting back on fat in our diets and stocking up on carbohydrates. Why not give an assortment of interesting dried pastas, arranged in a basket or tied with a vivid ribbon.

Few people are familiar with the subtle differences in rice, which can also serve as the basis of low-fat meals. Assemble a basket of rice from around the world — Indian, Japanese, Basmati, Italian risotto, and even wild rice (technically not rice at all, but actually a grass rather than a grain). You could include a favorite recipe or cookbook on rice.

While we are advised to cut back on fat, there are times when a little goes a long way in adding flavor. Such is the case with olive oil, which contains monounsatur-

ated fat. Numerous brands are available in supermarkets and specialty stores. A large, attractive bottle or can makes an excellent gift, and you could add a bottle of balsamic, garlic, raspberry or tarragon vinegar.

And speaking of flavor, as we learn to do with less salt — another healthful recommendation — other seasonings become more important. Nothing adds zest like fresh herbs, so for a friend with a green thumb and a little outdoor space, consider giving a gift certificate toward the purchase of herbs to be planted next spring. A certificate from a local nursery could be taped to a small gardening tool or slipped inside a gardening glove. Many people think of growing their own herbs but don't get around to it; your present could be the gentle nudge they need.

Another gift pleasing to most cooks would be a rope of garlic or chili peppers to hang in the kitchen, serving both as decoration and as a ready supply of piquant flavor in low-fat dishes.

To further encourage low-fat eating, some kitchen gadgets help cut down on labor as well as boost flavor. Examples are a lemon zester, apple corer, nutmeg grater or knife for cutting vegetables into serrated shapes. It's surprising what a difference such small tools can make in easing kitchen tasks.

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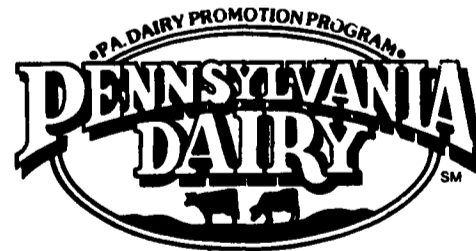
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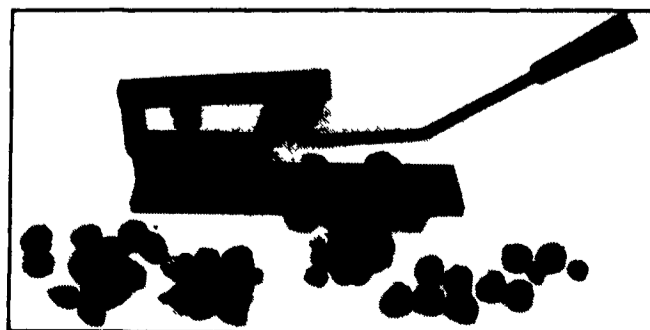


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