

Extension Home Economist

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curriculum that addressed only food concerns.

"We have seen success in failure in this program," said Doris, who believes that teaching money management cannot be separated from preparing wholesome meals.

"You can't teach a mother to eat better and have a better way of life if she doesn't know how to manage her money to do it," she said.

Doris, herself, always attempted to eat nutritionally. Several years ago, it was a shock to discover that her cholesterol level had reached 250. Even her doctor had predicted, "If anyone has low cholesterol, it is you."

He was wrong.

"I decided it was time to practice

what I preached so I began reading labels," Doris said.

She was shocked to find the amount of fat in crackers, chips, and ice cream.

"I didn't eat the low-fat ice cream. I ate the rich premium kind once a day," Doris said.

Doris adjusted her eating habits and within six months her cholesterol dropped to 200. A typical breakfast for her includes citrus fruit, 2 pieces of cinnamon toast, and coffee. Lunch is a cup of her homemade soup, some smoked turkey, and fruit.

Dinner is most likely a stir fry made without soy sauce but with chicken broth or white wine and fresh ginger or garlic.

One daily weakness, she said, is eating Lancaster County pretzels,

but they aren't high in fat.

Although she primarily sticks to low fat foods, she occasionally indulges in her favorite ice cream.

Although Doris's job has required working many evenings, she found time to be active in her church, and with the Heart Association, where she was president of the Lancaster chapter and is now on the state board.

She hopes to find something to do where she can still use her education skills. She'd like to be a tour guide for the county and even has an offer in the works.

"I'll have to find something to do. I can't stay home or I'll go nuts," she said.

Her friends assure her that she will find plenty to do during retirement. Already she is planning a

trip to Florida, time spent with her married daughter and two step-grandchildren.

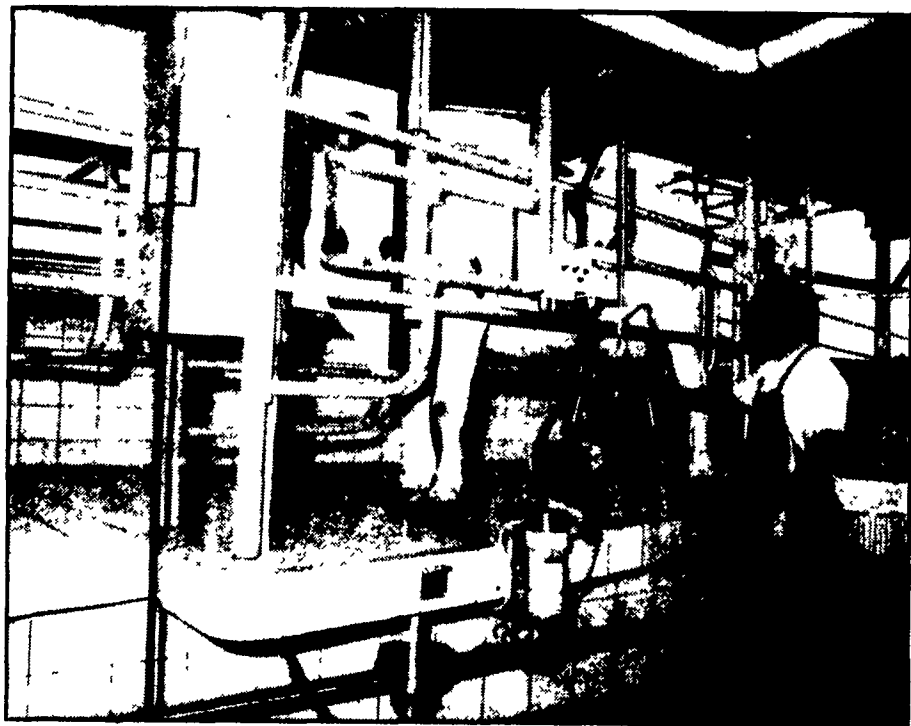
Although the transition into retirement causes some trepidation, Doris is not terrified.

"So far in life, doors have opened for me so I figure they will continue to do so," she said.

On March 6 from 2 to 4 p.m., a retirement party will be held for Doris Thomas at the Lancaster Host Resort, 2300 Lincoln Highway East, Lancaster. If you would like to attend, please call (717) 394-6851 or write to 1383 Arcadia Road, Room 1, Lancaster, PA 17601.



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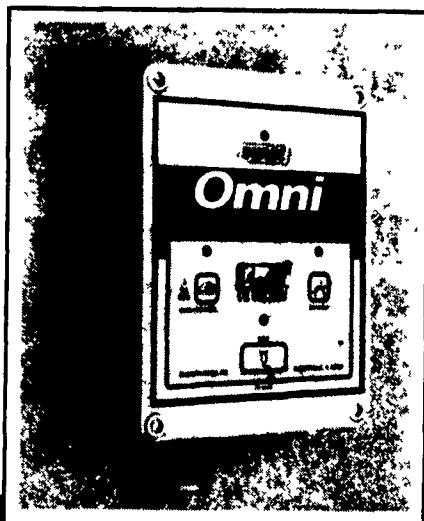
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