

On being a farm wife - And other hazards

Joyce Bupp



Boy, it's good to be home. I've heard about these "vacations" from some of the other girls, but that was my first one.

Some vacation it started out to be. First they dragged me out of the comfortable meadow, where I was just getting ready for a nap. In fact, I'd just settled down into my favorite spot, that muddy corner behind the biggest tree trunk, when they came looking for me.

Chased me and a couple of my herdmates back into the pen. Then they slipped one of those halters on each of us and led us outside. They've been doing that for awhile, taking us for walks each evening. I like it because we always get an extra scoop of grain afterward.

Not this time. Next thing I knew we were inside a stuffy trailer, and I was stuck next to that bossy Bessie. She thinks she's such big stuff, just because she's a little older and taller than me. And she kept shoving me with her hard head.

The air blowing around my face felt good when we started moving down the road. Before long though, they stopped and opened the door. There were a lot of loud noises and strange smells and people all over the place. My owner called it the "fair". A couple of people tried to pet me when they took me out of the trailer. It scared me and I jumped away.

Then they tied me in a stall. At least it wasn't with Bessie. She got tied in with Wanda, who always steals everyone's feed. Serves her right.

Just when I'd settle down in this soft pile of fresh straw, they came along and made me get up again. Next thing I knew, I was getting a haircut with that noisy clipper thing. It took forever. My feet were tired and that loose hair made me all itchy. Finally they stopped, and let me have a drink. But the water tasted funny, not like what we have in the meadow. I was really thirsty, but I only

LANCASTER (Lancaster Co.) — Lose weight for a lifetime. Penn State's College of Agricultural Sciences has introduced a weight-management program designed to help people shed pounds — permanently.

"Although many people lose weight on traditional diets and weight-control plans, 95 percent gain the weight back," says Dr. Madeleine Sigman, assistant professor of food, science and a registered dietitian. To address the problem, Sigman developed "MY NEW WEIGH OF LIFE", a program that teaches participants to integrate weight loss into their lifestyles, "managing your weight is a personal issue," Sigman says. "To be permanent it must become part of your life."

The program grew out of current research into theories about obesity, weight loss and coping management. Participants are given accurate, up-to-date information about food, nutrition and exercise. They are encouraged to recognize their own needs and choices and to be more physically

drank a little.

Bessie went next. She was still lovesick for that bull and moped around and bawled in front of the judge. She didn't get a ribbon at all.

I couldn't wait to tell the other heifers in the pasture all about my vacation when we got home a couple of days later. Bessie hasn't said a word to me ever since.

I wonder when we can go on vacation again?

active. Participants also learn how to lower the fat content of favorite recipes. The program's philosophy is that there are no forbidden foods, only those a person might choose to eat less often and in smaller amounts. By keeping a diary of their food intake and mood patterns, participants identify behaviors that have led them to overeat. Record keeping also helps them set realistic goals.

For permanent results, the program calls for a slow loss of weight, 1/2 to 2 pounds per week. Enrollees must eat three meals daily. "If you don't eat for a long time during the day, your body signals to itself that whatever comes in next should be stored as fat," says Sigman. "If you skip a meal to lose weight, you actually are defeating the purpose."

Toward the program's end, participants are shown how to cope

with relapses and how to establish a weight-maintenance support group. Class Limit 15. Cost: \$60.00.

Day - Instructor: Lynda Lueck-Stoner 9:30 a.m. - 11:30 a.m. - September 15, 22, 29, October 6, 13, 20, 27, November 3, 10, 17, December 1, 8.

Both day and evening classes will be held in the Extension Training Room of the Farm and Home Center, 1383 Arcadia Road, Lancaster, Pa. Penn State encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact Althea Engle (394-6851) in advance of your participation or visit. For registration information, call the Lancaster County Cooperative Extension Office at (717) 394-6851.

Jami Todd Reigns

(Continued from Page B3)

on a farm instilled in you?" to, "What can government do to help today's farmers as they continue to pursue agriculture as a profession?"

The unenviable task of selecting a winner went to the Judging team of Patti Crow, chairwoman of the West Virginia Farm Bureau Women's Committee; Michele Awad, Agriculture in the Classroom coordinator for the Virginia Farm Bureau Federation; and Christie Beam, communications director for the National Association of RV/Parks Campgrounds. The Queen receives a \$2,000

scholarship from the Maryland State Fair, which will be supplemented by an additional \$1,000 provided by the Maryland Agricultural Fairboard. She will also receive \$1,000 to reimburse her for expenses involved in appearing at various functions, and the use of a brand new GMC Jimmy for 90 days.

Guest Speakers included chairman of Maryland Farm Bureau Women, Cora Widdowson, and C. William Knill, president of Maryland Farm Bureau, Inc. Entertainment was provided by the New Legacy Jazz Band.



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