

Live To Eat

LEBANON (Lebanon Co.) — Lebanon Extension is sponsoring a twice-a-month program called Eat to Live — Live to Eat. The same program will be

repeated six times every month, morning and evening. Paula Leuenberger R.D. will present these free programs that have lots of information and ideas for cut-

ting fat and salt, and lowering blood pressure and cholesterol. Call (717) 270-4391 if you plan to attend.

Ida's Notebook

Ida Risser

Laura Shares Limelight

(Continued from Page B12)



Nathan Tice, 9, Lebanon, also participated in the KILE Lead Line. Judges for the show were Sarah Fleener, outfit; Charlotte Dinsmore, poise and personality; and Diane Conoway, sheep judge.

solid red, and solid camel, which match the collar band. There is a zipper up the back and a loose drop V-shaped contrasting red belt. The belt matches the small red wool bow at the collar band, accented with a small gold rose charm. Amanda accessorizes her outfit with red tights and a red wool bow which she helped to make, and lace-up black shoes. Reba also sported a matching collar and bow, which Amanda sewed.

Amanda is a first-year 4-H sheep club member and plans to participate in the showing club next year. She has a flock of 12 Southdown ewes and shows at various events throughout the summer and fall. She is in the 3rd grade at District Topton Elementary School.

Judges for the show were Sarah Fleener, outfit; Charlotte Dinsmore, poise and personality; and Diane Conoway, sheep judge.

In all, there were 34 contestants. Following is a list of show placings:

KILE LEAD LINE RESULTS

Juniors: 1. Amanda Miller. 2. Emily Rutledge. 3. Shanna Kephart. Intermediate: Shelley Patton. 2. Christy Lucas. 3. Jaeme Griffin. Seniors: 1. Laura Langlotz. 2. Jamie Hill. 3. Andrea Musser.

On our trip to the New England states, we visited the John F. Kennedy Library in Boston beside the Atlantic Ocean. We saw a film on our 35th President's life and looked at various exhibits in many rooms. The eight-story pavilion was enclosed in glass. Here in the archives are millions of pages of documents. It was an emotional experience to view his life story.

Our next stop was entirely different as we were dropped off by our bus at Quincy Market near the waterfront. Here we encountered a mass of humanity as hundreds of people pushed past food vendors as they hunted for lunch items. As we were having a large evening meal, we purchased bowls of soup which we took, outside to eat. When we approached a bench already occupied by a man, he said, "Why stand on your feet when you can sit on your seat." Here we watched people go by until a drizzle sent people for cover. When I ask a man where he purchased his coffee, he just looked at me and said, "German." So I realized we could not communicate. A local guide got on our bus and gave us

a three-hour tour of Boston. We also stopped at one of America's most famous churches, the Old North Church. In the evening I wrote postcards to relatives as all the gift shops sold cards.

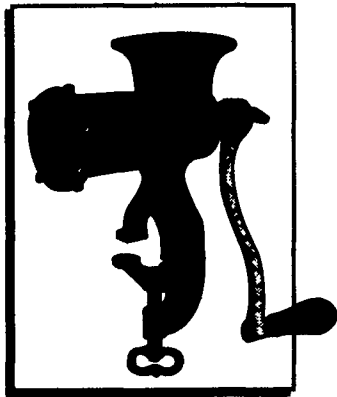
Our stop at the "House of Seven Gables" and also the birthplace of Nathaniel Hawthorne were quite interesting. A secret staircase was discovered when the 1568 house was renovated. Our mystery stop of the day was a paper house. Not only were the walls made of 215 thicknesses of newspaper but the piano, desk, clock and other furniture were also made of rolls of paper.

In South Portland we had an afternoon cruise on Casco Bay where we saw forts and lighthouses. We had a choice of a whole lobster for our evening meal and so I ordered one. Some folks ordered other meat as they did not want to work on taking a lobster apart.

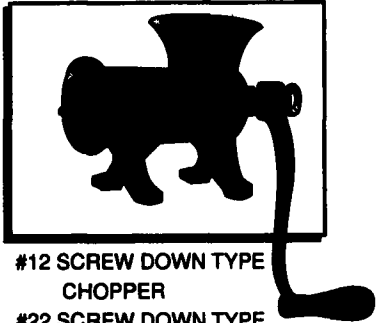
Our guide will always remember this trip as one lady fell in the bathtub, another had to go to a hospital for an overnight stay, and the bus driver traveled in circles for half an hour as he hunted a restaurant in Worcester.

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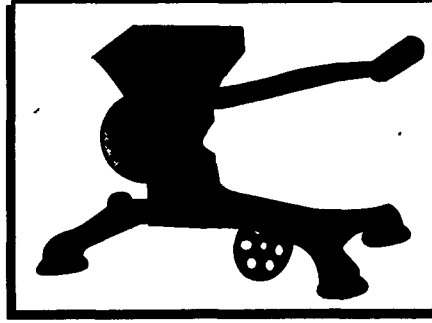
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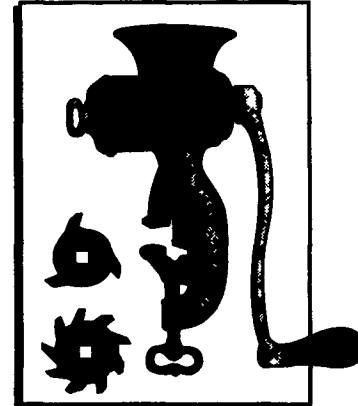
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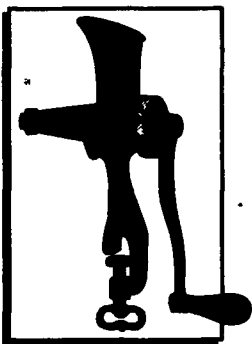
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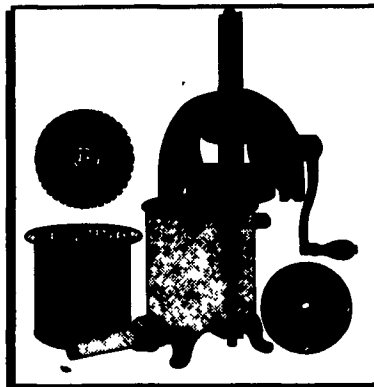
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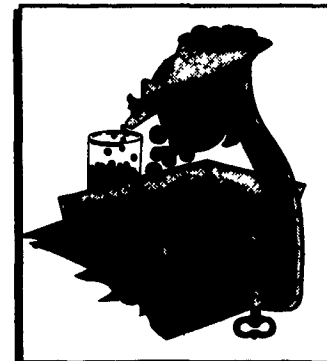


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