

Bedford County Names Lamb And Wool Queen

BEDFORD (Bedford Co.) — Amy Fisher, daughter of Lana and Rodney Fisher of 736 Green Lane in Bedford, was crowned lamb and wool queen at the annual banquet.

Not a country girl by birth, Amy adopted farm life, thanks to Ada and Bill Myers of Bedford Valley.

"It's a long story," said Ada, who has been helping with sheep since the early days of her marriage.

"Amy was visiting the farm with her sister, a friend of our son, Scott. Amy took to the sheep and asked her parents if she could have some of her own."

"We always go along with what the girls want," admits her mother. "We thought if the Myers are willing, why not?"

Amy has three sheep of her own including two crossbred Oxford and Suffolk and one Suffolk.

She has shown her market lambs at the Bedford Fair and at Jackpot Shows. Last year she had the reserve lightweight champion at the Bedford Fair.

At school, Amy is on the softball and volleyball teams, a member of the honor society, student council, and chorus.

A junior at Bedford High School, she hopes to someday have her own small farm and flock of sheep.

The Myers, who board her sheep, have a 100 head flock of Suffolk and Dorsets.



Amy Fisher, the 1995 Bedford County Lamb and Wool Queen, wasn't always a farm girl.

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Choose Fresh Snacks

I can eat everything in sight! At least it seems like that these days. I'm expecting a baby in mid-May and it seems from about my fourth month on I've had an unending appetite. As I eat, my husband Russell so sweetly reminds me that it all must come off in the end!

My usual pre-pregnancy cravings for junk food have turned to cravings for fresh fruits and vegetables. It's almost scary. But I have to admit, the fresh fruits and vegetables are a much healthier choice and lower in calories too.

Everyone gets the "munchies" and it takes all types of snack foods to satisfy those powerful urges at times. Snacking, it seems, is an American Pastime and one which I thoroughly enjoy. Have you considered livening up your snack time with naturally sweet and juice fresh fruits and crisp crunch vegetables?

A juicy orange is bursting with thirst-quenching flavors. A banana helps to stave off hunger pains. Crunch fresh vegetables dunked in a favorite dip are popular hors d'oeuvres and great for snacks too. Use fresh vegetables to make sweet and spicy breads for coffee-break refreshment.

Fresh fruit and vegetable snacks are the most natural snacks around. Fruits and vegetables also provide bulk to the diet which aids digestion, are low in sodium, contain no

cholesterol and are low in calories. Fresh fruit and vegetable snacks are easy to prepare — what's easier than peeling an orange or banana? Raw vegetables are quick, too — just trim and slice if desired. Raw cauliflower florette, sweet potato sticks, broccoli buds and more add crunch to your munchies.

So take the fresh approach to your snacking, like me. (Don't forget you'll get an added bonus in that you won't get those pangs of guilt at snack-time.) Here are some suggestions for fresh snacking. For the freshest snacks, remember to buy bright clean, firm, well-shaped, bruise-free vegetables and fruits. Trim leaves and stalks as little as possible. If you wish to peel fruits or vegetables, keep peelings thin so nutrients are not wasted.

Fresh Snack Ideas:

- Munch on raw vegetables — broccoli, carrots, cauliflower, celery, cucumbers, mushrooms, green onions, green and red peppers, sweet potato strips, radishes — or dip into fresh onion dip.
- Munch on fresh fruit — apples, pears, grapes, peaches, nectarines, plums, bananas, oranges, grapefruit, pineapple, and melon.
- Halve a grapefruit or orange and top with a scoop of cottage cheese.
- Stuff celery with peanut butter

or seasoned cream cheese.

- Make frozen banana chips. Cut rounds of banana, spread on aluminum foil, and wrap tightly. Freeze and serve for a great snack.

- Frozen whole bananas are always a treat. Insert a wooden stick into a ripe banana, wrap in plastic and freeze for one hour. If desired, remove and dip into chocolate sauce, re-freeze in plastic until ready to serve.

- Try another banana snack. Slice banana rounds, place on tooth picks, dip in fresh lime, lemon or orange juice to which some honey has been added. Roll pieces in finely chopped nuts.

- Make fresh breads with zucchini or pumpkin.

- Remove several cabbage leaves, wash and dry them, and then roll around cheese sticks or cream cheese and secure with a tooth pick.

- Make fresh spinach dip. Combine in blender: 3/4 pound cooked and drained spinach, 1 cup plain yogurt, 2/3 cup mayonnaise, 1 tablespoon finely chopped onion and 1 tablespoon lemon or lime juice. Blend well and serve.

- Serving guests a late-night snack? Skewer grapes, berries, chunks of melon, apple, pear, pineapple or any fruit, alternating cubes of cheese or rolled slices of ham or turkey.

- Fresh beverages are great tasting snacks and good energy boosters, too. Combine milk, orange juice, a banana and a few ice cubes in a blender. Blend for one minute and serve.

- Make a fresh fruit pizza! Press a pie crust into a pizza pan or cookie sheet. Prick with a fork and bake at 450 degrees F for 10-15 minutes until lightly browned. Soften creamed cheese with fresh orange juice, beat until creamy. Coat the baked crust with cream cheese mixture and top with any combination of sliced fresh fruit.