

# Baa Baa Blvd. Is Home

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remain in the small barn, quite a drop from when 12 to 14 ewes were kept.

Lambing time had gotten to be a stressful scenario, especially when unsteady twins and triplets seemed to be arriving every minute and there weren't enough human bodies to balance the numbers for their care.

Yet, Karen, who puts home and family above all else, says, "We enjoy this as a family project. But you get attached to them (lambs)."

For queen Kami, who resides at "BAA BAA BLVD," according to the Hillegass entry sign, the pangs of loss still sting when one of her babies has to leave. But the reality is Kami's future and college. The Suffolk sideline undergirds her education fund as does her part-time cashiering job at the local Riverside supermarket.

Like most worthwhile things, generating interest among the young is a perpetual responsibility. The sheep and wool industry is no different. Kami wants to focus her attention on the juniors. "I'm going to encourage beginning kids (new 4-Hers) to start with lambs," said the Berlin-Brothersvalley cheerleader.

Once upon a time she toyed with the idea of doing a steer project,

had even given it a shot. When it bombed, she was certain, "I wanted the cute little lambs."

A high school junior, she's also in the bell choir at the Berlin Brethren Church.

Kami reports having a schedule of upcoming parades and appearances. One, is "Somerset County Day at the Farm," on July 2, and the Somerset County Lamb Jackpot Show at the fairgrounds in Meyersdale on June 17. She'll be bestowing handsome ribbons and trophies on deserving winners.

The promoter says she will gladly share the recipe by which she was tricked into eating lamb. In fact, she's counting on a great many converts when the home chefs, summoning great patience, prepare it.

## ARIZONA LEG OF LAMB

1 (5 to 7 lbs.) boned, rolled and tied leg of lamb  
 1 cup wine vinegar 1 cup vegetable oil  
 2 cloves whole garlic 1 bay leaf, crumbled  
 2 teaspoons salt 1 teaspoon rosemary  
 1 teaspoon sage ½ teaspoon crushed pepper  
 3 each: large potatoes, onions (quartered); large chiles or peppers (sliced).



The sweater worn by Kami Hillegass was made from the wool of her first breeding ewe when she was 11. She is 16 now, but the sweater still fits and suits current fashion styles.

Combine vinegar, oil and seasonings. Pour over lamb. Cover and marinate in refrigerator 12 to 24 hours, turning often. Remove lamb, strain marinade and reserve. Place potatoes, onions, chiles and garlic in shallow roasting pan. Pour ¼ cup of marinade over vegetables. Place lamb on roasting

rack over vegetables. Pour ¼ cup marinade over lamb. Roast at 325 degrees for approximately 25 minutes per pound, or until meat thermometer registers 140 degrees

F. for rare, or 150 to 155 degrees F. for medium rare. Baste with ¼ cup marinade every 20 to 30 minutes. Allow lamb to rest 15 minutes before carving.

## Avoid After-Lunch Slump

It's 2:00 p.m. and you know you shouldn't have eaten that fettuccine Alfredo for lunch today. You've heard time and time again that big meals cause drowsiness. Sure enough, now that it's the afternoon, you feel stuffed, things are beginning to get blurry, and you'd like nothing better than to take a nap.

Is it the lunch, or just the time of day? It's probably some of both. Laboratory experiments show that alertness and the ability to perform tasks drop off during mid-afternoon, whether you eat lunch or not. On the other hand, studies also suggest that for some people, meals high in carbohydrates such as pasta and bread release certain chemicals in the brain called neurotransmitters, which are thought to cause drowsiness. Other factors, such as age and sleep habits also contribute to mid-day drowsiness.

While there may be no magical cure for afternoon drowsiness, certain eating habits can lead to fatigue over the long run. To avoid this, try the following:  
 •Don't skip meals. Food is fuel, which means that if you miss meals and wait until you're "starving" to eat, your body will literally run out of gas. Try to eat regularly and in moderation.

•Don't expect sugary foods to give you an energy boost. The body responds to a large dose of sugar, as in a candy bar or soft drink, by releasing insulin, which in turn works to lower blood sugar. The result often leaves you more tired than you were before.

•Eat a diet rich in iron. Chronic weariness is an earmark of a longstanding iron deficiency, a mineral many Americans, women in particular, don't get in sufficient amounts. That's why it's especially important to include iron-rich items like meat, legumes, dark green vegetables, and iron-fortified cereals in your daily diet.

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