

H A P P E N I N G S

4-H Fair August 10-12

Are you looking for some great family fun at a low price? Come to the Montgomery County 4-H Fair at the 4-H Center on Route 113 between Routes 73 and 29, near Skippack.

The fair will be held Thursday, August 10 through Saturday, August 12. The fair is open to the public on Thursday from 5 p.m.-9:30 p.m., Friday from 9 a.m. to 9:30 p.m., and Saturday from 9 a.m. to 4:30 p.m.

A parking donation of \$3 is requested to help defray costs. You won't find commercial rides here, but good old wholesome fun — animal shows, exhibits of completed 4-H projects, bands, game booths run by the 4-H'ers themselves, and hands-on, get-involved fun.

On Thursday evening, opening

ceremonies and the banner parade begin at 6 p.m. followed by the sheep show at 6:30 p.m. From 6:30 p.m.-9:30 p.m. you can learn country western dancing from an experienced instructor. There are pony rides for the kids, beginning at 7 p.m. as well as a horseless horse show. In this event, the participant is a "rider" from the waist up and a "horse" from the waist down while they participate in real horse show type classes. Demonstrations will be presented before the start of the activity.

Other highlights of that evening include the introduction of the outstanding 4-H members and scholarship presentations. Indoor exhibits include crafts, foods, woodworking, clothing and a wide variety of 4-H and open class entries. The indoor exhibits are open until 9:30 p.m.

On Friday, rabbits, dairy cows,

steers, Seeing Eye puppies, pigs and cats will exhibited. In the evening, the band "Latigo Smith" will perform from 7 p.m.-10 p.m. with their great brand of foot-stomping music. In between these exhibitions, "Make It and Take It" project sessions will be held as well as a fun Olympics for the children. From 4 p.m.-8 p.m. as well as Saturday from 10 a.m.-2 p.m. sewers can rummage through the Giant Fabric Sale, benefiting the 4-H Center. For those with hearty appetites, at 6 p.m. the world's largest sausage patty will be cooked and sold by Hatfield Quality Meats, celebrating their 100th birthday this year. A rocket launch is also set for 6 p.m. 4-H Alumni are especially being sought for the welcoming reception from 8 p.m.-9 p.m.

To close the Fair on Saturday, the 4-H Goat Show and the 4-H Horse Demonstrations and Drill Teams will be featured. The Deep Creek Cloggers will perform at noon, followed by the Dog Obedience show. The Celebrity Goat Milking Contest at 12:15 p.m. will feature local celebrities vying for this year's championship title.

To round out the day, a pet show consisting of domestic animals will be featured. All area youth are invited to bring their

pets and participate in this event (no poultry or livestock allowed). All animals in the pet show must have current rabies and other vaccinations as required for their species. Registration begins at 2 p.m. and show is set for 2:30 p.m. Don't forget to stop by the Fashion Revue at 3:30 p.m. The Fair concludes at 4:30 p.m.

Projects such as sewing, rocketry, electronics, foods, and small engines will also be displayed throughout the three days. Club game booths will also be operating at certain times during the fair. It is guaranteed to be an enjoyable time for all, and don't be surprised if you hear an oink, baa, bark, meow, or squeak during your trip to the Montgomery County 4-H Fair.

For more information and a more detailed schedule, call the 4-H Office at (610) 489-4315.

Berks County Beef Club News

The Berks County Beef Club held its monthly meeting at the 4-H center on June 27. Preparations for the Kutztown Fair were discussed.

Keith Meador came and talked about the reproductive system of a female heifer. He explained all the parts of the reproductive system. He also explained how to artificially inseminate a beef heifer.

The tank to keep the semen tube in has to be 300 degrees below zero.

York County 4-H Fair

The York County 4-H Fair, sponsored by the York County Cooperative Extension Office, will be held from Thursday, July 20 until Saturday, July 22 at the 4-H Center near Bair Station.

The fun begins Thursday at 5 p.m. with the official opening ceremonies followed by a Media Challenge and "Barnyard Games" and a rocketry demonstration.

Friday's events include a Seeing Eye Puppy demonstration and a fashion show. Saturday features the beef, rabbit, poultry and lamb shows; a barbecue with pork, beef, and lamb; cake walks; a pet parade; a "Jail"; and the Kiss-A-Pig contest winner announcement.

Exhibits and events will be open to the public throughout the week, and admission is free.

For more information, contact the York County Cooperative Extension Office at (717) 840-7408.



Low-Fat Calories Count

LANCASTER (Lancaster Co.)—As a nation, we've gotten the message to eat less fat and cholesterol, but we are still heavier than ever. Cholesterol intake and fat consumption has dropped from a high of 40 percent of calories in the 1960s to about 34 percent of calories today. Despite this statistic, waistlines have continued to expand to the point where one in three Americans now weighs more than 20 percent above the ideal weight. Why do we continue to pile on the pounds?

Calories appear to be the major culprit. We may be eating fewer calories as fat, but we're eating more calories than ever. According to government surveys, the average daily caloric intake among Americans increased from 1,969 in 1978 to 2,200 in 1990. While this may seem like a modest increase, it converts to a potential weight gain of 24 pounds per year.

In 1991 and 1992 alone, supermarket shelves bulged with almost 2,500 new reduced-fat and fat-free products. Americans seemed convinced that if it was fat-free, it also must be calorie-free. It's now time for a reality check. The biggest problem with the "eat all that you want as long as it's low-fat" theory appears to be just that: "eating all that you want."

What's the bottom line? Reducing the fat in the diet is still an important component of any weight management plan, and reduced-fat and fat-free foods can help. But don't use the

"fat-free" label as a license to eat as much as you want of a product. It may be just as high in total calories as its regular fat counterpart.

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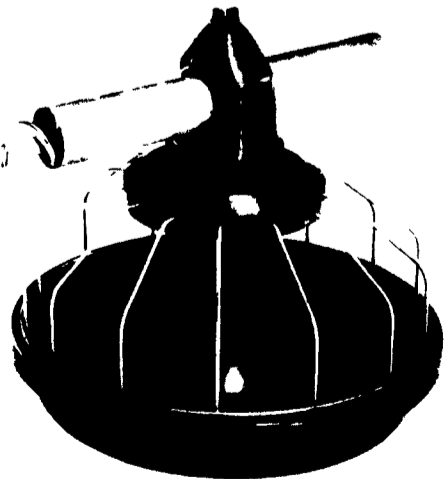
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