

'Best Of Friends'

(Continued from Page B14)

They look at the horse with an eye for its gentleness, "unflappability," and the ease with which it is handled. Often, a horse which has been a children's pet, is well socialized and generally makes a good therapeutic riding horse. She would like to see the distinction "TRH" — therapeutic riding horse placed after the names of these horses. This would easily indicate to therapeutic riding groups that a particular horse has had much specialized training.

The participants in "Best of Friends" are preparing for a horse show to be held at Rose Hill Stables on August 20. This will give

the riders an opportunity to "show off" in front of family and friends. The horse show will be complete with trophies and certificates for all participants.

Both Karen Stricker and Cathy Homer have seen the benefits that the riders have received from this therapeutic riding program. Besides physical benefits, there are psychological and social ones as well. Motivation is increased, there is some social interaction with other riders, volunteers, and instructors, and some riders form special attachments with the horses.

Over the years some of the participants in the program have gone on to regular riding lessons. Karen

Cabbage Crop Ready For Consumers

HARRISBURG (Dauphin Co.) — Consumers can obtain fresh cabbage by visiting local farm markets and roadside stands between now and December, according to Agriculture Secretary Charles C. Brosius.

has a favorite quote, author unknown, which she feels best describes the healing process that is accomplished through "Best of Friends": "The outside of a horse is good for the inside of a man's soul."

For more information on "Best of Friends" or a similar organization in your county, contact your local Extension Office.

"Our family farms have produced a very good crop of cabbage this year," Brosius said. "Both red and green varieties are entering their peak season right now." He noted that the state is ranked 12th in the nation for cabbage production.

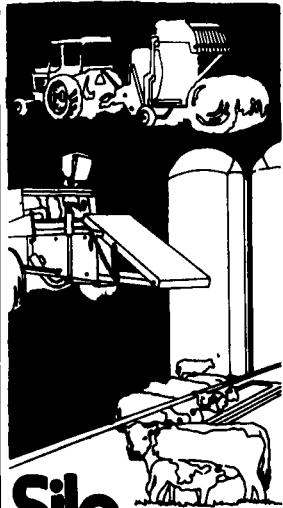
"Select cabbage with firm, compact heads that are free of yellow, wilted or splitting leaves. Avoid cutting cabbage until just before you are going to use it," Brosius said.

The Pennsylvania Vegetable Marketing and Research Program sponsors research projects that

help to improve the quality and overall production of cabbage and other vegetables in Pennsylvania. The program also sponsors efforts to promote the sale of Pennsylvania-grown vegetables in foreign and domestic markets.

Copies of a consumer's guide listing the locations of Pennsylvania farm markets by county can be obtained by contacting the department's Bureau of Market Development, 2301 North Cameron Street, Harrisburg, PA 17110-9408. The telephone number is (717) 787-5086.

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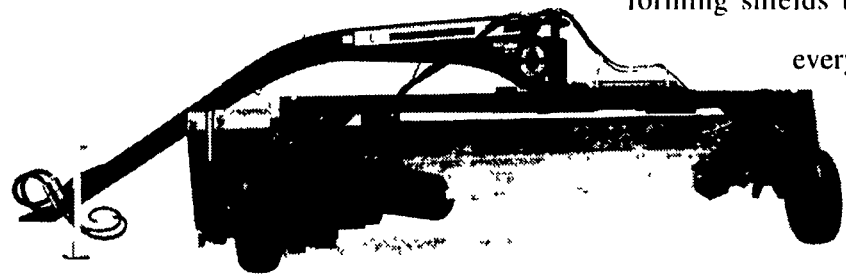
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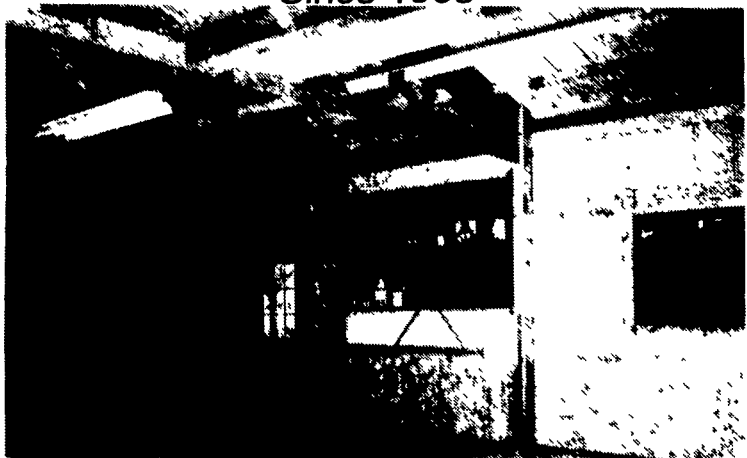


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