

Farm-City Banquet

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Some of Sammons' noted activities include presentations for career day to university woman, Ag In the Classroom Teacher Seminars, a former exchangee for the Farm-City program, and two terms served on the county extension board of directors.

Each year the Farm City Council presents a Public Relations in Agriculture Award. This year, three organizations — Reading Fair, Oley Fair, and Kutztown Fair — were presented the award.

William Hughes, vice president for CoreStates Bank who presented the awards, said, "We can't recognize the hundreds of fine people who have tirelessly given their time, talent, and labor to entertain and educate the people of Berks County. Instead, we have chosen to recognize their end product — the fairs."

Dave Souders, vice president of the Reading Fair; Daniel Levengood, president of the Oley Fair; and Marcus Held Jr., president of the Kutztown Fair, accepted the awards.

The program also included presentations by Pennsylvania Depu-

ty Secretary of Agriculture Chris Herr, Pennsylvania Dairy Princess Angela Werley, and Berks County Little Miss Dairy Princess Kelly Rohrbach. Ernest Heckman, president of the Farm-City Council, served as master of ceremonies for the evening.



Berks County Little Miss Dairy Princess Kelly Rohrbach sang a song promoting milk at the Berks County Farm-City Banquet.

Family Living Focus
by
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Linda Yungwirth



SIMPLER, HEALTHIER HOLIDAY

The year-end holidays are upon us. And so are thoughts of getting together with family and friends to celebrate, give thanks, share gifts, and enjoy each other's company.

Why, then, do the holidays have a tendency to make us feel tired and depressed, frustrated and guilty, when we should feel energized and thankful?

It may be our own unrealistic expectations. Naturally, we want to make each holiday occasion rich and satisfying, particularly for any special people we have visiting. When the result is less than perfect, we're typically heartsick; sometimes, unfortunately, to the point of making our guests feel that it's all their fault.

How to avoid this scenario? Simple.

This year, put your holiday expectations into perspective. As you arrange your social and enter-

tainment calendar, make sure to include time for yourself and your immediate family. And, when you organize your holiday menus, be sure they're not so complex you don't have time to enjoy yourself, your family and your guests.

To make your goals more obtainable this holiday season, stick to the following three resolutions:

- I am not going to overwork myself.

Be kind to yourself! An exhausted host or hostess isn't good company.

When planning your menus, consider choosing simple foods you know how to prepare. Consider what can be prepared ahead, then frozen (or held in another manner).

Think about having a potluck party where everybody brings something. Also, if holiday guests are staying over, don't be timid about serving leftovers or ordering out for pizza. A kitchen can seem like a dungeon if you're held captive there too long.

- I am not going to overspend. As you rummage through holiday recipes, keep your food budget in mind. How can you enjoy a dinner knowing a large portion of the month's food budget is sitting on the table. If served attractively, recipes made with common household staples and an occasional special ingredient can be just as elegant as those that call for many expensive ingredients.

- I am going to serve simple, healthful food.

A conflict of interest often occurs when entertaining. We invite our friends into our homes as a way of expressing our friendship. We want to make sure they're happy and well-fed. Does this mean we need to serve elaborate, calorie-laden foods? Not at all.

A better statement of love and friendship is to serve a variety of simple foods that also are good for ones health.

The beauty of these three resolutions is that they complement each other. Simple, nutritious foods usually take less time to prepare and are less damaging to the budget than fancy, gourmet-type fare.

What more could you ask for in a healthy, happy holiday?



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