Kids Korner

Sheep Day Camp Held At Bedford Fairgrounds

BEDFORD (Bedford Co.) — About 50 students from around Bedford County participated in the first "Sheep Camp," sponsored by the Bedford County Extension Office and held at the Bedford County Fairgrounds.

Lambs were provided by area farmers to avoid transporting sheep from each individual farm.

With perfect June weather providing a backdrop of blue skies and cool breezes, the participants spent the morning learning about selection of sheep and feeds and nutrition.

A picnic lunch was followed by a workshop on fitting and sportsmanship/ethics. The day closed with a mock show.

Kyler Myers, Cody Waltemere, and Ben Sollenberger decide this sample is bran.

Rachael Conrad, who owns seven sheep, and Malorie Clark, who has a flock of 28, will be participating in the Bedford County Fair. Both girls were learning showing and fitting techniques at the Sheep Camp. They are members of Champman's Run 4-H.

Amanda Stanton, Everett, and Jasmine Grimes and Carly Imler both of New Enterprise, enjoy a sack lunch under a shade tree. All three were enthusiastic about their experiences at the camp.

Health Walking

What makes a walk a workout? It's largely a matter of pace and distance. When you are walking to exercise, you don't stroll, stop to window shop or visit. You move out at a steady clip that is brisk enough to make your heart beat faster and to cause you to breathe more deeply.

Here are some tips to help you to develop a good walking style:

• Keep your head erect and back straight and let your arms swing loosely at your side.

• Stay relaxed, breathe deeply and take comfortable steps.

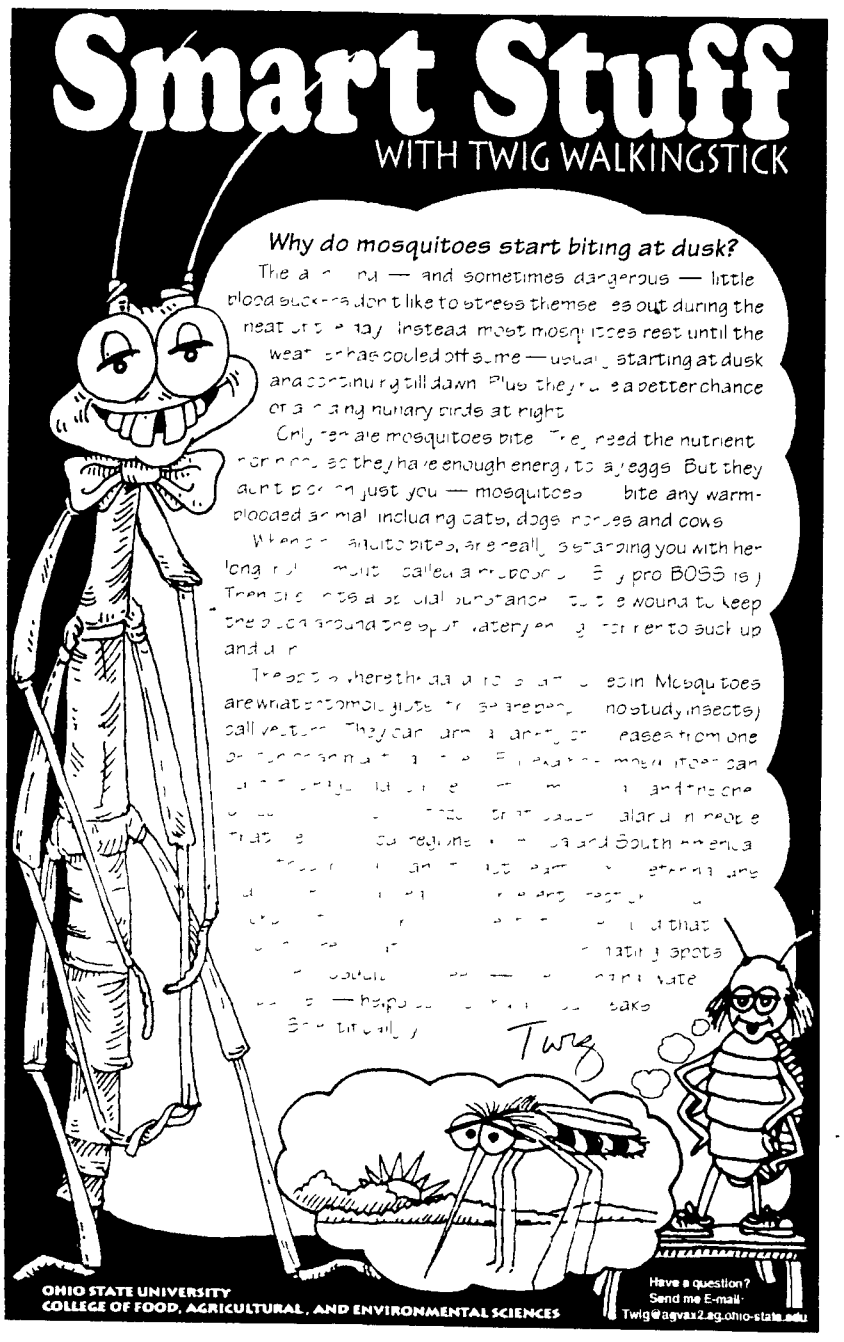
• Always land on your heel and roll forward, finally pushing off the ball of your foot. Walking flat-footed or on the balls of your feet may cause fatigue or soreness.

• Your toes should point straight ahead. "Toeing-in" and "toeing-out" are inefficient ways of walking and may aggravate or contribute to leg/hip joint problems.

• How far, fast and often? Questions about how far, how fast and how often you should walk can be answered by listening to your body. No one can tell you exactly how far or how fast to walk at the start, but you can determine the proper pace and distance by experimenting. If you've been inactive for a long time, it will take time to get into shape. Build up slowly. Try to set goals, otherwise you will be tempted to push yourself too far too quickly and exercise will cease to be enjoyable. If in doubt, check with your doctor.

• How far? You may want to start by walking for just a few minutes and then gradually increase the time. Walking needs to be done for at least 30 minutes if your body is to achieve any "training effect."

• How fast? The speed at which you walk is less important than the time you devote to it, although it is recommended that you walk as briskly as your condition permits. The "talk test" can help you find the right pace. You should be able to carry on a conversation while walking. If you are too breathless to talk, you're going too fast. When walking, should you develop dizziness, pain, nausea or other unusual symptoms, slow down or stop. If your problem persists, see your physician before walking again.

• How often? Regularity is the key. To be effective, most authorities agree that you should exercise at least three times a week, preferably on alternate days. Fitness cannot be stored.

• Warm Up and Cool Down. Begin each exercise session with 5 to 10 minutes of bending, twisting, and stretching the head, arms, shoulders, legs and ankles. These exercises will give your body a chance to limber up, get your circulation going and loosen up muscles and joints. All stretching should be done slowly without bouncy, jerky motions.