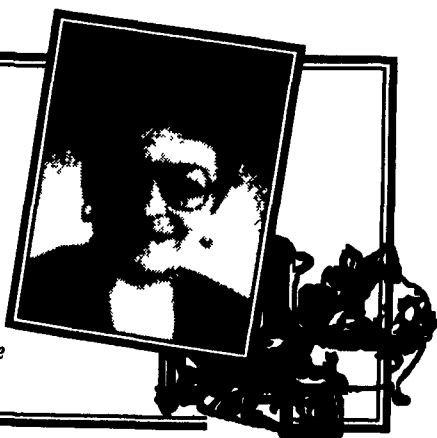


Consuming Thoughts

by
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It's back to school time and we're back to making lunches. Sandwiches are quick and easy, however, we must be wary of the nutritional content of the fillings. Food safety is another issue we must remember when packing lunch.

Peanut butter and jelly sandwiches are the most common sandwiches among school-age children. Although peanut butter is an excellent source of protein, it contains a lot of fat.

Low fat peanut spreads are available but these are made with less peanuts and more sugar. This lowers the fat content but also decreases the amount of protein. Use regular peanut butter but use it in moderation to minimize fat. This will make your jar last longer and will be easier for your child to swallow.

Other popular sandwiches such as tuna, chicken, egg or turkey salad are made with mayonnaise. Not only is mayonnaise high in fat and cholesterol, it can become a potential food hazard, when combined with protein foods, if it is not properly refrigerated. Before preparing these sandwiches, determine if there will be a refrigerator available to keep the sandwich cold.

For those of us who work near delis and sub shops and frequent these conveniences, we must become wiser in making lunch choices. Deli sandwiches such as ham and cheese, turkey clubs and BLT's tend to be high

in fat and sodium. Many times these sandwiches are made with mayonnaise, cheese or extra fillings which further increase the calories, fat, sodium and cholesterol as well as the cost.

Lean cuts of meat such as turkey and roast beef are better than the fattier deli meats such as salami, bologna, ham, bacon, pastrami, etc. Other fixings such as lettuce, tomato and onions may be used liberally as they do not contribute any fat, cholesterol or sodium. The major culprit of increasing the fat, cholesterol and sodium content of a lunch are the munchies that are often put on the side of a sandwich. Pickles, chips, and other snack chips are packed with sodium and fat.

So, what can we do to make a quick, low fat lunch for kids? The key is creativity. Use whole wheat bread, flour tortillas, or try pita bread. Avoid fatty deli meats and stick to the leaner cuts.

Make your own Lunchables using low fat triscuits or crackers with low fat cheese slices. Offer plenty of fresh fruits and vegetables rather than the high fat cookies, chips and other junk food. Bag air popped popcorn sprinkled with Parmesan cheese or some other seasoning.

For those who are on the go and are faced with going to sub shops, watch carefully who they make your sandwich. They may

'Lucky' Finds A Happy Home

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going on in school, we'll give her an extra half hour. Skip or I will do the morning chores. I think Skip loves Lucky as much as anybody," said Shelly.

"I'm out there all the time, even when I don't do chores in the morning," said Mary Catherine who is absolutely grateful for having the chance to experience of raising and showing a calf.

She also gives a lot of credit and thanks to those who have given her this opportunity and to those who have helped her along the way, beginning with the Robinson family of Wellsburg, N.Y., who donated the calf to be raffled.

"I also want to thank the Normans. I had no idea of how she was supposed to act at the fair. I didn't know anything until that one day when they had me come over and showed me how to lead them and how to prepare them for the show," said Mary Catherine. "That was so helpful to me. I had the best time and I learned so much!"

Shelly agrees, "We couldn't believe the day and night difference. For two weeks before she was coming in crying, saying she didn't think she'd be able to con-

smother your sandwich with extra mayonnaise or oil increasing the fat and cholesterol.

Instead of mayonnaise, try mustard or perhaps they offer low fat, low cholesterol mayonnaise that you can choose from. Ask them to hold the salt since they sometimes add it automatically. If they overstuff your sandwich, order extra bread and make two (or more) sandwiches. You can share the extra sandwich with a friend or save it for lunch tomorrow.

trol her and that she didn't think she'd be ready for the fair and she wasn't behaving and she really didn't know if she could handle her.

And when she came home from that showing and fitting day, I looked out and it was a different kid. She had her calf's head up, the calf was walking, Mary was just a different kid. She knew she could do this."

Skip noted that the biggest change he saw in his daughter was her confidence level. "What was happening was that the animal was picking up that Mary wasn't confident, and she was taking advantage of that. Mary then demonstrated her confidence and that made the difference," declared Skip.

From that point on, Mary Catherine walked Lucky every day and learned ways to keep control over the growing yearling as she prepared for the 1999 show season.

"I didn't realize that the spots I had taken her were spots that I was vulnerable to be taken power of. Like, she was uphill and I was downhill, or we were on a steep grassy area or we didn't have the chain halter. I realized my mistakes and I really improved, and so did she."

When she's not working with her animals, Mary Catherine can be found curled up with a book. When she first got the calf, books became not only a source of entertainment, but an immediate source of information.

"I read for fun. It's one of my hobbies. When I get a new animal, I get lots of books. I have books and books and books about how to raise chickens and about your cow. I also love the James Herriot Books," said Mary Catherine.

The family has also garnered information from willing farmers and extension personnel.

"We'd be at Agway over in Middlebury, and all you have to do is say something, and you have a circle around you," said

Skip.

"We've received lots and lots of good advice," agrees Shelly.

Winning the calf has opened many doors of opportunity for the Wellsboro Middle School student. As a member of the Liberty Community 4-H Club, she won first place in the junior show and second place in the open show at the Tioga County Fair, and placed fourth in the youth division at the Northeast District Jersey Show. Her 1999 show season came to a stop at the Northeast District 4-H Show and when she stood one place shy of a blue ribbon.

But, if everything goes as planned, she'll be back in the show ring next year as a junior 2-year-old.

"We're trying to decide how to keep her here and milk her and what to do with the calf, said Skip.

Laughs Mary Catherine, "We've had people tell us, oh, you can make butter and cheese! And we've had people offer us their nitrogen tanks for the semen so we can get her bred."

"They've also tried to think of ways to give others the opportunity that they have so enjoyed.

"Do we keep the calf, do we give the calf back to the Robinson family? We also thought that if Patrick was interested, we would give him the opportunity to raise and show. At this point we haven't decided," said Shelly.

"At this point we have a 50-50 chance that it will be a bull," adds Skip.

Any way you look at it, Lucky is one of the luckiest Jersey heifers in Pennsylvania and her caretaker, one of the happiest Jersey owners around.

"Now I don't know what I'd do without her. She is big baby basically," laughed Mary Catherine.

"I've learned so much, like life experiences, like not being afraid to ask advice and things like that."

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