

Cumberland County 4-H Horse Club held its 4-H Achievement Banquet at the West Pennsboro Firehall, Plainfield. From left, Heidi Evelhock, daughter of Betty and David Evelhock, Shippensburg, is selected Outstanding 4-H Horse Member; Sandy Long, Carlise, is recognized for completing 35 years as a volunteer leader; Phylis Martin, Shippensburg, completed 10 years as a 4-H leader; and Mary Strasbaugh, daughter of Glenda and Tim Strasbaugh, Mechanicsburg, receives the Mrs. Merle Dubs Memorial Award for achieving the highest record score.

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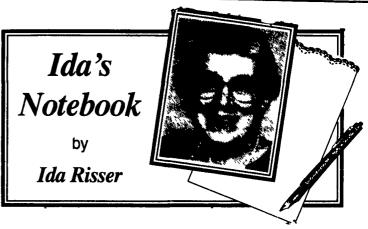
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The past century has seen many changes. Not the least among these are how we buy things.

In the early 1900s the sellers went to the customers. Peddlers walked from house to house selling shoe strings, pins, handkerchiefs, and other necessities. The McNess salesman and the Watkins salesman often stopped at farms to supply the housewife with vanilla, cleaners, and Musterole to rub on the chests of sick children.

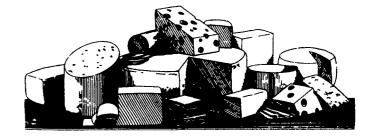
Even in the 1950s we had a "ragman" who stopped regularly at our farm. He also bought metal that had accumulated around the farm. Twice a week a delivery man brought bread to our kitchen door. Then the price was a small fraction of what we now pay when we run to the store for bread. One day unbeknownst to me, my 12-year-old

daughter ordered a lot of buns for a birthday surprise for me. Then a younger child became sick and the party was almost canceled.

In villages milk was delivered early each morning. And, icemen lugged blocks of ice to be put in the icebox-before refrigerators. My mother often told me about the fish peddler who came every Saturday night blowing a horn to alert the housewives of his arrival. Her family usually bought oysters for the evening meal.

Nowadays we go to the seller-wherever his store is located. It might be nearby or miles away in a mall. We still expect service but it is not the kind that we got at our doorstep.

Now I'll get back to work on my 18th braided rug. This one will be blue, grey and red if I can find enough material to finish it.

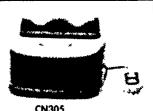


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Stimulates the lymphatic system.

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3. Improves the blood circulation.

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With the body reclining on a flat surface, no weight on the spine, and the back of each foot laving in the cradle of the machine which moves left and right like a fish swimming through water This oscillating movement helps to realign the spine

5. Increases the energy level.

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6. Produces a relaxed feeling.

5 minutes on the machine before going to bed can give you a relaxed restful experience 10 minutes or more in the morning can stimulate your body and get you off to a good start for the day 10 minutes any time during the day can help tired and sore muscles Instead of laying on the floor, older and overweight people can lay a board across the bottom and full width of the bed and set the machine on it

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