

*Ida's
Notebook*

by
Ida Risser

For several weeks now, we've been blessed with a cockbird who lives in our front yard. He entertains us with his mating call every few minutes. He may be the only free bird of his kind in our township. At one time our sons were able to hunt pheasants every fall in our fields. Even I sometimes shot birds that came too close to the house.

My husband tells me that there will be no apricots this summer as the frost got them. However, the strawberry bed is white with blossoms and should do well now that I have gotten rid of all the weeds.

In the fall I put nine kinds of flower bulbs in the basement. Of course, I knew the name of each kind, but now that I'm ready to plant them, there are two kinds that I can't name. Guess I'll just have to wait until they grow to

see what they are. The new dahlias that I just bought have dried up much to my dismay.

The rhubarb is doing fine and it has been shared with neighbors and friends. I've also made some for us to eat and frozen enough for winter use. One shelf in the freezer is filling up with frozen asparagus as Allen picks it every day.

We lost the key to our riding mower. But, Allen managed to start it with a screwdriver. He thought maybe a grandchild took it as he did sit on the seat in the garage. So I asked our daughter in Indiana when she phoned if she knew anything about it. She did not. Then a few minutes after she hung up, she called back and said, "Look on a big log near the window in the garage." Her husband laid it there so that the two-year-old would not lose it.

*Some CLA Today May
Keep The Doctor Away*

Ask anyone you know how they feel about fat and chances are many will refer to it as a guilty pleasure—and for good reason.

Experts have touted the "evils" of fat for the past decade, but not they've begun parroting the advantages research has uncovered.

Why? There is a growing consensus that some fats may actually play a critical role in maintaining well-being.

Take monounsaturated fat, for example. Found in foods such as olive oil, nuts and beef, it may play a protective role—perhaps even reducing the risk of heart disease for some people.

Another beneficial fat that is starting to receive critical acclaim is conjugated linoleic acid—or CLA for short.

Conjugated linoleic acid is a common type of dietary fatty acid belonging to the polyunsaturated fat family.

While scientists have studied CLA for years, they are just starting to share the exciting news.

Keeps You Healthy

CLA has a long list of potential health benefits. In fact, some would even say that CLA goes above and beyond the "call of duty." All fats supply energy, satisfy hunger and transport fat-soluble vitamins like D and E, but CLA has additional benefits. Following are just some of the ways CLA may work to improve your health.

Maintains Well Being

Many studies have shown CLA may inhibit the development of some types of tumors, even sluffing off ones that already exist.

Lowers Cholesterol

Just like monounsaturated fats, CLA has a positive effect on your blood cholesterol. Animal studies have found CLA decreases total and bad (LDL) cholesterol levels, thereby reducing the risk of heart disease.

Makes You Slim

A fat that burns other fats? Sounds too good to be true, but that's exactly what several recent CLA animal studies suggest. In addition to lowering cholesterol levels, CLA also may be effective in reducing body fat and increasing the percentage of lean tissue.

Keeps Sugar Levels In-Check

Move over insulin...here comes CLA! In what could potentially lead to improved dietary treatment for diabetes, a recent study found that CLA may regulate blood glucose levels and thus, prevent or delay the onset of this common disease.

Where It's At

CLA is abundant in foods that come from animals - basically meat and dairy products. Ground beef is an excellent source of CLA, as is milk, yogurt and processed cheeses. CLA can also be found in lesser amounts in chicken, pork, seafood and vegetable oils. So go ahead and enjoy that cheeseburger and feed your body some CLA today.

No Kidding.

(Continued from Page B14)

burger, which they use in place of ground beef.

People sometimes ask Eberly how long he will continue raising sheep.

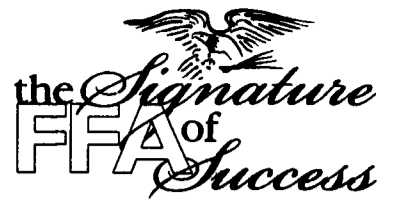
He admits, "It's rough getting up at 3 a.m. during the lambing season, but I don't know what I'd do if I didn't have sheep."

Neighborhood children often want to bottlefeed the lambs during the daytime. Eberly kiddingly asks them, "Where are you at 3 a.m. when I need you?"

He has a question for readers: "I'd really be interested in knowing how many other breeders have seen quad births in the Shropshire breed," Eberly said.

**FFA Members
Are Winners**

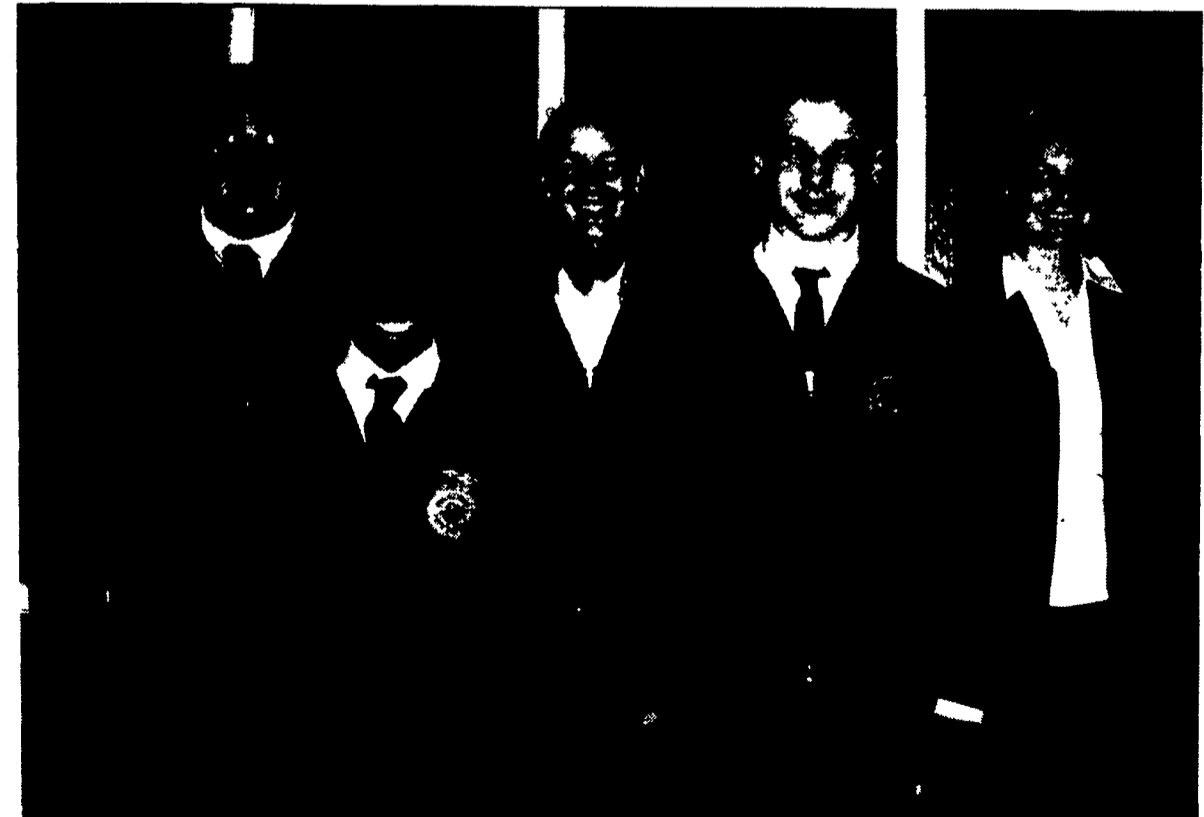
(Continued from Page B15)



Winners of the Parliamentary Procedure contest are from left (front) Joel Krall, Amber Frank, Amanda Heffelfinger, Sarah Krall, (back) Heather Hawkins, Jeremy Balsbaugh, Erin Templin, Beth Kreider, Chet Brubaker, and Erik Rheinheimer.



Extemporaneous winners are Jeremy Weber placing second, Kelly Dietrich placing third, Jill Neiman placing first, and Max Spayd placing fourth.



The Creed winners are from left (front) Justin Miller placing third, Garrett Ball placing fourth, (back) Susan Leed placing first, Stephanie O'Brien placing second, and Tara Chrzanowski placing fifth.