

Why Recycle?

Recycling is a way to manage the millions of tons of trash that humans produce. Recycling saves energy and natural resources. It's a great way for you to help protect the environment.

More than 50 percent of all the trash from your home is made of paper. When we recycle these items we save energy. For instance, making paper from recycled paper products uses 64 percent less energy than making it from the wood pulp that it originally came from!

Containers made from recycled plastic use 60 percent less energy than making

the same product from new materials. It's very important that we recycle.

Look around your home and find things that you can easily recycle. For instance, dead leaves and lawn clippings can be turned into compost. Make garbage bins for certain items—one for glass, plastic, paper and food waste. Glass, plastic and paper items can be delivered to a local recycling plant instead of a garbage dump. Food waste can be composted along with the lawn clippings for mulch.

Do your part to help keep our environment healthy-recycle!

Taste Buds, Appetite Diminish With Age

For many older people, eating is a social occasion and so they aren't as enthusiastic about it when alone. Plus, people lose taste buds as they age. At 30, people average 245 taste buds on each papilla - the tiny bumps - on your tongue. By age 70, people average 88 taste buds per papilla.

Your mother may also be experiencing a bout of depression, which also affects appetite. Or she may have a medical problem. Be sure she talks with her doctor about her change in eating habits to rule out anything serious.

Still, there are things you can do to help. First, know that sweet and salty tastes seem to be the first to be affected by the decreasing number of taste buds. That means that normal seasoning may seem bland. Increase the amount and variety of herbs to give a flavor jolt to favorite foods.

Be cautious about increasing salt-your mother might be salt-sensitive (as is about 10 percent of the adult North American population) and that could affect her blood pressure.

As you and your mother try new foods

and recipes, keep the food pyramid in mind for good nutrition. Getting plenty of grains, fruits, vegetables, protein and dairy products is as important for older people as it is for anyone else. Try adding barley to stews or soups, and cheese or nonfat dry milk to cream soups. Keep fresh, frozen, canned and dried fruit on hand for snacking. To add flavor to vegetables without a lot of fat, add butter-flavored sprinkles instead of butter or margarine.

Usually, people's calorie requirements decrease as they age, simply because they're less active and their metabolism slows down. That means it's even more important to eat nutrient-dense foods and to keep high-fat and high-sugar foods to a minimum.

Finally, it's also very important for older people to make sure they get enough fluids. The thirst mechanism doesn't always work very well as people age, so encourage your mother to sip on a glass of water and refill it throughout the day.

Chow Line is a service of The Ohio State University. Send questions to Chow

Line, c/o Martha Filipic, 2021 Coffee Road, Columbus, OH.

On Being a Farm Wife (and other hazards)

Joyce Bupp



Shopping is not one of my favorite pastimes.

More like a necessary evil. A couple of clashes with mass marketing have only underlined my concerns that, if we are living in a service-based economy, we are in deeper "doo-doo" than what we've been hauling out of the manure storage the last few days.

Case in point: One of those numerous Sunday paper advertising flyers from a large national chain store advertises sneakers on sale. I need a pair for the barn. My barn sneakers see heavy wear, from milk house cleaning agents to heifer pen manure to garden mud. They need frequent replacement, preferably obtained on sale.

This particular venture required a stop outside my usual go-and-grab shopping paths, and was a side trip tacked on to the end of an already long day. It took some sleuthing through the shoe department of the mass marketer before I turn up one pair in my size of the pre-advertised shoes. Grabbing the prize, I head for the check-out line, where the clerk rings up a price nearly double the advertised amount. I question the price. She shrugs and tells me that's what the registers says they are.

"Those shoes are on sale, right back there in your shoe department; go back and check, right back there," I suggest in an attempt to take a firm stand, while try-

ing to remain polite. "That's the only reason I got them."

The clerk stares at me with irritation, sighs punches a few more numbers, but ignores my suggestion to make a price check. I get the sneakers at the sale price. (Later I notice the receipt shows I had a "manufacturer's coupon." Whatever.)

And go out on the road to battle traffic the rest of the way home. Satisfied with the price. But irritated that I had to show an "attitude" to buy at the advertised price.

Two days later, en route home from a distant meeting, I make a quick stop at a farm supply store far from home to pick up replacement nipples for our calf feeding bottles. The price on a large box of them says \$1.25. I juggle eight up to the counter, the clerk rings them up and announces that my bill is \$16 and some odd cents.

New math or no new math, that didn't calculate in my head. Again, I question the price. The clerk grumbles, goes for a price check, reluctantly re-rings up the sale and snippily informs me that it's the "last time" the box will have THAT price written on it.

Well, excuseuuuuuse me.

I exit the farm supply store, bag in hand, climb in my car, and head out into rush hour traffic on a busy road.

A few more days later, after evening chores, I head for one of my favorite super-

markets. Since this is a pantry-stock-up-on-stuff run anyway, I add the coupons of several "free specials" to my list. And find that the store has run out of several of the "free" coupon items. No I can't have a rain check, the clerk tells me, and no, I can't get a substitute product. But I can come back later in the week when they have it. So who has time for that?

Fed up with "customer service" skirmishes, I say no more, make a trip to the manager's office, and firmly — but politely — protest. The manager says it's store policy to not substitute — but I can bring the coupon back on another trip. But I have to have the receipt with me for my day's purchases. No, they can't validate the coupon in another way.

I climb behind the wheel and head home, vowing to shop in a different direction next time.

Would the sociologists pondering the reasons for an escalating rise in public rage, please give me a call?

NEW The Ultimate Circulatory Oxygenator



Features

- Padded Foot Rest
- Remote Control
- Digital Read-out
- 5-Year Warranty
- Very Smooth and Whisper Quiet
- 3 Speed - Accuracy Controlled by Circuit Boards

Become a Dealer
No Sign-Up Fee
No Purchase Required

For more information on health benefits and **FREE** trial, call

717-354-7914 or 877-624-0652

Introductory
Sept. Special
\$399.00

Do You Suffer From Fibromyalgia?

When I was introduced to New Image I was 50 pounds over weight and suffered from fibromyalgia. I was so depressed and in pain the majority of the time I was taking steroids and four other medications, one of which made me so 'groggy' I could hardly get out of bed and another gave me ulcers. I began taking New Image secretly because I thought my family would make fun of me. After a month, I discovered I had lost eight pounds and seven inches. Wow! Then it dawned on me, I was feeling better, the depression and pain were gone. In two months I was off all medications. "I feel SUPERFIC!" Now two years later I have lost 43 pounds and 30 inches. Thank you New Image for giving me a new life again. Judy Swift - Mt. Washington KY

NII does not make any health claims this is strictly personal testimonies of product users

Firmer • Trimmer • Leaner
All Natural Dietary Supplement

JUST 3 TABLETS AT BREAKFAST

New Image - Plus®

NEW HIGH ENERGY SOURCE

\$29.95 One Month's Supply

Has been known to work great on weight loss, cholesterol, high & low blood pressure, arthritis pain, sugar problems, varicose veins and many, many more!

No drugs, chemicals or preservatives!

Your Independent Distributor Is

Gerald & Margie Jones

75 Goodyear Rd.
Carlisle, PA 17013

Toll Free - 888-788-5572

To Order Call or Write

The ingredients are all safe and natural. Gum Karaya, American Desert Herb, Guarana, Korean Ginseng, Bee Pollen, White Yellow Bark (Wiedewinds), Bladder-wrack (Fungus Vestriculosis), Gotu Kola, Licorice Root, Reishi Mushroom, Astragalus, Ginger Root, Rehmannia Root, and Chromium Piconate (300 Micrograms per 3 tablets taken once a day)



FREE SHIPPING NO TAX

VISA

MasterCard



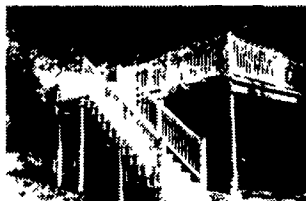
CowCam

See Lancaster Farming

Visit our Website at www.lancasterfarming.com

MAINTENANCE FREE RAILINGS FOR PORCHES, DECKS OR BALCONIES

We have the expertise to design & create a system just to fit your need. Any Size, Different Styles



Quality Workmanship
Product Durability
Customer Satisfaction

Elite vinyl railing systems offer low maintenance and durability.

- No Rust
- No Paint
- No Scraping
- UV Stabilized
- Smooth Surfaces
- Impact Resistant
- Lasting Beauty
- Non Fading Colors
- Available in White
- Ivory
- Gray



717-354-0524
New Holland PA

AG-BAG INTERNATIONAL LTD



Square Bale Tuber



6'-10" Ag-Baggers



10' & 12' Ag-Baggers for Trucks
4-7 tons per minute
Up to 600 tons per bag (12 x 300)

Custom Bagging & Tubing

Large Rental Fleet

Call Toll Free
877-412-4224

New & Rental
Machine Sales



Agri-Service LLC Rental & Custom Services

14137 Pennsylvania Ave. ~ Hagerstown, MD 21742
(301) 665-9333 or TOLL FREE (877) 412-4224

