

Penn State Students Wage 'Penny War' To Benefit Farm Family

UNIVERSITY PARK (Centre Co.) — Agricultural fraternities and a sorority at Penn State's University Park campus raised nearly \$800 for an AgrAbility farm family through their annual "Penny War" competition.

"For the third year, the fraternities and sorority coordinated and administered this event as a way of giving back to the agricultural community," says Linda Fetzer, Penn State project assistant and outreach coordinator for AgrAbility for Pennsylvanians.

Ronnie Sands coordinated the event. Alpha Zeta hosted the Penny War banquet at which the check was presented to the McElwee family of Franklin County.

Tom and Becky McElwee attended the banquet with their son, Tyler, and vocational agriculture teacher, Gerry Reichard. Tyler was involved in an ATV accident and sustained a spinal cord injury. The Penny War funds will be used to modify the family's skid steer loader from foot control to hand control. This modification will allow Tyler to return to work at the family's receiving station, where they purchase and sell cattle as well as transport cattle to various parts

of the country.

Penny War funds are collected by each fraternity and sorority and a traveling trophy is awarded to the group that collects the most funds. This year's trophy was awarded to Alpha Gamma Rho for collecting \$522.97.

"AgrAbility for Pennsylvanians applauds the efforts of the agricultural fraternities and sororities for making a difference in the lives of a farmer with a disability who desires to continue working in production agriculture," says Fetzer.

AgrAbility for Pennsylvanians is a part of a national information and technology network for farmers and farm families who continue to farm despite medical or physical limitations. This statewide project is a collaborative effort between Penn State Cooperative Extension and Easter Seals Central Pennsylvania and receives funding through the U.S. Department of Agriculture.

AgrAbility services include on-site assessments of farm operations, information on assistive technology for farm worksites, peer/caregiver support, referral services, professional education and public awareness.

Senior Appreciation Day At Maryland State Fair

BALTIMORE, Md. — The Maryland Department of Aging announces plans for its 14th annual Senior Appreciation Day at the State Fair on Thursday, Aug. 30 at the State Fairgrounds in Timonium, Md.

Activities for the day include:
• 8:30 a.m. — Early morning fitness walk and continental breakfast for "walk" participants.

• 10 a.m.-1:30 p.m. — Senior Center Showcase featuring arts and crafts displays and demonstrations, and information on programs and services available

at senior centers.

• 11-1:10 p.m. — Grandparent/Grandchild Contest. This special event gives grandparents and their grandchildren an opportunity to compete for trophies and cash prizes in physical likeness, talent, and costume categories.

Preregistration is required and the deadline to register for the contest is July 20.
• 1:55 p.m. — Running of the Senior Appreciation Day Purse at the thoroughbred racetrack.

Gifts will be given to the first 500 seniors attending the Senior

Center Showcase. Seniors can also enjoy the traditional attractions and festivities of the Maryland State Fair. Admission to the fairgrounds is free throughout the day for persons 55 years of age and older.

To receive a registration form for the Grandparent/Grandchild Contest, or for more information on Senior Appreciation Day activities, call Public Affairs, Maryland Department of Aging, (410) 767-1273, or toll free: 1-800-AGE-DIAL.

Family Living Focus
by
Denise A. Talko
Bucks County Cooperative Extension



Snacking can be simple. Have your children involved in the planning. When you make your grocery list or visit the market, have your children select the healthful foods, like fruits, vegetables, yogurts, cheeses, cereal, and other grains that they like to eat. Include them in the preparation or plan for snacks that are easy to put together without much mixing, cooking, and clean up. Often snacks are just one item or two to three simple foods combined with each other. They may not even require adult supervision, are fun to make, and can be eaten on the go. Here are some ideas:

- Serve cold cereal with milk or yogurt, topped with fresh fruit or raisins.
- Toast a bagel/bread with cheese or peanut butter, top with raisins, nuts or seeds.
- Blend together can or fresh fruit, milk or yogurt, juice and ice cubes for a smoothie.
- Use packaged items like low fat pudding, granola bars, dried fruit to eat on the go.
- Prepare raw vegetables alone or combine with dip, peanut butter or cottage cheese.
- Many fresh fruits are their own container (and no clean up) — good to go.
- Mix cottage cheese with granola or canned or fresh fruit.
- Suggest leftovers from yesterday's dinner.
- Fill an apple or banana halves with peanut butter — add some nuts go nuts.
- Try crackers or pita bread with cheese or meat stuck on top or inside.
- Put raw veggies, and a bit of dressing into a tortilla and roll up.

Remember that you are a role model for the children in your life. Select the same types of food for your snacks. They are nutritious and may be lower in calories than some of the other snacks out there. It is equally important that you get the essential nutrients as well. Enjoy your summer and eat well.

For more snack ideas and nutrition information, contact your county's Penn State Cooperative Extension Office. Ask for a publication entitled: "The ABC's of Growing Healthy Kids — Keep on Snacking."

essential vitamins and minerals. Their selections are often higher in the less desirable nutrients such as fat, sugars, salt and cholesterol, and empty calories.

Snack time can be a place where healthful foods are offered. The roles of good nutrition apply here. Everyone requires a variety of foods to ensure that they are receiving all the nutrients that they need for proper growth and development. Follow the Food Guide Pyramid and the following tips to guide you.

• Have healthful foods at home — Try to keep a variety of foods from each group from the Food Guide Pyramid in your pantry or refrigerator. This begins with selecting the right kind of foods at the store.

• Look for food items that may be high in nutrients like iron, calcium, protein, fiber, and vitamins like A and C. These can be fruits, vegetables, milk, and grain products.

• Do not often buy foods that are high in calories, fat, cholesterol, salt, and sugar.

• Serve beverages such as low-fat chocolate or white milk, water, and juices that are made with 100 percent juice (apple, grape, orange, pineapple). Look on the label! Beverages are part of snacking and can easily sneak empty calories and sugar into your child's diet.

Summertime Snacking
Vacations, camp, sports, swimming, picnics, and more! During the summer months, these activities are often featured and can alter your regular schedule. You and your family are very active at this time of year, but do not forget to ensure that your eating patterns are keeping up with your busy day.

Snacking has become a natural part of one's day. You may have been advised to avoid snacks as they would "spoil" your appetite for the following meal, but snacking can provide up to one-fourth of a child's nutrients each day. This is especially true now since scheduled breakfast and lunch routines are not as planned as they are during the school year. In addition, youngsters and adolescents are often more active during this season and require more energy to keep them going.

Because energy needs are high, often children and teens don't eat enough at each meal to meet their daily requirements for calories and other key nutrients such as iron, calcium, and vitamins A and C. Children have smaller appetites and may not eat as much as expected at each meal, thus, snacking can allow them to make up for what they may miss at mealtime. And teens often make their own food choices, which can result in avoidance

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