

Pennsylvania Angus Selects Royalty



The Pennsylvania Association recently selected Hope Long as state queen and princesses to promote the industry. Front, from left, are Princess Leah Walton, Kennett Square; Angus Queen Hope Long, Airville; 2002 Angus Queen Mamie Hower, Bethlehem; and Princess Samantha Semrau, Millerstown. Back, from left, are Princess Kate Livingston, Dover; and Angus Sweetheart Katrina Frey, Quarryville.

Family Living Focus
by
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Diet That Works For Everyone

Would you like to try a diet that will help you lose weight and keep it off for life?

Most of us would like to know this "secret", but many of us already do: In order to lose weight (or maintain weight, depending on your goal), one must decrease what is taken in (food and drink) and increase what is put out (exercise or physical activity).

However, when we decrease what we eat and drink, we need to replace with nutrient-dense foods, foods that are good sources of certain nutrients, to ensure we are getting what we need. That, coupled with trying to do 30-60 minutes of physical activity most days of the week, may lead us in search of an alternative diet that promises a quick and easy fix.

Every day there seems to be a new diet book or trendy diet sweeping the country.

We can discover these on TV, on the Internet, at bookstores, health food stores, or co-workers. No matter the source, they need to be reviewed before trying. These diets or products can be ineffective and unsafe for a number of reasons. They have one thing in common: they are fad diets. These diets gain popularity over a short time and may not have a strong scientific basis. Review this fad diet checklist to alert you to unsafe practices you may find out there.

Guarantees fast weight loss or extreme results Does not incorporate exercise into the diet program.

Emphasizes pills, miracle foods, or books that you have to purchase.

Uses people's testimonials over science such as "I ate as much as I wanted."

Claims that the diet can do things such as melt fat away or cure diseases.

Recommends only one type of food and eliminates other food groups.

Focuses on certain combinations of foods or avoiding combinations of food.

Advises fasting or skipping meals.

Does not tell you to talk with your doctor before starting the plan.

Allows you to avoid making any lifestyle changes.

Offers a "money back guarantee" not real results.

Does not fully describe how the products work.

Emphasizes results.

A safe and effective weight maintenance or weight loss program is a sensible plan that does require behavior changes. This lifestyle approach involves decreasing calories (what we eat and drink) and increasing the calories that we use (physical activity or exercise). Remember, busy is not the same thing as physically active.

This approach does take time and the modest weight loss of 1-2 pounds a week is safe and achievable. It is a plan that one can realistically follow throughout their life, concentrates on weight loss to improve health and well being, encourages variety and enjoyment in eating, and leaves room for indulgences at times.

It advises to enjoy all foods and beverages in moderation. It is much more of an approach than a "diet."

The word diet originally referred to what one ate and now it is used to describe what one does not eat.

In the United States we are facing a population that is 61 percent overweight or obese with high levels of chronic health problems such as diabetes, heart disease, and high blood pressure. Though even modest weight loss is recommended to help prevent or maintain these conditions, people should approach weight loss with reasonable goals, a safe and effective approach, and a positive outlook to enjoying and trying new foods and ways to keep active.

Cooking Demonstrations Warm Up Winter

KENNETT SQUARE (Chester Co.) — Longwood Gardens warms the winter months with a series of cooking demonstrations at the world's premier horticultural display garden near Kennett Square.

From February 6 through March 13, Executive Chef Frank Perko along with the sous and pastry chefs from Longwood's Terrace Restaurant share cooking tips along with recipes and tastings on Thursday afternoons. The demonstrations are held in the restaurant from 2 p.m. to 2:30 p.m. and are included with gar-

dens admission. No reservations are necessary, but seating is limited. The dates and topics are as follows:

- February 6 — Valentine's Dinner for Two
- February 13 — Winter Stews and Soups
- February 20 — Everyone Loves Chocolate
- February 27 — Very Vanilla
- March 6 — Risotto, the Real Deal
- March 13 — Spring Harvest.

The cooking demonstrations are in conjunction with Longwood's Welcome Spring display. The Gardens are open every

day from 10 a.m. to 5 p.m. Admission is \$12 for adults (\$8 on Tuesdays), \$6 ages 16-20, \$2 ages 6-15, and free under age 6. For information, call (610) 388-1000, or write to: Longwood Gardens, PO Box 501, Kennett Square PA 19348-0501. For recorded information from phones in the mid-Atlantic region (Connecticut to Virginia), call (800) 737-5500. Complete information is available online at www.longwoodgardens.org. Longwood is located on U.S. Route 1, three miles northeast of Kennett Square, and 30 miles west of Philadelphia in the historic Brandywine Valley.

Food Handlers Recertification Offer

WEST CHESTER (Chester Co.) — Food service operator's recertification is required every three years. A six-hour Food Safety and Sanitation Recertification Course will qualify for the Chester County Health Department certificate renewal. Penn State Cooperative Extension will offer its recertification course on Tuesdays, February 18 and 25

from 6 p.m. to 9 p.m. The cost of the course is \$75 and registration is required. The deadline for registration is February 11.

Classes are held at the Government Services Center, 501 Westtown Road, Suite 370, West Chester, Pa. Contact Penn State Cooperative Extension office at (610) 696-3500 for registration information or a list of future course offerings.

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— Jess "Dad" Dye, ID

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— Becky Nunn, TX

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