

## Consuming Thoughts

by

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Holiday markets present a vast panorama of foods for your eating pleasure. Which will you choose and what are the considerations that will decide your choices?

Fruits figure in most people's holiday plans. They are the very symbols of plenty and celebration. All fruits are highly esteemed for their protective role in the diet. That's something to watch during the holidays when an over-abundance of rich foods and sweets is often the rule. Fruits are important sources of vitamins and minerals, and the banana is a good example to consider.

Few people realize what well-rounded nutrients the banana has such as the following:

- A good supply of protective vitamins
- A high supply of potassium
- A fair supply of calcium and phosphorous
- 100 percent available iron
- Low sodium content
- 99.8 percent fat free
- Satiety value
- Quick energy

It's so easy to get all these benefits from the banana. Just peel and eat. Vitamins and minerals go down mighty easy in a smooth, mellow banana. Did you know there are only 85 calories in a 3-ounce (10 grams) 6-inch banana?

Banana breads and muffins are easy to make and great for filling up the corners at snack time or lunchtime. In baked foods, the bananas are most often used in mashed form so that they become a sweet, flavorful semi-solid.

Here's a tried and true recipe for delicious Banana Quick Bread, a grand thing to have on hand for the holidays. Spread it with low fat cream cheese for a delicious sandwich, toast it for tea time, or just slice it into fingers and serve with any favorite beverage.

### BANANA QUICK BREAD

- 1/2 cup shortening
- 3/4 cup sugar
- 2 eggs, slightly beaten
- 1 3/4 cups sifted all-purpose flour
- 2 teaspoons double-acting baking powder
- 1/2 teaspoon salt
- 1 cup mashed ripe bananas (3 medium-sized)

Preheat oven to 350 degrees. Beat shortening until creamy and glossy, or 2 minutes at medium speed on electric mixer. Gradually add sugar, beating until light and fluffy after each addition. Add eggs and beat until thick and pale lemon in color.

Sift dry ingredient; add alternately with bananas; blend thoroughly after each addition. Grease bottom only of a loaf pan (approximately 4x8x2 inches). Pour batter into pan. Bake 60 to 70 minutes or until cake tester inserted in center comes out clean and dry.

Let bread partially cool in pan (20 to 30 minutes) before turning onto rack. Makes 1 loaf.

## Quarryville Girl Earns Junior Angus Awards

ST. JOSEPH, Mo. — Katrina Frey, Quarryville, has qualified for the Bronze and Silver Awards of the National Junior Angus Association, James Fisher, director of activities and junior activities for the American Angus Association recently announced.

Katrina is the 13-year-old daughter of Fritz and Nancy Frey, and is a seventh grader at Swift Middle School. She has shown her Angus in numerous shows at the local, state, and national levels. She has participated in public speaking and the quiz bowl at the National Junior Angus Show.

Katrina has also been the Pennsylvania Angus Sweetheart, and has represented her state as a voting delegate to the NJAA Annual Meeting.

Currently a director of the Pennsylvania Junior Angus Association, she has been a member of the National Junior Angus Association since 1990.

The Bronze and Silver Awards are the first two levels of the National Junior Angus Association Recognition Program that began in 1972. Junior Angus breeders must apply for the awards and then meet point requirements in many areas of participation before receiving the honors.

Applicants are evaluated in the areas of junior Angus as-



Katrina Frey, (left) of Quarryville, receives her Bronze and Silver Awards earned as a member of the National Junior Angus Association from Dave Mullins, regional manager, at the 2003 Eastern National Angus Show in Timonium, Md.

sociation activities, participation in showmanship and leadership competitions, using performance testing to improve their herd and their progress in producing and merchandising Angus cattle.

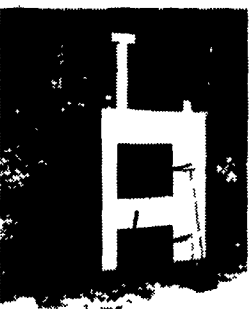
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## Monroe County Extension Offers Holiday Workshops

STROUDSBURG (Monroe Co.) — "Colorize and Organize Your Holidays" is the theme for this year's holiday program coordinated by the Monroe County extension.

The program will be conducted Thursday, Dec. 4, from 8:30 a.m. to 4:40 p.m. at the Clarion Hotel in Stroudsburg.

In addition to the choice of one of two workshops on holiday gifts and decorations, there will be sessions on health screening and options, coloring your diet, building colorful relationships, getting organized in time for the holidays, and a non-diet approach to wellness.

The cost of the program is \$22 if registered by Nov. 20 and \$30, Nov. 21 or later. For a registration form or more information, contact Monroe County extension office (570) 421-6430.

## 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 SUPERIFIC!" Now, two years later I have lost 43 pounds and 30 inches. Thank you New Image for giving me a new life again.  
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