

Lehigh County Extension Revises Weight Loss Program

ALLENTOWN (Lehigh Co.) — Tempted by holiday goodies that may increase your weight? Plan to take off any extra pounds by enrolling in "My New Weigh Of Life," a research-based healthy eating/weight management program developed by Penn State and taught by specially trained dietitians at various locations in the Lehigh Valley.

The original 12 week/2 hour per week program has been revised so that it will more easily fit into your busy schedule.

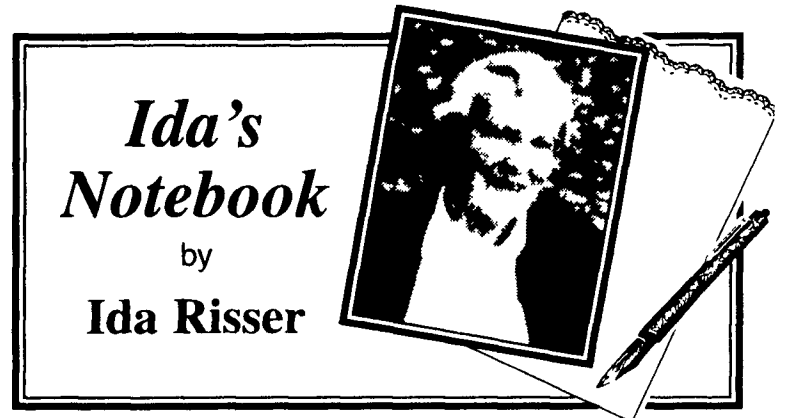
The revised program is 10

weeks, 1 hour per week, and will cover: components of a balanced diet; understanding and using food labels; recommended portion sizes; determining a personal healthy weight; components of a healthy lifestyle; preparing for and managing behavior change for a healthy lifestyle; identifying high-risk foods/situations; and more. A participant book and additional materials are provided.

Classes will meet every Wednesday from Jan. 7 through Mar. 10 and run from 7 p.m. to 8 p.m. at Lehigh County Coopera-

tive Extension, Lehigh County Agriculture Center classroom, 4184 Dorney Park Road, Allentown. The cost is \$70 per participant.

To register, call the Northampton County Cooperative Extension Office no later than Dec. 30 at (610) 746-1970 or visit our Website: <http://northampton.extension.psu.edu/Nutrition/wtclsscdl.html>. You may contact Lois Killcoyne, food and nutrition extension agent, at the above number if you have any questions.



Ida's Notebook by Ida Risser

Apparently we have a raccoon who visits us at night. It comes in the cat door to the garage. Most of the time it will empty the cat dish and walk in the water dish. But, the other night it tore open the sunflower seed bag that I bought for the birds. After sweeping it up, I put the bag in a corner of the kitchen out of its reach.

We had guests from Maine for a few days. Our daughter and her husband have three young boys, and they made this a lively place. They like to roll around on my round hassock and wrestle with each other. One boy made a pillow out of a very soft red material and gave it to us. Another had drawn a picture so big that I had to put it on the dishwasher door as the refrigerator door is full.

We were guests for Thanksgiving and enjoyed some turkeys made a different way. A

12-pound bird was ready to eat in 30 minutes by doing it in a deep kettle of boiling oil. It was fueled with a small propane tank.

Later two grandsons shared a birthday celebration as their special days are only eight days apart. They were thrilled to receive many gifts. Children these days would not be satisfied with a 10-cent handkerchief or a string of blue wooden beads. I still have a pair that was given to me decades ago.

When I'm not thinking about making Christmas decorations, I work on embroidering a pillowcase. One is finished and the other might wait a while as I write notes on cards. Several grandchildren have birthdays after Christmas. And, my sister has a wedding anniversary Dec. 22. She had a beautiful church wedding almost 50 years ago.

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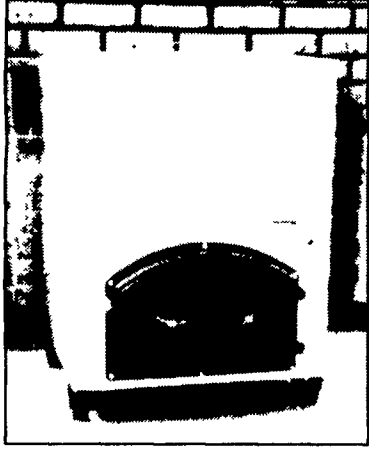
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