

Dieting

Even for the most well-intentioned dieter, losing weight is never easy. Instead of a crash diet, approach weight loss with a slow and steady attack.

Remember to set short-term goals for losing weight, regardless of how much you want to lose. Even if you want to shed 75 pounds, your final goal is so far in the future that you may get discouraged. So, set short-term, realistic goals - five to ten pounds at a time. Successfully meeting one goal will give you a boost and help you stick to your diet.

For a two-prong attack on your weight, increase your activity to help burn up extra calories. Jump rope, jog, swim or hike. You will burn your body's fat while saving fuel if you walk instead of drive, or climb stairs instead of taking an elevator.

Choose meats baked or broiled rather than fried or deep fat fried.

Eat meals slowly, with friends or family and take

pauses between small bites. Set the fork down after each bite.

Flavor vegetables with spices or butter-flavored salt, not butter or margarine.

Use small-sized plates to make portions seem larger.

Before going to the supermarket, make a list and shop only from the list. Never grocery shop on an empty stomach.

For desserts, choose fresh fruits or those canned in their own juices. Don't eat sugar syrups. Try an apple baked in sugar-free soda.

Put spices, lemon juice or salt on lettuce instead of salad dressing. Try to eat fairly regular meals, but when planning to eat out, save calories and pre-plan what you will eat.

Keep busy so boredom won't prompt between-meal snacking.

Drink a glass of water before meals to dull your appetite.

And if you overeat one day, don't give up. Cut down the next day.



Mr. and Mrs. Shuman

Shumans honored at 50th anniversary party

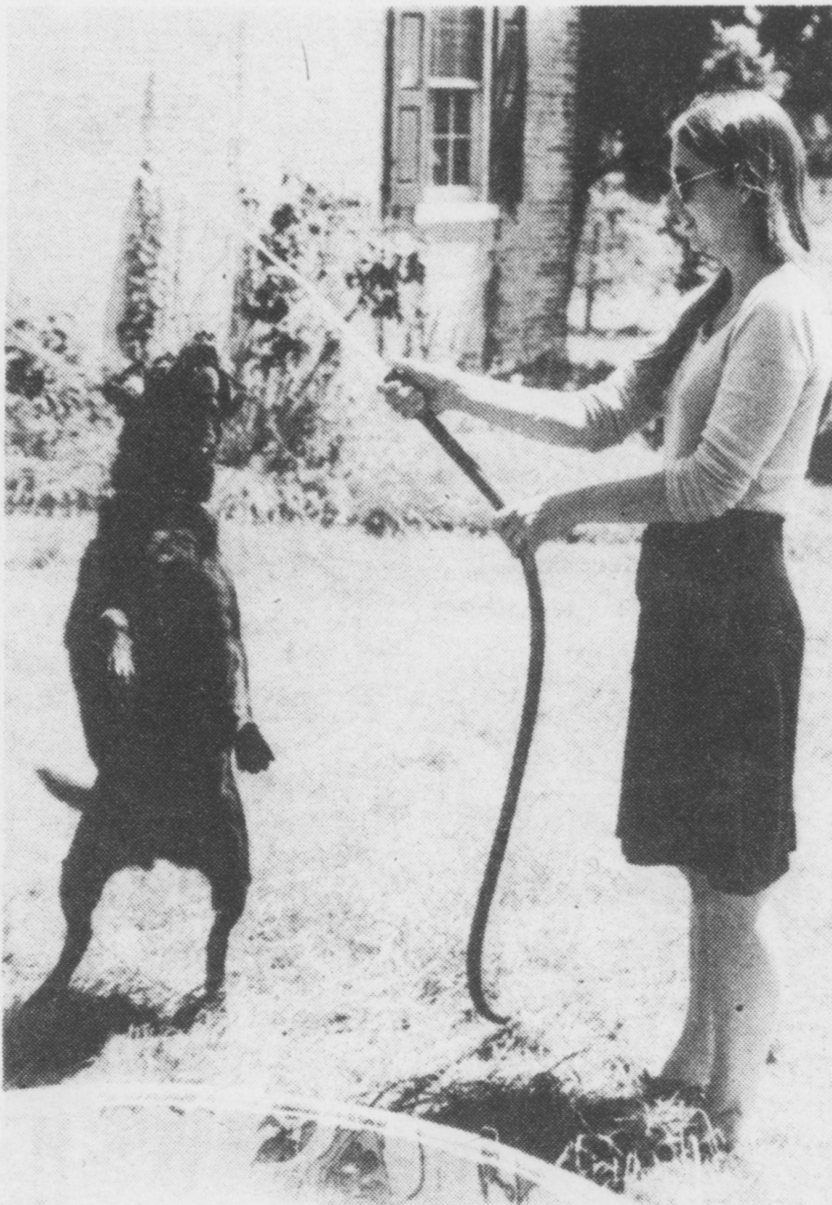
Mr. and Mrs. Floyd E. Shuman were the honored guests at a drop-in party celebrating their 50th wedding anniversary on Sunday at Zion's United Church of Christ, Marietta.

The couple were married at the Church of God Parsonage, Maytown, on July 23, 1928, with the Rev. J. Wesley Gable officiating.

Mrs. Shuman is the former Reba Ortman of Columbia. Floyd is a former Perry Countian who has spent most of his life in the Marietta area.

They have two daughters: Joan (Mrs. Charles A. Gable, Jr.) of Bainbridge; and Theresa A. Runkle, of RD1 Marietta. They have five grandchildren.

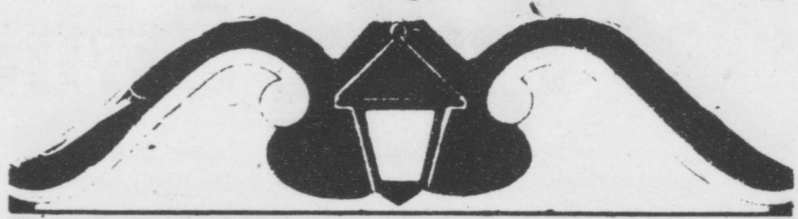
Dog days



Shown in photo above, Susquehanna Times mascot sometimes known as "Blackie" jumps for water on a dog day afternoon.

Holding the hose is Kathy Guyton, ad manager.

Blackie will chase a stream of water for hours in preference to a stick.




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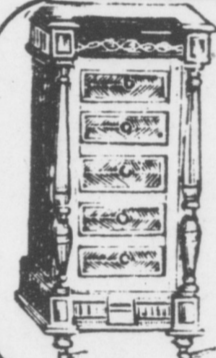
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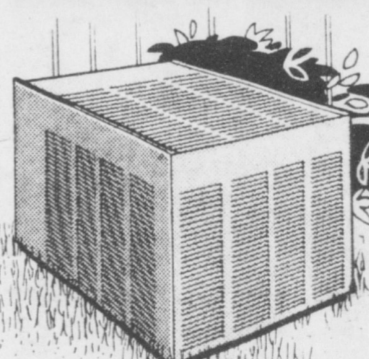
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Mount Joy Calendar

July 27: Planning Commission meets at 7:30.
August 1st: Lions meet

at 6:30; Borough Authority meets at 8:00.

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