

## Manheim FFA Points Project Toward Vacation

By: The Reporter  
 Manheim Chapter FFA  
 Each year the senior FFA boys of the Manheim chapter take a trip to the western part of the United States with money earned on chapter projects.  
 The chapter has seven acres of tobacco, four acres of corn, four acres of wheat and one acre of hay. The chapter also earns some money by mowing lots and other odd jobs with the chapter-owned tractor and mower.  
 Each member must work at least 200 hours at the chapter project during the course of his four years in

high school to be eligible for the trip.

During the school year the boys select a chaperone to accompany them on the trip which is taken in the new truck purchased by the chapter each year. In the school shop the truck is fitted out with a body in which the boys can ride. Storage space for luggage is built under the seats. In this space also goes sleeping gear and cooking equipment. The boys spend most nights in fields or national parks where they do their own cooking.

Each boy on the trip has his particular job, such as cooking, washing dishes, buying food, packing the truck or keeping a daily log of the trip, and each boy takes his turn at the wheel for a 200-mile trip.

The normal tour takes a southern route west through

the northern edge of Mexico, up the West Coast to Canada, and then east toward Manheim. The boys are always glad to start and glad to get home again.

J. Rohrer Witmer, Willow Street, Pa., is the owner of two registered Guernseys that have recently completed official DHIR production records. Tarbell Nicki Florovale, a five year old produced 10,290 lbs. milk and 512 lbs. of fat in 305 days. Chancellors Rose of Glendale, a junior 4-yr-old produced 11,770 lbs. of milk and 576 lbs. of fat in 301 days. Both cows were milked twice daily.



## Youthpower Congress Delegates Stress Danger Of Overeating

By: David E. Greer  
 Overweight is more common among the American people than among the citizens of any other country on the globe. Approximately 1 out of every 2 Americans weighs more than he actually should. Overweight can become a very serious problem when an accumulation of fat begins to affect necessary body functions. Statistics show that overweight individuals tend to die sooner than those who control their weight and keep it normal.

Why are so many Americans overweight. One form of overweight results from the malfunction of certain endocrine glands. Regular methods of dieting will not usually affect this type of obesity. However, the main reason so many Americans are overweight is that they eat too much and do not exercise enough!

When the normal individual consumes more food than his body needs for its particular job, a noticeable weight increase will soon follow. The only completely safe way for an individual to lose weight is to regulate one's diet.

Many weight reducing experts feel that exercise is useless in reducing, because physical exertion increases the appetite and in turn the amount of food that is eaten.

Another common cause of America's overweight problem is psychological. When people are frustrated in their personal relations, they often turn to food to relieve their minds and troubles.

Too many Americans try to cure their overweight problems by turning to the quickest solution possible (Turn to page 11)

By: Patricia J. Nornhold  
 On January 18, 1962, at 10 p.m., CBS Reports presented a factual, "The Fat American." Such eminent men as Dr. Paul Dudley White and Dr. Ancel Keys startled the televiewing audience with positive statements about the overweight problem in the United States.

The American people ARE overfed and ARE under exercised. They not only eat too much, but they put the wrong foods into their stomachs. As a result, one out of every three adults in this country is overweight." They emphasized and supported their declarations with the following facts:

The yearly food consumption of an average American family of four members tallies at 1 ton of milk products, 871 lbs of meat, fish and poultry, 1404 eggs, 572 lbs of flour, 442 lbs potatoes, 1760 lbs of fruits and 136 lbs of fats.

PLUS pounds and more pounds of other produce. Twenty per cent of an income (after deduction of income taxes) supplies a household with this superior diet. Money PLUS more money is expended for food — the \$18 billion spent in restaurants by the United States population, the \$5 billion on baked goods, the \$2 million spent on pizza pies, the money spent on 11 billion hot dogs and 454 million gallons of ice cream every year. And because this food is so easily available to the public, the public wastes, every day each person wastes 1600 calories.

The coinciding factor to overeating is under exercising. Mechanization has played a vital part in putting on (Turn to page 11)

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