

● **SPABC Report**

(Continued from Page 1)
two year terms, were won by Frank K. Book, Leola; Clair M. Hershey, Willow Street R2; Frank L. Hershey, Willow Rd.; Jacob Houser Jr., Lampeter, and Jay E. Landis, Lancaster R6.

Elected to sire reporting committees for one-year terms were: J. Earl Ranck, Gordonville R1; Ayrshire; Melvin R. Stolfus, Ronks R1, Guernsey; Roy Book, Ronks R1, Holstein, and Robert Ulrich, Quarryville R1, Jersey.

In a panel discussion on the efficiency of milk production, Mrs. Raymond F. Witmer, Willow Street R1, stressed good size and established cow family in raising calves.

Arthur Wenger, Manheim R2, suggested drying off cows by reducing milking to once a day rather than taking away feed to cut production.

"If you take away feed the calf must get nourishment from the cow's flesh," Wenger said.

Wenger, commenting on his dumping station, said it has

saved labor and fits into a long range plan he developed when he installed a bulk tank.

Robert Ulrich, discussing a feeding program, said he feeds two pounds of grain for each 100 pounds of body weight after a cow freshens until she reaches peak production. After that, Ulrich said, he feeds at a level to maintain that output.

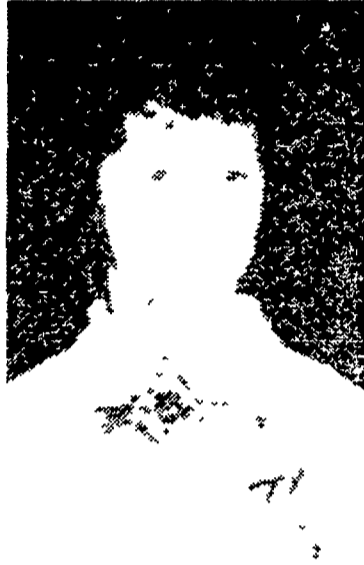
Keep your distance, the Safety Crusade suggests. You can never react as fast as the driver you're following.

Youthpower Contestant Writes Health Tips For Athletic Teams

By Mary Jane Herr

Ed Note: The following article was written by Mary Jane Herr, a 4-H member from Ref-ton, as part of a project in a "Youthpower" contest.

Imagine yourself the coach of your high school football team. What would you tell your team about nutrition and good eating habits as they relate to staying in (or getting in) good condition?



MARY JANE HERR

During high school I am happy to say I was captain of the girls varsity hockey team and these health rules should apply to football teams as well. I had the responsibility of seeing that the girls and myself were in good physical condition for the games.

A boy who wants to play on the team should watch what he eats and get plenty of sleep. To become a better athlete he should cut down on the fatty foods and at foods that provide plenty of body building nutrients.

He should eat a high protein diet with plenty of carbohydrates, because carbohydrates help supply energy for work and play. Before a game he should never eat heavy or starchy, fatty food. To some people

one small candy bar supplies the extra energy they need. Between half time allow the players to eat oranges and lemons rather than drink water. Water doesn't always satisfy your thirst, but by eating the fruit, you will give your body energy as well as satisfy your thirst.

Diet isn't everything in sports, keeping yourself in good physical fitness is another. Before games or practices have the players run around the football field several times and then do exercises. Running in place, touching toes and push ups are all very good exercises. Certainly it's tiresome at first, but it just shows he isn't in good physical condition. If you want to win you must do all these exercises to get your muscles limbered.

Plenty of sleep is essential, especially the night before a game. To some people too much exercise is bad, but not enough sleep is worse. A person who had plenty of rest is ready to get out in the field and really do his best for the team.

Smoking seems to be a habit with most boys today, and it should be discontinued during sports season. On my team it was play and not smoke or smoke and not play.

Things to tell your team when coaching should be — eat a proper diet, get enough sleep every night, plenty of exercise, follow good health habit of cleanliness and show good sportsmanship through out the whole game.

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