

Chain Calf Awarded by Manheim FFA

Ruby Ginder, daughter of Mr. and Mrs. Robert Ginder, Elizabethtown RD3, received the Manheim FFA Chapter chain calf last week.

Each year the Manheim Chapter presents a calf to a member of the freshmen class. To apply for the calf, students must write an essay covering the management practices of raising a calf from birth to two years of age. Ruby Ginder was selected to receive the calf by a committee of Chapter officers who judged her application to be the best among those submitted from the freshman class.

The calf is valued at over \$400. Ruby plans to show the calf at the Manheim Farm Show in October and other area dairy shows.

The first female calf born from this animal must be returned to



Ruby Ginder proudly displays the heifer calf presented to her through the Manheim FFA chain, another 'first' for a female FFA member in the Manheim Chapter.

the Chapter by Ruby as the chain calf which will then be presented to another student. This year the calf was returned by Marlin

Becker who received the original heifer calf courtesy of Graybills Dairy of Lititz and the Manheim FFA Chapter.

Milk Plays Role In Man's Diet

Milk's most valuable contributions to your diet are calcium, protein, riboflavin and vitamin A.

Irene Turner, nutrition specialist at Louisiana State University says that dairy foods supply one of the highest quality proteins available. Milk protein is easily digested and contains all of the eight essential amino acids.

Most diets which don't include dairy products provide insufficient calcium. Strong bones and teeth, and nerve stability are the result of adequate calcium in the diet.

Milk is an excellent source of riboflavin, vitamin B2, reminds Sidney E. Barnard, Extension dairy specialist at The Pennsylvania State University. It provides more than 50 percent of that present in our food supply. Whole milk also supplies vitamin A. Since it is a fat soluble vitamin, skim milk contains very little vitamin A.

Barnard suggests you balance the vitamins and minerals needed in your diet against the calories they contribute. The calorie content of milk is low to the calcium and riboflavin it contributes. A cup of whole milk contributes only eight percent of the calories needed by a young mother. However, this eight ounces of milk provides 37 percent of her daily calcium needs.

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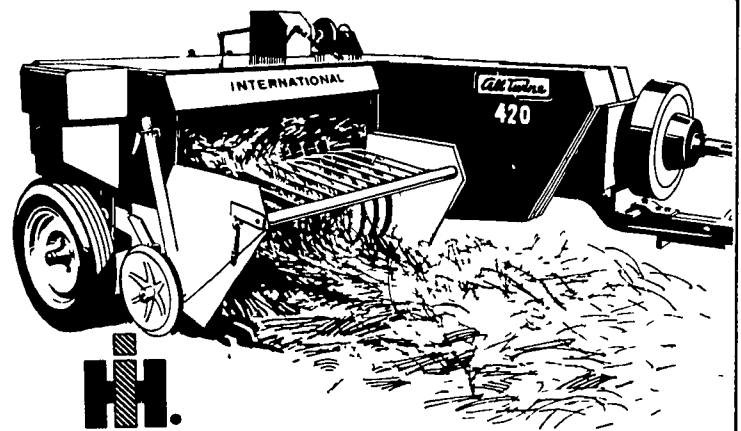
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