

Pennfield

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were for herds with over 17,000 pounds milk and-or 600 pounds butterfat; herds with a herd average increase of 1,000 pounds milk and-or 40 pounds butterfat per cow; and individual high record cows, The winners were:

Herds with over 17,000 pounds milk and-or 600 pounds butterfat: Sinking Springs Farm, Inc., York; Maple Lawn Farms, Inc., Fulton, Maryland; Valley Pond Farm, Lebanon; Jonas Z. Nolt, Leola; Elmer E. Kauffman, Christiana; Kingstead Farms, Damascus, Maryland; Suntrail Dairy Farm, Pitman; Cocalico Farm, Ephrata; G. Hershey Hostetter, Gap; J. Harold Musser, Mount Joy; Paul Chronister, Boiling Springs; Amos & Eleanor Hershey, Kinzer; Richard Pue,

Highland, Maryland; Stoltz Cliff Farm, R. D. 1, Atglen.

Herds with a herd average increase of 1,000 pounds milk and-or 40 pounds butterfat: George Baltozer, Lancaster; Bare Brothers, Lebanon; Ellis Crowl, Airville; Elmer Kauffman, Christiana; Paul and Kathy King, Delta; John U. Lapp, Gordonville; Daniel Petersheim, Gordonville; Harold Ranck, Cochranville; Clarence Stauffer & Son, Ephrata.

Individual High Record Cows: Jesse G. Balmer, Lititz, 3 cows; Bare Brothers, Lebanon; Bassler Brothers, Clarksville, Maryland; Cedar Shade Farm, Chambersburg; Christ R. Beiler, Quarryville; Paul Chronister, Boiling Springs; T. Howard England, North East, Maryland; Harold Good, Airville, Farm No. 1-7 cows; Farm No. 2-1 cow; Samuel T. Jones, Forrest Hill, Maryland, 2 cows; Elmer

A nutrition workshop for 22 teachers in the Conestoga Valley School District will be presented by Dairy Council Inc. from 3 to 8 p.m., April 4.

Kauffman, Christiana, 2 cows; Kingstead Farms, Inc., Damascus, Maryland; Leader Farms, New Freedom, 10 cows; Liseter Farm, Newton Square, 2 cows; Maple Lawn Farm, Inc., Fulton, Maryland, 9 cows; J. Harold Musser & Son, Mount Joy, 2 cows; Rutter Brothers Dairy, York; Sinking Springs Farm, York, 5 cows; Young Brothers, Peach Bottom, 2 cows; Paul B. Zimmerman, Ephrata, 2 cows.

Nutrition Workshop is Set for CV Schools

The audio-visual program will be given by Marian Pulaski, a Dairy Council nutritionist, in cooperation with Mrs. Rhea H. Livak, Supervisor of School Food Service for the district, and John J. Evans, Director of Elementary Education. The program will take place at the Brownstown Elementary School for teachers in kindergarten through third grade.

In conjunction with the

workshop, Mrs. Livak will prepare a Chinese dinner. It will be the second Dairy Council workshop to be presented in the district within five months.

Headquartered at Southampton, Pa., Dairy Council maintains a staff of professional nutritionists who present audio-visual nutrition programs and workshops for educational and professional leaders in Pennsylvania, New Jersey

and Delaware. It also provides nutrition education materials for schools in the three states. For the past 54 years, its goal has been to make the public aware of the importance of proper diet to one's health.



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Red Cross Seeks Local Volunteers

Faced with increasing requests for volunteers to aid local hospitals, homes for the aged, safety programs and more than 100 other activities, the Lancaster County Chapter American Red Cross is embarking on an all-out recruiting program.

"We are nearing the crisis stage in the shortage of volunteers," says Louise Diehl, Executive Director. "Just about every agency you can mention has been increasing budgets—in a financial sense—over the past years but to us people are our greatest asset, much like a budget, and this is where we really need an increase," the Director says.

An example of the need for volunteers is illustrated in the situation at Luther Acres. A youth, as well as an adult volunteer program is in operation. The volunteer at Luther Acres is active in many areas of service to the residents.

Here, at least 12 more volunteers are needed than have been recruited in the past years, according to Chris Miller, Director of Community Services.

It is Miller's job to recruit volunteers and, like many other organizations, he has encountered difficulties in meeting his yearly quotas.

To help meet his year's quota of 100 new volunteers by the time summer activities begin the Red Cross is setting up a recruitment booth at the Park City Mall. Volunteers will be on hand to explain to potential new volunteers the many activities available for community service.

County banks and businesses are distributing a pamphlet outlining service opportunities and giving potential volunteers a reminder of the recruitment day date.

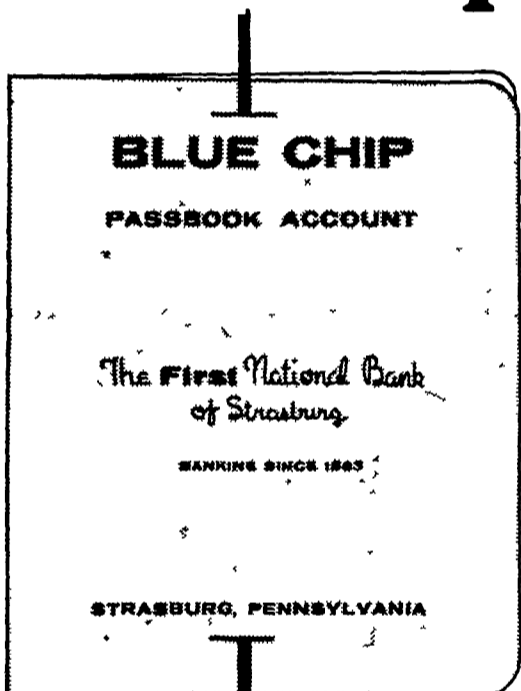
Recruitment day will be held March 27th at the Red Cross Headquarters, 430 West Orange Street, Lancaster. Persons interested in volunteering to help in any of the Red Cross programs are asked to stop in between the hours of 10:00 a.m. and 4:00 p.m. and from 7:00 to 9:00 p.m.

A few of the types of services in which volunteers are needed are: hospital aides, water safety instructors, first aid instructors, drivers, disaster services, aid to the aged, youth activities, aid to servicemen and women, and a variety of other activities. Typing, telephone answering, counseling, and

almost any other kind of skill will find a valuable use in the Red Cross programs.

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