



First place showman in the 12 to 14 year old group, Scott Hauseman, of Oley holds the lead of his prize animal. Standing behind the Holstein is his senior advisor, Shelia Moyer, Rehrersburg.



Lance Christman, Hamburg R2, holds the lead of the heifer with which he won first place in the fitting competition for 8-to 11-year-olds. Pictured with him is his senior advisor, Scott Miller, of Hamburg R2.



Wendy Shaw proudly holds the rein of her heifer. She won first place fitter in the 12 to 14 age group, and is pictured with her advisor, Ronald Keifer.

Berks County holds Junior Holstein Field Day

By JUDY MITCHELL
Berks Co. Reporter

REHRERSBURG - Close to 50 4-H, FFA, and Junior Holstein members attended a Junior Holstein Field Day held at the Daniel Harnish Farm on July 15, which began with an early morning round-up of a portion of the Harnish's 80-head herd of heifers.

The event, which may be best described as a crash course in showing and fitting, continued as participants ranging in age from eight through 14, assisted by senior advisors, energetically went about the task of preparing their randomly assigned animals for the fitting and showing events to take place that same afternoon - a job complicated by the fact that most of the heifers had never been groomed or haltered before.

Considering that a number of the spunkier heifers had not quite adjusted themselves to this new and bewildering experience by the time the competitions got under way at 1 p.m., Paul King of Delta, owner and operator of Kingway, a registered Holstein farm in southern York County, also faced a challenge as judge of the showing and fitting events attended by a sizeable crowd of leaders and parents.

Although acknowledging that placement was difficult at the lower ends of the scale, King was nonetheless

confident as he explained his reasons for placement of the top three to six entrants in each of the four events. In commenting on the participants' performances in fitting and showing the animals, he pointed out several times the importance of parents being actively involved in helping their children develop the skills needed to achieve a high rating in such competitions.

Although each participant in the competition was a winner receiving a brush and tail comb and money prizes in varying amounts, the coveted top spots went to the following individuals: First place fitter in the eight to 11-year-old category was Lance Christman of Hamburg R1, and in the 12 to 14-year-old group, Wendy Shaw of Oley. Scott Miller of Hamburg R2 was Lance's advisor, and Wendy was assisted by Ronald Keifer of Virginsville. Top showman in the eight to 11-year-old group was Jay Bicksler, an honor shared by his advisor, Tim Kleinsmith of Kutztown. Scott Hauseman came in first in the showman competition for 12 to 14-year-olds, and his advisor was Shelia Moyer of Rehrersburg.

This is the second consecutive summer that the Berks County Junior Holstein Association has sponsored this particular event which, judging by the enthusiasm of all involved, promises to become an annual occasion.



Jay Bicksler, Richland R1, first place showman in the 8 to 11 age group is pictured holding the lead of his animal while his advisor, Tim Kleinsmith, Kutztown, looks on.

Bran is highly regarded

Bran sales are booming, a result of increased human consumption as people seek to add more fiber to their diets. Bran, the outer layers of a wheat kernel that are removed in processing wheat, is excellent source of dietary fiber and can easily be added to the diet. Recent

research has indicated that an increase in dietary fiber may reduce the risk of developing various intestinal cancers, hemorrhoids and other "dread diseases of civilization" (a phrase used by Dr. David Reuben in his book, "The Save Your Life Diet").

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