

4-H'ers visit Chicago Board of Trade

CHICAGO, Ill.—From futures contracts to hedging, the 26th 4-H Commodity Marketing Symposium, held March 13-16 at the Chicago Board of Trade, gave 4-H members from 26 states a firsthand opportunity to expand their marketing vocabularies.

Twenty-eight teens attended the three-day educational program sponsored by CBT in cooperation with National 4-H Council and the Cooperative Extension Service.

Most delegates were state winners in their 1976 4-H commodity marketing projects. They were in Chicago on expense-paid trips donated by CBT to study commodity marketing principles as they apply to cash and futures markets of major exchanges.

In seminars conducted by CBT members and other marketing experts, 4-H'ers heard explanations of pit trading, hedging, speculation, futures con-

tracts and international trade. Delegates also visited the floor of the exchange to watch the trading. According to Lloyd Besant, CBT director of education, 4-H commodity marketing delegates are the only outside group ever allowed on the exchange floor.

Delegates and chaperons lunched with CBT members at the Metropolitan Club on the 66th floor of Sears Tower, took a sightseeing tour of Chicago, had dinner at The Parthenon in Greektown and attended a modern jazz concert at the Ivanhoe Theatre.

Delegates were recognized for their work in 4-H commodity marketing projects and activities at an awards banquet March 15 in the Conrad Hilton Hotel.

Among those honored were: Megan Shaub, Shrewsbury, Pa.; Judy Long, Carlisle, Pa.; Becky Brashear, Frederick, Md. They received state winner pins from William Hagerty, Jr., chairman of the Chicago Board of Trade.



William Hagerty Jr., chairman of the Chicago Board of Trade, meet with New York and Pennsylvania delegates and chaperons attending the 26th 4-H Commodity Marketing Symposium on March 13-16. From left are Judy Long, Carlisle, Pa.; Megan Shaub, Shrewsbury, Pa.; Hagerty; Jill Bedor, Adams, N.Y.; Timothy G. Markovits, assistant Cumberland County agricultural agent, York, Pa. and Mrs. Dorothy Bedor, Adams, N.Y.

Know Where the Activities Will Be?
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How much milk is too much?

SOUTHAMPTON, Pa. — Too much milk, some pediatricians claim, can fill a child up, thereby keeping him from eating other foods he needs for balanced nutrition. This is a valid point. There is such a thing as too much of a good thing. But, you can also have too little of a good thing and that's as bad as too much. Dairy Council's director of Nutrition education, Terry Heller, points out that milk supplies more essential nutrients per calorie than most other foods. Nature just doesn't make a perfect food, but three glasses of milk provide at least three-fourths of daily dietary allowance for calcium, riboflavin, vitamins D and B12, phosphorus and protein to a child between the ages of six months and six years.

Additionally, milk is a good source of vitamins A and B6.

That's why the USDA, acting on the recommendation of the National Research Council - National Academy of Sciences, has established these guidelines for milk consumption: children up to six years-two or three 8 oz. glasses per day; children six to twelve years-three or more 8 oz. glasses per day.



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