

Nutritional needs continue throughout life

SOUTHAMPTON - It is inevitable that we grow older, but not that we become overweight, says Dairy Council Inc., Southampton.

May is Senior Citizens Month, and a good time to re-evaluate food intake, if one is a senior member of society.

Staying within caloric limits is necessary at every age, but specially so as the years add up. "Middle-age

spread" is a universal complaint—but it isn't a natural consequence of growing older. It's a natural consequence of eating too much and not getting the proper exercise.

Calorie needs diminish as years go by, but nutrient needs remain. How, then, can older persons satisfy their nutrient needs yet remain trim? By eating adequate daily servings

from the Basic Four Food Groups. These foods provide a balanced diet; they contain needed nutrients, but one should go easy on those extra calories that only add pounds.

Adequate daily servings mean at least two servings from the milk group; two from the meat group; four

from the grains group; four from the fruit and vegetable group.

No diet can pose as a fountain of youth, says Dairy Council. But evidence proves that eating the proper amounts and kinds of food have a beneficial effect on well-being in the later years.

USDA meat price task force holds organizational meetings

WASHINGTON, D.C. - A task force, appointed by Secretary Bergland to study existing meat pricing and reporting systems, held its first meeting at USDA and additional hearings April 23-24 at Omaha, Nebr., and April 26-27 at Amarillo, Texas. A final hearing will be held May 11 in Washington. The task force, Bergland said, will offer recommendations on how USDA should respond to anticipated legislation

pertaining to meat pricing and marketing.

A proposed "Fair Meat Trading Act," introduced by Rep. Neal Smith (Iowa), is expected to get serious consideration this year.

Interested persons may present views at any of the meetings or may submit written comments not later than May 5 to Charles B. Jennings, deputy administrator, AMS, USDA, Washington, D.C. 20250.

The Congressman's wife woke up startled, listened, then whispered to her husband, "There's a robber in the house." "No way," was the Congressman's groggy answer. "In the Senate, maybe. But in the House, never."

Lower Dauphin

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advisor, presented the Keystone Farmer Degrees to Jon Johnson, Michelle Henry, and Donna Capp.

Zantha Weaver, the daughter of Mr. and Mrs. Marvin Weaver, Hershey R1, was named star greenhand. She has been involved in leadership, had an active project program and was top freshman salesperson.

Chapter star farmer was Jon Johnson, of whom his advisor said, had the most extensive farming program during his FFA years. He noted that Jon has a swine herd and has also rented about 150 acres of land.

Jon also received the DeKalb award, which is given to a senior who has combined a farming program with leadership during his FFA years.

Don Halbleib, Hummelstown, was picked Star agribusiness man. This award is presented to the student who has the most extensive project of work experience. Don had racked up 1400 hours.

Michelle Henry, vice president, claimed the chapter citizenship award, which is presented to the person who, according to the advisors, has exhibited the many qualities of cooperation and hard work while being a member of the FFA.

Michelle also was named to receive the chapter's leadership plaque for her efforts in money raising,

parliamentary procedure and many other activities that she was involved in.

Certificates of appreciation were presented from the club to Arthur Sarvers, Deb Blevins, Jay Book, Nan Willis, and Mary Jane Strite, for their many services to the club.

As part of the evening's award program, the Harrisburg Kiwanis presented plaques which they sponsored for the county members.

The Kiwanis awards included: crop production, Dennis Woland, Halifax; dairy production, Jody Matter, Halifax; beef production, Scott Klouser, Upper Dauphin; swine production, George Kulkavaze, Halifax; poultry production, Floyd Leffler, Upper Dauphin; supervised work experience, Don Halbleib, Lower Dauphin; public speaking, conservation, Doup Deppen, Halifax; public speaking, general, Albert Espenshade, Lower Dauphin; small engines, Halifax; land judging, Upper Dauphin; tractor driving, Dennis Leffler, Upper Dauphin; parliamentary procedure, Dee Spittle, Lower Dauphin; farm mechanics, Doug Geyer, Lower Dauphin; and Dauphin County Star Farmer, Dennis Woland, Halifax.

As part of the evening's activities, slides were shown of the chapter's many events of the past year.

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