

Kearns recipient of Reading Fair award

ELVERSON - Thomas C. Kearns, the 18 year old son of Mr. and Mrs. James Kearns of R.D.1 Morgantown, has been selected as the 1979 Reading Fair Boy Award recipient. This award of \$100 was presented to Tom on September 12 at a special banquet at the Fleetwood Grange Hall. Tom is a 1979 graduate of Twin Valley High School, where he was an active officer of the FFA

chapter. Tom is currently employed as herdsman for J. Harold Bare, Atglen.

Tom is a 1979 recipient of the Keystone Farmer Degree, and was chosen as the 1979 Berks County Star Agribusinessman. Tom has served as secretary of the Berks County FFA and as Treasurer of the Twin Valley Chapter during the 1978-79 school year.

Tom attended Owen J.

Roberts High School until February of his junior year. At Owen J., he served as chapter treasurer also. He has participated in both Berks and Chester County Public Speaking Contests, as well as on the Parliamentary Procedure teams for both chapters. He has attended the Pennsylvania Association of Farmer Coop Institute at Shippensburg for two years. Tom has exhibited his dairy cattle at several local fairs - Kim-

berton, Kutztown, and Allentown - as well as the Southeastern Pennsylvania FFA Dairy Show and the Pennsylvania Farm Show. Tom served as a member of the chapter dairy judging contest at both the Kutztown and Allentown fairs and the Pennsylvania All-American Dairy Show. He participated in the Pennsylvania FFA Agricultural Mechanics Contest at Penn State in 1977, and the dairy showmanship contest in 1978. Tom has also

represented the chapter in the tractor driving contest at the Kutztown Fair.

One of the biggest highlights of Tom's FFA career to date has been attending the National FFA convention in Kansas City last November where he and Dan Mosteller received the Bronze National Chapter Rating Award.

Tom's projects have been dairy heifers, field corn, veal calves, vegetable garden, and working on dairy farms.

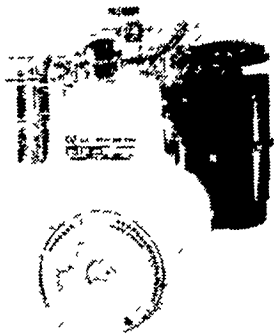
Tom has entered his project books in the county and state project book contests where he has won several awards, the most notable of which is a first place out of 175 books in on-farm category, work experience category of the state contest.

Tom's plans for the future include working as a herdsman with the goal of eventually owning his own farm. He is also considering attending an agricultural college.



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Control the environment to slim safely

MEDIA - One of the ways to control eating—and safely reduce—is to control the environment—when, why and where you eat. Experts say that dieters should: arrange to eat in only one room, at one place, sitting down, and not to engage in any other activity while eating. Identify problem foods and either don't buy them or keep them in non-see-through containers. Use smaller plates or spread food out on the surface of the plate. Don't skip meals or become overly hungry or overly tired. This encourages overeating. If you tend to eat from boredom, attempt to substitute a satisfying activity other than eating. When food is prepared, remember that although the types of foods that you eat are important, it is mainly the amount which makes the most difference. Anything can be eaten and

still not cause an increase in weight if the amount is controlled. Measuring the amounts of food before you eat eliminates any "extras." Meats should be cooked by broiling, baking or boiling. An increased amount of fat means a large increase in

the number of calories which only slows or stops your weight loss progress. Food labels tell a lot about what is in the food. Make a habit of reading the labels on food packages.

Keep in mind that foods

labeled "dietetic" do not mean that they can be eaten in unlimited quantities. Likewise, foods considered "Diet foods"—such as cottage cheese or fruit-flavored yogurt have lots of calories that need to be counted.

Juniata names high herds

MIFFLINTOWN - The August 1979 report of the Juniata County Dairy Herd Improvement Association included the calculated records of 4060 cows in 81 herds.

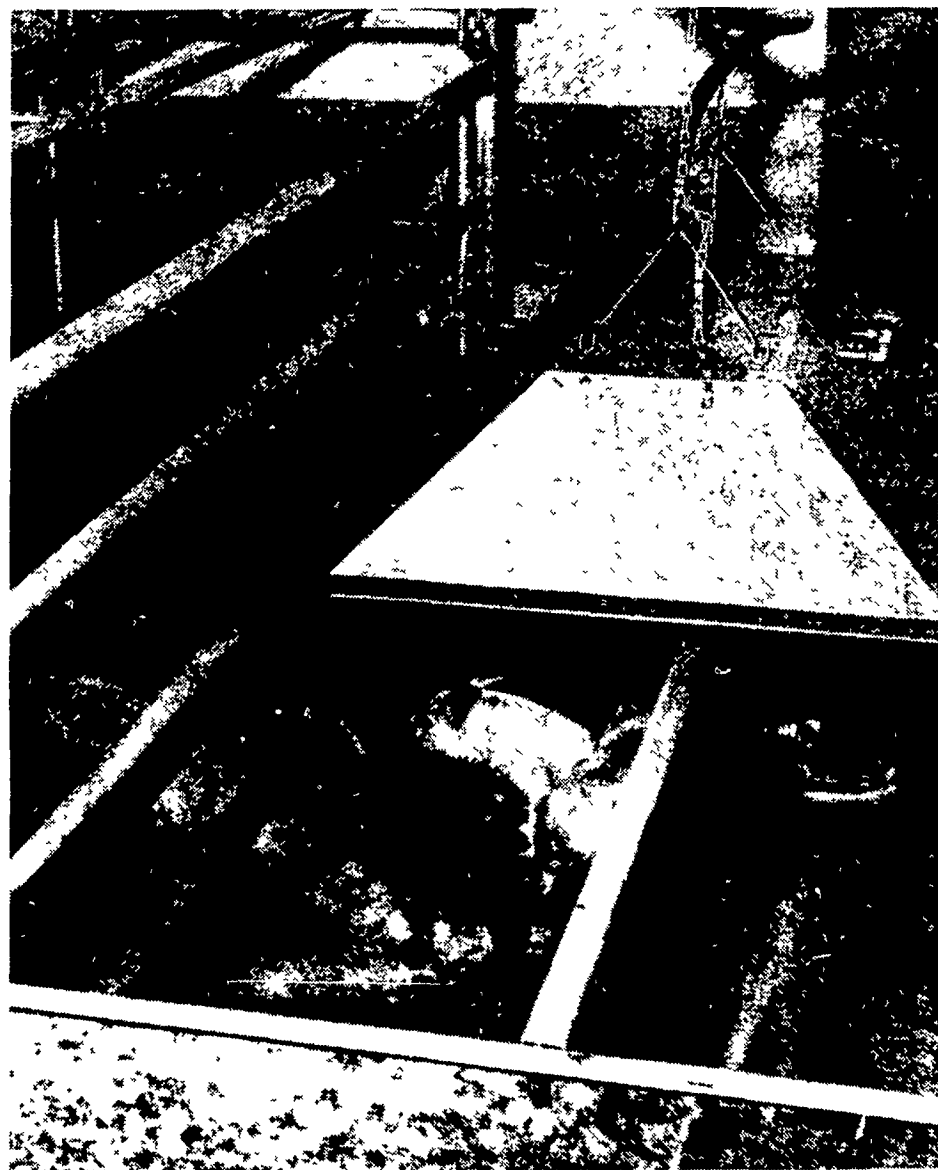
There were five high herds in average butterfat production per cow per day. The herd owners included Larry and David Noss of Port Royal, Kenneth Deamer of Thompsontown, W. Harshbarger and Sons of

Mifflintown, Clyde D. Moyer of Thompsontown and James V. Wilson of Mifflintown.

Three hundred and sixteen cows completed lactation records of 305 days or less. Petunia, a cow owned by John L. Van Horn, Mifflintown produced 1200 pounds of butterfat and 20,454 pounds of milk. Freeburn and Norman Love, East Waterford, have a cow, #172, which produced 25,038

pounds of milk with 825 pounds of butterfat. In the same herd, #179 produced 952 pounds of butterfat with 23,062 pounds of milk.

Owners of the additional top 15 cows included Keith A. Coddington, Port Royal; John H. Cunningham, Mifflintown; C.R. Henry, Port Royal; Clyde D. Moyer, Thompsontown; Richard B. Crawford, Port Royal; Rodney Conrad, Millerstown; Marvin I. Peoples, McAlisterville



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