

Kreider is Little Dutchmen's Star Farmer

BY SHEILA MILLER
ANNVILLE — Robert Kreider, son of Mr and Mrs Ben Kreider of R1 Annaville, was selected as the Star Farmer for the Little Dutchman chapter of the Future Farmers of America

Kreider, who says everyone knows him as Bob, received his chapter's highest honors during the annual awards banquet held last Thursday evening at the Annaville-Cleona High School.

Kreider has served as his chapter's president for the past two years, and was the chaplain during the 1977-78 school year. He received his Keystone Farmer Degree this past January

The A-C senior had to leave his seat many times until the evening's ceremonies were completed. He received the chapter leadership medal, and was a member of the chapter's parliamentary procedures team that captured national honors.

Kreider's proficiency awards were in the poultry category. His experience in the poultry industry comes from the fact that he lives on a farm that produces over a half million broilers every year. He also helps out with his parents grain operation, growing 300 acres of corn and wheat.

The recipient of the DeKalb Agricultural Award, Kreider plans to help out on the family farm for at least a

year or so after graduation from high school

Another top-notch Little Dutchman received the Star Agribusiness honor Roland Maust, son of Francis and Lenore Maust of R4, Lebanon, was given the top chapter recognition for his accomplishments. Maust, too, was a member of the parliamentary procedures team that brought home a fourth place national trophy

He received his proficiency medals in agricultural mechanics and agricultural sales and service. Maust was awarded the DeKalb Agricultural Award in agribusiness

Maust is currently serving as his chapter's vice-president, and was last year's sentinel. He received the Eleanor Witmeyer Leadership Development Award at last year's award banquet, and was this year's first place tractor driving contest winner

The Little Dutchman Star Greenhand was Edward Hostetter, R2 Annaville. The A-C Freshman is the son of Mr and Mrs Eugene Hostetter

Hostetter also left the banquet with his hands full of awards. He received a medal for State FFA Band, along with an FFA creed contest plaque and one for the Greenhand contest.

The following is a list of other award recipients

County Project Book Blue Ribbon

David Bomgardner, R1 Annaville; Sam Howard, R2 Annaville; Alan Graves, R1 Annaville; Melodye Keller, Cleona; Dawn Dohner, Spruce Street, Annaville; Robert Kreider; Bruce Brightbill, Henry Martin, Annaville; Dale Meyer, Lebanon; Donald Baer, R2 Annaville; Kerry Morton, Annaville; and Daryl Balmer, R4 Lebanon

Red Ribbon

Robert Kreider, Brian Sell; Mike Fair, R4 Lebanon; Brian McFeaters; Roland Maust; Jeff Reigel, R2 Annaville; and George Hoffman, R2 Annaville

White Ribbon

Daryl Balmer, Brian Sell; Wendy Meyer, Lebanon; Randy Porr; Kerry Morton, Mike Fair; and Randy Kleinfelter

State Project Book Gold Medal

Robert Kreider; Dawn Dohner; Bruce Brightbill; Gary Mase, R5 Lebanon; David Bomgardner, and Melodye Keller

Silver Medal

Daryl Balmer; and Alan Graves.

Bronze Medal

Dale Meyer; and Henry Martin

Kiwanis Calf Chapter Gilt

Samuel Howard

Chapter Gilt

Wendy Meyer

Chapter Scholarship Medal

Joe Harvatine, W. Penn Ave., Annaville

Eleanor Witmeyer Leadership Development Award

Jeff Reigel

State FFA Band

Stuart Lemon, R2 Annaville; and Edward Hostetter

FFA Creed Contest

Edward Hostetter; and Scott Eckenrode, R1 Annaville

FFA Greenhand Contest

Brian Hartman, R2 Annaville; Edward Hostetter; and Patrick Frattaroli, Spruce St. Annaville.

Salesmanship Award

Donald Baer

Proficiency Award

Roland Maust; Stuart Lemon, Dale Meyer; Dawn



Lowell Morton, advisor for the Little Dutchman FFA, right, awards the Star Chapter Farmer award to Bob Kreider. The Chapter's Star Greenhand is Ed Hostetter, far left, and the Star Agribusiness award went to Roland Maust.

Dohner; Melodye Keller; Jeff Reigel; George Wilson; Henry Martin; Alan Graves; Kerry Morton; Daryl Balmer; David Bomgardner; George Hoffman; Mike

Fair; Joe Harvatine; Gary Mase; and Robert Kreider.

State Proficiency Award

Donald Brandt, R4 Lebanon.

Honorary FFA degrees

were awarded to Clarence Mase; Mr. and Mrs. Harvey Bomgardner; Charles Bomgardner; Joan McCulloh; and Mr and Mrs. Ben Kreider.

Vitamin C can reduce cold symptoms

SOUTHAMPTON - Cold weather often means that flu or colds come by and stay awhile. While these problem ailments are hardly preventable this time of year, the severity of their symptoms can be lessened, according to Dairy Council Inc.

One way to lessen colds severity is by understanding the role vitamin C (ascorbic acid) plays in the protection of the body against infections.

This vitamin plays a primary part in the formation and maintenance of a substance called collagen, which binds body cells together. This substance is important for the growth and repair of body tissue cells, for health gums and blood, and for sound bones and teeth.

It is known to reduce colds symptoms by blocking the action of histamine.

However, there is insufficient scientific evidence to substantiate reports that large intakes of vitamin C will prevent the onset of colds.

Vitamin C, says Dairy Council, is a water-soluble vitamin and thus is not stored in the body. Amounts over and above that which are needed by the body are usually excreted. This is why good food sources of the vitamin need to be eaten each day

Because vitamin C is not stored in the body does not mean, however, that large doses will do twice the amount of good. On the contrary, excessive intake can have harmful effects on diabetics or cause the formation of kidney stones or diarrhea.

In order for foods containing vitamin C to retain their nutritive value, they should be used as soon as possible, kept refrigerated or frozen, and cooked quickly in small amounts of liquid or steamed

Some fruits and vegetables that contain appreciable amounts of vitamin C are oranges, grapefruit, broccoli, cantaloupe, strawberries, brussels sprouts, cauliflower, potatoes, tomatoes, green peppers, collards, spinach, and mangos.

It should be remembered that fruits and vegetables

are only one of the Four Food Groups that are important for health and bodily vitality. Others are the milk group, the meat group, and the grain group.

An orange a day will not necessarily guarantee you a cold-free winter season. But daily use of vitamin C at recommended levels should make those colds a little easier to tolerate.

States asked to comment on examination

WASHINGTON, D.C. — State governments have a chance to say whether they would like to assume responsibility for examining federally-licensed warehouses and whether they want to take part in a model program for giving states that responsibility, a U.S. Department of Agriculture official said.

Barbara Lindemann Schlei, administrator of the USDA's Agricultural Marketing Service, said the agency also is seeking comments from farmers, warehouse operators, bankers, food processors, and other interested individuals and groups about how state assumption of the examination responsibility would affect them

USDA's Agricultural Marketing Service now examines federally-licensed warehouses under the U.S. Warehouse Act.

Schlei said farmers who store their goods in federally-licensed warehouses can get receipts showing that their goods are stored inside, and bankers accept these receipts as loan collateral.

USDA warehouse examiners check to see that

commodities are properly graded and stored and that accurate records are kept. They also check to be sure the warehouse is free from mold, insects or excessive moisture that could damage commodities stored inside.

If the states assume responsibility for the examinations, state employees, instead of USDA employees, will examine warehouses under federal supervision and will use federal guidelines. The USDA would be responsible for issuing licenses and taking corrective action if any warehouses are found not complying with the regulations.

States interested in starting new warehouse examination programs also can request help from the USDA, Schlei said.

All comments, to be available for public inspection, should be sent to Orval Kerchner, Warehouse Division, Agricultural Marketing Service, USDA, Washington, D.C. 20250. Or, phone 202/447-3821. States and individuals have until May 12 to submit comments. Notice of the request for comments was published in the Federal Register March 12.



Eleanor Witmeyer presents the Leadership Development Award, given in her honor, to Jeff Reigel, R2 Annaville.



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