



Steve Ebersole, left, sheep field day sale chairman, and George and Susan Dutrey, look over part of the Dutrey flock.

## York County sheepmen to hold show, sale

YORK — As a boost to the area's sheep industry, York County sheep and wool producers are planning a field day and sale on Saturday, May 17, at the 4-H Center near Bair.

A 1:30 p.m. sale will highlight the full day of activities, with 100 market lambs especially suited for 4-H and FFA youth project use. Over 50 purebred ewes and rams representing major breeds will also go through the auction ring, as well as a few selected Fin-Dorset cross ewes, sometimes known as the "litter" sheep from their multiple births.

Field day educational activities begin at 10 a.m. with a sheep dog demonstration by James H. Shearer of Mountville. At 10:45, Clair Engle of Penn State will talk on sheep management; and Glen Kean, also of Penn State, will give a lamb carcass

cutting demonstration at 11:30.

Exhibit booths set up throughout the day will offer sheep supplies and a variety of craft demonstrations based on wool and sheep commodity products. Home spinners will especially be interested in the wool fleeces that will be available for sale, with a few of the highly-demanded black fleeces to be sold.

A major goal of the sale event is to stir up interest in rejuvenating the York County Sheep and Wool Producers Association. With over 200 flock owners reported within the county,

ad hoc officers are encouraging a sign-up to strengthen the ranks of the association.

A sign-up booth will be open throughout the field day and officers will be on hand with information on the commodity association. Art Sigler, York, is general chairman of the Sheep and Wool Producers and secretary-treasurer is George Dutrey, Dallastown R2. Chairman for the sale event is Steve Ebersole, York R3.

Lunch will be available during the field day through the county's 4-H lamb club.

### 4-H to clean roadsides

MARTICVILLE — The Penn-Willow 4-H Club will hold its annual roadside cleanup, Friday, May 16. The group will meet at the Conestoga United Methodist Church at 6:30 p.m.

After the trash collection, the group will meet at the home of Elvin H. Hess, River Hill Road, Conestoga. Parents are welcome. For more information call Al Goss 717/284-4919.

## Reduce your Na for better health

YORK — With all the publicity about diet and its relationship to health and disease, it's no wonder that many Americans think table salt, or sodium chloride, is bad. It's reached the point where many think any food condiment that tastes good or makes another food taste better must be bad, says Marcy Seckman, home economist. The truth is, both chlorine and in particular, sodium, are normal and necessary components of body tissues and fluids. What's more, we must get them in our food and drink, because we can neither make them ourselves nor store them.

Much concern about sodium centers on its relationship to hypertension, or high blood pressure. Since sodium plays a major role in regulating body fluids, it is reasonable to assume that it also affects blood pressure. But sodium does not cause hypertension; in fact, the cause of most hypertension in individuals is not known. What is known is that the blood pressure of many persons with essential (of unknown cause) hypertension will go down when these persons severely restrict their sodium intake. In general, many scientists believe that obesity, genetic predisposition and general nutritional status may play a larger role than sodium in the development or aggravation of high blood pressure.

If you want a limit your salt intake, as has been recommended by the

U.S.D.A., it shouldn't be hard to cut down from 10-12 grams of sodium chloride a day to about 8 grams.

First of all, use your salt shaker less. If you must salt, salt only certain items on your dinner plate, not everything. Second, you'll want to limit your intake of salty foods. This includes pickles, olives, sauerkraut, smoked or salty meats, fish and snack items. Also it means cutting back on bouillon cubes, canned soups and many sauces you may use to prepare food, such as soy sauce and barbecue sauce.

It's important to read labels, too. You may be

surprised to learn that some processed foods which contain no table salt at all don't taste salty have lots of sodium. Examples are sodium bicarbonate (baking soda), monosodium glutamate, most baking powders, disodium phosphate, sodium alginate, sodium benzoate, sodium hydroxide, sodium propionate, sodium sulfite, and sodium saccharin. Look for the word soda or sodium or the symbol "Na" on labels.

Even though you do not have hypertension or a family history of it, it is not a bad idea to reduce your salt intake a little.

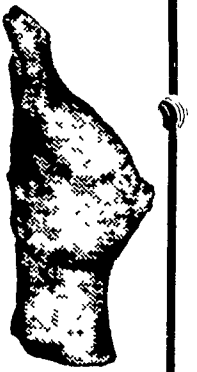
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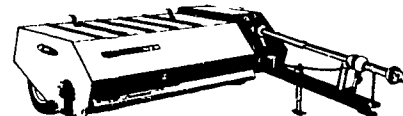
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## IT'S Haytool Sale TIME

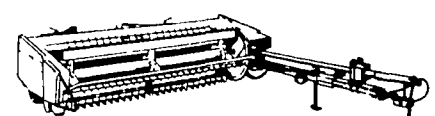
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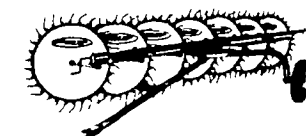
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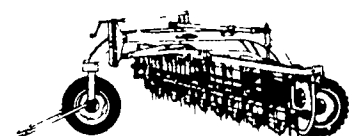


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