

Labor Dept. seeks to improve rural life

WASHINGTON — The Labor Department is playing a major role in the Carter Administration's program to improve life in small communities and rural areas.

The Labor Department is responsible for improving employment and training activities in small towns and rural areas under administration policy. The department's activities under the program will be varied.

A new agreement sets a goal of placing persons eligible under the Comprehensive Employment and Training Act (CETA) in 20 percent of job openings created by Farmers Home Administration grants and loans under the Community Facilities and Business and Industry Loan Program.

Rural areas eligible for government contract preference because of high unemployment, will receive special attention.

Programs to help young people in career decisions, and to increase employment opportunities for youths, will receive special support.

Efforts to train farm workers for skilled jobs in agriculture, as well as for nonagricultural jobs, will be stepped up. Priority will be given to farm worker youths under the interagency Agricultural Entrepreneurship Agreement, involving four federal agencies.

Employment and economic development opportunities for Indians on

reservations will be improved through coordination of CETA programs with economic development programs of five other agencies.

Agreements involving the Environmental Protection Agency to train disadvantaged rural residents will be fully implemented and monitored. Training opportunities will be in operation and maintenance of rural water and waste treatment plants.

More public service job openings will be created in weatherization of buildings to conserve fuel, where existing CETA resources are now insufficient to match Energy Department funds for materials.

Joint projects will be implemented between the Labor Department's Employment and Training Administration and other Labor Department agencies, including the Office of Federal Contract Compliance Programs, Bureau

of International Labor Affairs, Bureau of Labor Statistics and Women's Bureau.

The Women's Bureau has already developed a number of demonstration projects to help low-income rural women gain access to employment and training opportunities and has co-sponsored a national conference on rural women and hearings on employment problems of low-income rural women.

4-H youth learn adult skills by doing

LEBANON — Are you wondering how your child will ever be ready for life as an adult? The Lebanon 4-H program can be part of the answer.

According to Linda Rohrbach, Extension 4-H agent, the 4-H program is "diverse enough to offer kids a chance to learn what they want and need to learn. We offer the skills kids need for life."

In 4-H, kids learn in a variety of ways but always, says Rohrbach, the password is, "Learn By Doing." They can learn foods and nutrition by cooking, by playing games, by eating, by going to a grocery store, or by planning menus for a picnic.

Poise and confidence in presenting oneself is taught by 4-H also. You don't sign

up for Poise and Confidence 101, though. Rather, a variety of activities are provided as testing ground for the young people who will soon become young adults. Leading younger members in games, being a club officer, modeling in a 4-H Fashion Show, doing a show-and-tell, or being in a skit at camp are all ways that youth develop confidence in themselves in 4-H.

When kids learn in 4-H, they are developing the skills that they will need as adults. And they can use those skills on the road to adulthood, too.

4-H is the youth development program of the Cooperative Extension Service. Membership is open to all youth ages 8-19 regardless of race, religion, or national origin.

All the facts are not yet in on cholesterol

HARRISBURG — Cholesterol has been a controversial nutrition subject in recent years. However, it is a substance naturally required by the body, according to Vicky Wass, Egg Promotion Specialist with the Pennsylvania Department of Agriculture.

"Cholesterol plays a role in the formation of all body tissues," says Wass. "Much of the cholesterol found in the body is formed by the body itself and not taken in through foods; if none is eaten, the body will produce its own."

The relationship between cholesterol intake and heart disease is still unknown. While some popular diets use a low cholesterol intake to provide protection from

heart disease, many respectable scientists believe no benefit is gained by reducing cholesterol intake.

According to Wass, much research is currently being done to learn the truth about cholesterol intake. "The egg industry, through the American Egg Board, is sponsoring several studies at leading universities throughout the country to learn if a relationship exists between the cholesterol content in an egg and arteriosclerosis.

Coronary arteriosclerosis is one cause of heart disease. It is a thickening of the walls of the arteries supplying blood to the heart muscles. The thickening may eventually lead to clotting or blockage, interrupting blood

flow through the heart muscle, causing injury or death of cells. This in turn reduces the power of the muscle and results in scarring.

According to the American Council on Science and Health, arteriosclerosis is the result of many factors, both genetic and environmental. Non-controllable factors including age, sex and family or genetic history, along with controlled factors including cigarette smoking, high blood pressure, elevated blood cholesterol levels, body weight, stress, diabetes, diet and exercise, are all considered cumulative risk factors in coronary heart disease.

Variety, moderation and balance, are the key words

for a nutritional diet. Variety is the spice of life, says the old proverb. From a nutritional prospective, the American Council on Science and Health says a wide choice of foods from the Basic Four Food Groups should be selected to avoid excesses and to insure the consumption of essential vitamins and minerals. A well-balanced diet should include a few choices of foods each day, preferably at each meal, from the Basic Four Food Groups.

There has been no

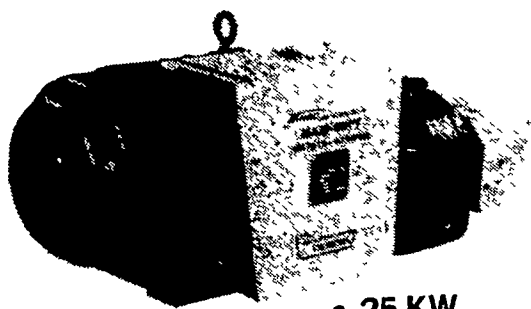
scientific evidence to date that people who eat greater amounts of fats and cholesterol suffer more coronary heart diseases. Recommending a change in diets for the American public is implying a benefit that is yet scientifically unproven, said Wass.

PENNSYLVANIA AGRICULTURE

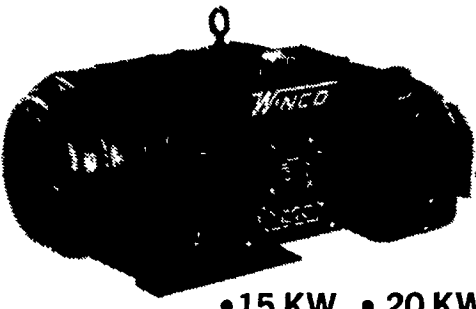


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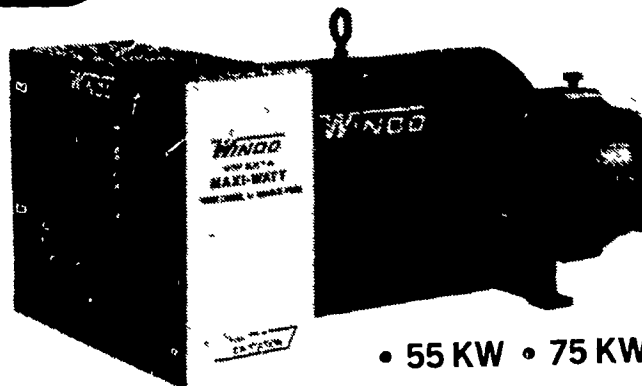
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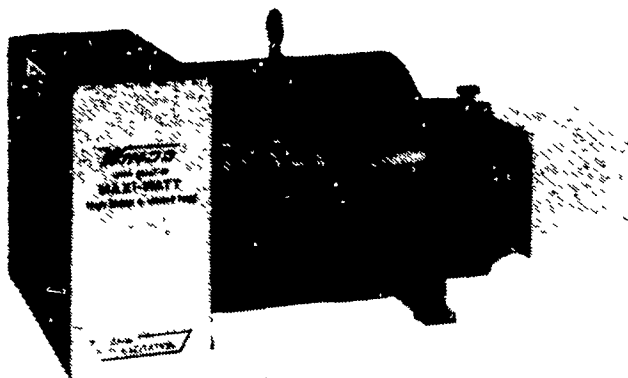
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