

## Are vitamin supplements needed?

LANCASTER — Vitamins and health foods — their benefits and drawbacks — were among the questions submitted by the public to Ask a Dietitian, a cooperative project of the Central Pa. Dietetic Association and the Lancaster Pennsylvania Chapter of the American Heart Association.

ASK A DIETITIAN, a public program for the observance of National Nutrition Month, received questions that included: I eat three meals a day and am not overweight. Should I use a daily multi-vitamin and mineral supplement?

ANSWER: All of the nutrients our bodies need for good health can be obtained by a diet composed of a variety of wholesome foods

including meats, dairy products, fish, vegetables, and fruites, and whole grain products. A balanced diet with sufficient amounts of these foods does not require additional vitamin and mineral supplementation. If you have special needs, they should be recommended by your physician or dietitian.

I've heard that Vitamin E increases virility and may help prevent heart disease and cancer. Is that true?

ANSWER: There is absolutely no proof that large doses of Vitamin E affects virility or prevents or cures heart disease and cancer in humans. Because Vitamin E is widely found in whole grains and vegetable oils, deficiency symptoms in adults have not been ob-

served, and further supplementation in most diets is unnecessary.

QUESTION: Are foods grown with organic fertilizers better for you than foods grown with chemical fertilizers?

ANSWER: Plants need fertilizers in much the same way that people need food: to supply the nutrients necessary for growth. But before any fertilizers can be utilized by a plant, it must be broken down into its chemical components. At this point, the plant cannot distinguish whether the nitrogen comes from organic sources or chemical fer-

tilizers. Furthermore, experiments conducted by the National Research Council have failed to confirm that organically grown foods supply more nutrition than conventionally fertilized ones.

For more information about vitamins and health foods, or to ask a question related to nutrition, write Ask a Dietitian: American Heart Association, Lancaster Pennsylvania Chapter, P.O. Box 3026, Lancaster, Pa. 17603. For a personal reply by a member of the Dietetic Association, please enclose a stamped, self-addressed envelope.

### Chester holds 4-H leader orientation

WEST CHESTER — The Downingtown Savings and Loan Building was the scene of a 4-H new leader orientation meeting held recently.

Six adult volunteers met with Jan Renner, 4-H Coordinator, to discuss the Chester County 4-H Program, the roles of a 4-H leader and the many activities that involve youth and adults.

The following adults will be sharing their time and talents with youths in Chester County: Mr. and Mrs. Bill Duncan, Oxford; Alyce Miller, Cochranville; Bonnie Loooper,

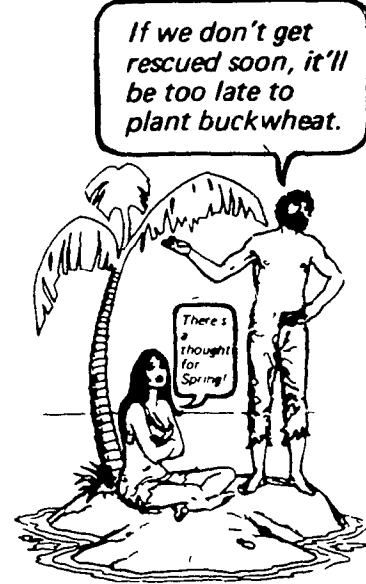
Downingtown; and Mr. and Mrs. Ted Turpin, Downingtown. For more information about 4-H, contact Jan Renner, 215/696-3500.



### Berks Co. DHIA

(Continued from Page D7)

Stephen J Janos	H	3 5	305	24,731	848
Raven	H				
Andrew D Stoltzfus	H				
Connie	H	7 8	305	24,244	906
Lois	H	5 9	305	20,848	849
Bernice	H	5 6	305	21,132	745
Agnes	H	4-10	305	23,138	966
William C Adams	H				
Ear	H	1-10	305	15,607	701
R R Troutman & Sons	H				
Dinah	H	8 5	305	21,251	742
Candy	H	2 3	305	11,128	374
Rose	H	5 7	305	19,998	800
Amily	H	5 10	305	17,975	706
Harold G Heck	H				
Hedy	H	4 2	305	16,611	715
Larry L Mertz	H				
#72	H	6 9	305	20,245	707
Mervin Brubaker	H				
Echo 28	H	9 5	305	22,020	726
Blaky 30	H	6 2	305	20,638	893
Lorie 44	H	4-8	305	18,278	732
Harry P Shaak	H				
#289	H	7 2	305	16,861	678
Robert L Sattazahn	H				
Blackie	H	7-1	305	24,270	739
Ray E Bicksler	H				
Verna	H	6-7	305	21,550	773



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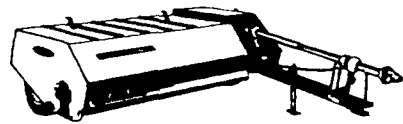
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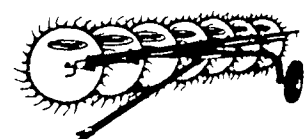
#### CUT/DITIONER



MODEL 272

**\$4595** **\$3875**

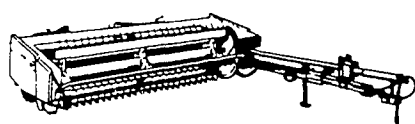
#### RAKES



MODEL 404

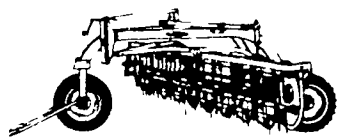
**\$1195**

#### MOW/DITIONER



MODEL 299

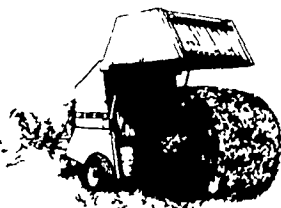
**\$4895**



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