

Dairy workshop slated

WASHINGTON, PA. — The Western Regional Fitting and Showing Workshop co-sponsored by the Pa. Guernsey Breeders Association and the Pennsylvania Holstein Association will be held Saturday, June 14, at the Washington County Fairgrounds, Washington, Pa.

Activities will include demonstrations by outstanding dairy showmen and fitters on preparing dairy cattle for shows, working with a calf under trained supervision and a fitting and

showing contest for participants.

Registration is at 9 a.m. with activities beginning at 10 a.m. A chicken barbecue is planned at 6 p.m. The show starts at 7:30 p.m. and awards will be made.

Activities are open to any youth with a dairy project, regardless of breed affiliation.

Additional information is available from the Pa. Guernsey Breeders Association Office, 2497 Lincoln Highway East, Lancaster, tel: (717) 299-8955.

Dietary guidelines booklet available

YORK — Eat a variety of foods; maintain ideal weight; avoid too much fat, saturated fat and cholesterol; eat foods with adequate starch and fiber; avoid too much sugar; avoid too much sodium; if you drink alcohol do so in moderation.

These seven guidelines, if followed, could improve American eating habits and help maintain health. The guidelines were recently announced by the U.S. Department of Agriculture and the Department of Health, Education and Welfare, and are based on a

consensus by scientists in the government's health and food agencies.

There is no one ideal diet or nutritional insurance policy that will keep everyone healthy. But there are general recommendations, which can help consumers make intelligent and informed choices from a variety of foods.

The new guidelines booklet, "Nutrition and Your Health: Dietary Guidelines for Americans," contains details and explanations of what is known about specific dietary components such as fat, sugar, sodium and

Princess contest

(Continued from Page A24)

of Mr. and Mrs. Elvin K. Breneman, Mount Joy R1. A 1979 graduate of Donegal High School, Lu Ann is attending Calvin College and studying pre-law with a business and economics major.

Lu Ann is a dormitory secretary, student Senate representative, a member of the All-Campus Discipline Committee, the public relations committee, the

scholarships and aids committee and special events committee. She is executive secretary of the Senate and is a Bible School teacher and a first-year 4-H leader.

Her parents have a herd of 70 Holsteins.

Karen Huber, 17, is the daughter of Mr. and Mrs. Earl E. Huber, Conestoga R1. Following graduation from Penn Manor High School, Karen plans to attend Messiah College and study computer science and business.

In high school, she played field hockey and participated in track and field events. She is a member of the concert choir, the National Honor Society and was a part of school musicals. She is also a lifeguard.

Karen's parents have a herd of 80 Holsteins.

Lyndell Martin, Honeybrook R2, is the daughter of Mr. and Mrs. Wilmer Martin.

Lyndell, 16, attends Pequea Valley High School and is a member of Voices of Victory chorus and is an assistant secretary of her youth group. Her parents own about 40 Holsteins.

Karen D. Schmuck, 17, is the daughter of Dr. and Mrs. Larry A. Schmuck, Peach Bottom R2. A senior at Calvary Christian Academy, Karen hopes to attend Penn State following graduation next year. She plays in the band and enjoys singing solos. A member of Calvary Independent Church, Karen is president of the youth group, plays on the church softball team, is a junior church teacher and a member of the choir.

She is vice-president of the Ayrshire, Brown Swiss and Jersey 4-H Dairy Club and participates in county council.

Her parents have about 160 head of Ayrshire, Jersey and Brown Swiss cows, with 60 milking. Karen owns 13 Ayrshire in the mixed herd, and is an avid showman.

Tickets for the pageant on June 21 are still available for

\$7.00, and can be purchased from committee chairmen Mr. and Mrs. Earl Stauffer, Ephrata or the Agricultural Extension Office until June 14.

Master of Ceremonies for the event will be Grover Gouker, Jr., and entertainment will be provided by Peggy Kurtz Schnupp, who will also choreograph the contestants' numbers.

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They've titled each June dairy month,
and folks are "searching" how;
to get a better claw or pail,
fer me to milk "mah" cows.

Golly sakes, a fella's pressed,
to know jus what to buy;
and some folks think it might be best,
ta let the cows go dry.

Cause milker dealers don't agree,
they holler, moan and whine.
For as I look at all their stuff,
each on' says... "you'll like mine".

This "here'n" sucks milk to the top,
"thatn" shuts off when it falls.
The Co-op offers sumptin,
but I question service calls.

The ad in Lancaster Farming says,
"this little job's" the way to go.
With all the farmers' names they list,
there ain't one that I know.

And so I guess when it comes down,
to the milker I should choose,
I'll go the way my neighbors went,
and the dealer that they use.

For 55 long years er' more,
this dealer's been around;
and folks seem happy with his name,
his service men are sound.

They seem ta come when ere you call,
if it be day or night;
and so I'm gonna milk with Surge,
and do my milkin right.

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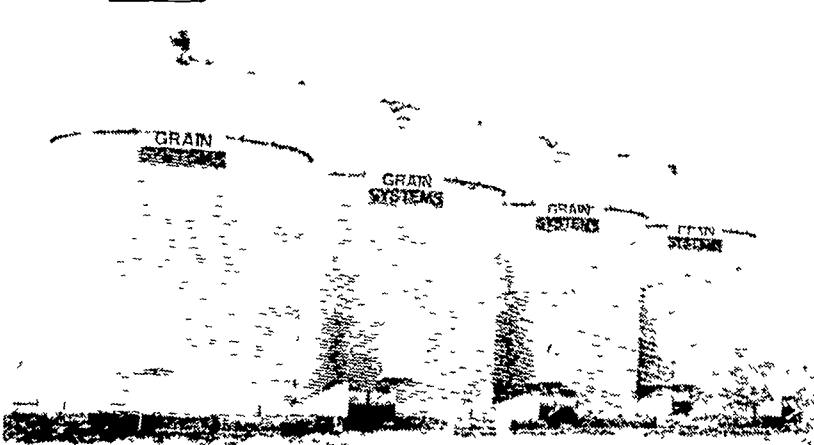
To get a free copy of the booklet write to the Office of Governmental and Public Affairs, U.S. Department of Agriculture, Washington, DC 20250.

THE SYSTEMS PEOPLE

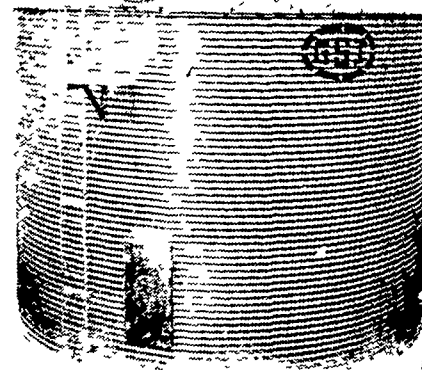
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