

## How does behavior modification work

**LANCASTER** — What is behavior modification? How does it work, and what are some behavior modification approaches to diet? Those questions were

among the many nutrition-related subjects sent to Ask a Dietitian, a cooperative National Nutrition Month project sponsored by the Central PA. Dietetic

Association and the Lancaster Pennsylvania Chapter of the American Heart Association. Here are a few of the questions:

I hear so much about behavior modification and its use in diet. How does behavior modification work to help someone lose weight?

**ANSWER:** Behavior modification is the process of changing the way we eat, not just what we eat. In a behavior modification

program, suggestions are made on how to identify the emotional states that cause you to eat more, how to know when you are experiencing "real" and "imagined" hunger, how you can avoid the temptations of eating between meals, and how to eat less.

The behavior modification approach to diet is a responsible way to learn new eating habits that can last a lifetime. This is a far better

way to lose weight, and keep it off, than crash diets and fad diets that usually only produce temporary results.

I have tried dozens of diets, but it seems that my weight loss only lasts a little while, and then I end up weighing more! Help!

**ANSWER.** Millions of people experience the same problem because they have not gotten to the heart of why they are overweight. The fact is that most of us eat more calories than our physical activity burns up. Dieting is only successful if you choose a diet that you can live with the rest of your life. It is better to go on a diet which results in gradual weight reduction instead of a crash diet which will allow rapid weight loss only to be followed by an equally rapid return of the overweight state. Ideally, meals should be composed of small portions of a wide variety of foods, including meats, poultry, fish, fresh fruits and vegetables, whole grain breads and cereals and low-fat dairy products. Behavior modification programs may help you to learn what triggers your desire to eat so that you can cope with it more successfully. Don't forget that an increase in

physical activity is a good way to use up extra calories.

What's your question? Send it, along with a stamped, self-addressed envelope, to Ask a Dietitian; American Heart Association, Lancaster Pennsylvania Chapter P.O. Box 3026, Lancaster, Pa. 17603.

## Farmers warned about sales

**ANNAPOLIS, Md.** — Another warning to farmers about pesticide telephone salesmen is being sounded by the Maryland Department of Agriculture's David Shriver who says his counterparts in Virginia have alerted him to a problem which has been happening on that state's portion of the Eastern Shore.

Shriver, Chief of MDA's Pesticide Applicator Law Section, says the latest concern stems from efforts by telephone salesmen who try to sell an apparent bargain herbicide to farmers and nurserymen.

He says, "The key to the problem, and what farmers should watch out for, is the fact that the material comes in a very diluted form when delivered, instead of the concentrated form the buyer thinks he is purchasing. Therefore, the bargain aspect disappears and it's no savings at all."

"The best advice is to beware of telephone calls from strangers offering deals and fancy claims," Shriver concluded. "Buy from known dealers and firms and be sure to check out all the facts before buying any pesticide."

## PUBLIC AUCTION

### FRIDAY, JUNE 27

11:00 A.M.

To be held at Delancy Excavating Inc. (On Rt. 10, 10 miles East of Walton, In Delancy, N.Y.

### CONSTRUCTION EQUIPMENT

CAT D6B Crawler W/ Hyd. Tilt Blade, JOHN DEERE 450B Crawler Loader; FORD 4500D, T L B, Cab & T c CAT 12 Grader; JOHN DEERE 2010G Wheel Tractor; YORK Rake; DANUSER Post Hole Digger; GALION 3 Wheel Roller.

LORD MFG. Model 3618 CHL SCREENING PLANT.

### MISC:

TRUCKS, TRAILERS, SHOP EQUIPMENT

SALE BY:

### GOODRICH AUCTION SERVICE

Rt. 38 & 38B

Newark Valley, NY 13811

607-642-8688

CALL OR WRITE FOR COMPLETE LISTINGS

## Sale Reports

A Public Auction of antiques and real estate was held June 14 by Kermit and Barbara Frey and for the Henry Frey Estate, between Trexlertown and Kutztown, Pa. The 2½ story aluminum o/frame house with 29,000 sq. ft. lot was sold for \$40,500. Other items sold included:

Cherry Corner Cupboard \$2100, Canopy Rope Bed \$1300, Trundle Bed \$190, 40" high Kestner Bisque Head Doll \$1600 and 1976 Hornet \$2900. There were about 50 people attending the sale.

Sale conducted by Ralph W. Zettlemoyer Auction Co.

## PUBLIC SALE

OF ANTIQUES, HOUSEHOLD GOODS AND FARM EQUIPMENT  
Gouglersville

SATURDAY, JUNE 28

At 10 A.M.

Located along Gouglersville Rd. to Knauers (just off Rt. 222 at Gouglersville — approx. 9 miles South of Reading — Follow signs.) Gouglersville, Berks County, Pa.

Oak Bowed Side China Closet with Claw Feet; Solid Walnut Sideboard with Marble Top (fine); 3 pc. Oak Bedroom Suite; Oak High Chair; 5 Half Spindle Kitchen Chairs; Pressed Back & other Oak Rockers & Chairs; Cane Seat Rockers & Chairs; Piano Stool; Clothes, Tree; Trunk; 3 Blanket Chests; 2 Oak Commodes; Oak Double Bed; Child's Oak Rocker; Child's Morris Chair; Oak Bureau and Wash Stand; Cedar Wardrobe; Pr. Tear Drop Candleabras (Cut Glass Prisms); Coleman Gas Parlor Light (Painted Shade); Pewter Kerosene Lamp; Lanterns.

Professional 16mm Movie Projector with Sound Box; Projector Screen.

DOLLS — Made in Germany 171; Germany Armand Marseil; Germany China Child's Tea Set; Antique Scrapbooks & Post Card Album; Old Ledger.

BOOKS — Large variety of Religious and other Books; Horatio Alger Books; English and German "Self Educator"; Memorial Life of Wm. McKinley; Antique Children's Books; Submarine Boy Series; Boy Scout Series; Dick Prescott Series.

CROCKS: (2) 5 gal. Crock; Bennington Type Water Pitcher; Roseville Planter and Vase.

### China & Glassware

China Wash Bowl & Pitcher Set; China Spittoon; Johnson Bros. Platter; Sugar, Butter Dish & Gravy Boat; Haviland Limoges China; Germany Butterfly Dish & Serving Bowls; PRESSED AND PATTERNED GLASS; Cake Stand; Compote; Blown Wine Decanter; Heisey Glass Water Pitcher; Carnival Type Bowl; Noritake & Nippon China; Oriental Tea Set; Oriental Cookie Jar; Staffordshire; Dresden China; Flow Blue; Astoria Serving Bowl; Lg. Venetian Glass Vase.

Apothecary Jars; Pewter Plate; Silver Pitcher (Meriden Co.); Agateware; Sad Irons; 1 gal. Tin Milk Can; Dated Mason's Jar (1858). BASKETS: Large Market Basket with Lids; 2 Small Antique Egg Baskets. LINENS: Fancy Work. Lace Table Cloths.

### Farm Equipment

Manure Spreader; 6 ft. Sickle Bar Mower (Ford-like new); Blackhawk (1 Row) Corn Planter; Blackhawk 2 Row Corn Planter; Lime Fertilizer Spreader; (Ford) Scoop Shovel (like new); (Ford) Sub Soiler Plow; Ford Plow; Cultivator & Harrow; Utility Lift & Utility Dump Cart; 1 Horse Cultivator; Walking Tumble Plow; Potato Plow (horse drawn); Hand Operated Corn Sheller; ANTIQUE BARN DOOR HINGES.

Garden Tractor; Utility Cart; Antique Grain Cradle; Large Wooden Wheels for Wagon; Work Bench & Vise; Hand Tools; 32 ft. Extension Ladder; 1800 ft. 3 inch Aluminum Irrigation Pipe with Fittings, Risers and Spray Heads; Gorman-Rupp Irrig. Pump with 8 h.p. Briggs & Stratton Engine (20,000 gal. capacity); 275 gal. Oil Tank; Garden Tools; Lumber; Winchester .22 Bolt Action Rifle.

Terms by:

**F. HAROLD SCHAEFFER**

T. Glenn Horst, Auct.  
Timothy G. Horst, Auct.  
859-1331

## PUBLIC SALE

HELEN J. HOWE ESTATE  
MANY FINE ANTIQUES, CARS,  
HOUSEHOLD FURNISHINGS,  
FARM ITEMS, ETC.

SATURDAY, JUNE 28

At 9:00 A.M.

The undersigned executor will sell at Public Sale at the decedents late residence; Location, taking US Route #30 1 mile East of New Oxford thence turning North at Cross Keys Diner onto US Route #94, thence turning West ¼ mile in Hamilton Township, Adams County, PA the following:

### ANTIQUES

Nice Corner Cupboard, Original Walnut Grain, 2-Pc. Softwood; 2 Nice Large Cherry & Walnut dropleaf tables with 21" leaves; Nice decorated 3-pc. Walnut finished White marble top bedroom suite and 3 nut carved cane seat chairs and rockers; Walnut dropleaf extension table with 3 boards; Dry sink; Nice oak kitchen cabinet with 3 tiffany glass panes across top of doors and bin; 3 Fine blanket chests, dovetailed with tulls, grab locks and strap hinges; Walnut square leg 1-drawer nite stand; 1 Softwood stand with 1 drawer; Rope Bed; 2 Oak case 8-day Shelf clocks; Walnut veneer 40" wall clock with nice finneals, top and bottom; Candle stand; 2 Trunks. QUILTS-NOTE: There will be one of the finest quilted work in tulip pattern to be found; Nice counter panes; Much fine linen; Doll Cradle; 2 OG Wall mirrors; Many nice picture frames; Arrow back rocker; High chair; 2 Youth wood and iron cribs; Reed baby buggy; Rockers; Oak Buffet; Oak stand; Treadle Sewing machine; Barn lantern; Iron cook pots; 2 Nice empire bureaus; Rainbow carpet; Braid rugs; Reed bottle; Many baskets; Gaudie Welsh cup plate; Nice early scenery painted china plates; Platters; Pink lustre cup and saucer; Lustre creamer; Redware glazed cake mold; Early cup with handle, in canary; Pair Bristol vases, 14" tall; Petwer plates; Wheat-head ironstone china; 5 Ironstone china teapots; Demutasks; Pattern and Press glass; Cake stands; Stem Fruit bowls; Sandwich glass; Carnival glass; Nice pattern glass, finger oil lamps; Blue & white soft paste chamber; 40 Stone jugs and crocks, some with blue flowers and signed; Iron pin meat grinder; Cannister set; Ladels; Iron waffle iron; Oil heater; Wire egg baskets; Costumes; Fireplace set; Washbowl and pitcher sets; Shawl.

### CARS (At 1:00 P.M.)

1973 Maverick 4-door sedan, V-8, Automatic, Power Steering, Painted blue, Tires like new, in showroom condition; 1964 Chevrolet Impala 4-door sedan, V-8, Automatic, Power steering, well cared for, interior in nice condition.

NOT RESPONSIBLE FOR ACCIDENTS. LUNCH STAND AT SALE.

Terms: Cash, Certified, Traveler's check or Bank reference.

No inspection until day of sale.

Executor,

**G. FREDERICK HOWE**

R.D. #1

New Oxford, PA

Phone: 717-624-8521

CLAIR R. SLAYBAUGH, Auctioneer  
Idaville, PA Phone: 717-677-7479  
S. M. RAFFENSPERGER, Attorney

## PIGS

STATE GRADED SALE  
FRI., JUNE 27

1:30 P.M.

AT

WESTMINSTER

LIVESTOCK AUCTION

Westminster, Md

Phone (301) 848-9820

## PUBLIC SALE

OF REAL ESTATE,  
HOUSEHOLD GOODS & CAR  
SATURDAY, JUNE 28

10:30 A.M.

Located along Derr Road, one mile N.E. of New Schaefferstown, about 3 miles N.W. of Bernville, Jefferson Twp., Berks Co., PA. Watch for sale signs.

REAL ESTATE at 12:30 P.M. consists of 3 tracts of land. Tract #1 contains 11 acres more or less. Erected thereon is a 2 story log dwelling with siding, 6 rooms and bath, coal fired hot water heat. Bank barn, garage and other outbuildings on the west side of Derr Road (T-506). Tract #2 contains 23 acres more or less of farmland, woodland and stream, on the east of Derr Road (T-506). Tract #3 contains 8.282 acres on the south side of the state road (LR310) leading to Rehersburg, short distance east of New Schaefferstown with frontage along the state road. Real Estate will be offered for sale in 3 tracts and as a whole. Open for inspection on Saturday, June 21, from 1 to 2 or by appointment, call 488-6341.

HOUSEHOLD GOODS AND CAR — 1967 Ford LTD, 4 dr. sedan; birdseye maple bedroom suite; wardrobe; picture frames; drum table; assortment of glass and china; slippers, bedding and linens; china and glassware; books, music box; bureau sets; Indian and other jewelry; and other interesting items. The items of LaRue Gerhart Estate. William Keener Executor.

Conditions for Real Estate by

Claude B. Keener

William Keener

Robert C. Slover

**P. of A. for ELLA E. SLOVER**

Raymond Schiegel & D. Frederick Muth, Atty's.  
Paul E. Bixler & Gerald G. Kramer, Aucts.

Also lot of items left over from Sat., June 14  
Refreshments by Ladies Aux.