

**ues**

dietary guidelines consumption of less sugar and salt. Vannoy noted that vegetarian diet can be since protein intake deficient.

is crucial in the diet. The right foods e digestive tract at the in the right come he explained, adding e exact conditions do the vitally-needed be absent.

e afternoon business ntre County dairy e Bates was elected to of secretary. Com: formed to study and on issues including re, the dairy support rural crime.

n are also gearing up he March 1982 annual g Day by honoring ies" in several cities, mmonwealth. An Ag gram, originated this he York Agri-Women been picked up and Ag Day materials ross the country.

ent Gail McPherson, ill head a delegation participating in the 0-13 convention of ri-Women at Grand gan.

agri-business women ore information on 'omen are invited to iversity chairman 2, Manchester, PA.

**Paul Harvey to address Simmental breeders at Disney World**

BOZEMAN, Mt. — A large contingency of Simmental breeders is expected to gather at the Walt Disney World Resort Complex near Orlando, Florida, January 28-31, 1982 for the Fourteenth Annual Meeting and Convention of the American Simmental Association.

Highlighting the Convention schedule will be an appearance by renowned radio and television personality, Paul Harvey. Harvey, whose daily broadcast is heard on more than 1,200 radio stations and 100 television stations, will deliver the main address "A Time to be Alive" at the ASA Awards Banquet on Friday evening, January 29.

"Early response indicates that we may have a record setting Convention registration", said ASA Executive Vice President, Earl B. Peterson. "Advance registration reflects that many members will be accompanied by their spouses and children. It's a great opportunity to combine a business meeting with the finest entertainment found anywhere".

Convention headquarters will be at the Contemporary Resort Hotel, which is listed as the "Capital" of the Walt Disney World Convention Kingdom. It's a hotel sometimes described as being "fifty years ahead of its time," with a sleek monorail running right through the lobby, a total of 1,046 luxury guests rooms and suites, and numerous other features.

On Saturday evening, January 30, Convention goers will have the opportunity to attend the "America Is" dinner show — a patriotic musical salute to 200 years of "Americana as can only be produced by Disney".

Special children's programs, featuring world famous Disney characters, movies and other entertainment will be held concurrently with the Harvey and America Is dinners.

Other scheduled attractions include a trade-show, committee

meetings, the annual business session, an open meeting with the Trustees, and the Gator Classic Simmental Sale, sponsored by the Florida Simmental Association.

"The schedule is arranged to allow ample time for our members and their families to visit the many

attractions and wonders of the area", Peterson said. "We've reserved a large number of rooms before and after the Convention to allow people the greatest possible flexibility in making their own plans."

Additional information on the schedule, the program and other aspects, including transportation, meals and housing, may be obtained by contacting the American Simmental Association, One Simmental Way, Bozeman, MT 59715 406/587-4531.

**Paul Lawrence exhibits top Holsteins**

NEW CASTLE — Local fairs, livestock and dairy shows, much like maple leaves in autumn, begin dropping off one by one, until empty show rings and barren midways signify the end of the season.

Lawrence County dairy farmers recently finished out the season with the county's Holstein show, which attracted more than 50 exhibitors and 150 Black and Whites.

New Castle dairyman Paul Lawrence twice made the trip to the winners circle — each time for a champion rosette.

Lawrence-Haven Threat Polly, a senior 2-year-old was selected by judge Gary Oakes as grand and senior champion. The champ, sired by Hanover-Hill Triple Threat-Red, is out of Pats Bandolero Pet.

Lawrence's second champ, an intermediate heifer calf, was named junior champion. Lawrence-Haven Mars Poppy is sired by Lime-Hollow Elevation Mars and out of Ajay Shan Promis Palm.

Judge Oakes went with Mil-Roy Monitor Milky Way for reserve grand and reserve senior champion. The 3-year-old entry of A Moore Holsteins Farm is sired by

Fleetridge Monitor and out of Mil-Roy Bootmaker Fanci.

Todd Martin exhibited the reserve junior champion, Martinholm Topper Ann. The senior yearling is sired by Penmar Apollo Topper and out of Ivanhoe Aleta Alice.

Additional results follow from the Lawrence County Holstein Show:

- Junior Heifer Calf**  
1 Arthur Moore, 2 Leslie McBride, 3 Gordon McClure, 5 Wendell Dean
- Intermediate Heifer Calf**  
1 Paul Lawrence — Junior Champion, 2 Paul Lawrence, 3 Annie Rynd, 4 C Far Vu Farms, 5 Harold McConnell & Sons
- Senior Heifer Calf**  
1 Todd Martin, 2 C-Far-Vu Farms and Bill McBride, 3 Paul Lawrence, 4 Harold McConnell & Sons, 5 Paul Lawrence
- Junior Yearling Heifer**  
1 R Scott Mitchellree, 2 Todd Martin, 3 A Moore Holstein Farm, 4 Harold McConnell & Sons, 5 Dolly Mitchellree
- Senior Yearling Heifer**  
1 Todd Martin — Reserve Junior Champion, 3 Paul Lawrence, 4 Harold McConnell & Sons, 5 C Far-Vu and Bill McBride
- Dry Cow 3 and 4-Year-Old**  
1 R Scott Mitchellree, 2 A Moore Holstein Farm, 3 C Far-Vu Holstein Farms, 4 Harold McConnell, 5 Paul Lawrence
- Aged Dry Cow**  
1 Albert Hogg & Sons, 2 A Moore Holstein Farm, 3 Dolly Mitchellree, 4 Rader Farms, 5 Wendell and Ethel Dean
- Junior 2-Year-Old**  
1 Rader Farms, 2 George Dean, 3 Harold McConnell, 4 Paul Lawrence, 5 Tim Sturgeon
- Senior 2-Year-Old**  
1 Paul Lawrence — Grand and Senior Champion, 2 C-Far-Vu and Bill McBride, 3 Philip Bozinski, 4 Albert Hogg & Sons, 5 C Far-Vu and Bill McBride
- 3-Year-Old**  
1 A Moore Holstein Farm — Reserve Grand and

Reserve Senior Champion, 2 A Moore Holstein Farm, 3 and 4 C-Far-Vu, 5 Gary McConnell

**4-Year-Old**  
1 A Moore Holstein Farm, 2 C-Far-Vu, 3 R Scott Mitchellree, 4 M Kathy Minor, 5 Albert Hogg & Sons

**Aged Cow**  
1 R Scott Mitchellree, 2 Rader Farms, 3 Albert

Hogg & Sons, 4 George Dean, 5 R Scott Mitchellree

**100,000 Pound Class**

1 R Scott Mitchellree, 2 Robert Minor, 3 Tim Sturgeon, 4 Wendell and Philip Dean, 5 Tim Sturgeon

**Fall is fine time to lime**

FAIRFAX, Va. — Fall is an excellent time to apply lime for many reasons.

Lime requires time to react with the soil; it doesn't work overnight. Applying lime in the fall provides the necessary time for the neutralization of soil acidity before spring planting.

Lime is most effective when it is mixed with the soil. Given time, nature does a good job of mixing lime and soil. Rain water percolating into the soil, freezing and thawing, and wetting and drying, all contribute to working the lime into the soil. The action of nature in mixing lime into the soil is especially important on no-till fields and permanent pastures. This is a big plus for fall liming.


A common liming problem today is the release of residual herbicides when a very acid soil is limed. If you are rotating from corn to a sensitive crop such as oats or alfalfa, the release of tied-up herbicides by spring liming can

produce serious damage to the new crop.


Liming ahead of time, at least in the fall before you anticipate planting a sensitive crop, will allow some time for the released herbicides to dissipate. It is even better if you can lime a full year ahead of planting a herbicide-sensitive crop. Better yet, eliminate the problem by maintaining the soil pH between 6.5 and 7.0 throughout the whole rotation.

Another very practical advantage to fall liming is that lime and lime spreading services are more available in the fall than during the busy spring season. Also, because the soil is usually drier in the fall, there is less chance of doing physical damage to it.


If you are planning to lime this fall, the first and most important step is to get your soil tested. This is the only way to find out if lime is needed, and how much to apply.



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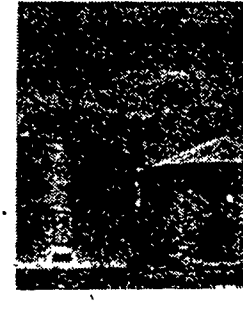
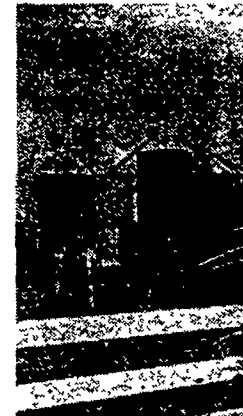


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