

## Four to compete for Poultry Queen

LANCASTER — Four girls will compete for the Lancaster County Poultry Queen title at 6:15 p.m. on Friday, August 3 at the Farm and Home Center.

Vying for the title are:

• Margaret Herr, the daughter of Robert D. and Betty W. Herr of R2 Narvon. Margaret will be a senior at Garden Spot High School, where she has been active in track and on the honor roll.

Margaret has also been very active in FFA. She is currently county FFA president and chapter treasurer. She has also been involved in livestock and poultry judging, and has placed third in the state in public speaking.

Following graduation from high school, she plans to attend Penn State University to major in agriculture.

In her free time, Margaret likes to read and work with her livestock.

Margaret has raised poultry on their farm and her mother works for Victor F. Weaver, Inc.

• Tracy Lynne Prinz, the daughter of Charles and Donna Prinz, 255 Boomerang Drive. Tracy will be entering her senior year in high school this fall. During high school she has been sophomore class secretary, president of the student council, and has written for the school newspaper. She was also on the field hockey team and the honor roll.

She is considering attending college, and is looking at Goshen or Temple University. In her spare time, she teaches dance, and enjoys listening to classical music and writing poems.

Tracy's father is employed as a photographer for Victor F. Weaver.



Margaret Herr

• Denise Mumma, the daughter of Clay and Hilma Mumma, R1 Mount Joy.

Denise will be a senior at Donegal High School this fall, where she has been soccer statistician, a member of the National Honor Society and prom committee. She has also been class

**MEDIA** — Some sufferers of migraine headaches may find that relief is spelled D-I-E-T! As many as twenty-five percent of migraines may be due to dietary factors, says Greta C. Vairo, extension home economist with the Penn State Extension Service. Controlling these migraines may be as simple as eliminating certain foods from the diet and changing food habits.

A migraine is a periodic headache noted for severe pain on



Denise Mumma

secretary, a band front majorette and a member of student council.

Following graduation she plans to attend a four-year college for paralegal or business management.

Denise enjoys aerobics, twirling, reading, and sports. Her parents

### Proper diet can help reduce migranes

one side of the head, nausea, dizziness, and other unpleasant symptoms. It occurs when blood vessels in the brain become temporarily over-enlarged. Scientists believe that the disorder which causes migraines is inherited . . . but they don't know exactly why it occurs.

A migraine attack is thought to be triggered by such factors as stress, fatigue, exposure to bright light, oral contraceptive use and menstration . . . as well as diet.



Tracy Prinz

are both representatives of the broiler and layer industry.

• Gwendolyn Yoder, the daughter of Vernon and Barbara Yoder, R1 Christiana. Gwen is a 1983 graduate of Lancaster Mennonite High School, where she was a class secretary and a member of the student council and chorus. She



Gwen Yoder

also played basketball and softball.

Gwen currently is employed by Yoder's Country Market. She enjoys cooking, basketball, tennis, volleyball and crossword puzzles.

For the past 10 years Gwen has been gathering eggs from the family's 15,000 laying hens.

tioned as possibly causing allergy related migraines. However, none have been proven a cause of migraine, and many scientists believe more research should be done.

If you suffer from migraines and feel that food may be a factor in causing them . . . talk to your allergist and a registered dietitian. Migraine sufferers appear to vary a great deal in their sensitivity to foods and beverages.

## LEBANON AREA

# FAIR Days

AUGUST 5-11, 1984

2 Miles South of  
Lebanon Plaza -  
Cornwall & Evergreen Roads

### SCHEDULE OF EVENTS:

#### Sunday, AUGUST 5th

- 4-H Horse and Pony Show 9 a.m.
- Ham Bar-B-Q 11:30 a.m. to 2:00 p.m. \$4.00
- Judge Rabbits and Cavies - 1:30 p.m.
- Music by Centurions - 12:00 p.m. to 1:30 p.m.

#### Monday, AUGUST 6th

- Judge Dairy Goats - 3:30 p.m.
- County Tractor Pull - 7:00 p.m. - \$2.50 Admission
- Blue Grass 8:00 p.m. to 11:00 p.m.

#### Tuesday, AUGUST 7th

- 4-H and FFA Dairy Show - 9:00 a.m.
- Dog Obedience and Pet Shows - 6:00 p.m.
- Farmers' and Dairy Night (Cow Milking, Calf Dressing, Bale Throw, Wheelbarrow Race, Tug of War.)
- Cake Auction - 8:30 p.m.

#### Wednesday, AUGUST 8th

- Judge Livestock - 9:30 a.m. Swine, 1:30 p.m. Beef, 5:30 p.m. Sheep
- County Big Wheel Race - 7:00 p.m. (Ages 4 and under, 5-6-7)
- Square Dance - 8:00 p.m. to 11:00 p.m. Dave Kreider

#### Thursday, AUGUST 9th

- FREE ADMISSION AND PARKING
- Open Dairy Show - 9:00 a.m.
- Chicken Bar-B-Q - 2:00 p.m. to 8:00 p.m. \$4.00
- County Lawn and Garden Tractor Pull - 7:00 p.m.
- 4-H Auction - 7:30 p.m.

#### Friday, AUGUST 10th

- Judge 4-H and FFA Dairy Fitting and Showmanship 9:00 a.m.
- State Tractor Pull, Class B and 4-Wheel Drive Truck Competition - 7:00 p.m. \$4.00 Admission. Children under 12 free.
- Together Again Band - 7:30 p.m. to 10:30 p.m.
- John Batz Music for all Occasions.

#### Saturday, AUGUST 11th

- FREE ADMISSION AND PARKING
- 4-H Market Hog, Sheep and Steer Sale - 1:00 p.m.
- Demolition Derby Followed by Fireworks - 7:00 p.m. \$4.00 Admission

**PARKING \$1.00 Per Car**

**ADMISSION - \$1.00 Per Person 12 & Over**

**SENIOR CITIZEN FREE WITH I.D. CARD**

**This pertains to Monday, Tuesday, Wednesday & Friday**



TRACTOR PULLING CONTEST