

Campbell Clovers take first

LAMBERTVILLE, N.J. — The Campbell Clovers, a home economics 4-H club of Kendall Park in Middlesex County, were the State winners of the 4-H Milk Promotion Idea Contest held recently during the State 4-H Expo at Rutgers University.

The club received a \$100 award for their promotion exhibit, which consisted of a dairy case filled with milk and dairy products with faces and animation. Their skit expressed the importance of milk and dairy products as a basic food necessary for good health as opposed to empty calorie foods such as those in a shopping cart that was also part of the skit. Participating were club members Kristen and Karen Spannagel and Dawn Stover.

Receiving the \$50 second place award was the Asbury Junior 4-H Dairy Club of Warren County. Their skit included Erich Satalbers, who, in cow costume, explained how the cow produces

the milk that is essential to all of us. Erich did this with a puzzle of a cow's stomach.

The contest was sponsored by the New Jersey Department of Agriculture and New Jersey dairy farmers through the state dairy princess committee. The judging was based on the following criteria:

- Expresses value of milk and milk products for good nutrition.
- Effectiveness
- Ease of presentation
- Adaptability
- Interest range

All New Jersey 4-H Clubs were invited to participate. A winner was selected from each county and those winners were eligible to compete for the state awards.

Both the Campbell Clovers and the Asbury Junior Dairy Club will be presenting their skits at the Flemington fair dairy booth. Flemington is the State Agriculture Fair to be held August 28th-September 3rd.

Water softeners can add sodium to diet

ITHACA, NY — "Sodium can turn up when you least expect it," the announcer states in a television commercial for a popular low-sodium antacid tablet.

People may overlook many sources of sodium, beginning with softened water used for cooking and drinking, according to an environmental analyst for Cornell Cooperative Extension.

"People who are concerned about the amount of salt they consume should be aware that some water softeners can add sodium to their diet," says Ann Lemley.

She explains that most home water softening systems operate by using cation exchange. Calcium and magnesium ions, which are the principle culprits in hard water, are exchanged for sodium ions.

Hard water leaves a lime deposit on hardware, pipes, and other fixtures, makes laundry detergent

less efficient, and leaves soap scum and dirt rings around sinks and bathtubs. Thus, many homeowners have water softening equipment installed.

The amount of sodium added to water for softening depends on the hardness of the water. Hard water that has five grains per gallon (85 ppm) will end up with about 150 milligrams of sodium per gallon after water softening. If the water has 20 grains per gallon, it will have about 600 milligrams of sodium per gallon after softening.

An environmental chemist, Lemley is in the department of design and environmental analysis in the New York State College of Human Ecology at Cornell University.

"The sodium in softened water is not a large part of the total amount

of sodium in the diet," Lemley explains, "unless a person is on a severely salt-restricted diet."

Companies that sell water softening equipment usually will test a customer's water for hardness, she says. Once the original hardness is determined, the sales representative will be able to determine the amount of sodium that will be added through softening, because it is a constant formula.

"You can avoid drinking water with added sodium," Lemley suggests. "Some people hook up the water softener to the hot water tap only, where it will soften water for cleaning, but not add sodium to water used for drinking."

Or, a separate water tap that bypasses the water softening system can be installed.

Poultry health meeting set

OCEAN CITY, Md. — The 19th National Meeting on Poultry Health and Condemnations will be held on Tuesday and Wednesday, Oct. 16 and 17, at the Carousel Hotel in Ocean City, Md. This annual event is sponsored by Delmarva Poultry Industry, Inc. in cooperation with the Universities of Delaware and Maryland.

G. Thomas Holder, general chairman of the conference, has announced, "Program plans are complete and we are pleased that we have 43 participants scheduled to report the latest information on current topics concerning growout and processing problems affected by poultry health." Holder added,

"We are expecting a record attendance this year based on early registrations and hotel reservations." Last year there were 501 registrants from 27 states, the District of Columbia, Puerto Rico and Canada.

On Tuesday, separate concurrent sessions will be held to cover grow-out and processing topics. Registration forms, programs and other details for the conference may be obtained by writing or calling Delmarva Poultry Industry, Inc., R.D. 2, Box 47, Georgetown, DE 19947 (302/856-2971). Lodging reservations should be made directly with the Carousel Hotel, 118th Street, Ocean City, Md. 21842 (301/524-1000).

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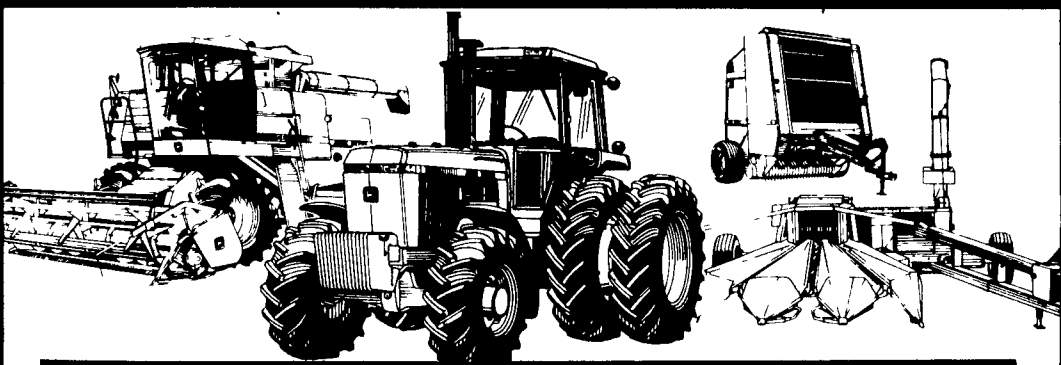
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50 hp 2255***	475	400	325
55 hp 2350	600	500	425
65 hp 2550	675	575	475
75 hp 2750	775	650	525
85-hp 2950	900	750	625
100 hp 4050	1450	1225	1000
120 hp 4250	1575	1325	1075
140 hp 4450	1650	1400	1150
165 hp 4650	2000	1700	1400
190 hp 4850	2225	1875	1550
185 hp 8450 4WD	2500	2100	1725
235 hp 8650 4WD	3050	2575	2100
300 hp 8850 4WD	3800	3225	2625

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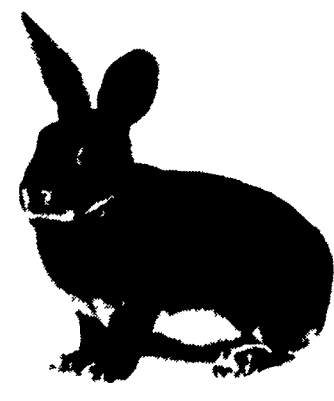
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