

Outstanding Youths, Farm Family Honored At Reading Fair Banquet

BY ROBIN PHILLIPS

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FLEETWOOD — The 132-year tradition of the Reading Fair continued last week as outstanding members of the Berks County agricultural community were honored at the annual Reading Fair Awards Banquet.

One of the most prestigious awards of the evening went to the Kopfer family of R2 Fleetwood, who were named the 1986 Berks County Outstanding Farm Family. All 30 of the previous outstanding farm families were present to meet this year's family and the Outstanding 4-H and FFA Boy and Girl.

"It gave us a great boost, said Carroll Kopfer after her family was chosen Outstanding Farm Family. The honor is appreciated at a time when the farm economy is depressing, she added.

Serving as spokesman for her family, Mrs. Kopfer said: "This is an opportunity for us as an agricultural industry to help people understand what we do."

Carroll and her husband, Robert, operate 4 K's Farm in Fleetwood where they farm 450 acres and milk 65 Holsteins. They have been Fleetwood Grange members for 15 years and are involved in the 4-H and Camp Fire programs in their community.

Their two children, Ann, age 18, and David, 12, help out on the farm and are active in community programs. A freshman this year at the Indiana University of Pennsylvania, Ann Kopfer was unable to attend the banquet.

Not only did she miss the outstanding farm family presentation to her parents, she wasn't present to accept the 1986 Outstanding 4-H

Girl Award either. Ann received the award for her extensive participation in local, state and national 4-H activities.

Her achievements include: senior dairy blueform winner, county fashion revue winner in 1984, 1985 and 1986, regional fashion revue honors in 1985, Kiwanis recognition winner in 1984, clothing and textiles judging team from 1981 to 1985, county representative from the Fleetwood Club, Berks County representative to the National 4-H Junior Dairyman's Contest, 4-H Capital Days delegate in 1985, and the Berks County alternate dairy princess in 1985.

Ann Kopfer has been a member of the Fleetwood 4-H Community Club for 10 years and a member of the Eastern Berks 4-H Dairy Club for nine years. Her major projects have been clothing and textiles, foods, dairy and teen leadership in dairy and foods.

The 1986 Berks County Outstanding 4-H Boy award was presented to well-known beef and swine exhibitor Greg Stricker. The 18-year-old son of Gene and Shirley Stricker of R1 Bernville, Greg is an active 4-H'er. He has been a member of the Berks County Beef and Swine Club since 1977, serving as president of the swine club in 1985 and beef club president in 1986.

He was the state delegate to the National 4-H Commodity Marketing Symposium in 1986 and attended 4-H Citizen Washington Focus. He was also the state delegate to the National 4-H Club Congress in 1986 and the 4-H representative on the 4-H Development board of directors in 1986. This year he also won the

Kiwanis Youth Award representing 4-H.

Beth Morgan, the 18-year-old daughter of Mr. and Mrs. Thomas Morgan, R1 Birdsboro, was named the 1986 Reading Fair Outstanding FFA Girl.

A 1986 graduate of Twin Valley High School, Beth served as president of the Twin Valley FFA, vice-president of the Berks County FFA and held the offices of county junior advisor, parliamentarian, chapter vice-president, and secretary.

She was a presiding member of the FFA parliamentary procedure team, placed third in the Pennsylvania FFA forestry contest, and will be a member of the Pennsylvania FFA team in the national forestry contest in Kansas City, Mo. in November.

Beth Morgan has also participated in the Blue Mountain Cooperative Institute, the Pennsylvania Association of Farmer Cooperatives, the National Institute on Cooperative Education, the National FFA Washington Leadership Conference and the National FFA Convention. She received the Twin Valley DeKalb Agricultural Accomplishment Award, the Chapter Star Farmer Award, and the Smith Brothers Citizenship Award at graduation.

Her FFA projects have included a home garden and a wildlife conservation project. She was a student in the Twin Valley forestry and natural resources program.

"She's our outstanding example of the fact that FFA isn't all cows and plows," her FFA advisor, Ron Frederick, said as he presented the award. "She's an outstanding example of what FFA can do."

Morgan is a freshman at the University of Delaware, where she is majoring in animal science.

The 1986 Outstanding FFA Boy "seems to embody all the super things that you would like to see in young people today," Hamburg Area FFA advisor Lynn Van Tassel said as he presented the award to Henry Seidel of R1 Lenhartsville.

The son of Robert and Nancy Seidel, Robert has served as president of the Berks County FFA Chapter as well as his home chapter.

Robert received the Keystone Farmer Degree in January and will represent Pennsylvania in regional competition next week in Massachusetts.

He has also received the Bank of Pennsylvania Scholarship to attend the Washington Leadership Conference and has attended the National FFA Convention in Kansas City.

Seidel's projects have included dairy, market swine, field corn and



The Robert and Carroll Kopfer family of Fleetwood was selected Berks County Outstanding Farm Family of 1986. Pictured here with their 12-year-old son, David, they accept the award.

oats. He is presently attending Penn State Berks Campus and intends to enter the field of agricultural engineering.

Judge Forrest Scheaffer, president judge of the Court of Common Pleas, was the evening's featured speaker.

The Reading Fair will be held Sept. 21 through 27 and will feature free parking, admission, and entertainment, along with numerous Berks County entries in dairy, livestock, floral arrangements, needlecraft and home products.

Trace Minerals Are Essential

SOUTHAMPTON — We hear a lot about the importance of vitamins—but a host of other strange-sounding chemicals called trace minerals are also essential for life.

Trace minerals or "elements" are substances needed by the body in minute amounts, says Dairy Council Inc. of Southampton. These include iron, iodine, fluoride, copper, manganese, zinc, selenium, chromium, and cobalt.

Iron is necessary for the production of red blood cells. Required amounts are 18 mg. for women and 10 mg. for men. The average diet contains about 6 mg. per 1,000 calories, but many women don't meet their daily needs because of either blood loss due to menstrual periods or low-calorie diets.

Only a small percentage (10 percent) of the iron consumed is absorbed, so you need to consume substantially more than your body needs. Coffee and tea can decrease iron absorption, too, by as much as 70 percent and coffee by as much as 40 percent.

Meat, fish, poultry, soybeans contain iron that is more readily absorbed than iron found in grains, fruits and vegetables. Iron deficiency signs are apathy, fatigue, and hyperactivity. On the other hand, black stools can mean you're taking in too much iron and this could lead to liver malfunction.

Iodine is necessary for production of the thyroid hormone that regulates metabolism. Primary sources are iodized salt and seafood. An iodine deficiency has never been a problem in the U.S. food supply due to iodized salt, but goiter is still a serious health problem in other parts of the world.

A theoretical problem may exist for those who cut back too much on sodium intake and thus increase risk of goiter. It should be remembered that processed foods do not use iodized salt.

Fluoride is important for strong bones and teeth, especially the enamel. Primary sources are drinking water, small ocean fish with bones, and tea. One cup of tea can have as much as three times the amount of fluoride as that found in fluoridated water. An

excess can cause mottling or discoloration of teeth.

Copper affects pigmentation and the structure of the hair. It also mobilizes iron and synthesizes hemoglobin. Because it is related to iron, a deficiency sign is anemia. Excess intake of zinc and vitamin C will decrease copper absorption. Primary sources of copper are oysters, nuts, organ meats, enriched breads and cereals, and cocoa.

Manganese is involved in protein and energy metabolism. It is also necessary for normal skeletal connective tissue development. Primary sources are nuts, apples, raisins, and tea.

Zinc affects cell growth and repair. Those at risk for zinc deficiency are vegetarians, children and teens, pregnant women, and the elderly. Zinc has been known to improve taste perception in the elderly, while an excess can affect the high density lipoproteins beneficial to the heart. Good sources are liver, oysters, milk, and eggs.

Selenium is essential for the functioning of important enzymes. You need between 50 to 100 micrograms, a very small amount. Toxic symptoms can include brittle fingernails, hair loss, and gastro-intestinal disorder. Good food sources are organ meats, seafood, and grains.

Chromium increases the effectiveness of insulin, and a deficiency may cause impaired glucose metabolism, with symptoms similar to diabetes: frequent urination, extreme thirst, loss of weight. Good food sources are cheeses, meat products, whole grains, and brewer's yeast.

Cobalt is a part of vitamin B₁₂ so food sources are the same; green leafy vegetables, foods of animal origin, such as milk.

These discreet functions are essential to life, so it is reassuring to know what a wide variety of foods from the four food groups should provide enough of these essential trace minerals. Only severe dietary modifications would cause a deficiency, says Dairy Council, but it is important to remember that large doses can cause an imbalance in the body's chemistry—so more is not better.



Chris States, 4-H Extension agent, presented Greg Stricker with the award for the Reading Fair Outstanding 4-H Boy.



Twin Valley FFA advisor Ron Frederick, left, presented the Outstanding FFA Girl award to Beth Morgan, while Hamburg FFA advisor Lynn VanTassel, right, presented Henry Seidel with the Outstanding FFA Boy award.