

# York County's Strausbaugh Captures Coveted Jr. Market Lamb Banner

HARRISBURG — Visions of leaping sheep may not be the answer to insomnia, but Jeff Strausbaugh knows that well-toned sheep make Farm Show champions. The 9-year-old York County youth constructed jumps in the barn, then put his market lamb through the paces every night.

The exercise program apparently gave "Scooter," his 128-pound Suffolk wether, the muscle tone needed to capture the judge's attention, for at show's end the purple and gold champion banner was handed to Strausbaugh.

The banner, one of the most coveted sheep awards presented at Farm Show, is given to the youth with the best market lamb. The junior market lamb show was held Wednesday afternoon in the Farm Show building in Harrisburg.

Strausbaugh, the son of Greg and Chris Strausbaugh, York, explained that the exercise course constructed in the family's barn consisted of four jumps. Each night, he led the lamb over the

hurdles in preparation for Farm Show competition.

Fielding hugs and handshakes from enthusiastic friends, Strausbaugh said he was feeling both happy and surprised about his win. The champion market lamb is quite a coup for a youngster exhibiting in his second Farm Show. "You don't do it too often," Strausbaugh's mother said with a glowing smile. Once is about all you can hope for, she added.

Strausbaugh purchased Scooter from Pine Haven Farm in Newville.

On his way to the grand champion title, Scooter picked up the light heavyweight championship. In the final round of competition, he was up against the seven other weight division champions and reserves.

The overall reserve championship went to a 217-pound Suffolk-cross wether exhibited by Laura Folker of Lancaster County. An experienced hog showman, Folker was exhibiting her first

lambs at Farm Show. She has raised hogs for a number of years, but took on sheep as an FFA project this year. She owns two lambs, her market lamb "Captain" and a carcass lamb. She purchased the market lamb from B and B Livestock in Ohio.

Like Strausbaugh, Folker prepared her lamb for the show by putting him through an exercise program. She said she walked Captain a mile each night on a race horse track near her grandparent's home.

Although she was obviously pleased with her success in sheep competition, Folker is still undecided about continuing with sheep. Her mother reports that parting with them at sale time is a little tough to take. Laura is the 15-year-old daughter of Tony and Edith Folker, New Holland.

Other division champions included Bobbi Jo Keiter, Cumberland County, champion lightweight, and Joyce Heffner, Berks County, reserve lightweight; Donna MacCauley, Chester County, reserve champion middleweight; Rob Keiter, Cumberland County, reserve champion light heavyweight; Kristin Chupp, Lancaster County, champion heavyweight; and Rachael Hixenbaugh, Beaver County, reserve champion heavyweight.



The entire Strausbaugh family of York County shared in the excitement when 9-year-old Jeff captured the champion market lamb banner. They are, from left, Alicia, Chris, Jeff and Greg.



Laura Folker receives congratulations from Pennsylvania Lamb and Wool Queen Gwen Gray after she received the reserve champion market lamb plaque.



Sheep showmanship winners were, from left, Geoff Powell, Glenn Heffner and Kristin Chupp.

- Jr Market Lambs**
- Class 1**  
1 Tammy McCloskey 2 Patrick Zagrodnichek  
3 Corey McConn
- Class 2**  
1 Joyce Heffner, 2 Wayne Hixenbaugh 3 Jennifer Schnabel
- Class 3**  
1 Bobbi Jo Keiter 2 Scott Myers 3 Virginia Hicks
- Champion Lightweight**  
Bobbi Jo Keiter
- Reserve Champion Lightweight**  
Joyce Heffner
- Class 4**  
1 Donna MacCauley 2 Melissa Trostle 3 Chris

- Zagrodnichek**
- Class 5**  
1 Lori Tyson, 2 John Eaton, Jr. 3 Krista Hetrick
- Class 6**  
1 Laura Folker 2 Kim Hopple, 3 Stacy Suffel  
**Champion Middleweight**  
Laura Folker  
**Reserve Champion Middleweight**  
Donna MacCauley
- Class 7**  
1 Rob Keiter 2 Nancy MacCauley 3 Glenn Heffner
- Class 8**  
1 Joe Kuzemchak 2 Garth Sweigard 3 Michelle Arment
- Class 9**  
1 Jeff Strausbaugh 2 Megan Souder 3 Mark Brubaker
- Champion Light Heavyweight**  
Jeff Strausbaugh
- Reserve Champion Light Heavyweight**  
Rob Keiter
- Class 10**  
1 Kristin Chupp, 2 Rachael Hixenbaugh, 3 Troy Waggoner
- Class 11**  
1 James Parlett 2 Brian Trace, 3 Jodie Frantz
- Class 12**  
1 Kristy Bishop, 2 Lee Hayes, 3 Becky Weber  
**Champion Heavyweight**  
Kristin Chupp  
**Reserve Champion Heavyweight**  
Rachael Hixenbaugh  
**Grand Champion**  
Jeff Strausbaugh  
**Reserve Grand Champion**  
Laura Folker
- Junior Lamb Showmanship**  
1 Geoff Powell, 2 Lori Tyson 3 Kim Bishop
- Intermediate Lamb Showmanship**  
1 Kristin Chupp 2 Darth Sweigard 3 Brian Trace
- Senior Lamb Showmanship**  
1 Glenn Heffner 2 Tracy Frantz 3 Don Wehr

## Stress Pileup Problem Present In Farming, Agribusiness, Says Family Specialist

BY GINGER SECRIST MYERS  
Adams County Correspondent  
BRUSHTOWN — "Farmers consider themselves hardy stock. They do not want to admit that there is such a thing as stress, but... There's a lot of stress pileup today in farming and ag related businesses," said Dr. James VanHorn. The Penn State Extension family life specialist spoke on "Living with Stress" at the 71st annual meeting of the Adams County Cooperative Extension Association held Jan. 8th at the Brushtown Firehall.

Over 250 people gathered for the annual banquet and meeting which featured highlights of the 1986 Extension program, presentation of special awards, election of six new Executive Committee members, and Dr. Horn's presentation.

Dr. Horn noted that the agricultural community suffers from stress as evidenced by its end-products: stress-related illnesses, increasing family conflicts, and the rising number of suicides within the ag community. Horn emphasized, "When the mind is under a lot of pressure, the body reacts. When the body is under stress, the mind reacts."

Horn listed several symptoms of stress including not only physical illness and depression, but also difficulty in concentration, increased irritability, weight gain or loss, difficulty in doing ordinary tasks, drug or alcohol abuse, and chronic fatigue.

However, stated Horn, stress is not all bad. Stress helps with reaction time when our automatic responses are needed. The

problem comes when we have stress overload and do nothing to relieve it.

Horn presented a "Preventive Maintenance" checklist for dealing with stress, stating, "Farmers do it (preventive maintenance) for their tractors and buildings. We need to do it for ourselves."

- He prescribed:
- Develop a positive outlook for dealing with crisis.
  - Define your work; cut it into manageable slices.
  - Learn to accept what you cannot change.
  - Talk over your troubles with a trusted confidant.
  - Learn to relax and to pause in life.
  - Work off tensions and develop self-renewing diversions.

County 4-H Agent Jared Tyson recognized four families with certificates of appreciation for hosting IFYEs from Greece this past summer. These included the: Russell Redding Family, Frank Ludwig Family, Michael Grimm Family, and the Chester Tyson Family.

County Executive Board

President Kay King recognized two of the Executive Committee's retiring members for serving for nine consecutive years. They were Miriam Zepp, New Oxford, and Glenn Kime, Gardeners. They were not eligible for re-election. Newly elected to the 21 member county-wide Executive Committee were: David Benner, Bonnie Kuntz, Barbara Platt, Tim Weiser, David Reinecker, and Dr. Patricia Whittaker.

County Extension Director Thomas Piper concluded the awards presentations with the 1986 Extension Leadership Award which went to Glenn Kime, Gardner. Selection for this annual award is determined by vote of the full Executive Committee.

In his introduction, Piper characterized Kime saying, "The man we honor has been a tireless leader in serving his community." Kime was the first FFA Keystone Farmer in Adams County. He has been an active leader in the poultry industry both locally and on the state level. He has also been active on the Tyrone Township Planning Commission and with numerous other civic groups.

## York County 4-H Council

York County 4-H Council members met Jan. 7 at the 4-H Center in Bair. Tracy Miller reported on National 4-H Congress, Jessica Price gave a report on the York Recreation Commission and Barb Brenneman reported on the

Senior Exchange. Other reports were given by Oona Horn, officers training, and Sue Eisenhart, committee sign up.

The next meeting will be held Feb. 4 at 7:30 p.m. at the 4-H Center.