

V. George Carey Named Chairman of 1987 Delmarva Chicken Festival

GEORGETOWN, Del. — Sussex County farmer and Delaware State Representative V. George Carey has been named general chairman of the 39th Delmarva Chicken Festival. This year's festival will be held June 12th and 13th at the Milford High School, Milford, Del.

Carey, a lifelong resident of Sussex County, lives on a farm south of Milford with his wife of 38 years, Jeanette. They have three children, Dennis, Dale and Karen Carey-Wilkerson. Carey, the third generation of his family to farm the area, is president of Carey Farms, Inc., a diversified farm business of dairy cows, chickens, lima beans, peas, corn, soybeans, wheat, barley and hay.

Rep. Carey has served one two-year term in the Delaware House of Representatives. He began his second term in November 1986. He is chairman of the Natural Resources Committee and is a member of the Agriculture Committee and the Bond Bill Committee. His district includes the Lincoln, Ellendale, Milton, Slaughter Beach, Primehook Beach, Milford and Georgetown areas.

George Carey is a member of the Delmarva Poultry Industry, Inc., a past chairman of the Milford Southern States board of directors, a member of the Interstate Milk Producers Federation, a farm



V. George Carey

bureau member and a lifelong member of the Slaughter Neck United Methodist Church.

As festival chairman, Carey is responsible for coordinating a program which will include a parade, a trade show, entertainment, a poultry industry

display, the chicken capers, games for children, hot air balloon rides and, of course, the sale of chicken meals during the two days of activities. Working with Carey is the Chamber of Commerce of Milford, host organization for the

1987 event.

For further information on the Delmarva Chicken Festival, contact Delmarva Poultry Industry at (302) 856-9037 or the Chamber of Commerce of Milford at (302) 422-3301.

Fast Food Isn't Junk Food

MEDIA — Fast food is not junk food. Junk food has no nutritional value, but you can't say that about a Big Mac or a Whopper or any other fast food.

According to Maryetta Dorricott, Delaware County Extension home economist, they do contain important nutrients. In fact, the typical fast food meal of a burger, french fries and a cola has adequate amounts of protein, fat and carbohydrates.

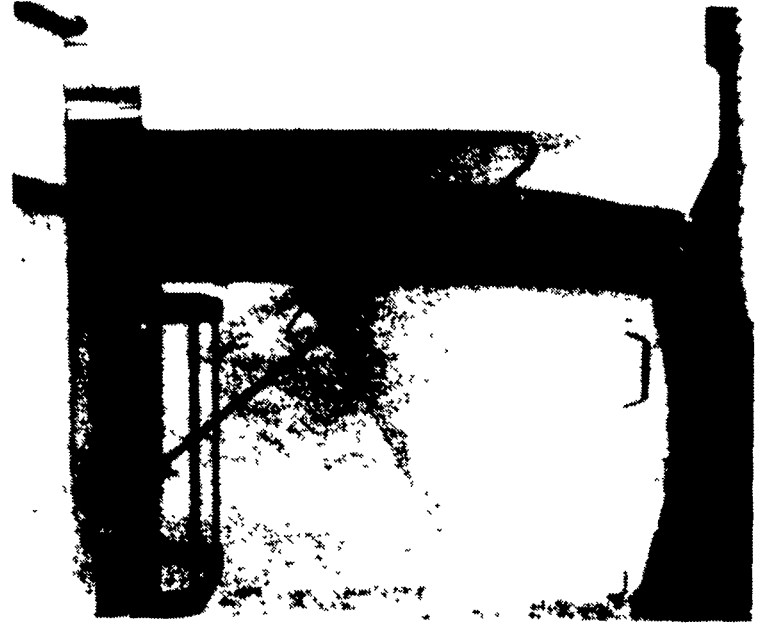
What the typical meal lacks is

vitamins and calcium..but you can compensate for this with a milkshake, orange juice or a trip to the salad bar.

The real problem with fast food is not nutrients but calories; fast foods are loaded with them. That typical meal usually contains more than half of a person's daily needs.

There's no reason to feel guilty about an occasional fast food meal, as long as you keep those extra calories in mind and make up for the missing nutrients.

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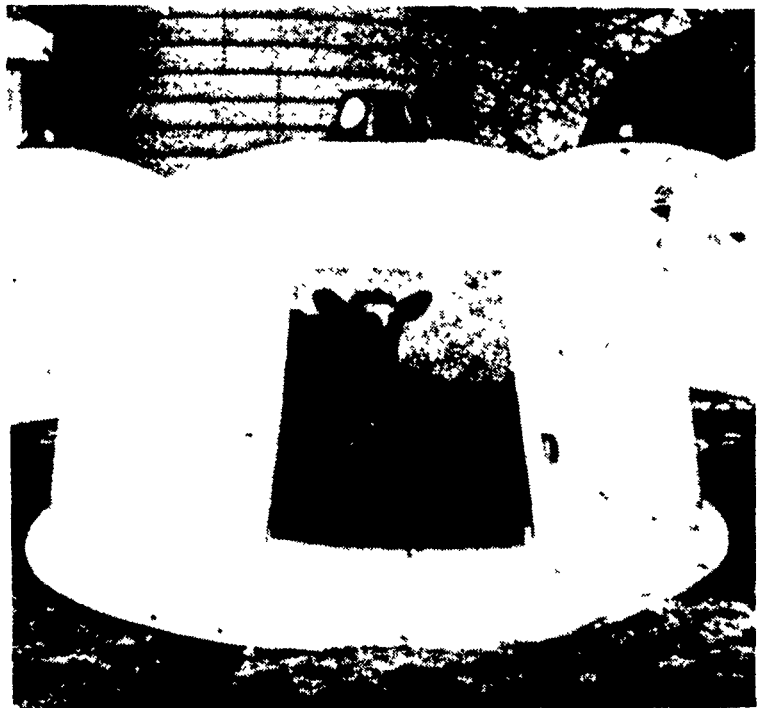
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