

## Conservationists Honored

(Continued from Page A1)

susceptible to compaction.

As a result of their conservation efforts, the Zug's farm could be eroding twice as fast as it is now and still be well within tolerable erosion limits, according to Soil Conservation Service calculations. But Edd Zug has no intention of relaxing his soil conservation standards. "You make more money when it (soil) doesn't wash away," he points out.

Another southern Lancaster Countian, Axel Linde, finds no-till to be an effective way to keep the soil from leaving his Kirkwood-area farm. Linde, who farms 140 acres and owns a herd of 40 registered Guernseys, received the district's No-till Award for his success in no-tilling corn, alfalfa and small grains. After three years of experience with the conservation practice, Linde no-tilled 26 acres of small grains, seven acres of alfalfa and 24 acres of corn in 1986.

A number of other awards highlighted the district's annual meeting.

**Chesapeake Bay Clean Water Farm Award** - Mr. and Mrs. Robert L. Kauffman, Jr., were recipients of this award co-sponsored by the district and the Department of Environmental Resources. A former county Outstanding Cooperator, Kauffman has constructed 2,600 feet of sod waterways, 4,665 feet of diversion terraces and contour strips on the family's 155-acre dairy farm in Drumore Township. The Kauffman 105-cow herd averages 20,400 pounds of milk and 761 pounds of fat, demonstrating the compatibility of a high producing dairy operation and far-sighted soil and water conservation practices.

**Outstanding Storm Water Management** - The New Holland Farmers National Bank was cited for its stormwater management plan at the bank's Eden Park branch office in Manheim

Township. Constructed in 1977, the site includes perimeter swales and a large basin to control flooding.

**Outstanding Service** - Two members of the district's Youth Conservation School staff were honored. Mike Good of Elizabethtown attended the school in 1980 as a student and returned in 1981 as a junior counselor. Since then he has served as a counselor and assistant director.

Shirley Metzler Sager of Ephrata has served as a counselor since 1981, first as a junior counselor and finally as a senior counselor. She also attended state conservation schools for two years.

**Special Service** - County Commissioner James Huber presented this award to Grant Heilman, a former Lititz resident and founder of Grant Heilman Photography, based in Lititz. Heilman, who now lives in Colorado, specializes in agricultural photography for use in books, magazines and other publications. His firm donates the aerial photograph presented to the district's Outstanding Cooperator each year.

## The Smart Cola

(Continued from Page A1)

margarines and other concoctions such as calcium tablets that have been clearly shown to have no value at all." Patterson gave his conclusions in a calcium dinner symposium and clinic for medical professional people and farm leaders.

"Simplicity in terms of health and nutrition are really where the best results appear," Patterson said. "It is possible through nutrition to do things with people's health where you don't pay a detrimental cost of side effects from drugs. However, I have found an astonishing fact that in a huge area about calcium that is very poorly understood by practically everyone. Calcium can be divided into two areas: the blood control of calcium and the other new area, about what is happening to calcium within the cells of the body."

Published information that is available to the medical profession is decidedly lacking in coverage of these important areas according to Patterson. "The nutritional problems that result in osteoporosis and many other severe problems in terms of health are readily preventable by adequate nutrition. In calcium you need to keep a constant supply in the body within a very narrow range. Some of the symptoms of low calcium levels include: hypertension, tight muscles,

spasms and cramps, feelings of numbness and tingling around the mouth and finger tips, difficulty in walking, defective vision, double vision, not mentally alert, not able to swallow, stomach spasms, psychological problems and disorders of the skin. A prolonged state of low levels of calcium can result in the sublevel of intelligence in children. In addition, when phosphate levels in the body increase, you get a forced type action that drives the calcium down to lower levels," Patterson said. "There is definite need for nutritional intake of milk and dairy products. With proper nutrition that includes skim milk and other intelligent dairy products, these problems can be prevented. Skim milk is the best calcium product on the market," Patterson concluded.

In opening comments, James Harteis, president of the Pennsylvania Dairy Promotion Board, said that the dairy industry has received a lot of bad publicity from members of the medical profession. But Patterson came to us and said he thinks calcium is vital and asked if farmers would be interested in getting together with a group of medical people to hear the discussion of the new research related to calcium and nutrition. "Dairymen did not solicit this report. But we are extremely pleased to have it come to us and to be a part of this clinic," Harteis said.

## Vintage Hearing

(Continued from Page A1)

cattle sold. This money is then sent into the State Beef Council. This type of law has already previously been voted down on two separate occasions by farmers across the country. The "policy" of Congress is that the public interest would be served by establishing a procedure for "financing" (through assessments on all cattle sold in the United States) and carrying out a coordinated program of promotion and research designed to strengthen the beef industry's position in the market place.

L. Robert Frame, Sr., president of Vintage Sales Stables, Inc., says his right to free speech is being abused because he is being forced to take part in an advertising campaign. The government, he contends, has in effect created a "trade association for the support of a private, non-public business, and then is purporting to compel private farmers to support the trade association, financially

against their will". Additionally, constitutional violations involving unfair taxation, the taking of private property without just compensation, violations of due process, and excesses of explicate or implicate grants of power to congress are also involved.

Frame wants the law declared unconstitutional, wants the court to stop the collection of money and to refund any unused amounts. The U.S. Department of Agriculture through the Department of Justice seeks to require Frame to pay back assessments and to comply with the law in the future.

Supporters of Frame have organized a convoy of buses which will leave from the Vintage Sales Stables premises at 7:30 a.m. on Friday, April 3, bound for Allentown. Many farmers have already reserved a spot on this convoy, according to Frame. The hearing is opened to the public and interested farmers are urged to attend.

### ATTENTION TOBACCO FARMERS

#### FINAL SALE

Tues., March 24 - 9 a.m.

For all farmers who want to sell your tobacco, bring your crop in today, Monday, or Tuesday morning. Get a price put on your tobacco and if you are satisfied, you can sell it. If not, put it in our processing program.

**WE ARE PAYING A 5¢ PER LB. ADVANCE TO THE FARMER ON GOOD MIDDLES & TOPS THAT GO INTO THE PROCESSING PROGRAM.**

This is a limited opportunity so call now to schedule delivery.

Processing is the best way to hold your crop for a higher price later in the season, since the quality of your tobacco is preserved.

Remember; this is the best program available to you the farmer since you are receiving a 5¢ per lb. advance on good middles & tops.

CALL NOW!

### GARDEN SPOT TOBACCO AUCTION

Member:



Keystone Tobacco  
Marketing Group

"THE NEW CHOICE"



Garden Spot Tobacco Auction

PO Box 190  
Blue Ball, PA 17506  
717-354-6934  
Lic. # AY-23-L