

Chester County 4-H Dairy Club Awards

ATGLEN (Chester) — The Chester County 4-H Dairy Awards Banquet was held at the West Fellowship Day School. Over 100 4-H members, parents, and guests enjoyed the evening's activities which included an inspirational slide presentation by Mike King of his cross-country wheelchair trip. Mike encouraged the 4-H members to strive for their goals reminding them that each has the same personal motivation that Mike used in crossing the country-- but they must choose to use it.

Tiffany Yeager, the Chester County Dairy Princess, presented a dynamic puppet show entitled, "To Tell the Real Truth." While very entertaining, the show also educated the audience of the nutritional advantages to dairy products, especially milk.

An exciting part of the evening for the 4-H members present was the awards ceremony. County Dairy Agent Dave Swartz presented the awards based on excellence in the showing and in completion of project books. Dwight Stoltzfus of Morgantown had the high project book score in the county and thus was awarded a plaque sponsored by Top-O-Hill Farms of Downingtown. Noel Scheib received an award for her high dairy blue form score, an indication of her involvement and commitment to the Chester County 4-H Dairy Program. Swartz presented each dairy club leader with a green 4-H emblazoned handker-

chief saying they should, "...use it for all the sweat and tears that come from being a 4-H club leader." Other member awards are as follows:

Charles Young, West Grove, Grand Champion Ayrshire.

Craig Nolan, Cochranville, Reserve Grand Champion Ayrshire and Achievement Award.

Richard Talley, Rising Sun, Grand and Reserve Grand Champion Brown Swiss.

Troy Hendricks, Phoenixville, Grand Champion Guernsey, and Reserve Grand Champion Jersey.

Noel Scheib, Phoenixville, Reserve Grand Champion Guernsey.

Dwight Stoltzfus, Morgantown, Grand Champion Holstein.

Duane Stoltzfus, Morgantown, Reserve Grand Champion Holstein.

Karen Sanner, Downingtown, Grand Champion Jersey and Achievement Award.

Tonya Kozlowski, Downingtown, Champion First Year Fitter, First Year Achievement.

Jeff Yoder, Elverson, Reserve Champion First Year Fitter, and First Year Achievement.

Shari Supplee, Glenmoore, Reserve Champion First Year Showman.

Brian Hostetter, Parkesburg, Champion Junior Showman/Fitter and Holstein Milk Production Award.

Henry Yorgey, Spring City, Reserve Champion Junior Showman/Fitter.

Tiffany Yeager, Spring City, Reserve Champion Senior Showman/Fitter, and Achievement Award.

Lauri Hicks, West Chester, Achievement Award.

J. R. St. John, New London, Achievement Award.

Jarrod Johns, Pottstown, First Year Achievement Award.

Amy Hewitt, Spring City, Jersey Milk Production Award.

Brian Nolan, Cochranville, Ayrshire Milk Production Award.

The county 4-H program is sponsored by the Chester County office of the Penn State Cooperative Extension Service. The 4-H program is open to any individual between the ages of 8 and 19. For more information, call the Chester County Extension Office at 696-3500. Penn State is an affirmative action, equal opportunity University.



Chester County 4-H dairy award winners were Dwight Stoltzfus, High Project Book Score and Noel Scheib, Outstanding 4-H Dairy Member.

Surgeon General's Report On Nutrition, Health

BY BLAIR SMITH
PSU Ag Economics

In July of this year, a 727 page document titled as shown above was released to the general public. Reproduced below are the recommendations contained in the Summary and Recommendations chapter of that Report:

RECOMMENDATIONS Issue for Most People:

• **Fats and cholesterol:** Reduce consumption of fat (especially saturated fat) and cholesterol. Choose foods relatively low in these substances, such as vegetables, fruits, whole grain foods, fish, poultry, lean meats, and low-fat dairy products. Use food preparation methods that add little or no fat.

• **Energy and weight control:** Achieve and maintain a desirable body weight. To do so, choose a dietary pattern in which energy (caloric) intake is consistent with energy expenditure. To reduce

energy intake, limit consumption of foods relatively high in calories, fats, and sugars, and minimize alcohol consumption. Increase energy expenditure through regular and sustained physical activity.

• **Complex carbohydrates and fiber:** Increase consumption of whole grain foods and cereal products, vegetables (including dried beans and peas), and fruits.

• **Sodium:** Reduce intake of sodium by choosing foods relatively low in sodium and limiting the amount of salt added in food preparation and at the table.

• **Alcohol:** To reduce the risk of chronic disease, take alcohol only in moderation (no more than two drinks a day), if at all. Avoid drinking any alcohol before or while driving, operating machinery, taking medications, or engaging in any other activity requiring judgment. Avoid drinking alcohol while pregnant.

• **Fluoride:** Community water

systems should contain fluoride at optimal levels for prevention of tooth decay. If such water is not available, use other appropriate sources of fluoride.

• **Sugars:** Those who are particularly vulnerable to dental caries (cavities), especially children, should limit their consumption and frequency of use of foods high in sugars.

• **Calcium:** Adolescent girls and adult women should increase consumption of foods high in calcium, including low-fat dairy products.

• **Iron:** Children, adolescents, and women and childbearing age should be sure to consume foods that are good sources of iron, such as lean meats, fish, certain beans, and iron-enriched cereals and whole grain products. This issue is of special concern for low-income families.

Tucquan Creek Designated As Scenic River

HARRISBURG (Dauphin) — The Tucquan Creek is one step closer to being designated as a Pennsylvania Scenic River. The Senate has unanimously approved legislation, sponsored by Senator Noah Wenger (R-36), which would officially recognize the Tucquan Creek and the Clark Run Tributary as part of the state's Scenic River system.

"As part of the Scenic River system, the Tucquan Creek will be given special protections to promote the free flow of the waterway and to conserve its natural and scenic beauty," explained Wenger.

Wenger added that not every creek or river can be designed as "Scenic." Designated waterways must possess certain qualities which give them special significance. Rivers, streams, and creeks which are of historic, recreational or pastoral significance are eligible for designation as a Scenic River and, thus, given special protection.

The Tucquan Creek was the subject of a comprehensive study to determine its potential as a Scenic River. The Creek played a major role in the early history of the area when Indians and early settlers used the creek as an avenue of transportation. In the 1800's, its adjoining forests were logged. Today, many rely on the Creek for farm irrigation and for recreational activities. The Tucquan Creek Water Basin is also heavily wooded and provides unique habitat to plant and animal life giving the Creek environmental significance. The Creek itself is home to a variety of fish, and the wooded area surrounding the waterway supports a rare fern species.

"Designating a river or creek as a Scenic waterway takes a lot of hard work and cooperation

between local governments, landowners and conservationists," said Wenger. "Designation of the Tucquan Creek will be the result of a great amount of enthusiasm and support demonstrated by the residents of Martic Township and the surrounding area. This support will permit the preservation of this valuable creek for the enjoyment of future generations."

Gifts For The Handyman



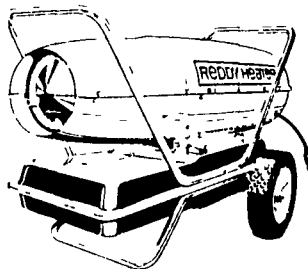
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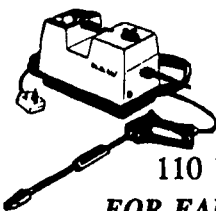
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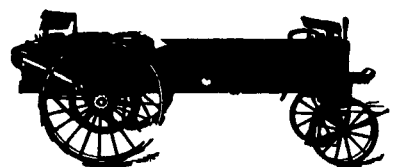
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