



## Have You Heard?

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models listed.

Although Whirlpool field sales and service personnel are continuing with attempts to contact all owners of the affected units, consumers who have not yet been notified should call the toll-free number for immediate service. In the mean time, do not use the dishwasher. In fact, to be on the safe side, the company recommends leaving the door ajar, in the unlatched position.

### News For Junk Food Junkies

Are you a junk food junkie consumed by guilt? Do you wonder if that food is really junk or does it have some redeeming qualities? Not all fast foods are junk. In fact, they are only junk if they are eaten exclusively or to excess so that your daily nutrient and calorie consumption are thrown off balance.

Generally, one fast food meal a week, regardless of its content, will have little impact on the average position's nutritional intake. Yet, if you eat fast foods frequently, you may not have a well-balanced diet.

Most fast food meals -- for example, a burger, fries, and coke -- are adequate in proteins, fats and carbohydrates -- but they are low in vitamins and minerals. However, if you include a serving from the salad bar, a milkshake, a glass of orange juice, and cheese on your burger you will have a reasonably well-balanced meal.

You will also have a meal that may add up to more than half of all the calories you need that day. Fast foods are generally calorie-dense, not nutrient-dense; that is,

they are disproportionately high in calories in comparison to the nutrients they supply.

Fast foods are simply foods, not junk. But anytime you eat more food than you need, especially more calorie-dense food, that

extra can be called junk. If you like fast foods, enjoy an occasional meal. Just remember to balance your recommended daily allowance of essential nutrients during your other meals to overcome any fast food nutrient deficiencies.

## Agri-Women Face Issues

KANSAS CITY, MO. — American agriculturists need to develop a "winning strategy" and view change as an opportunity instead of a problem. Speaking before the American Agri-Women in Kansas City March 11-12, Dixon Hubbard, USDA Extension Service Coordinator for Competitiveness and Profitability, said that farmers and ranchers will have to take more risk, actively work together, develop coalitions, overcome constraints and work toward making some positive things happen.

Hubbard was one of the featured speakers who addressed the American Agri-Women during their Mid-Year meeting. AAW president Mitzi Perdue, Salisbury, Maryland said "numerous issues were discussed that have been raised before the public eye in recent days such as hormone-free beef and chemically-treated fruits and vegetables. AAW is a coalition of agricultural organizations and individuals that work toward educating themselves to influence legislation and toward educating other consumers about how food, fiber and forestry products are produced and distributed."

Hubbard said farmers should spread their risk...stop putting all their eggs in one basket and develop a 'Hershey's Chocolate' mentality. "For example," Hubbard explained, "dairy farmers in Pennsylvania wanted to develop more uses for their products so they went out and got nuts and chocolate and mixed them up with their milk." Hubbard told the American Agri-Women that farmers need to do more thinking about how they can develop strategies that are

appropriate to political, economic and physical environment profit-taking. He said that associations like American Agri-Women can be a major player in such an effort and become actively involved in legislation that might help them in this area. Hubbard cited the uncertainties of today that make farming very difficult. "Farmers do not know from day to day what the price of major inputs such as energy and money will be, whether protection and default will close borders or whether global financing will open things up further, or who their next competitor will be. Then, on the consumer side," Hubbard continued, "tastes are changing and there is a vastly increasing awareness of quality...especially as it relates to health and safety of food products."

AAW members also heard from Debbie Moody, Miller Brewing Company legislative assistant for government affairs, who conducted a workshop on how to meet with congressional delegates, access the political climate and cultivate grassroot opportunities to network as a coalition of diverse agricultural interests. During the two-day meeting AAW commodity and affiliate chairmen reported and leadership training and grantwriting workshops were held. American Agri-Women will convene again November 10-14, 1989 in Grand Forks, North Dakota for their 17th annual national convention.

Jackie McCleary and Gail McPherson represented York County and Penn's Agri-Women at this Mid-Year Meeting of AAW.

### RESPONDING TO PRODUCT SAFETY RECALLS

Since 1973, with the start-up of the Consumer Safety Commission (CSPC), an estimated 325 million potentially hazardous products have been recalled for repair or replacement. Most of these were voluntary recalls done jointly by CSPC and product manufacturers. It is their responsibility to alert consumers to a potential problem. However, consumers also have a responsibility - to respond if they have a product involved in a safety recall.

For example, CSPC and Whirlpool Corporations' efforts since the first announcement in August 1988 have surfaced only 80% of five models of dishwashers that require a control modification to prevent fires. Now, you would think that a safety alert that warned about the danger of a dishwasher fire would get immediate response from every owner. Unfortunately, to many of us today tend to say, "I'll check it when I'm not so busy," or "my

dishwasher is working fine so it will not catch fire."

Those are not valid excuses for taking risks with a family's safety. Are you a responsible consumer? Here's a quiz to test it: Do you (or a friend, neighbor, or relative) own an undercounter dishwasher? Is it a Whirlpool brand? If so, check it immediately. Open the door. Locate the serial plate located along the right front edge of the tub and copy it down. Now, compare it to these numbers: DU400XS-0; DU600XS-0; DU800XS-0; DU9000XR-0 and DU900XR-1.

Did you find one of these numbers on the plate of your dishwasher? Has it had a service call to replace a switch? If it has not, stop using the dishwasher and call 1/800/541-5746 toll free to arrange for free service needed to modify the unit to prevent a fire. A pushbutton selector switch on these models can, under some conditions, catch fire. The modification involves replacing the selector switch for approximately 75,000 dishwashers of the five

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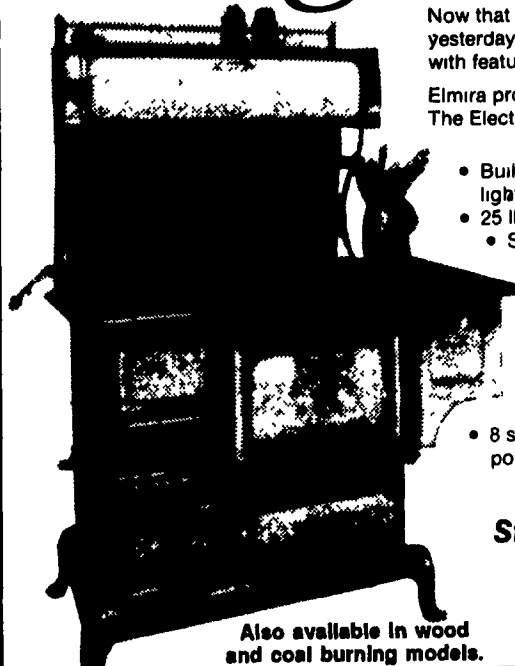
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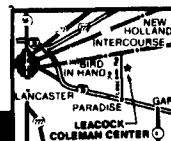
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