

Jasper Hollow Farm Breeds Success

EMMAUS (Lehigh Co.) — "Owning dairy goats is much like having children except you don't need a babysitter when you go to the movies," Lorraine Yankovich said.

"The inconvenience of being committed to a regular milking schedule is easily overshadowed by the rewards of love, exercise, fun, and, of course, delicious

Tips When Eating Out

SOUTHAMPTON (Delaware Co.)— Eating out is no excuse to sacrifice good eating habits! Recognizing the fact that Americans may eat as many as one out of every three meals away from home, many restaurants are offering their customers more "healthful" options. These options range from special menu items prepared according to the American Heart Association's "Eating Away From Home" guidelines, to offering salt and sugar substitutes, decaffeinated beverages and reduced-calorie dressings. Nutritionists at Dairy Council offer the following guidelines to help you make nutritionally wise selections:

- Avoid high calorie first courses. Good choices might include fresh fruit with yogurt dressing, vegetables, seafood with cocktail sauce or clear soup.
- Request low-calorie dressing for the salad and/or ask for the dressing on the side so you can control the amount.
- Select lean meat, poultry or fish as an entree. Pasta also can be a good choice.
- Don't forget that you order milk or juice as your beverage - to enhance the nutritional value of

allergy-free goat milk," said Yankovich who showed the best doe in Pennsylvania Farm Show competition this past January.

Owner of Jasper Hollow Farm in Emmaus, Yankovich, said that dairy goats are the ideal animal for a small farm. She said they have only six milkers that have been hand raised on pasturized milk because the farm prides itself on

your meal - instead of a soft drink, coffee or cocktail.

- Practice portion control. You do not have to clean your plate. Restaurants typically serve larger portions than you would serve at home.

- Let dinner guide dessert choices. If you've already indulged, consider fruit, ice milk, frozen yogurt or angel food cake.

- When you know you will be eating out, don't skip breakfast or lunch. Instead, eat fewer calories at both meals or get some extra exercise (or both) to accommodate the extra calories you're apt to consume in the evening.

- If you are eating at a fast food restaurant, "fortify" your meal with nutrient-dense milk or fruit juice instead of a soft drink.

- Be smart about salad bars. Salad greens, raw vegetables and sprouts are low calorie choices. Kidney beans are higher in calories, but good sources of protein as are cottage cheese and hard-cooked eggs. Macaroni salad, potato salad, marinated vegetables and coleslaw are higher in fat and calories. Use dressing sparingly or opt for fresh lemon juice.

maintaining a very healthy herd.

People often asked why goats are at the Farm Show for only one day. Yankovich explained, "The primary reason is that the complex has limited space, but it is likely that few breeders would exhibit if they were required to stay for the whole week. Unlike cattle, goats are seasonal breeders and the vast majority are pregnant in January. The added stress of having them stay inside in the winter would be asking too much. It is difficult enough to keep them from overheating at the one day show."

Jasper Hollow Farm show their goats at six or seven one-day goat shows each year, but the Farm Show remains its favorite.

The Jasper Hollow herd has exhibited the Nubian dairy goat grand champion, reserve champion and best herd for the past three years at the Pennsylvania Farm Show.

This year their doe Haiku won the best doe in the show award in the final competition between the grand champions in six different breeds.

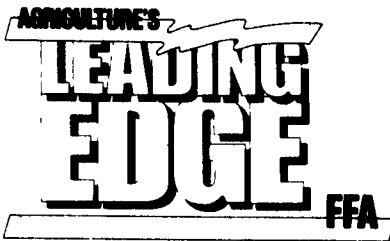
Although Haiku is only two years old, she became a permanent champion by winning three grand championships at three different shows. Jasper Hollow Farm plans

to enter her in the American Dairy Goat Association National Show when it returns to Harrisburg in 1993.

Yankovich said, "Haiku really enjoys the shows. She picks up her head and struts around the ring every time."



Lorraine Yankovich of Jasper Hollow Farm, Emmaus, is proud that Haiku, a Nubian doe, won the best doe award out of six competing breeds in Farm Show competition.



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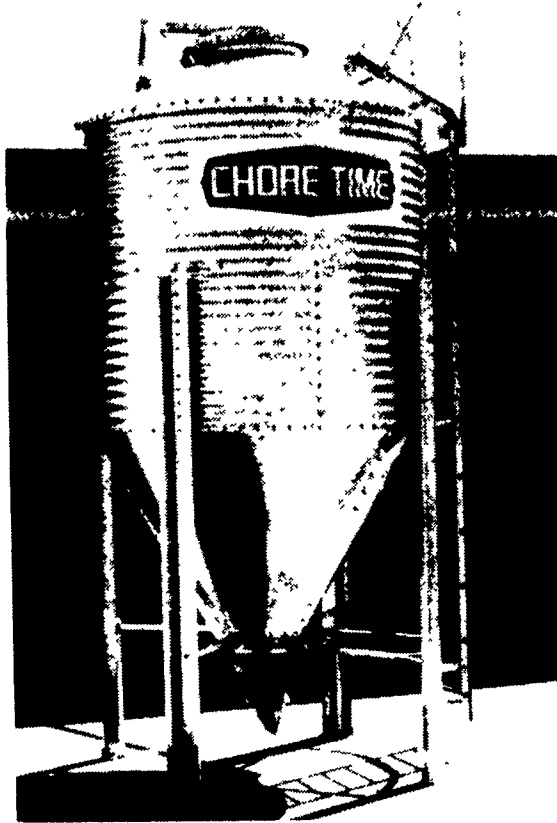
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