

# Pediatrician Says Dairy Products Benefit Health

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cholesterol at all.

The recommendation by Kleinman was to eat lean meat, use low fat dairy products and to eat more fish; live a prudent life style and a prudent diet; etc.

He specifically said that there is no correlation between beef consumption and heart disease.

Basically, he said that studies have shown that American youth are eating close to the recommended levels of saturated fats and not as much total cholesterol as has been set as a daily maximum.

School lunches and breakfasts provide a significant amount of the daily nutrition for a large number of children. For some, he said as much as 40 percent to 60 percent of their daily caloric and other nutritive intake is through sources outside the home.

Kleinman said to be on the lookout for stories about a study which links low cholesterol in the diet to sociopathic (antisocial) behavior, although he said he didn't believe it.

Although he is in other business, Jan Stanton, executive director of

Dairy Council Inc., gave an update on the new directions of the council, and presented several awards including a 25-year award to Susan Snyder and a 5-year award to Brenda Ripley.

Stanton said that the council has reviewed and reworded its mission statement. In the process, she said that Dairy Council Inc., is giving up its "sacred cows."

Among those given up are obsolete corporate culture and policies; unquestioned industry standards; and daily personal ruts.

Stanton said that the mission statement came as a result of figuring out what the people want who are served by Dairy Council.

The came up with a second part-

to the mission statement which has been in effect for a year under a key leader concept and a constant update system, etc.

The mission statement reflects a desire by the council to "give us a reason to come in here every day."

According to Stanton, some employees have posted the mission statement on the wall over their desks so they can reference it constantly, especially when confronted with a decision.

She said it takes team effort to complete the mission and also the help of the customers of Dairy Council — the dairy producers, the dairy industry.

Also speaking was Althea Zancosky, a media specialist for the

Dairy Council who reported on some of her breakthroughs with the media to get the nutrition message across.

She showed clips from television news interviews and radio interviews which provided entertainment and accurate information, other than the information that has been presented time and time again.

She now is a regular guest on a radio show in the area and has worked with KYW-TV in Philadelphia.

The council also recently acquired a display for use at seminars and conventions that was set up at the back of the Buck Hotel meeting room.

## Md. Certification Exam Set

WESTMINSTER, Md. — The Carroll County Extension Service will be sponsoring a private pesticide applicator certification exam on Friday, March 20, from 1-3 p.m. and again from 7-9 p.m. at the Carroll County Extension Service Office Building.

The exam is open to anyone who wishes to become certified to apply restricted use pesticides.

There will be a training session for the exam on Friday, March 13, from 1-3 p.m. and also from 7-9 p.m. at the Carroll County Extension Office Building. The training session is optional; however, the material on the exam will be covered during these sessions and it is recommended that you attend.

Stop by the extension office before the training session to pick up the study books and register for the exam. If you have any questions, call (410) 848-4611 or (410) 875-2801.



### Public Auction Register

Closing Date Monday 5:00 P.M. of each week's publication

#### MARCH

SAT. MAR. 14 - 9AM, Very Nice Antiques & Collectibles, Very Nice Glassware & China Items, Household. Located At Redding Auction Service Located Taking Route 34, 1/2 Mile North Of Gettysburg, Pa. - Bear Right At Y (At Car Wash) & Continue 2 Miles On Table Rock Road To Auction Site. C. David Redding, Auct.

SAT. MAR. 14 - 9AM, Big Machinery, 10AM, Fraley's Annual Spring Farm Machinery Consignment Sale. Located On Our Farm 3 Miles E Of Muncy, Pa., Along Kepner Hill Road. Watch For Auction Arrows At Junctions Of Rts. 442 & 405 (Lyc Co.). Fraley Auction Co.

SAT. MAR. 14 - 9AM, Public Auction Of Complete Estate, Antiques & Period Style Furniture, Persian & Iran Rugs, Jewelry. Harry Rudnick & Sons, Inc., Sales Manager, Auctions., Real Estate Broker.

SAT. MAR. 14 - 9:30AM, Antiques, Collectibles, Trains, Guns, Trapping Equipment, Tools, Boat, Motors, Riding Mower, Household Items. Located 1019 High St., Duncannon, Pa. Owners, Glenn & Carol Bolden. Kerry Pae Auctions.

SAT. MAR. 14 - 10AM, Indiana Farmers Livestock Market Annual Consignment Equipment Sale Located Indiana Farmers Livestock Market, Homer City.

TUES. MAR. 17 - 10AM, Womens Clothing, Cotton Towels, Exercise Equip.,

Novelties, Gen'l. Mdse. Located On Premises 1825 E. Boston Ave., Philadelphia, Pa.

SAT. MAR. 21 - 9AM, Very Nice Antiques, Very Nice Glassware, China & Bisque Figurines, Very Nice Furniture, Household, Personal Property. Located Taking Route 34, 1/2 Mile North Of Gettysburg, Pa., Bear Right At Y (At Car Wash) & Continue 2 Miles On Table Rock Road To Auction Site. C. David Redding, Auct.

SAT. MAR. 21 - 9AM, Consignment Auction Of Farm Machinery, Construction Equipment, Tractors, Trucks, Tools, Livestock, Etc. Located From Dover, Delaware, Take Rt. 8 West 7.1 Miles To Pearsons Corner. From Pearsons Corner, Take Rt. 44 West 1 Mile. Sale Is On The Right. Look For Sign. William H. Beachy, Auct.

SAT. MAR. 21 - 10AM, Entire Wood-Work Shop, Lot Hand & Power Wood-Work Tools, Lot Good Dry Lumber. Located 857 Stehman Rd., Manor Twp., Lanc. Co., Pa. (Dir.: Rt. 272 South, West On Long Lane, At Third Stop Sign Turn Right, 1/4 Mile To Sale. Sale By, Mrs. Dan (Martin) Hershey. Roy & Eric Probst, Auctions.

SAT. MAR. 21 - 10AM, Northeastern Pa. Contractors. Located At L.A.G. Sale Site, McAlpine St., Duryea, Pa. Wilkes-Barre, Scranton Area, Pocono Area (2 Miles From I-81, Exit 49B, PA Turnpike, Exit 37) L.A.G. Auction Services, Inc.



## ROBERT BRAUN MACHINERY AUCTION

Sat., March 21, 1992 at 11:00 A.M. Middleport, N.Y.

Located at 5029 Freeman Road, off Rt. 31, 3 1/2 mi. south of Middleport, 20 mi. north of the Batavia exit of the NYS Thruway, 14 mi. east of Lockport.

Selling one of the Best-Kept lines of Farm Machinery to be offered this Year; Late-Model (purchased new) Equipment. MACHINERY: 1987 JD 5720 S.P. 4-whl-dr. Forage Harvester w/AC cab, 3-row corn, hay head, & #343 snapper head, and 580 hrs.; 1980 White 2-135 4-whl-dr tractor w/AC cab & 1777 hrs; 1984 Ford 7710 tractor w/4-whl-dr, AC cab & 1850 hrs; 1985 Ford 7710 w/4-whl-dr, AC cab, & 1000 hrs; INT 424 gas tractor; 1969 Ford F-500 truck w/hoist & 12' rack; 1989 Byron Dump Chief #1312 power-assist dump cart; 1987 JD 5-btm #2500 auto reset plow; IH 24' drag; Rock-O-Matic stone picker; NH 16' transport disc; IH 6-row cultivator; JD #970 15' cultimulcher w/danish tines; 16' and 10' cultipackers; IH #510 16' drill; IH Cyclo 400 planter; NH 495 haybine; NH 5-bar rake; 2 gravity wagons; 2 basket wagons, 1 flat wagon; NH #8 S.U. wagon w/3 btrs, steel sides & tandem gear; 2 Dion S.U. 3-btr wagons on HD gears; JD feed grinder; NH #28 blower; IH #56 blower; NH #680 tandem-whl spreader w/new chain; NH #315 baler w/pan-type kicker; 1984 Cub Cadet #582 lawn mower; posthole digger; pallet forks; Lucknow 8' PTO snowblower; 15x34 duals; 2 extension ladders; small hand tools, wrenches, acetylene torches, and a large assortment of misc. items. PLUS apple-butter kettle, antique wooden sleds.

"This late-model Equipment has been stored inside, owner-operated, and is field-ready. Call for a picture brochure." TERMS: Cash or good check day of sale with ID, nothing to be removed until settled for. Out of state buyers must bring bank letter of credit.

Owner, **ROBERT BRAUN** Ph. 735-9028



### SHORT NOTICE!!!

#### BALMER BROS. PUBLIC AUCTION

OF

- POTATO HARVESTING EQUIPMENT
- IRRIGATION EQUIPMENT
- FARM MACHINERY

WED., MARCH 25, 1992 10:30 A.M.

Please Be Prompt. No Small Items

Located along Breneman Road, Manheim, Pa. Directions from Lancaster, Pa. Go west on Rt. 283 to Manheim-Mount Joy Exit, turn east on Rt. 772 for approx. 1/10 mile to Breneman Road, continue approx. 2 miles to auction site.

Terms: Cash or approved check. Bank letter of credit required if using check.

#### FARM EQUIPMENT

John Deere "LA" tractor, nice, squirrel cage fan with 1 HP elec. motor, 2 ceiling fans, McCurdy bin wagon with 5 ton Gehl running gear, 13 ft. Glencoe soil finisher, 325 New Idea 2 row narrow corn picker with 12 roll husking bed, 16 ft. Harvest Handler elevator with transport, 1500 gal. poly tank, Winpower generator 35 KW single phase or 50 KW three phase, 8 ton feed bin, 7 1/2' x40" tailgate fits Omaha Standard grain body, 775-16 ft. Kewanee disc harrow with furrow fillers, used one season, cart port shop cart, 1000 PTO centrifugal pump, 3 section spike harrow, 1978 70cc Honda motorcycle, 2-18" liquid manure valves, Bush Hog 146 12 Ft. HD offset disc, Brillion 25 ft. hyd.-fold wing packer, White 543 4RN plate corn planter dry fertilizer w/insecticide, Taylorway 3 pt. hi-clearance 5 shank chisel plow, Gehl FB87 PTO hopper blower, Fox 2200 forage harvester w/hay pickup, Dynavent 8 HP bedding chopper- nice.

#### POTATO EQUIPMENT

2 row McConnell Utah 450 Harvester with belted chain, new primary webb used for 60 acres, 2 bulk bodies with trailers, both 14 ft. with motors, Dahlman & McConnell 14' Potato Bulk Box Self-unloading on Gehl tandem running gears, International truck with bulk body 12 ft. has good V-8 engine w/PTO, 2 row JD tool bar with sprayer, also hiller shovels, 6 JD tool bar spring teeth, 2 row Ferguson cultivator, 12 ft. drag potato elevator, 12 ft. belt elevator, Diltz-Wetzel potato cutter with duster, Iron-Age 2 row potato planter, misc. potato parts, 26" Haines potato grader w/hyd. roller picking table.

#### IRRIGATION EQUIPMENT

Marlow 6x6 irrigation pump 540 PTO, 30 pieces of Wade Rain 4"x40" irrigation pipe with Rain-Bird no. 70 and No. 40 sprinklers, 1 Rain-Bird 104c Rain gun, 1-Nelson 150 series big gun, 8- gun stands with 2" gate valves, 3"x3" Gorman Rupp irr. pump w/Wisc. eng. on rubber, 6"x5" Gorman Rupp irr. pump w/6 cyl. eng. on rubber, 3"x3" self priming pump w/8 HP engine, 3"x3" self priming pump Gorman-Rupp w/Wisc. engine, 3"x3" Pacer pump w/5 HP B&S eng., 2"x2" Teel pump w/3 HP B&S eng., 10 HP electric motors, 3 phase 1750 RPM pipe trailer- 2 wheel, 4 wheel heavy duty pump trailer, portable heavy duty hydraulic engine hoist, 2 wheel pump chassis, Craftsman drill press less motor, 140 ft.- 4"x20' irrigation pipe w/McDowell cplr., 320 ft.- 5"x20' irrigation pipe w/McDowell cplr., 8- 6" big gun line set ups, 5" big gun line set ups, 5"x20' pipe w/big gun outlet, 6"x30' pipe w/big gun outlet, 4"x30' pipe w/big gun outlet, 3"x10' pipe w/big gun outlet, 14- 4" alum. couplers w/big gun set-up- new- weld on, 13- 5" alum. couplers w/big gun set-up- new- weld on, 4- 5" alum. couplers w/big gun set-up- new- bolt on, 6"x6"x6" line valves- new, 6"x6"x4" line valves- new, 6"x4" valve elbow- new, 6"x5" valve elbow- new, 5"x5" valve elbow- new, 100- used sprinklers Rainbird Skinner.

Auction for:

**BALMER BROS.**

Auction Conducted By:

J. Omar Landis Auction Service  
Jay M. Witman AU001127-L  
P.O. Box 501, Drawer E  
Apple & Robert Streets  
Ephrata, Pa. 17522  
717-738-7900 — 665-5735

Food By Farm Women Society #5