



Regional FFA Winner

David Good, a 1991 Cowanesque Valley graduate, was recently named as a silver award proficiency winner in the eastern region of the National FFA.

The region is comprised of all states from North Carolina north to Maine and west to and including Ohio. David had been named the state gold proficiency winner in farm and/or homestead improvement earlier this year, when he received a plaque and \$100 check from the FFA Foundation. The award is cosponsored by Upjohn, TUCO, Asgrow, and O's

Gold through the National FFA Foundation.

David and his parents have developed and implemented different types of programs to improve the efficiency, production, and comfort, along with the real and aesthetic value of their farm. Some of the improvements have included high tech milking equipment, incorporation of a TMR feeding program, construction of a combination machinery storage shed and farm service center, and improvements in the dry cow and replacement heifer facilities. An ongoing improvement of the pasture systems has been started and is continuing.

David, the son of Nancy and Vernon Good of rural Westfield, was very active in the FFA. He served as an officer in the local and county chapter, participated in county, area, regional and state activities, and attended the National FFA Convention. He

Omelet lovers have led a hard life ever since it was discovered a while back that a single egg contains more than 200 milligrams of cholesterol, which is nearly the recommended maximum intake (300 milligrams) for an entire day. Yet eggs are otherwise an excellent food-rich in nutrients and low in saturated fat, not to mention delicious and fast-cooking, and essential for certain recipes. We've often recommended "stretching" one whole egg by adding two egg whites to it, and we've looked at egg substitutes, which are basically egg whites with some oil and food coloring added. But no omelet lover could mistake egg whites or egg substitutes for genuine whole eggs. The texture and flavor just aren't the same.

Now there's a product that may bring back the three-egg omelet. Simply Eggs is a liquid, whole-egg product with only 45 milligrams of cholesterol per egg. The manufacturer (Michael Foods,

Inc.) has figured out a fairly simple process for eliminating 80% of the cholesterol in a yolk. Separated yolks are mixed with a modified cornstarch and centrifuged (whirled)-which causes much of the cholesterol to stick to the cornstarch, so that most of both can be removed. Then the yolks are remixed with the whites ultra-pasteurized, and packaged in half-pint containers. The ultra-pasteurization, of course, kills bacteria and increases shelf life. The product lasts nine weeks if kept unopened and refrigerated. After it's opened, it has to be used in three days. But because the eggs are pasteurized, you can scramble them soft or even eat them raw (as in homemade ice cream or milkshakes) without worrying about salmonella poisoning. Except for the cholesterol, all the nutrients are the same. Some salt is added: an egg has 70 milligrams of sodium naturally, and these eggs have 120 milligrams each.

The package costs more than regular eggs: about \$2 for a half-pint package, each the equivalent of slightly more than a whole egg. You can't boil these eggs or serve them sunny-side-up, but when cooked or scrambled they look and taste like the real thing. The FDA has not yet approved the modified cornstarch that's used, though the manufacturer has petitioned the agency for approval. The new eggs are coming on the market and may be available nationwide until next fall.

The United States is one of the largest exporters of rice in the world supplying about 20% of the rice for world trade. Rice is harvested 2.8 million acres yielding 15.4 billion pounds of rice

At only 82 calories per half-cup serving, rice is a great source of complex carbohydrates and low in fat, sodium and cholesterol



earned the state degree, record-keeping awards on the state level, and an FFA scholarship on the national level. He is studying dairy science at Delaware Valley

Bats In Your Belfry?

UNIVERSITY PARK (Centre Co.) — So you've got bats in your belfry and don't know what to do. Maybe your home is the site of a bat nursery, according to a Penn State researcher who is looking at bat preferences for selecting roosting sites.

"Suitable natural nursery sites for maternal bats are becoming scarce, which means more bats are looking to man-made facilities as places to roost," says Lisa Williams, a graduate student in wildlife and fisheries science at Penn State. "This in turn is leading to a decline in the number of bats — partly due to habitat loss and partly because humans are not particularly tolerant of these mammals."

Maternity colonies of bats, which historically have sought out hollowed trees and rock crevices as places to deliver their pups, have increasingly turned to attics, church steeples and barns as ideal locations for maternity wards. The reasons behind the switch from natural habitats to man-made structures include the fast-paced spread of urban and suburban development, deforestation, the use of pesticides and forest management practices that have reduced the availability of maternity roost sites.

Although it is difficult to determine how many bats have disappeared from maternity colonies in recent years, Williams says that bat counts of hibernating populations show drastic decline.

"It is easier to get a handle on hibernating populations and their numbers. Researchers are finding that where once colonies of 20,000 bats hibernated in Pennsylvania caves, it is now rare to find a cave with more than 1,000 bats in it."

Williams, who placed an advertisement in a local newspaper to find homeowners willing to share their bat experiences for research purposes, has been attempting to design a bat house that maternal bats find appealing. She hopes that by providing safe nursery havens for bats displaced by humans, the amount of stress on the mammals can be limited, and the decline in populations can be slowed. Bats are important predators of insects, like mosquitoes and gnats, with some species able to consume half their body weight in bugs per night.

Bat houses, which can be attached to the side of a building, are simply constructed wooden boxes that must have the perfect temperatures, light conditions and location before bats will settle in to bear their young.

"Bats are very devoted mothers, but have a low reproductive rate," Williams explains. "Normally, most species only bear one pup per year which adds to the real threat of wiping out bat populations. It takes years to replace the individuals lost to poor habitat conditions and human persecution."

Mother bats generally prefer the most stable temperatures available in the 80-100 degrees Fah-

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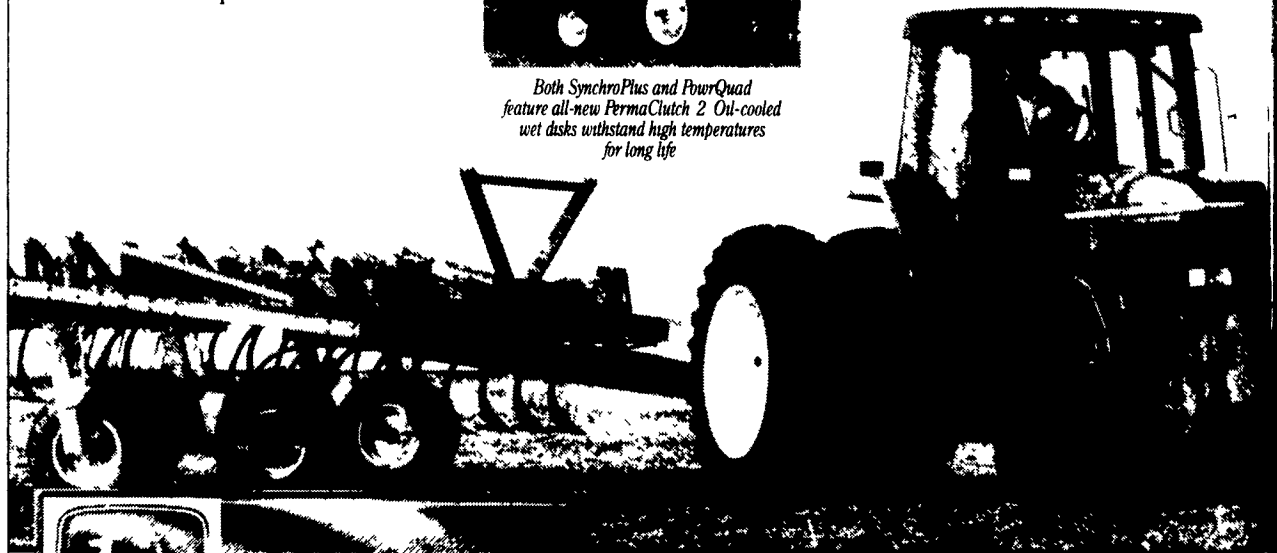


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