

# Auction To Benefit Lancaster 4-H Program

LANCASTER (Lancaster Co.) — Looking for a day of family fun? Get the kids, hop in the car and come to the Lancaster County 4-H Auction where there's sure to be something to please everyone.

Held on Saturday, February 6 at 9:30 a.m. at the Farm and Home Center, this year's auction features items such as autographed sports items, candy for Valentine's Day, and Winross trucks. Numerous gift certificates will be auctioned off, including an overnight package for two at Willow Valley, passes to Dutch Wonderland and Gym Blasters, tickets for the Dutch Apple Dinner theater and Sight and Sound Easter show, and enough admissions to the Castle Roller Ring for a great party.

In addition, certificates will be sold for breeding services from Atlantic Breeders Cooperative and Sire Power, Barn-Dri from Martin Limestone, and food from Miller Smorgasbord, Burger King, and Shady Maple Restaurant.

For the sports enthusiast, there's a football signed by Penn State coach Joe Paterno and one autographed by the 1992 Mannheim Central Barons championship team. Also on sale will be a baseball card signed by local football hero Frank Reich of the Buffalo Bills. Baseball and football card collectors should come look-

ing for cards to fill out their collection.

There will be plenty to help brighten up your home as well. Hang a Christian Newswanger painting over the fireplace, or fill a corner with an aquarium or Eldreth pottery. Other goodies include framed pictures, flower arrangements, Breyer horse models, Bollman hats and plants.

When the bidding stirs your appetite, wander to the refreshment area where there will be donuts, coffee and orange juice in the morning and hot dogs, soup, chips, pies and cakes in the afternoon.

Auction items can be previewed at the Farm and Home Center on Friday, February 5 between 5:00 and 8:00 p.m.

Proceeds from the auction are earmarked for the 4-H Development Fund and will benefit the county's 4-H program, which includes more than 4,000 youth ages 8 through 19 and 500 adult volunteers. Monies are used for the purchase of educational materials, entry fees to events, transportation costs, awards, and volunteer leader training sessions. More than \$6,000 was raised at the 1992 auction.

For more information or to donate items for the auction, contact the Lancaster County Cooperative Extension office at (717)394-6851.



Debra Nauman, family strengths extension agent, arranges items that will be auctioned at the seventh annual 4-H benefit sale on February 6.

## Did You Know...

The sale of cookbooks today is surpassed only by sales of the Bible and dictionaries. The first English cookbook was written in the late 1300's by the chefs who prepared meals for King Richard II.

About 75 percent of the National Football League (NFL) teams employ a registered dietitian for assistance with everything from menu planning to checking body

composition to providing nutrition advice, according to researchers at Baylor University. The researchers also found that NFL players, who consume an average of 3,000 to 4,000 calories a day, are interested in learning about diets that will keep down weight and blood cholesterol levels, especially in the off-season.

According to a recent Consumer Network study, only 3% of

Americans admit to knowing how to cook. Of those who do cook, 60% do so for health, 54% for cost savings, and 42% because of family values/quality of life reasons.

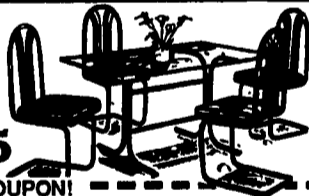
According to the study, what constitutes "cooking" these days includes heating a meal and preparing a salad. Only 30% of those surveyed believe that making a sandwich is not cooking.

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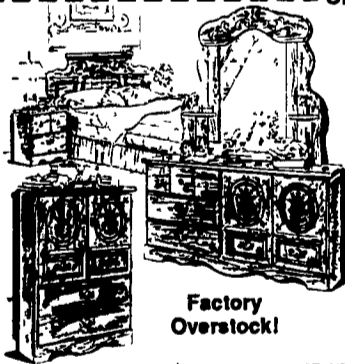
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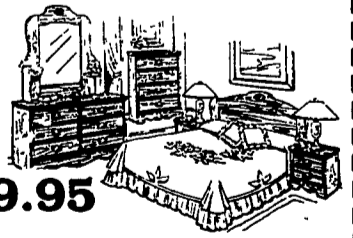
OUR CASH PRICE

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