

# Farm Calendar

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Millport Fairgrounds, 10 a.m.  
Pa. Christmas Tree Growers Association summer meeting, Gib Sanford Family, Warren, thru Aug. 6.

**Friday, August 5**

Wayne County Fair, Honesdale, thru Aug. 13.  
Morrison Cove Dairy Show, Memorial Park, Martinsburg, 9 a.m.

Lebanon County Holstein Show, Lebanon Fairgrounds, 9 a.m.  
East-Central Classic Sale, Hughesville Fairgrounds.

Berks County Holstein picnic, Mark Weber Farm, Mohnton.  
Equine "Silent" Auction, Quentin Riding Club, thru Aug. 7.

20th annual NOFA Summer Conference, Hampshire College, Amherst, Mass., thru Aug. 7.  
Eastern Arabian Horse Show/East Coast Championship, Quentin Riding Club, thru Aug. 7.

Eastern Shore Threshermen and Collectors Association, Inc. 34th Annual Old Time Wheat Threshing, Steam and Gas Engine Show, near Denton, Md., thru Aug. 7.

York County Potato Tour, Ernest Grove Farm, 10 a.m.

**Saturday, August 6**

Penn State Beekeepers Association summer picnic, Centre Hall.

Pa. 16th Performance Tested Ram Lamb and Invitational Ewe Sale and Sheep Producers Field Day, Penn State Ag Arena, State College, 3 p.m.

Garden Fest, Rodale Research Center, Kutztown.

**Sunday, August 7**

Bedford County Fair, Bedford, thru Aug. 13.  
Schuylkill County Fair, Schuylkill Haven, thru Aug. 13.

**Monday, August 8**

Clinton County Fair, Mackeyville, thru Aug. 13.  
Cochranton Community Fair, Cochranton, thru Aug. 13.

Greene County Fair, Waynesburg, thru Aug. 13.  
Butler Farm Show, Butler, thru Aug. 13.

Kutztown Fair, Kutztown, thru Aug. 13.  
Warren County Fair, Pittsfield, thru Aug. 13.

Dawson Grange Fair, Dawson, thru Aug. 13.  
Sewickly Township Fair, West Newton, thru Aug. 13.

Horse Pull, Tioga County Fair, 7 p.m.  
Cumberland County 4-H Livestock Show, 9 a.m., show 6 p.m., Shippensburg Fairgrounds.

**Tuesday, August 9**

DuBois Area Ag and Youth Fair, DuBois, thru Aug. 13.  
Elk County Fair, Kersey, thru Aug. 13.

Harrold Fair, Greensburg, thru Aug. 13.  
Tioga County Fair, Whitneyville, thru Aug. 14.

EAYFA Annual Bus Tour To Holmes County, Ohio, departs from Elite Coach, 6:30 a.m., thru Aug. 11.

Mid-Atlantic Soybean Meeting, PSU Research Farm, Landisville.

**Wednesday, August 10**

Lancaster 4-H Hog Show, Manheim Fairgrounds.  
Dauphin County 4-H Fair, Farm Show Complex, Harrisburg, thru Aug. 13.

Penn State Turfgrass Field Days, Joseph Valentine Turfgrass Research Center, University Park, 1 p.m.-4:30 p.m.

**Thursday, August 11**

Dauphin County 4-H Fair, Farm Show Complex, Harrisburg, thru Aug. 13.

Lancaster 4-H Sheep Show, Lampeter Fairgrounds.  
FFA Central Dairy Show, West End Fairgrounds, Union County.

Lancaster County Pasture Walk, Daniel J. Stoltzfus Farm, Lititz, 10:30 a.m.

Penn State Turfgrass Field Day, Landscape Management Research Center, University Park, 9 a.m.-3:30 p.m.

**Friday, August 12**

Lancaster 4-H Beef Show, Lampeter Fairgrounds.  
Clinton County Holstein Show, Fairgrounds, Mackeyville, 10:30 a.m.

Wayne County Holstein Show, Honesdale Fairgrounds, 10 a.m.  
Tioga County Holstein Show, Whitneyville Fairgrounds, 11 a.m.

**Saturday, August 13**

South Central Championship Show, Fairgrounds, Shippensburg, 9:30 a.m.  
Montour-Delong Community Fair, Washingtonville, thru Aug. 20.

**Sunday, August 14**

Huntingdon County Fair, Huntingdon, thru Aug. 20.  
McKean County Fair, Smethport, thru Aug. 20.

Washington County Fair, Washington, thru Aug. 21.

**Monday, August 15**

Dayton Fair, Dayton, thru Aug. 20.  
Venango County Fair, Franklin, thru Aug. 20.

Lawrence County Fair, New Castle, thru Aug. 20.  
Bullskin Township Fair, Mount Pleasant, thru Aug. 20.

**Tuesday, August 16**

Ag Progress Days, Rockspring, thru Aug. 18.  
Huntingdon County Holstein Show, Huntingdon Fairgrounds, 9 a.m.

Centre County Holstein Sale, Fairgrounds, Centre Hall, 7 p.m.  
Berks County 4-H Fair, 4-H Agriculture Center, Leesport, 8:30 a.m.-4 p.m.

**Wednesday, August 17**

Southeast Pennsylvania Market Hog Derby, thru Aug. 19.

**Thursday, August 18**

Holstein Show, Howard County Fair.  
Wye Field Day, Wye REC, 8 a.m.-6 p.m.  
Mt. Nebo Fair, Mt. Nebo, thru

Aug. 20.  
Middletown Grange Fair, Wrightstown, thru Aug. 20.  
Findlay Township Fair, Clinton, thru Aug. 20.

Northeast FFA Dairy Show, Tioga County Fairgrounds, Whitneyville.

Grazing Field Day, Samuel King Farm, Gordonville, 12:30 p.m.-3 p.m.

Pasture Walk, Walter Nuding Dairy Farm, Montgomeryville, 10:30 a.m.-noon.

**Friday, August 19**

Bucks County Holstein Show, Middletown Fairgrounds, 11 a.m.

**Saturday, August 20**

Pa. Holstein Association Central Championship Show, Fairgrounds, Huntingdon, 6 p.m.  
Northeast 4-H Dairy Show, Wyoming County.

Warren County Holstein Sale, Pittsfield Fairgrounds.  
Central Championship Show, Huntingdon Fairgrounds, 6 p.m.

Southeastern Pennsylvania Chapter of Fellowship of Christian Farmers picnic, Samuel Lewis State Park, Wrightsville, 11 a.m.-3 p.m.

**Sunday, August 21**

Somerset County Fair, Meyersdale, thru Aug. 27.  
Crawford County Fair, Meadville, thru Aug. 27.

Cameron County Fair, Emporium, thru Aug. 27.  
Franklin County Fair, Chambersburg, thru Aug. 27.

Westmoreland County Fair, Greensburg, thru Aug. 28.

## Cumberland 4-H Show, Sale Set

SHIPPENSBURG (Cumberland Co.)—The county 4-H livestock show and sale is scheduled for Monday, August 8, at the fair grounds. The entries are to arrive Sunday noon, and the first class of market hogs is set for the livestock ring at 8:30 a.m. show day. At the same time, market lambs and goats will be shown in the dairy show ring. Steers follow the lambs and goats at 10 a.m.

A special feature of the event is the buyer buffet at 5 p.m. Later, at 6 p.m. the sale will take place in the livestock show ring. The sale order is steers, lambs, goats, and hogs.

If you would like additional information, you may call Rick Foreman, president of the sale committee. Phone: (717) 776-4602.

## Farm Forum

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each piece of cake, sweet bun, each cup of canned fruit, each cup of baked beans or canned spaghetti etc. Ice cream can have three or more tablespoons per cup. That's very poisonous proportions. I saw a recipe for sweet pickles that calls for nine cups of sugar to 25 pickles. That's very bad and wild.

Sugar high intake leads to heart trouble, high and low blood pressure, and even cancer. I knew of a lot of people that ate a lot of sugar and got cancer. Dogs and cats have high rates of cancer because their foods have a high amount of bakery byproducts such as cakes and cookies and candies.

Diabetes means that the pancreas is destroyed or worn out by too much sugar and can't make

insulin.


It's wise to cut out sugar now than after diabetes sets in. After diabetes sets in legs and arms get amputated and real misery sets in.

I've seen diabetes victims with both legs amputated. I never heard of anybody having to have their legs amputated because of nicotine but over sugar yes.

It's time to declare war on sugar and stop that murder. Indians and early settlers lived without it and were healthy. It's too late when we discover that we have diabetes. And the sugar industry should be held responsible for the damages. They have no business to entice us to such a poison.

Paul Holowpa, York, PA

### 38th Annual LEBANON AREA FAIR



**Lebanon Fairgrounds-**  
**2 Miles South of Lebanon, PA**  
**Just off Rt. 72**

**JULY 30 thru AUGUST 5**

★ EXHIBITS ★ DEMONSTRATIONS  
★ COMPETITIONS ★ SHOWS

<b>SATURDAY, JULY 30</b> 6 & 8 pm PAT GARRETT	<b>★ ENTERTAINMENT</b>	<b>THURSDAY, AUG. 4</b> 6:30 & 9 pm ALISON WONDERBAND
<b>SUNDAY, JULY 31</b> 7:00 pm THE KINDLERS	<b>TUESDAY, AUG. 2</b> 7 & 8:30 pm - SWINGSTERS over 50 - ANTHONY GERACE & COMPANY	<b>FRIDAY, AUG. 5</b> 7:30 Tractor & Truck Pull ss Modified Tractors & True Street Stock 4x4 Trucks
<b>MONDAY, AUG. 1</b> 7:30 pm Truck Pull-6000 lb. Street Stock 4x4 (Big Block & Small Block) Monster trucks	<b>WEDNESDAY, AUG. 3</b> 6 & 8 pm THE DUTTON FAMILY	

★ **Demolition Derby & Fireworks** ★  
**AUG. 6, 7:30 P.M.**

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