



HAPPENINGS

York County 4-H Beef Club

York County Beef Club met December 5 at the 4-H Center. Members are preparing for the Farm Show, Jan. 7-12.

York County members will exhibit 12 4-H project steers at the 1995 Farm Show.

Plans were discussed for the upcoming Preview Show, first show for next year projects, to be held at the York Fairgrounds on May 20.

Enrollment forms were completed and insurance money collected. Each member was requested to serve on at least one committee during the year and a sign-up sheet was available.

New project books were distributed and the 1995 program planned. Members voted for everyone to purchase their own three ring binder to assemble project books and materials for the year.

Work is continuing on the new exhibition area behind the 4-H Center and volunteers are still needed.

New officers for the York County Beef Club are as follows: Jason Baer, President; Sarah Hoke, Vice President; Jodi Dutrey, Secretary; Travis Reid, Asst. Secretary; Kelly Myers, Treasurer; Tammi Grubb, Asst. Treasurer; Amy Trowbridge, News Reporter; Jason Frantz, Historian.

New members are welcome. Please contact Tim Beck or Lois Rankin at the Penn State York County Cooperative Extension for more information, (717) 757-9657.

Adams County 4-H

Adams County 4-H leaders were honored for their years of service to Adams County youth through the 4-H program at the Annual 4-H Leaders' Recognition Banquet.

Those receiving a special plaque and gold clover lapel pin for 10 years of service were: Dorothy Bonebrake, Abbottstown; Bertha Ludwig, York Springs; Joe Miller, New Oxford; Vicki Miler, New Oxford; and Karen Rodgers, Abbottstown.

Receiving a special plaque and gold lapel pin with a pearl center for 15 years of service was Sally Miller, New Oxford.

Receiving a special plaque and gold lapel pin with a diamond center for 20 years of service was Louy Kuntz, Gardners.

Those receiving a silver tray and gold lapel pin with a emerald center for 25 years of service were Joanne Clowney, Gettysburg; Bob Heltibridle, York Springs; and Shirley Heltibridle, York Springs.

Receiving a silver bowl and gold lapel pin with a ruby center for 30 years of service was Carol Rex, Biglerville.

The Adams County 4-H program honored Robert and Shirley Heltibridle, with the 1994 "Partners in 4-H" recognition. The honor was presented to Bob and Shirley for their support of the Adams County 4-H program for the past 25 years. Both served on the board of directors, 4-H Clubs of Adams County, Inc.; as key 4-H leaders in forming the Heidlerville 4-H Club; as hosts and travelers in the Interstate 4-H Cultural Exchange; and in county 4-H leader training.

The 4-H Leaders Banquet also included the annual meeting, 4-H Clubs of Adams County, Inc. The 4-H leaders elected the following as directors for a three-year term: Les Millar, Gettysburg; Linda Oneto, Biglerville; and Debbie Flickinger, Biglerville.

The following 4-H teens were recognized for completion of the 4-H project "Leadership Skills You Never Outgrow": Wade Black, Brad Black, William Spicer, Catherine Bodenberg, Janel Keller, Kerri McCauslin, Jason Keller, Andrea Bodenberg, Amanda Wright, Catherine Todd, Addie Spicer, Gina Lawver, Kelly McCauslin, Lynda Glassmeyer, Kristin Heller, Travis Nell, Justin Meloy, Michael Lawver, and Lori Wright.

York Shooting Sports Club

The York County 4-H Shooting Sports Club will begin its new year on Monday, Jan. 16, at 7 p.m. at the 4-H Center in Bair.

Members will be introduced to the safe handling of air rifles and air pistols. Members learn about gun safety, handling, maintenance, and are able to shoot competitively at the meetings.

Other disciplines offered later in the year include archery, shotgun, and .22 rifle. Each discipline meets for 10 weeks.

Membership in the club is open to any youth between the ages of eight and 18.

Please call Mary Jo Kraft, Penn State Cooperative Extension Office, (717) 757-9657, for details and information about joining.



Laura Leiby

Laura Leiby, Tamaqua, Named Delegate

Laura Leiby, Tamaqua, was among 1,400 youths gathering in Orlando, Fla. for the 73rd National 4-H Congress, December 3-7.

Delegates from 50 states and Puerto Rico were joined by state advisers, national 4-H staff, trustees, donors and volunteers for the 4-H Congress.

Laura was selected to sing with the National 4-H Congress Chorus. She was one of the two Pennsylvania delegates in the 35-member chorus.

They performed at donor banquets and other special occasions at the 4-H National Congress.

While building on its history of educating American youth to solve "issues critical to their lives, their families and society," the 1994 Congress led the way into the future with its bold, new Workforce Preparedness Initiative.

Through the new program, which was launched at this year's Congress, delegates received information and skills to help them in career applications.



Holiday Health Alert!

Better Watch What You're Eating!

Holiday headaches. We all experience them to one degree or another. However, the 23 million Americans who suffer from migraine, a debilitating, biological disease, are especially at risk. For the unsuspecting migraine sufferers who monitor their diets throughout the rest of the year, the temptation to sample holiday desserts and festive beverages could prove incapacitating.

Approximately 20% of all migraine sufferers have a sensitivity to a specific food or foods. Unsuspecting migraine sufferers should familiarize themselves with the most common dietary triggers which can stimulate migraines. As the chart demonstrates, migraine triggers are lurking in even the most traditional of holiday fare

The migraine trigger menu varies per individual. Not eating can also trigger migraines. Missing meals or dieting can cause low blood sugar levels, yet another migraine trigger.	
Caffeinated Foods and Drinks:	Coffee, tea, chocolate, cocoa, colas/soft drinks
Alcohol:	Especially red wine, vermouth, champagne, beer
Dairy Products:	Aged cheeses, sour cream, whole milk, buttermilk, yogurt, ice cream
Breads:	Sourdough, fresh yeast and some types of cereals
Vegetables:	Some types of beans (broad, Italian, lima, lentil, fava, soy), sauerkraut, onions, peas
Snacks:	Nuts, peanuts, peanut butter, pickles, seeds, sesame
Meats:	Organ meats, salted meats, dried meats
Fruits:	Most citrus fruits, bananas, avocados, figs, raisins, papaya, passion fruit, red plums, raspberries, plantains, pineapples
Soups:	Soups containing MSG, soups made from bouillon cubes
Desserts:	Chocolate, licorice, molasses, cakes/cookies made with yeast
Monosodium Glutamate (MSG):	A food additive and flavor enhancer, MSG is often used by restaurants and found in seasoned salt, instant foods, canned soup, frozen dinners, frozen pizzas, potato chips
Seasonings and Flavorings:	Soy sauce, some spices, garlic powder, onion powder, salt, meat tenderizers, marinades, artificial sweeteners
Hunger:	Missing meals, dieting

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DEALER

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