

# Video Teaches Teens That Low-Fat Diets Include Meats

CHICAGO—Don't switch that dial. A new educational video developed by the National Live Stock and Meat Board is targeting teens with the message that a balanced diet and regular exercise are the keys to healthy lifestyles. The goal of the checkoff-funded video kit, called *MVE-TV: The Channel for Moderation, Variety and Exercise*, is to teach adolescents in a humorous, engaging way that a

low-fat diet can include meat, which is often wrongly perceived to be high in fat.

*MVE-TV* was developed, in part, because of findings from a series of Youth Attitude Studies conducted over the past two years for the Meat Board by BruskinGoldring. When asked what, if anything, was the biggest drawback to eating meat, a large number of adolescent respondents said meat was "too fattening."

On the positive side, teens recognized meat's nutrient value and great taste.

"We need to address the concern about fat, but we didn't want to do it in a heavy-handed way," explained Suzanne McGough, M.S., R.D., school programs coordinator for the Meat Board.

The video is comprised of several vignettes, each focusing on a

different aspect of nutrition and fitness. There's a takeoff from a heavily watched teen soap opera, in which a brooding teenage character ponders the fat content of a beef fajita. Other scenes are based on popular daytime talk shows and game shows, complete with audience bantering.

Intended for junior and senior high school health teachers, the video program also includes a leader's guide with nutrition and exercise lesson plans. The guide details general nutrition principles

and provides at least nine activities that educators can use in the classroom to complement the video.

This fall, the *MVE-TV* video kit and leader's guide was mailed to more than 3,500 health teachers across the U.S. As with all other Meat Board education programs, the kit was extensively reviewed by educators throughout its development to ensure its accuracy and usefulness for teachers. Several teachers also served as contributing authors of the print materials.

## Bird Feeding Info

RUTGERS, N.J. — If you feed wild birds, as do one of three households in the U.S. according to the U.S. Fish and Wildlife Service, then you may be interested in some information from a past issue of *Audubon Action*, a publication of the National Audubon Society.

Do wild birds need to be fed in winter? No. Backyard food is a diet supplement. The biggest benefit of feeding wild birds is to the person doing the feeding; birds are attracted to where they can be observed. "If all feeding were to stop overnight there would probably be no noticeable effect on wild bird populations."

When should I start and stop feeding birds? There is no reason to limit bird feeding. Backyard food supplies do not significantly interfere with birds-normal behavior (e.g. long-distance migration). Feeding in all seasons with appropriate food will bring a larger variety of birds to view.

Can you feed intermittently? Birds react to exhausted food supplies, whether from trees, weeds, etc. or from feeders, by moving on. "Most birds feed in mixed feeding flocks that forage over at least several acres in winter. Backyard feeder birds are usually quick to move to a neighbors feeders if your food supply becomes

exhausted."

Is it okay to feed birds bread? Yes, except for moldy bread. A common bread mold, *Aspurgillasis fumigatus*, causes a deadly bird disease.

What type of seed is best? Sunflower seeds attract chickadees, titmice, evening grosbeaks and at least 40 other species." For ground feeders, white millet and fine cracked corn are preferred.

What about when it snows? This is probably when backyard feeding is most valuable. Food must be supplied in feeders that keep the food available and dry.



This column is for readers who have questions but don't know whom to ask for the answers.

"You Ask — You Answer" is for non-cooking questions. When a reader sends in a question, it will be printed in the paper. Readers who know the answer are asked to respond by mailing the answer, which will then be printed in the paper.

Questions and answers to this column should be addressed to You Ask — You Answer, Lou Ann Good, P.O. Box 609, Ephrata, PA 17522.

**QUESTION** — Edgar Jackson, Ligonier, would like to know how to puff wheat, rice, and corn for making cereal.

**QUESTION** — Carl Schintzel, Rockaway, N.J., would like either an address or a source for replacement parts (hammers) for a Kemp Shredder.

**QUESTION** — Martha Hertzler, West Salisbury, would like an address to know where to send for a gasket for a stainless steel Flex-Seal pressure cooker Model 908, which is made by Vischer Products Company, Chicago.

**QUESTION** — A reader would like to know where solar powered window candles may be found. Is there such a product?

**QUESTION** — Helen Mill, Honesdale, would like to purchase new or used butchering knives, which must be good with 6-10-inch blades.

**QUESTION** — Spurgeon Kimmel, Wellsville, would like to know where to obtain several pounds of raw goose fat.

**QUESTION** — Horst Schaper, Moosup, Ct., would like to know where he can buy a shepherd's staff or crook. Call him at (203) 564-2579.

**QUESTION** — Tom Hicswa, Hammonton, N.J., would like to purchase sheet metal parts for a Case tractor model 300B made about 1960. He wants a grille, gas tank cover, etc. Please send information to Hicswa at Box 2169 Elwood R1, Hammonton, N.J.

**QUESTION** — Nate Levine, Flemington, N.J., needs a source for parts to a Prizer #100 cookstove manufactured by Prizer-Painter of Reading, Pa. The company no longer carries parts for it.

**QUESTION** — Carl Humer, 4745 Carlisle Rd., Dover, Pa. 17315 is trying to locate a company that sells the machine to produce firewood from logs. He understands that you place a full length log on the table, a series of saws come down or out and cut the logs to length. You then move the log to the splitter area and the machine splits the logs into cord wood. Humer would prefer to see the machine in operation if anyone has one to sell.

**QUESTION** — Evelyn Michaels, Beaver, asks if anyone remembers Ole Oid, a type of liniment made by Dr. Peter Farhney and Sons Company in N.Y. City. It contained camphor, oil of cloves, sassafras, and turpentine. The Swedish/Finnish community in Tioga County used it widely from the 1930s to the 1960s. Evelyn has asked telephone operators in the calling areas 212, 718, 917, and 914, for telephone listings for the company but no listing exists in those areas. Does anyone know a supplier?

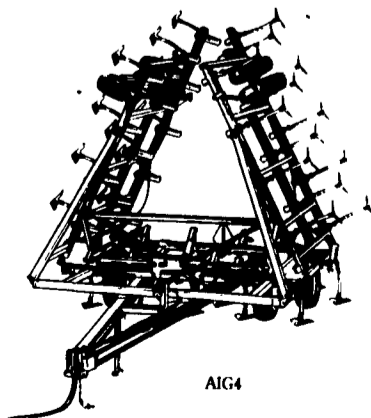
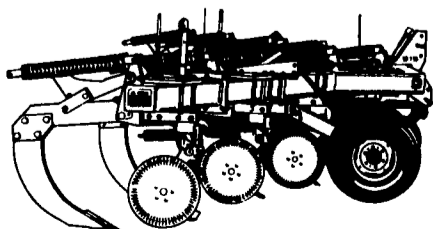
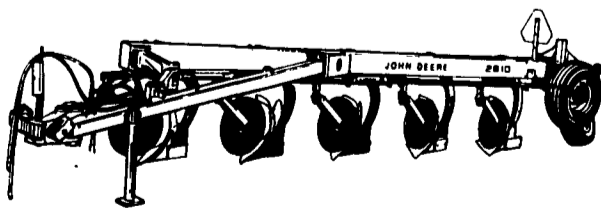
**ANSWER** — For Teresa Wenger, Elizabethtown, who wanted to know where to purchase bees wax for candle making. Here is another source: Fruitwood Orchards Honey, Inc., Box 408, R.D. 1, Rt. 538, Monroeville, N.J. 08343 or call (609) 881-7748.

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