

Lots To Do At Keystone National Rib Cook-Off

YORK (York Co.) — The second annual Keystone National Rib Cook-Off and Music Fest will be held from Thursday, July 27, through Sunday, July 30, at the York Fairgrounds. More than 70,000 rib-lovers are expected to attend this four-day event featuring 15 "ribrateurs" from nine states. Non-stop musical entertainment, a craft fair, pig races, a jackpot show, Jack Russell dog races, a potbellied pig show, special children's activities and for the first time a fireworks display is also planned for entertaining the crowds at the fairgrounds. The event is sponsored by the Pennsylvania Livestock Association.

* **Rib Cook-Off** — Competitors in this event will vie for \$3,500 in prize money. Using criteria such as visual appeal, texture, tenderness, consistency and overall flavor, judges will choose a first- and second-place winner, and the Pennsylvania Pork Council will award cash prizes of \$2,000 and \$1,000 respectively. The crowd will vote to select the winner of the "People's Choice Award," sponsored by Hatfield Quality Meats, which will include \$500 cash and a trophy.

* **Great National and Local Musical Entertainers** — Top name performers Mark Chesnutt, America, Ken Mellons and The Greg Kihn Band will perform in addition to many local and regional artists on the Weis Markets Music Stage.

* **Fireworks** — Zambelli Internationale will delight the crowd on Friday night following the America concert with a spectacular display sponsored by Capital Telecommunications, Inc. (Rain date is Saturday, July 29.)

* **Craft Show** — Dozens of artisans will display and sell

everything from furniture to hand-made jewelry during the festival.

* **Pig Races** — Pigs from the Bob Hale 5-H Ranch will race hourly for their favorite delicacy — an Oreo cookie.

* **Jackpot Show** — On Saturday, championship beef, sheep and swine will be shown by area youngsters who will compete for \$1,600 in prizes.

* **Jack Russell Dog Races** — Dogs will be chasing a fox tail

every day at 7 p.m.

* **Potbellied Pig Show** — This special event will be held at 1:30 p.m. on Sunday. First- through third-place prizes of \$40, \$30 and \$20 will be awarded. The judged show includes traditional classes as well as "fun classes," including best tricks, best costume and waggiest tail.

* **Kid's Place** — The kids will have lots of fun with face painters, clowns, a petting barnyard and hands-on demonstrations provid-

ed by the Museum of Scientific Discovery, the York County Parks Discovery Center and the Fire Safety House. The Family Fun Stage will feature the Sadie Green Sales Ragtime Jugband, magician David Rojahn, the Bavarian Stompers, songwriter and entertainer Ray Owen and visual comedian Geist.

* **Demonstration Tent** — A lamb and wool club, peacocks, an herb farm, dried flower arranging and beeswax demonstrations can

be seen daily.

Hours for the rib cook-off will be from 5 p.m. until closing on Thursday, July 27 and noon until closing on Friday, Saturday and Sunday. Admission is \$6 for adults (includes all musical entertainment) and free for children 12 and under. Parking is free. No bottles, cans, coolers, chairs or pets are permitted.

For more information about the rib cook-off, call 1-800-341-1045.

Dietary Studies Confirm Health Benefits Of Soyfood

SALISBURY, Md. — For Americans looking for a diet plan that provides protection against a multitude of diseases and conditions, there is good news. There is a single food source that supplies generous amounts of essential nutrients in addition to being a healthful source of anti-cancer compounds.

It's soybeans.

In essence, the food we think of mostly as "feed" would be better served on our own plates, and with good reason. Soyfoods are high in vitamins, especially B vitamins, contain the fatty acids essential to human health, and have the same or more soluble fiber as oat bran. In addition, soybeans are high in folic acid, which prevents birth defects; and are high in lysine, iron, calcium, and zinc.

They are also the only vegetable that contains "complete" protein. Soybeans supply all eight amino acids needed for human health, and because they are a plant food, they contain no cholesterol.

"Evidence from dietary studies shows, time and again, the vast health benefits of eating soy," says Dr. Mark Messina, a leading au-

thority in the field of soyfoods and cancer prevention and a lecturer for "The Soy Connection," a seminar for dietitians sponsored by the Maryland Soybean Board in March.

The Maryland Soybean Board administers funds from the soybean checkoff, which sets aside a portion of the sale of each bushel of soybeans for research, marketing and educational activities such as the seminar.

In addition to the more-familiar nutrients mentioned above, soybeans also are chock full of a new class of food substances called "phytochemicals."

Phytochemicals are components of plant foods that are not nutrients but do affect health. They are one of the reasons why the National Cancer Institute now recommends five servings of fruits and vegetables a day.

One of the best known phytochemicals is "beta carotene," which has been widely publicized as an anti-cancer agent. Soyfoods can go one better. One phytochemical unique to soybeans is being researched as a potential new anti-cancer drug, and Messina says studies show that just

one serving of soyfoods a day may be enough to obtain the benefits of it.

What makes soyfoods so great is that their phytochemical profile shows they provide levels of phytochemicals not available by eating practical amounts of other foods, Messina says.

While it is not yet fully understood how soyfoods can effect such a positive change in health, clinical studies and observations of countries where soyfoods are a regular part of the diet bear out the anti-disease claim.

For example, a study in Japan showed that eating soybeans or tofu cut the risk of rectal cancer by more than 80 percent, and soybeans and tofu lowered colon-cancer risk by about 40 percent. In the study, just one to two servings of soy per week gave considerable protection.

Even better, the cancer preventive benefits of soyfoods extend beyond the digestive tract. A study of almost 1,500 men in China found that the risk of lung cancer was about 50 percent lower with frequent tofu consumption.

Soyfoods have been shown to prevent or improve other health conditions, too, including high cholesterol levels, heart disease, diabetes, high blood pressure, gall stones, kidney disease, and osteoporosis.

The people who benefited the most from soy were the people with the highest cholesterol levels.

A study of Japanese women who ate two ounces a day of soybean or soybean-containing foods found the women reported fewer hot flashes and other symptoms of menopause than women in North America and other countries not eating soy foods. Soy phytochemicals may partially mimic the activity of human hormones, such as estrogen, researchers say. (Estrogen plays key roles in the female reproductive system and in the menstrual cycle, but is also thought to be a factor in hormone-related cancers, including breast cancer.) The phytoestrogen in soyfoods, weaker than its human-produced counterpart, may block the absorption of high quantities of estrogen, protecting against cancer and easing the roller-coaster effect on hormonal levels during menopause.

With all this evidence of soy's health benefits, the question is no longer whether to include soyfoods in the diet, but, "How often is best?"

In many studies, the likelihood of getting cancer was shown to be cut in half for people who ate a serving of soyfoods daily in comparison to those consuming soyfoods only once or twice per week or less. In the study of Chinese men, the more often tofu was consumed, the lower the risk. So, setting a goal of eating at least a full serving per day might be best, Messina suggests.

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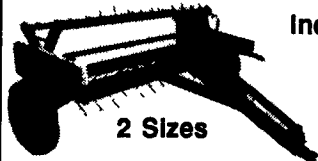
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