

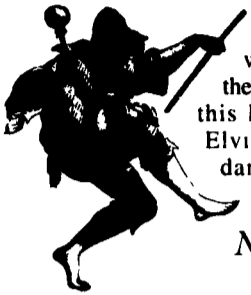


JANUARY 6-12, 1997

NEW MOON, JAN. 8.

WEAK IN THE KNEES?

This is the month for Capricorns, those born between December 22 and January 19. Some of this week's birthdays include Charles Addams (7th); David Bowie and Elvis Presley (8th); Gypsy Rose Lee, Richard Nixon, Joan Baez (9th). Capricorns are considered persistent, patient, and practical. Dedicated and hard working, as well, they make natural leaders, although some astrologers say Capricorns are prone to panic attacks, low spirits, or extreme shyness.



Their body sign is the knees, which can be a weak spot for them in terms of their health. Could this have been the beginning of Elvis's trademark deep-dipping dance style — an astrological weakness in the knees?

No sane man will dance.
— Cicero (106-43 B.C.)

TIP OF THE WEEK

Hair rinse for greasy hair: 1 pint water, 1 tablespoon cider vinegar, and 1 drop thyme essential oil.

PIZZA SALAD

- 1-1/2 cups cooked rice
- 1 cup shredded Mozzarella
- 3/4 cup quartered pepperoni slices
- 1 large tomato, diced
- 1/4 cup diced green pepper
- 1/4 cup diced red pepper
- 3 scallions, chopped
- 1/4 cup sliced mushrooms
- 1/4 cup sliced olives
- vinaigrette of your choice

of your choice. Chill. Serve with additional dressing for those who want it. **Makes 6 servings.**



Chill the cooked rice. Toss with other ingredients, then toss with 1/2 cup of the vinaigrette

THE OLD FARMER'S WEATHER PROVERBS



If you see a bright star behind a crescent Moon, you will have rain or snow. If the star is in front of the crescent, you will have fair weather.

When snow comes with the new Moon, it will melt quickly. If the Moon is old, the snow will likely last.

Shenandoah Valley Livestock

Harrisonburg, Va.

December 28, 1996

Report supplied by auction

STEEERS 300-499 LBS. 40.00-66.50, 500-699 LBS. 35.00-63.50, 700-1000 LBS. 45.00-61.50.
BULLS 300-499 LBS. 45.00-57.00, 500-699 LBS. 30.00-50.00, 700-1000 LBS. 28.00-40.00.
HEIFERS 300-499 LBS. 30.00-47.50, 500-699 LBS. 27.00-42.00, 700-1000 LBS. 28.00-36.00.

HOLSTEIN STEERS 3-499 30.00-37.50; 5-699 28.00-32.00; 7-1100 36.00.

STOCK COWS BEEF 300.00-475.00; BABY CALVES 5.00-85.00; SLAUGHTER COWS 25.00-36.25.

SLAUGHTER LAMBS: CHOICE AND PRIME YG1-3 BLUE O 93.00; GOOD AND FEW CHOICE YG1-2 RED O 100.00.

FEEDER LAMBS 70-84 LBS. RED SH 105.00, SMALL FRAME 1&2 BL SH 97.25; 60-69 LBS. 107.50; 50-59 LBS. RED TL 95.00.

SLAUGHTER EWES 27.00-35.25; HEAD EWES 45.00-62.50.

HOGS 53.50.
SOWS 50.00.
BOARS 32.00.
VEALS 45.00.
SLAUGHTER CALVES 43.00.

Dewart Livestock

Dewart, Pa.

Monday, December 29, 1996

Report Supplied by Auction

STEEERS: 50.00-60.00.
HEIFERS: 50.00-67.50.
GOOD COWS: 30.00-41.00.
CANNERS AND CUTTERS 20.00-30.00.
BULLS: 30.00-39.75.
VEAL 90-190 LBS. 75.00-120.00, 70-90 LBS. 20.00-75.00.
HOGS: 51.00-54.00.
SOWS: 38.00-48.00.
FEEDER PIGS: 15.00-44.00 PER HEAD.

Estimated Daily Livestock Slaughter

Under Federal Inspection

December 31, 1996

	CATTLE	CALVES	HOGS	SHEEP
WEDNESDAY 12/31/96 (EST)	110,000	6,000	343,000	15,000
WEEK AGO (EST)	48,000	6,000	164,000	13,000
YEAR AGO (ACT)	131,000	6,000	365,000	16,000
WEEK TO DATE (EST)	237,000	13,000	684,000	30,000
SAME PD LT WK (EST)	180,000	12,000	518,000	28,000
SAME PD LT YR (EST)	132,000	6,000	365,000	16,000

PREVIOUS DAY ESTIMATED TUESDAY, STEER AND HEIFER 96,000, COW AND BULL 31,000.

Valley Stockyards

Athens, Pa.

December 30, 1996

Report supplied by auction

HOLSTEIN HEIFER CALVES TO 145.00.
VEAL CALVES, NONE.
VEALER BULL CALVES TO 92.50.
SLAUGHTER CALVES 24.50 AND DOWN.
GRASSERS AND FEEDERS 18.00-25.50.
LAMBS 96.00-101.00.
SHEEP 27.00-39.00.
HOGS, 200-250, 45.50-51.00.
SOWS to 49.00.
BOARS TO 28.00.
PIGS, EACH, 30.00-35.50.
HEIFERS 22.00-42.00.
STEEERS, NO GOOD ONES.
STEEERS, FEEDER, TO 33.00.
BULLS TO 42.75.
COWS, GOOD, 36.25-42.25.
COWS, MEDIUM, 28.00-35.75.
COWS, POOR OR SMALL, 27.50 AND DOWN.
HORSES 75.00.
PONIES, NONE.
GOATS 27.00-100.00.

Morrison Cove Livestock

Martinsburg, Pa.

December 30, 1996

Report supplied by auction

CATTLE 163. STEERS CHOICE 70.00-73.00; GOOD 62.00-68.00.
HEIFERS: CHOICE 68.00-72.00; GOOD 55.00-65.00.
COWS: UTILITY & COMMERCIAL 33.00-41.50; CANNER & LOW CUTTER 23.00-33.00.
BULLOCKS: 42.00-51.50
BULLS: YIELD GRADE NO. 1 35.00-45.00.
FEEDER CATTLE: STEERS 35.00-53.00; BULLS 29.00-43.00; HEIFERS 18.00-40.00.
CALVES 110. PRIME, NO MKT. TEST; CHOICE 58.00-63.00; GOOD 45.00-55.00; STANDARD 12.00-28.00; HOLSTEIN BULLS 90-130 LBS. 40.00-80.00; HOLSTEIN HEIFERS 90-130 LBS. 50.00-110.00.
HOGS: 190. US NO. 1-2 53.50-54.50; US NO. 1-3 52.00-53.00.
SOWS: US NO. 1-3 38.00-51.00.
BOARS: 36.00-41.00.
FEEDER PIGS: 26 HEAD. US#1&3 20-50 LBS. 22.00-45.00.
SHEEP: 18 HEAD. CHOICE LAMBS, NO MARKET TEST; GOOD LAMBS, NO MARKET TEST; SLAUGHTER EWES 30.00-40.00.
GOATS: 25.00-90.00.
28 LOADS OF HAY. ALFALFA 100.00-172.50; CLOVER 81.00; TIMOTHY 77.00-82.00; 7 LOADS OF STRAW 75.00-95.00.

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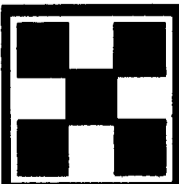
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