

Market Animals Sell

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to Kathleen Devin, and Matt Fogle, 14, of Woodbine (Carroll County) sold his 130-pound black wether to the Stop Construction Company of Madonna (Harford County).

The average price for 39 lambs in the sale—excluding the grand champion—was \$1.58. This is exactly double the prevailing average price at nearby Pennsylvania auction markets. But it compares with a \$2.13 state fair average last year. The average price in 1996 was \$1.40.

Market Steers

Something unusual happened during the 4-H and FFA market steer sale this year at the Maryland State Fair. The average price for three dairy steers—88 cents per pound—was higher than the average price for 14 beef steers—84 cents—not counting the grand champion.

The dairy steer average was skewed by the fact that Jenny Miller, 13, of Shawsville (Harford County), sold her 1,275-pound Milking Shorthorn steer for \$1.07 per pound—the

second-highest selling steer in the sale.

Ryan Orndorff, 14, of Dayton (Howard County) sold his grand champion beef steer, a 1,235-pound Angus, to the Stop Construction Company of Madonna (Harford County). It brought \$2.70 per pound. This was the third successive year that Stop purchased the grand champion beef steer at the state fair.

Ryan Downey, 17, of Downsville (Washington County) again had the grand champion dairy steer at the Maryland State Fair. His 1,340-pound Holstein was sold for \$1.00 per pound—outselling the other beef breed champions. Ryan's steer was purchased by George Wills and Associates, a Baltimore public relations firm. By contrast, Ryan's grand champion dairy steer last year brought only 65 cents per pound.

Michael Harrison, 18, of Woodbine (Carroll County) and Andrea Warfield, 16, of Alpha (Howard County) each sold an Angus steer for 97 cents per pound. Michael's 1,285-pound animal was the champion rate-of-gain steer. It was purchased

by Loretta Wideman. Andrea sold her 1,200-pound animal to West End Service, Inc., of Ellicott City (Howard County).

The overall sale average of 85 cents per pound compared with an average price of 60 cents at nearby Pennsylvania auction markets. Last year's state fair average for market steers was 79 cents; it was 86 cents per pound in 1996.

Capons And Goats

Courtney Hill-Dukehart, 14, of Cooksville (Howard County) exhibited the champion and reserve champion Market birds in the 4-H and FFA poultry show this year at the Maryland State Fair. Both birds were capons weighting 12-13 pounds apiece, and they were offered for sale at the start of the 4-H and FFA livestock auction on September 2. This marked the fourth time that Cortney had appeared in the state fair sale ring with a champion capon.

Her champion capon this year brought \$120—a new state fair record. It was purchased by Mullinix Veterinary Services of New market (Frederick County). Cortney's reserve champion capon went for \$105 to Mike Harrison of Washington Farm at Woodbine (Carroll County).

Elizabeth A. Roberts, 15, or Bryantown (Charles County) had the grand champion 4-H and FFA market goat at the Maryland State Fair for the third consecutive year. Her 70-pound Nubian-Boer crossbred wether was sold for \$3.90 per pound to Chris Farrell, district sales manager at La Plata for Coca-Cola Enterprises. This price was down slightly from the

previous two years, but still five times the prevailing price at nearby Pennsylvania markets.

Samantha Feeser, 17, of Taneytown (Carroll County) sold her reserve champion market goat to Mullinix Veterinary Services of New Market (Frederick County). The 65-pound Boer crossbred wether brought \$3.10 per pound.

Agriculture Insights

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Stress, Your Health, and a Banquet

How many times do farmers smile or laugh when, during the peak of the harvest season, the combine breaks down in the middle of the furthest field from the

shop at 9:00 in the morning? Or how about when the baler decides it has had enough, just as you start baling your best crop of alfalfa with heavy showers on the way?

Farming can be one of the most rewarding careers in the world, but it can also be one of the most stressful. That's why successful managers recognize signs of stress and have a strategy to deal with it.

First, let's define stress. Hans Selye, a pioneer in medical research, defines stress as "the rate of wear and tear within the body" as it adapts to change or threat. It is a state of tension that is created when a person responds to the demands and pressures that come from work, family, or other sources. Responding to those demands while protecting ourselves from their harmful impacts can help us remain healthy.

Second, stress is both additive and cumulative. This means the symptoms can manifest themselves physically or psychologically. Irritability, anxiety, confusion, frustration, and anger are all mental signs of stress. Physical symptoms include muscle tension, headaches, lower back pain, insomnia and high blood pressure.

The good news is there are ways to manage stress to reduce its impact on your health. It can be as simple as doing a better job of planning your workload. One of the best ways to manage your stress is through a good sense of humor. Our sense of humor gives us the ability to release tension and can be a powerful antidote for stress.

Another way to manage stress is to take a break. The fall means long hours with short deadlines. Find some time for golf or take in a high school football game. Or, as one farmer put it, "Thank God for buck season!" No matter what methods you use, the important thing is spending time away from what is causing stress and endangering your health.

As a final suggestion for a way to take a break, let me invite you to attend The Lancaster Chamber of Commerce & Industry's annual celebration of agriculture. Dean Kleckner, president of the American Farm Bureau Federation (AFBF), the world's largest farm organization, and a trade advisor serving under three United States Presidents will be the keynote speaker for the 22nd Annual Lancaster Chamber Agriculture-Industry Banquet, sponsored by the Chamber's Agriculture Committee.

Also, Al Pell anchor of Ag Day, the only daily television program syndicated nationally, will emcee the banquet.

Ag Day and Pell can be seen at 5:30 a.m. Monday through Friday on WPMT Fox 43 and Saturdays on WGAL Channel 8 also at 5:30 a.m. Ag Day is a popular news talk show dedicated to agriculture and agri-business information.

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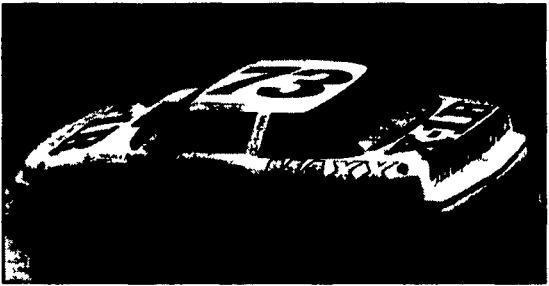
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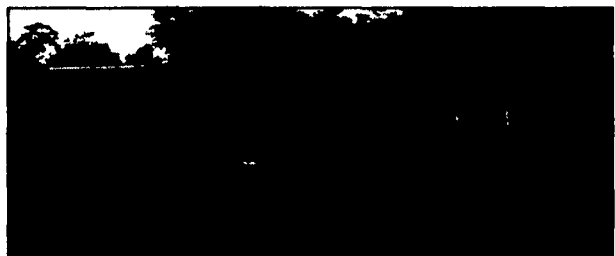
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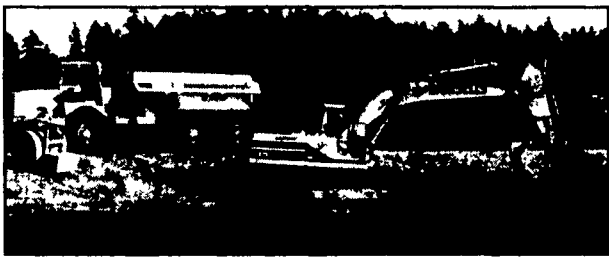
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