

Corn Maze Volunteers Make A Difference To Holstein Association

ANDY ANDREWS
Lancaster Farming Staff
BIRD IN HAND (Lancaster Co.) — Without the "returns" from a hot, sweaty day on a Saturday in midsummer, operating money for the Lancaster County Holstein Association would be thin.

Last summer, people waited in 20-foot lines in the heat while volunteers worked to cook up and sell dozens and dozens of ears of sweet corn at the Cherry-Crest corn maze operated by Jack and Donna Coleman, Paradise.

(The Coleman farm was featured in *Corn Talk*, published in the Oct. 9 issue of *Lancaster Farming*.)

"It's the only fundraiser we have for the year," association treasurer Rick Hess told members recently. "Unless," he said with a smile, "you want to go back to selling cheese."

Hess spoke about the activities and the events at the annual Lancaster County Holstein Association recognition banquet late last

week at the Bird In Hand Restaurant. About 42 members and guests were registered for the event, noted Mike Eby, Gordonville, association president.

The Lancaster County club numbers about 396 members.

According to Rick Hess, treasurer, the corn maze revenue in 1999 was \$2,039.91. Less supplies and starting cash expenses, the amount raised was \$1,486.25.

Volunteering is critical to ensure the success of the fundraiser, Hess noted. If members are called upon, Hess urged them to "give us a couple of hours," he said. "It's an experience you'll never forget. It's a lot of fun and work, too."

Hess noted that the 1999 Holstein banquet totaled expenses of \$892.29 with an income of only \$267. The 1999 Holstein tour totaled an income of \$1,855, but with expenses totaling \$1,675.28, realized a profit of only \$179.72. The field day had no income, with

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Deadlines Set For Holidays, Farm Show Issue

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For the first two issues of 2000, special reports are planned for not only the state Farm Show but the annual Keystone Show as well. The Keystone Farm Show issue is Jan. 1 with a news deadline of Dec. 23. The state Farm Show issue is Jan. 7. News deadline is Dec. 23. Other deadlines are as follows:

Dec. 25 Issue

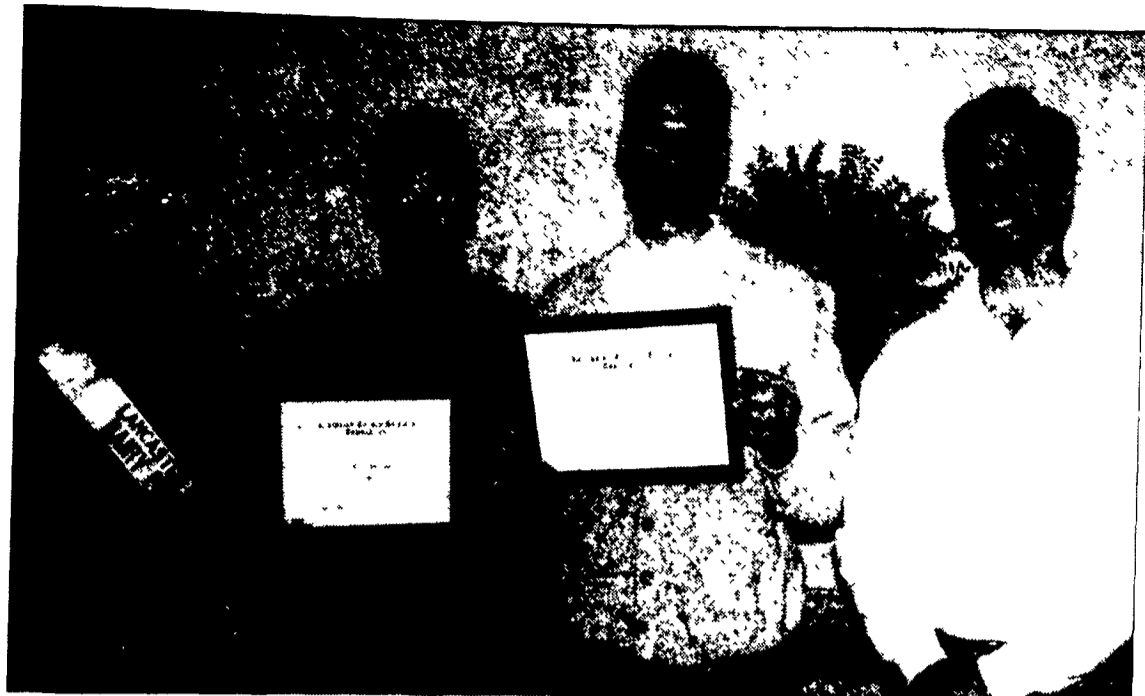
Public Sale Ads: Monday, Dec. 20, noon.
Mailbox Markets: Monday, Dec. 20, noon.
Section D Classifieds: Tuesday, Dec. 21, 3 p.m.
Farm Equipment Ads: Wednesday, Dec. 22, 9 a.m.
All Other Display Ads: Monday, Dec. 20, 5 p.m.

Jan. 1 Issue

Public Sale Ads: Monday, Dec. 27, 5 p.m.
Mailbox Markets: Monday, Dec. 27, 5 p.m.
Section D Classifieds: Tuesday, Dec. 28, 5 p.m.
Farm Equipment Ads: Wednesday, Dec. 29, 9 a.m.
All Other Display Ads: Monday, Dec. 27, 5 p.m.

Jan. 7 Issue

Public Sale Ads: Monday, Jan. 3, 10 a.m.
Sections E and F and Keystone: Friday, Dec. 3.
Section D Classifieds: Tuesday, Jan. 4, 5 p.m.
Farm Equipment Ads: Wednesday, Jan. 5, 9 a.m.
All Other Display Ads: Monday, Jan. 3, 5 p.m.



Senior division winners of the Lancaster Holstein Association. From left, Elisa Ranck, Lancaster dairy princess; Marvin Stoltzfoos; David Stoltzfoos; and Mike Eby, association president.

Crop Insurance Seminars Offered

The Penn State county cooperative extension offices of Berks, Chester, Dauphin, Lancaster, Lebanon, York and Schuylkill, with Bernard C. Morrissey Insurance, Inc. and Rain and Hail Insurance Services, Inc., are sponsoring free crop insurance education seminars entitled Crop Insurance: Making It Work for You.

For reservations to any of these seminars you may call Vivian J. Keesey at 1-800-422-8335. They ask that you register early, and adults only please.

Program Dates:

- 1/5/00, at Lebanon County Cooperative Extension, Lebanon County Expo Center/Fairgrounds, 2120 Cornwall Rd., Lebanon, PA 17042.
- 1/7/00 at York County Cooperative Extension, York County 4-H Center, 771 Stoverstown Rd., York, PA 17404
- 1/14/00 at Chester County Cooperative Extension, Cochranville Fire Company, Box 310 Limestone Rd., Cochranville, PA 19330
- 1/20/00 Dauphin County Cooperative Extension, Gratz Community Center, Center Street, Gratz, PA 17030
- 1/21/00 at Berks/Lehigh County Cooperative Extension,

Berks Agricultural Center, 1238 County Welfare Rd., Leesport, PA 19533

• 1/25/00 at Schuylkill County Cooperative Extension, Schuylkill County Ag Center, 1202 Ag Center Drive, Pottsville, PA 17901

• 1/27/00 at Lancaster County Cooperative Extension, Lancaster County Farm and Home Center, 1383 Arcadia Rd., Lancaster, PA 17601

Schedule, 9 a.m. - 9:15 a.m.: Opening statements from Cooperative Extension Agent; 9:15-10:45 a.m. Crop Insurance Education Presentation; 10:45-11 a.m. Break; 11 a.m. - Noon Question and Answer Session; Noon-1 p.m. Lunch provided by Bernard C. Morrissey Insurance Inc. & Rain and Hail Insurance Service, Inc.

Education Presentation, Speakers:

- Vivian J. Keesey, Bernard C. Morrissey Insurance, Inc., Licensed Property and Casualty Insurance Agent/Certified Crop Insurance Agent
- Dave Stull, Rain and Hail Insurance Services, Inc., Field Supervisor.

Materials: Course guide provided to each participant.

Topics of discussion: Sales

Closing Dates/Reporting Dates/Policy Effective Dates; Production Reporting; Acreage Reporting; Optional Units/Basic Units; Additional Reporting Requirements for selected crops; Parts of a Policy - Where can I find the information that I need?; Multiple Peril Crop Insurance (MPCI); Indexed Income Protection (IIP); Crop Revenue Coverage (CRC); Group Risk Plan (GRP); Adjusted Gross Revenue (AGR) - net yet available/brief summary only; Coverage Enhancement Option (CEO) - availability pending for Spring 2000; Private Insurance Add-Ons - available from most crop insurance companies, but not federally subsidized. Examples: Price Option Plus (POP), Increasing Payment (IP) and Replacement Coverage (RC); Insuring with a Written Agreement; Basic Claims Procedures; Farm Service Agency; as it affects your crop insurance policy.

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Does your body get the oxygen it needs?

(Adapted from a quiz by Dr. Fugi Noguchi)

Check all the boxes which apply to you -

- I wake up tired, even after eight hours of sleep
- I sleep restlessly, waking up frequently
- I suffer from chronic fatigue
- I have poor physical endurance
- I tend to be moody and irritable
- I am susceptible to colds and flu
- I suffer from allergies
- I frequently feel tense and on edge
- I am frequently constipated
- I have frequent pain in my shoulder and/or back
- I have weight problems
- I crave sweets, alcohol or soda

If you checked more than three boxes, your body might not be assimilating sufficient oxygen. Please consult your physician. You may wish to have your blood oxygen levels tested before and after you begin to use the Chi Machine.

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"My research has convinced me that lack of oxygen is the root of most or perhaps even all disease"
- Dr. Shizuo Inoue

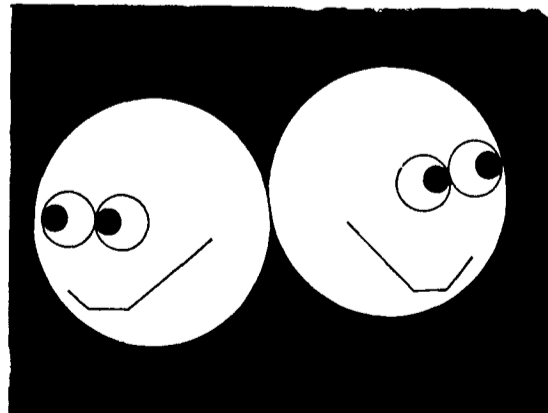


"In only three weeks of using the Chi Machine, I lost 15 pounds effortlessly - and hospital lab tests showed that my blood cholesterol level dropped from 225 to 160 mg"

How do I use my Chi Machine?

- * Place the machine on a rug. Lie on your back and put your ankles in the grooves of the footrest on top of the machine.
- * Set the timer switch to activate the machine for the number of minutes you desire. First time users should start with 2-5 minutes.
- * The footrest will begin to move back and forth carrying your feet briskly from side to side. This movement will carry up through your legs and torso, throughout your entire body, causing you to wiggle back and forth - that's right like a fish swimming in water.
- * All you do now is relax and breathe deeply, letting the machine rock you gently but firmly for a maximum of 15 minutes.
- * When the time is up and the machine stops, remain lying down for another two to five minutes, relaxing and breathing deeply, enjoying the remarkable afterglow - chi - as it moves throughout your body.

"In two months of using the Chi Machine, my thighs, hips, stomach and buttocks now look as good as they did when I was in my 20's - and I'm almost 52!"



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ANY FURTHER!**
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