

Lebanon County Dairy Princess

(Continued from Page B14)

arrangements for all her aunts. She also made the table centerpieces for the FFA banquet.

Amanda was selected as student of the month at the Lebanon County Career and Technology Center and Cedar Crest High School.

She is president of both the county FFA and the Cedar Crest chapter. Her FFA team won parliamentary procedure at the state level. Amanda is also a member of the 4-H Dairy Judging team and a former 4-H Dairy Bowl member.

Despite her heavy involvement on the farm, Amanda doesn't limit herself to ag related interests. She is team captain of the school's hockey team, a member of the

National Honor Society, and enjoys line dancing and riding her Tennessee walking horse. She is active in the youth group of the Cornerstone Community Church.

In addition to being passionate about milk promotion, Amanda said that she is also fanatical about Dodge pick-up trucks.

On a more traditional female level, Amanda collects Merry Moos. Her mother collects cow magnets and has shelves of tins and Wheatie boxes featuring favorite sports heroes.

Although the parents primarily oversee the broiler operation, Amanda helps with poultry vaccination.

Whenever the chicken house is empty, Amanda in-line skates out

the Martin's long lane to reach the chicken houses. She takes her boom box and hockey stick and uses the empty chicken house as a skating rink to practice hockey.

Amanda is tentatively planning to attend New York's Alfred State for a two-year course in animal or dairy science. Since Amanda was first in the county for FFA dairy judging, she hopes to utilize her experience by becoming a member of the college judging team.

But before she heads off for college, Amanda is seriously considering signing up for a two- to six-month stint as an FFA job exchangee to Australia or New Zealand.

"Amanda is a huge asset on the farm," her mom said. "We feel

really honored that she likes to work on the farm."

In fact, her parents sometimes take mini vacations by leaving Amanda in charge of the dairy operation.

Although her parents will welcome Amanda back to the farm with open arms after college, they want their daughter to pursue other options to make sure farming is what she really wants for a career.

About a year ago, the Martin farm was designated as a preserved farm in Lebanon County.

"We decided to do it because the children wanted us to do it," Martin said. "They are the ones who will be most affected by the decision — more than us. They all were positive that this was the direction they wanted us to go," Martin said.

Amanda knows what direction she wants consumers to go: "Use more dairy products."

From her repertoire of recipes, Amanda shares this one for readers to try.

CREAMY FRUIT DIP

8-ounces cream cheese
 3/4 cup brown sugar
 1 cup sour cream
 2 teaspoons vanilla extract
 2 teaspoons lemon juice
 1 cup cold milk
 3.4-ounce package instant vanilla pudding mix

In mixing bowl, beat cream cheese and brown sugar until smooth. Add sour cream, vanilla, lemon juice, milk, and pudding mix. Cover and chill at least one hour. Serve as dip for fruit.

Cancelled Checks: A Thing Of The Past?

Are cancelled checks becoming history?

According to the Federal Reserve, paper checks are still the currency of choice.

Even with the increase in consumers' use of credit cards, debit cards and electronic fund transfers, the majority of retail payments in 1998 were made using paper checks.

By 2020, two decades into the next century, or perhaps before, retail payments by check may be a rare event.

You don't think so? Well, let's examine changes that might have occurred with your own bank. During the past three years, has your bank:

- added a fee to a basic account to return paper checks?
- increased the fee to return cancelled checks?
- introduced a service where images of your cancelled checks are made and returned?
- offered a safe-keeping option which allows you to get copies of selected cancelled checks as needed to prove payment?
- offered free access to your checking or savings account by the Internet?
- offered bill payment of occasional bills by accessing your checking account by the Internet?

- offered automatic bill payment for recurring monthly bills such as mortgage payments or utilities?

Banks across the country appear to be phasing out customers' use of paper checks or weaning them into accepting electronic means of payment.

Are you adapting to the changes or are you still holding on to paper checks? Chances are you are doing a little of both. If you are doing one or more of the following, you may be on the road to accepting more forms of electronic payment.

- Use an automated teller machine one or more times each month.
- Use your credit card to pay an occasional bill by telephone.
- Use your credit card to pay for groceries and almost all other purchases.
- Preauthorize deposits such as direct deposit of your paycheck.
- Preauthorize payments for recurring bills in regular (mortgage) or irregular (telephone). (With the increasing cost of first class postage stamps, preauthorizing bill payments is an economical choice for many).
- Use a debit card more frequently than writing a check.

Highest Quality Animals Ever Sold At This Year's Sale Of Champions

(Continued from Page B7)

group of animals this year was outstanding. "I have never seen quality animals run so long and deep in every class."

Year after year Hosse Steak & Sea House has been a faithful supporter of the Farm Show Sale of Champions and Junior Livestock Sale. According to Bill Campbell, they plan to purchase a dozen animals at this year's sale.

"We support the sale because we feel like we're helping to make the world a better place by support-

ing agriculture," said Nancy Campbell, Bill's wife and public relations director for Hosse.

The Campbells donated the grand champion market steer to the Central Pennsylvania Food Bank, while they plan to put the other animals they purchased into the buy-back program.

"We support 51 livestock sales at local fairs throughout Pennsylvania," said Campbell. "We support a lot of community programs, but we're more heavily involved in supporting both 4-H and FFA than any other."

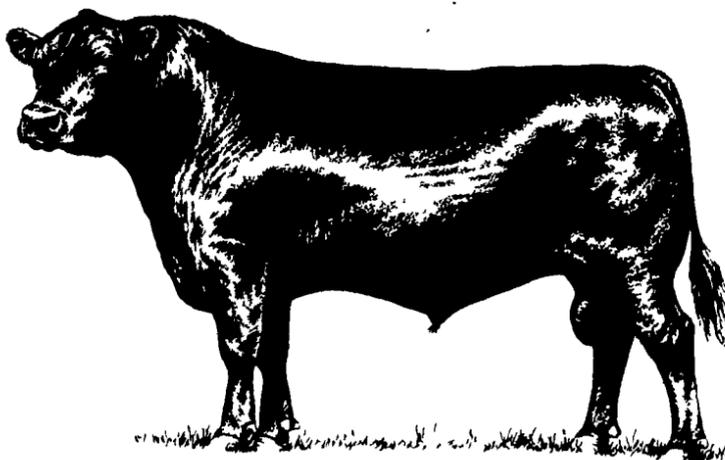
Bill Fox of Foxes Markets has also been a longtime supporter of the Sale of Champions at Farm Show. He has purchased animals for the last 29 years and set the record for the highest bid on the champion lamb in 1993. Fox expects to buy 100 lambs at the 2000 Farm Show.

"We believe that Pennsylvania's youth programs are some of the most worthwhile causes we can support," said Fox. "We like to support the communities that support our stores."

The lambs that Fox purchases at the Farm Show will be sold next week in his stores during their annual lamb sale. "Customers look forward to the sale because the quality of lambs is just outstanding."

Both the Pennsylvania Lieutenant Governor Mark Schweiker and Secretary of Agriculture Sam Hayes, Jr., were on hand to encourage bidders and commend the 4-Hers and FFA members who exhibited at this year's show.

"We're proud of our kids," said Schweiker. "We're here today to acknowledge the day to day operations of the farmers, who fuel a \$44 billion dollar enterprise in Pennsylvania. Everything we raise here this morning goes to see that our young people stay in agriculture."



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* 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

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Does your body get the oxygen it needs?

(Adapted from a quiz by Dr. Eigi 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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