

This is the first Convention for Jayme Styer, a pesticide applicator from Lewisburg. She is looking into getting her vegetable license and wanted more information before taking the test. "There's a lot of interesting things here," she said.



Women Auxillary planning committee members at the Mid-Atlantic Fruit and Vegetable Convention, seated from left, are Helen Black, treasurer from Maryland; Grace Garuetsen, Biglerville co-chair; and Patricia Runkles, Thurmont, Md. Standing are Betty Tyson, Adams Co. co-chair, and Edith Lehman, Anville.

# 'Plant For Millennium'

(Continued from Page B14)

tomed to growing, there are drawbacks.

"Many of these flowers are already being grown. Check out the market to see if the markets are being filled in your area. Grow specialty cuts that others aren't growing," Dole said.

He has found that many rose growers are reducing rose production and increasing specialty cut production.

"Competition in traditional cuts are high. It's cyclical," he said of people's preferences.

Of all varieties grown, sunflowers are one of the easiest and cost effective. The market is going toward smaller sunflowers. Test trials show that the Sunrich Orange variety does especially well.

Although flowers can be grown in greenhouses year-round, harvest time and size varies due to the amount of sun. Supplemental lighting helps during cloudy winter weather.

Experiments have been conducted comparing various hours

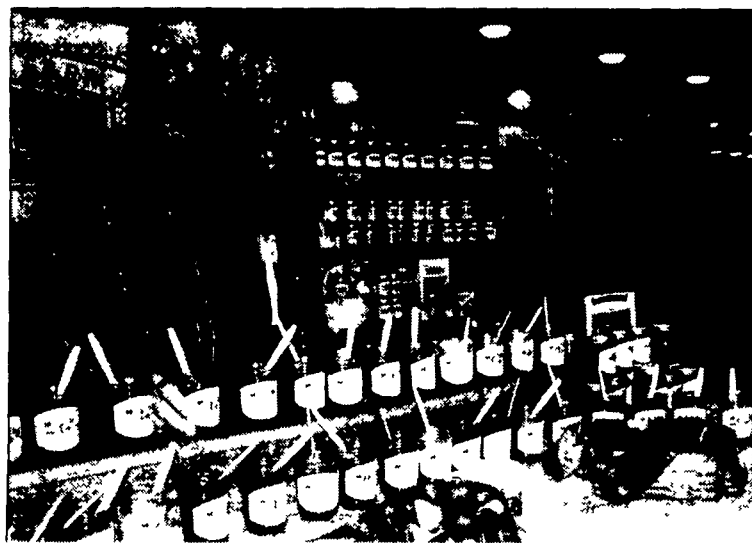
of sunlight in the greenhouse. Although longer crop time is required during low-sun months, value is still cost effective. However, some flowers need longer hours of sun. But too much sun also has drawbacks. Stems don't grow as long.

A well-drained medium is needed for planting. Fungi, gnats, thrips, and other pests must be controlled.

Dole showed slides of many different varieties of cut flowers that are popular.

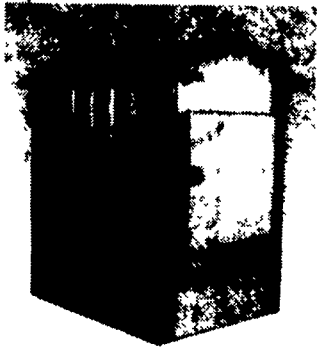
He said that cut poinsettias have proven to be great sellers this past season and pink poinsettias are being grown for the Valentine market.

Shelf life varies from 14-19 days with a commercial preser-



Many unusual jellies were available for taste testing. Carey Dillman of Dillman Farm said his family-owned business began in 1970 in Bloomington, Ind.

## HEATMOR OUTDOOR WOOD FURNACE



Stainless Steel

- Heat Home, Hot Water, Outbuildings
- No Fire Danger or Chimney Worries
- Forced Air or Hot Water Heating
- 3 Sizes - 18 Colors
- Forced Draft - Ash Auger Clean-out
- Wood or Coal Grates
- High Efficiency - Clean Burning
- 10 Year Corrosion Warranty
- Financing & Dealerships Available

Outback Heating Dist.  
888-763-8617

### PROBLEM MILK?

Don't Dump Your Hard Work Down The Drain!

Making Cheese With Your Milk Preserves Its Value  
4-Milking Penalty Warm Milk No Milk Market

CALL THE CHEESEMAKER

We'll Take Care of Everything  
Toll Free 888/624-3373  
717/933-4385

Without a preservative, the cut poinsettias last from 11 to 14 days. The problem is that

foliage falls off before bracts.

Potted poinsettia sales are dropping off.

Both written and spoken information abounded at the three-day convention; however, heavy snow dampened attendance.

Marketing sessions offered many unique ideas. A trade show with 130 commercial exhibitors included some growers who offer value-added products by using the herbs, fruits, and vegetables grown in their gardens.

## Introducing The Chi Machine

The Sun Harmony Aerobic Exerciser

It does the work - You get the aerobic benefits.

A totally unique device which promotes the body's own natural absorption of oxygen.

100% satisfaction guaranteed!

For More Information  
1-800-468-4909  
717-354-4929

Leave Message

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.

HTE USA, INC.

My research has convinced me that lack of oxygen is the root of most, if not all, disease.  
Dr. Shiro Inoue



CLOSED SUNDAYS, NEW YEAR, EASTER MONDAY, ASCENSION DAY, WHIT MONDAY, OCT. 11, THANKSGIVING, CHRISTMAS & DECEMBER 26TH

## FISHER'S FURNITURE, INC.

NEW AND USED FURNITURE  
USED COAL & WOOD HEATERS  
COUNTRY FURNITURE & ANTIQUES

BUS. HRS. MON-THURS. 8-5  
FRI, 8-8, SAT. 8-12

BOX 57  
1129 GEORGETOWN RD.  
BART, PA 17503

## NEED YOUR FARM BUILDINGS PAINTED?

Let us give you a price!

Write: Daniel's Painting  
637-A Georgetown Rd.  
Ronks, PA 17572

(or leave message)  
(717) 687-8262

Spray on and Brush in Painting



"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