Leesport Livestock Leesport, Pa. March 15, 2000 Report Supplied By PDA

CATTLE 251 .[PDA] [Supply included 77 steers and heifers, 118 cows, 11 bulls and 43 feeder cattle] Compared with last week's sale sl steers 2 00 to 3.00 higher, sl cows mostly steady, heifers 1 00 to 2 00 higher, sl bulls steady to 50 higher

SLAUGHTER STEERS Choice 2-3 1085-1575 lbs 68 00-71 75, Select 1-3 58 00-67 00, few Standard 1-2 48 00-54 00

HOLSTEINS High Choice and Prime 2-3 1325-1495 lbs 62 00-64 00, Choice 2-3 1380-1450 lbs 59 25-62 75, Select 1-2 55 00-61 00, Standard 1-2 44 50-49 50

HEIFERS couple High Choice and Prime 2-4 1375-1425 lbs 69 75-71.00, Choice 2-4 1105-1475 lbs 66 00-69 00, Select 1-3 57 00-64 00, Standard 1-2 43 75-54 25

COWS Breakers 75-80% lean 39 50-45 50, Boners 80-85% lean 36 00-42 00, Lean 85-90% 29 50-40 00 Shells down to 23 50

BULLOCKS one Select 1-3 53 50 BULLS Yield Grade 1 1685-2195 lbs 52 75-58 50, Yield Grade 2 1070-2005 lbs 44 75-51 25

CATTLE **STEERS FEEDER** Medium 1 545-820 lbs 72 50-83 00, Large 2 475-915 lbs Holsteins 59 50-64 00, HEIFERS Medium 1 455-595 lbs 65 00-87 50, Medium 2 620-975 lbs 50 00-64 00, BULLS Large 2 325-720 lbs Holsteins 60 00-74 00

CALVES 128 VEALERS Choice 135-205 lbs 90 00-107 50, Good 130-220 lbs 40 00-80 00, Standard and Good 105-120 lbs 40 00-70 00, Utility 75-110 lbs 25 00-40 00

FARM CALVES Holstein bulls 20 00 to 30 00 higher, Holstein heifers were steady No 1 Holstein bulls 90-120 lbs 90 00-120 00, No 2 90-120 lbs 80 00-115 00, few No 1 Holstein heifers 100-115 lbs 265 00-285 00, No 2 80-120 lbs 85 00-225 00

Beef type bulls and heifers 90-100 lbs

HOGS 43 Barrows and gilts steady to 100 lower, sows steady BARROWS AND GILTS 40-45% lean 210-235 lbs 30 00-40 00, 45-50% lean 235 lbs 40 00

SOWS US 1-3 365-475 lbs 24 50-35 25, 500-575 lbs 32 50-39 25

BOARS 305-345 lbs 15 00-18 50, one

FEEDER PIGS 155 US 1-3 21 lbs 185 00, 25-29 lbs 100 00-110 00, 30-50 lbs 60 00-90 00 --- per cwt

SHEEP 27 Slaughter lambs firm **SLAUGHTER LAMBS Choice 65-95** lbs 110 00-117 50, 125-135 lbs 85 00-

SLAUGHTER SHEEP 47 00-70 00 GOATS 27. Medium Billies 35 00-40 00, one Large Nanny 72 50, Medium 30 00-70 00, Large Kids 21.00-45 00

Carlisle Livestock

Carlisle, Pa. Report Supplied by Auction Tuesday, March 14, 2000

SLAUGHTER CATTLE: COWS, STRONG DEMAND! BREAKERS 41.00-50.25, BONERS 38.50-43.00, LEAN 33.00-40.50; COUPLE LOW DRESSING LIGHTS DOWN TO 30.00, BIG MIDDLE 35.00-40.00, SHELLY 29.00 AND DOWN; BULLS 1550-2280

FEEDER CATTLE: STEERS, MEDIUM AND LARGE #1 200-400 LBS. 85.00-112.00, 450-600 LBS. 86.00-88.50, 950-1050 LBS. 63.00-65.00, HOL-STEINS-DAIRY TYPE HEREFORDS

LBS. 43.25-49.00.

400-950 LBS. 46.00-76.00; HEIFERS MED. AND LARGE #1 400-600 LBS. 80.00-81.00; CALVES RETURNING TO THE FARM, HOLSTEIN BULLS #1 90-130 LBS. 98.00-111.00, HOL-STEIN BULLS #2 90-145 LBS, 80.00-97.00, HOLSTEIN HEIFERS #1 95-115 LBS. 302.00-312.00, 65-80 LBS. 115.00-220.00, BEEF X BULLS 110 LBS.

SWINE: HOGS US#1-3 220-270 LBS. 41.00-43.50, 280-300 LBS. 39.50-43.00; US#2-4 220-280 LBS. 37.00-40.00, 285-450 LBS. 27.00-36.00; BOARS 280-500 LBS. 12.50-25.50; SOWS US#1-3 300-550 LBS. 30.00-40.00, THIN, WEAK, **ROUGH TO 30.00; FEEDER PIGS BY** THE LB. 18-24 LBS. 135.00-138.00. BY THE HEAD 30-60 LBS. 24.00-31.00.

GOATS: LARGE NANNIES AND BILLIES 57.50-155.00, FANCY KIDS 55.00-77.00, FLESHY KIDS 40.00-52.50, SMALL, THIN KIDS 5.00-36.00; GOOD AND CHOICE 60-80 LBS. 96.00-145.00, 80-100 LBS. 112.00-120.00.

SALE EVERY TUES. 5 P.M. FOR RABBITS, POULTRY AND EGGS; 6:30 P.M. FOR LIVESTOCK, START-ING WITH CALVES; SPECIAL FED **CATTLE SALES TUES., MARCH 21;** STATE GRADED FEEDER PIG SALES FRIDAY, MARCH 24; SPE-CIAL FEEDER CATTLE SALE TUES., MARCH 21. ALREADY CON-SIGNED FOR TUES. 24 HEAD **LIMOUSIN** SIMMENTAL-HEREFORD CROSS, HEIFERS AND

STEERS 450-700 LBS. PEN LOTS OF CATTLE SOLD IN ORDER RE-CEIVED; EARLYBIRD PENS CLOSE TUES. 2 P.M. SCHEDULE CHANGE: STATE GRADED FEEDER PIG SALE FOR APRIL 15 HAS BEEN CHANGED TO APRIL 14 AT 12:30 P.M. BEFORE THE EASTER GOAT AND LAMB SALE. RECEIVING 6-9:00 A.M. AT THE REAR DOCKS. EASTER LAMB AND GOAT SALE FRIDAY, APRIL 14. RECEIVING FROM 7-11:30 A.M. POULTRY, RAB-BITS AND EGGS WILL BEGIN AT 9 A.M. RECEIVING FROM 7-9 A.M.

New Holland Livestock Calves, Sheep & Goats March 13, 2000

Report Supplied By USDA CALVES SHEEP MONDAY GOATS

1265 1852 205 LAST WEEK 619 1100 190 LAST YEAR

132

traded fully steady.

950 CALVES. Compared to Thursday's auction, a light test of veal calves sold 10 00-12 00 lower. Slaughter calves traded 10 00 higher. Holstein bull calves returning to the country sold steady to 500 higher, while Holstein heifers

1330

VEALERS. Few Good and Choice 70-110 lbs 15 00-25 00. Few Standard and low Good 60-90 lbs 11.00-15.00

SLAUGHTER CALVES Good and Choice 200-350 lbs 80 00-110 00, 350-550 lbs 70.00-80 00.

RETURNED TO FARM. Holstein

bulls 90-125 lbs 90 00-123 00. Plainer type bulls 75-120 lbs 60.00-100 00, few weaker calves 32 00-65.00 Holstein heifers 80-120 lbs 260 00-330 00 Plainer heifers 55-100 lbs 190 00-270 00

SHEEP Compared to Thursday, slaughter lambs sold mostly 10 00 higher even on extremely large receipts Slaughter ewes and aged sheep sold Demand 5 00-10 00 higher outstanding from ethnic buyers as they fill orders for this month's Muslim holiday

SLAUGHTER LAMBS. New Crop. Choice and Prime 2-3 40-80 lbs 130.00-175.00; 80-110 lbs 110.00-130 00 Wooled. Choice and Prime 2-3 60-100 lbs 110.00-125.00, 100-140 lbs 90 00-

SLAUGHTER EWES Good and Choice Yearlings and 2 year olds 60 00-100 00. Utility and Good 1-3 mostly 50 00-75.00, few fleshy down to 30.00. Ages bucks. 150-300 lbs 50.00-75 00

GOATS. (All sold by the head) Billies. Medium and Large 100.00-140 00, few up to 170 00. Thin 70.00-100 00. Choice and Prime 100.00-Mutton: 140.00 Good and Choice 70.00-100.00 Nannies. Large 70 00-110 00. Medium 40.00-70 00. Yearlings Choice and Prime Choice and Prime 70 00-110.00. Kids. 50.00-85.00 Good 20 00-50 00

Belleville Livestock Belleville, Pa. March 15, 2000

Report Supplied By PDA CATTLE 297...[PDA]. .[Supply included 189 cows and heifers in Dairy sale] Compared with last week's sale .sl cows 1.00 higher.

SLAUGHTER STEERS: couple Select 1-2 58.75 & 61.50.

HOLSTEINS: couple Select 1-2 54.00

& 56.00, one Standard 1-2 44 00 HEIFERS one Select 1-3 61 75, one

Standard 1-2 40 00 COWS: Breakers 75-80% lean 38 00-44 75. Boners 80-85% lean 36.00-41 75.

Lean 85-90% lean 30 00-39 00 Shells down to 22.75.

BULLS. one Yield Grade 1 1590 lbs 50 50, few Yield Grade 2 1150-1405 lbs 45 00-46.00

FEEDER CATTLE STEERS few Medium and Large 1 700-725 lbs 60 00-

HEIFERS few Medium 2 700-800 lbs 48 50-50.00.

CALVES 86... VEALERS: few Good 130-170 lbs 62.50-70.00, Standard and Good 80-115 lbs 20.00-37.50, Utility 75-80 lbs 15.00-20.00.

FARM CALVES. No 1 Holstein bulls 90-120 lbs 90-120 lbs 100.00-136 00, couple 95 00, No 2 80-115 lbs 50 00-102 50; few No 1 Holstein heifers 95-105 lbs 230 00-292 50, few No 2 50-90 lbs 115.00-150.00

HOGS 5 BARROWS AND GILTS few 45-50% lean 245-260 lbs 37.00-40 25 SOWS. one US 1-3 450 lbs 35.00.

BOARS. one 545 lbs 5.00

FEEDER PIGS 21 US 1-3 35-60 lbs

13 00-33.00 --- per head. SHEEP 16.. NEW CROP LAMBS

few Choice 35-45 lbs 130 00-160.00, 50-50 lbs 125.00-154 00, 70-80 lbs 130 00-131 00, one 110 lbs 85.00 SLAUGHTER SHEEP: 30 00-47.00.

GOATS 24.. Couple Large Nannies 110 00 & 147.50, Medium 47.00-68 00, few Large Nannies 43 00-65 00, Medium 36.00-43.00, Small Kids 8.00-23.00.-- per

HOLSTEIN DAIRY COWS. 725 00-1375.00. --- per head.



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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

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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, throuthout 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

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(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

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My research has convinced me that lack of oxygen is the root of most or perhaps

Dr Shizuo Inoue



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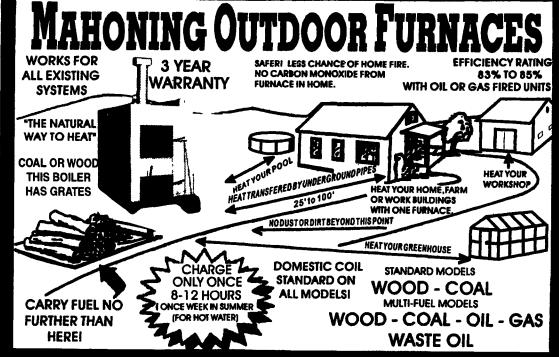
- 1. Mega-Merger's and Consolidations?
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- 3. Supporting High Debt Load Co-Op's with Your Farm's Milk Check As Their Banks Equity?

4. Paying High Salaried Executives & Directors?

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Information Meeting - Wed., March 22 - 11:30 A.M., Ranch House Restaurant, Perry Co., PA, Crossroads of Rt. 11 & 15, 4 miles north of Duncannon

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