

# 5-Year-Old Tops Lebanon Fair Holstein Show

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**NORTH CORNWALL** (Lebanon Co.) — A 5-year-old — Ju-Vindale Flip Megan — exhibited by Scott and Karen Nolt, Lebanon, won grand champion of the Holstein Show last week at the Lebanon Fair.

This is the first time the Nolts won in the open show for Megan (S: Cook-Farm Starbuck FLI, D:JU-Vindale Henry Mado), though Scott said they won in the FFA division in the past.

The Nolts will be attending the Holstein district championship show in Kutztown.

Reserve champion of the show went to the junior 2-year-old, Sonnen Leadoff Coupede, shown by Lisa A. Sonnen, Richland. Sonnen said she exhibited the grand champion at the fair about two years ago.

The Sonnen Holstein junior 2-year-old (S: Fraeland Leadoff-ET, D: Frogmore TN Calico) won first at the Pennsylvania Spring Show in March. Last year, at the fair, the 2-year-old won junior champion.

Sonnen said the cow will be shown at the district Holstein show at Shippensburg. The Sonnens also exhibit at All American in Harrisburg.



Scott and Karen Nolt, Lebanon, exhibited the grand champion Holstein, a 5-year-old cow, last week at the Lebanon Fair Holstein Show. Karen is holding Katelyn, 6 mos.

Following is a list of show placings.

### LEBANON FAIR HOLSTEIN SHOW RESULTS

Spring Heifer Calf: 1. Lindsay Horning. 2. Amanda Martin. 3. Holly Miller.  
Winter Heifer Calf: 1. Samuel Beiler. 2. Scott and Karen Nolt. 3. Hannah Bommardner.  
Fall Heifer Calf: 1. Kendra Reist. 2. Andy Martin. 3. Brenden Hoover.  
Summer Yearling Heifer: 1. P. Dustin

Horning. 2. Ammon and Brenda Peiffer. 3. Trout-Spring Farm.

Spring Yearling Heifer: 1. Lindsay Horning. 2. Heidi Miller. 3. John Donmoyer.

Winter Yearling: 1. Timothy Vail. 2. Dustin Lentz. 3. Ammon and Brenda Peiffer.

Fall Yearling Heifer: 1. Nelson Bommardner. 2. Brandy Blouch. 3. Kelly Reist.

Dry Cow, Four Years And Under: 1. Holly Miller. 2. Dale Hostetter. 3. Adam Wolfe.

Junior Two-Year-Old: 1. Adam J. and Lisa A. Sonnen. 2. Timothy Vail. 3. Amy Moyer.

Senior Two-Year-Old Cow: 1. Nathan



Lisa Sonnen holds the halter to the junior 2-year-old that picked up reserve champion at the Lebanon Fair Holstein Show.

Paul Beiler. 2. Lynncrest Holstein. 3. Scott and Karen Nolt.

Junior Three-Year-Old Cow: 1. P. Dustin Horning. 2. Rachael Krall. 3. Amy Habecker.

Senior Three-Year-Old Cow: 1. Amy Moyer. 2. Adam J. and Lisa A. Sonnen. 3. Paul Horning.

Four-Year-Old Cow: 1. Dale Hostetter. 2. Paul Horning. 3. Lynncrest Holsteins.

Five-Year-Old Cow: 1. Scott and Karen Nolt. 2. Paul Horning. 3. Edwin Hostetter.

Six-Years And Over: 1. Dale Hostetter. 2. Adam J. and Lisa A. Sonnen. 3. Daniel Eberly.

100,000 Lb. Cow: 1. Paul Horning.

**GRAND CHAMPION**  
Scott and Karen Nolt.  
**RESERVE GRAND CHAMPION**  
Adam J. and Lisa A. Sonnen.

## Sun Is Food's Original Energy Source

How does the body use food for energy?

That's a complex question that college courses in nutrition are designed to answer. But, to focus on the very basics, the whole process starts with the sun.

Plants — which are both a food we eat and food for the livestock that we eat — rely on solar energy to convert water from the soil and carbon dioxide from the air into glucose. When we consume glucose and other substances, such as triglycerides, they must be broken down into smaller pieces before the body's cells can use them. For example, a single glucose molecule contains about 100 times more energy than a cell needs for a chemical reaction, and so it must be dismantled before cells can tap that energy. Triglyceride molecules, which we consume when we eat fat, contain about 500 times more energy than a cell can use as an energy source.

The form of energy that cells actually use is called adenosine

triphosphate, or ATP. ATP plays a dual role: Two ATP molecules start the process with glucose, for example, by breaking a glucose molecule in half. The entire break-down process results in the formation of pyruvic acid and a total of four ATP — two more than the process started with. Much more ATP results from each glucose molecule through other chemical processes.

Cells use ATP whenever they need energy, whether it's chemical energy to store for later use; mechanical energy used in muscle movement; electrical energy for nerve transmissions; or osmotic energy to balance sodium, potassium and other ions within the cell. When ATP is used — for example, when you run to catch a bus — it breaks down. It's in that breakdown that energy is released, from the bonds that hold ATP together.

The byproducts of all these energy transformations are

water, carbon dioxide and heat — which are exactly the things that started the whole process in the first place. It's a fascinating system that connects the sun at the center of our solar system to each individual cell in our bodies.

## Bad For Me?

The warm days of summer cause many of us to lay out in our backyards, at the beach or by the pool in an effort to develop a dark tan.

What many people don't know is that careless exposure to the sun can be harmful!

Ultraviolet rays from the sun damage skin. They can also create vision problems, allergic reactions, trouble with your immune system, and skin problems.

When ultraviolet rays penetrate our skin, they stimulate cells containing a brownish-pigment called melanin. Melanin protects the skin by absorbing and scattering ultraviolet rays.

People with dark skin have high amounts of melanin and greater natural protection from the sun. People with blonde or red hair, and those with fair skin, have less melanin and burn more quickly.

There are two types of ultraviolet rays: UVA and UVB. UVB rays cause burning and redness of the skin associated with sunburn, skin cancer and premature aging. UVA rays stimulate tanning, but are linked to other problems like impaired vision, skin rashes, and allergic reactions to the sun or certain medications.

It's important to wear sunscreen! The next time you go outside, make sure to slap on the sunscreen so you'll stay healthy!



Fair queen Beth Kreider, Agriculture Secretary Samuel Hayes, Dairy Maid Jessica Bross and Lebanon County Alternante Amanda Heffelfinger attended the fair's dairy show.



Matt Blauch, 14, of Jonestown trims up a friend's animal, named "Steer Calf," in preparation for the afternoon's beef show.



Dairy Miss Janelle Mendoff, 5, helps Lebanon Fair Queen Beth Kreider hand out ribbons in the fall heifer class. Receiving the ribbon is Cody Hostetter of Anville, who took first place in the FFA division.