

# Easter Season

(Continued from Page A1)

snow storm, there was a lot of noise in the pens.

The "Greek" Easter is next Sunday, April 27, and a large run of lambs is expected at New Holland this coming Monday. Adding those receipts and those of Thursday, April 17, there may be a seasonal record number of

sheep and goat marketings established at New Holland.

The sheep and goat sales at New Holland have attracted shippers from at least 24 states. Although many animals are slaughtered by the small volume packers in Pennsylvania, the majority of the animals are shipped out-of-state for slaughter. They are trucked to New Jersey, New York, Massachusetts, Connecticut, and Rhode Island.

There have always been an in-



**New arrivals at the New Holland Sales Stables about 8:30 Monday morning are not interested in being herded into a holding pen for the Easter trade. They did not get sold until after 5:30 p.m., since more than 2,000 goats were sold from 9 a.m. to 5 p.m.**

flux of lambs at the auctions at Easter and Passover time, but there were certainly not many meat goats years ago. Many of the goats were bought for lawn trimmers. Some might recall (with mixed feelings) that the animals at the Lancaster Stock-

yards were bought for youngsters. Years ago, children became quite excited about their "gift" of an Easter goat.



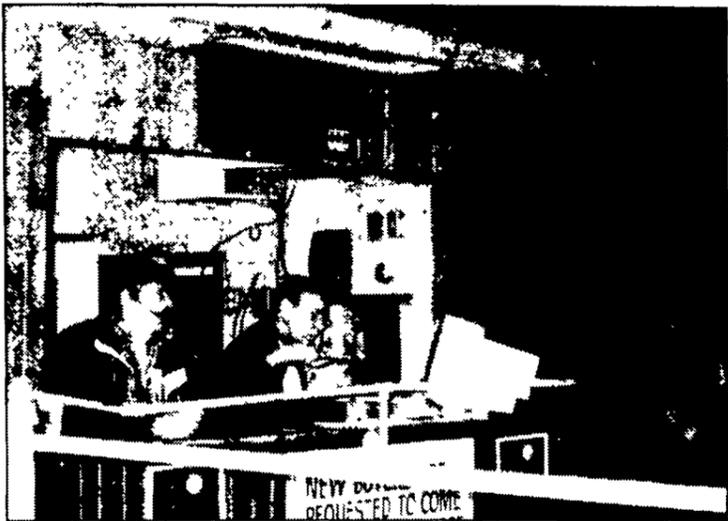
**A pen of sheep and lambs are being moved from a holding pen to be readied for the sales ring Monday evening at New Holland's small livestock sales barn.**

For the last 12 years, Smoker noted, meat goat receipts have increased along with the numbers of mideastern Islamic groups in the eastern metropolitan areas. Yearly goat marketings now outnumber sheep.

According to Julie Kyle, secretary for more than 25 years at the USDA market news office in New Holland, for the year 2002,

sheep receipts at New Holland Sales Stables totaled 67,760 and goats numbered 80,726.

Many fenced-in goat feedlots can be seen throughout the region and surrounding states. Some believe this may be one area of the livestock business that will not yield to contract feeding or direct marketing any time soon.



**Auctioneer Dale Stoltzfus, left, begins the main Easter Lamb and Goat Sale at the New Holland Sales Stables Monday morning as Roger Floyd, the firm's retired office manager, gets ready to record the price. Veteran Lancaster County livestock handler Tom Sharpe, lower right, is the ring man.**

Who are the auctioneers that fill the pages of *Lancaster Farming*? You can find out who they are and what they do in the June 21 premier issue of the 2003 *Lancaster Farming Auction Directory* booklet. Scheduled will be auctioneer listings, frequently asked questions and answers regarding auctions, and feature articles and photos. Don't miss it!

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## Taking Care

Dr. John Koller



## Curing What Your Parents Gave You

*How to improve the quality & length of your life when you suffer from genetic disease*

There's a lot of press these days about how genetics relate to disease. Everyone is busy looking for that miracle drug to cure what their parents supposedly gave them. But they fail to see that the true miracle is right before our mouths - healthy food works wonders on our genes!

Popular trends tell you to blame your health or lack of it solely on your genes. But research has found that the vast majority of all health and disease is not inherited. Instead, it's directly related to environmental factors, or *how you live your life*. But often times, how mom and pop lived their life is how you continue to live yours - hence the continuation of what appears to be 'genetic' health issues.

The good news is **genetic tendencies CAN be changed with proper diet and nutrition**. There are 50 genetic diseases that can be remedied or improved with proper dietary supplementation.

For example, only five percent of breast cancer incidences are related to genetic factors, whereas the traditional lifestyle factors account for the rest - estrogen exposure through hormone replacement therapy along with poor diet and inadequate physical exercise. In fact, inherited genetic factors are a minor contributing factor to most cancers in humans.

So if you have a genetic condition - even a significant one, take heart and know that lifestyle remedies are still available for your future health and they are very successful!

One easy change you can begin making in your life right now is to restrict your calorie intake without lowering the amount of nutrients you consume. In other words, reduce refined foods like flour and sugar, as well as refined fats like most vegetable oils.

You're probably wondering how to actually do this... what will you eat instead of

donuts in the morning or cookies for an after-school snack? What will "fill you up"? Or you may be frustrated because you tried all along to eat well and exercise and do the right things, but you *still* got a bad health report. Let me tell you, I understand!

There are so many conflicting messages in the media today - none more than nutrition! One day they'll say a certain food causes high cholesterol and then the next week you'll read an article saying it's beneficial for other conditions. These days it seems everything causes cancer! Who can you believe? It's almost enough to make you stop trying and just eat whatever you want! *Don't do it!* That is the worst option!

If you truly desire to make smart food choices for you and your family, but have no idea how or what reports to believe, then attend our **free nutrition workshop on April 24<sup>th</sup> at 7 p.m.** I guarantee you'll learn something you didn't know before. We'll teach you how to make sense of the food packaging and labels (which are full of marketing jargon) and 'see through' many of these so-called 'studies' on nutrition so you can make the best choices for you. Plus we'll have a feast of healthy goodies for you to sample!

The workshop is free and open to the public, but seating is limited and it's our most popular workshop. That means chairs fill up quickly - so reserve your spot! Just call 336-8110 or complete and mail the registration form below.

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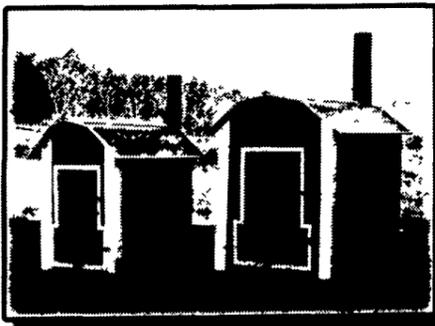
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### Free Nutrition Workshop Registration Form

Yes, I want to attend your free nutrition workshop! Please reserve a seat for me

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

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• You are welcomed and encouraged to invite your friends and family to attend with you

Number of people attending with you \_\_\_\_\_

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