

# Adams Co. 4-H/FFA Livestock Show and Sale

GETTYSBURG (Adams Co.) July 14 the South Mountain Fairgrounds near Arendtsville. The 20th Annual Adams County 4-H/FFA Jr. Livestock Show and Sale was conducted on Thirty-two 4-H and FFA members exhibited a total of 30 mar-



Britteny Valtin, right, New Oxford FFA, exhibited the grand champion market lamb that was purchased by Gary Diemler & Sons Construction, of Harrisburg, represented by Gary Diemler.

ket swine, 29 market lambs, and 7 markets goats before Judge Dennis Grumbine of Myerstown. Missy Jeffcoat, Littlestown FFA member, exhibited the grand champion market swine, which was purchased by Reicharts' Slaughter Shop, Littlestown, and Welty Backhoe Service, Fairfield for \$580. The grand champion market swine trophy was donated by Sensenig's Meats of Littlestown, and a traveling plaque was presented from Reinecker Ag Products, York Springs.

The reserve grand champion market swine, shown by Hunter Hood, 4-H member from Hanover, was purchased by Caroline Roche, of Reisterstown, Md., for \$1000. The reserve grand champion market swine trophy was donated by Windsor Electric Co., Inc., Owings Mills, Md.

The grand champion market lamb was exhibited by Britteny Valtin, New Oxford FFA member, and was purchased by Gary Diemler & Sons Construction, of Harrisburg, for \$530. The grand champion market lamb trophy was donated by Carlisle Livestock Market, Inc., Carlisle, and a traveling plaque was presented by Adams County FFA.

The reserve grand champion market lamb was shown by Ben Weikert, 4-H member from Gettysburg, and was purchased by Stateline Gas Service, McKnightstown, for \$300. The reserve grand champion market lamb trophy was donated by Rick Crouse & Family, Biglerville.

The grand champion market goat was exhibited by Cole Riebling, 4-H member from New Oxford, and was purchased by Shetron Welding & Fab., Inc., Shippensburg, for \$240. The grand champion market goat trophy and a traveling plaque were donated by

(Turn to Page B13)

## Consuming Thoughts

by

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As families juggle jobs, school, child care, and household duties, many find the day-to-day task of food shopping and preparation a hassle.

A large share of family food budgets is being spent by teenagers, putting them in an unprecedented position of influencing what the family eats.

Whether parent or child is doing the food shopping, making choices among products can be overwhelming. Supermarkets commonly stock between 30,000 and 50,000 items with new products being added all the time. The average size of a newly-built supermarket is almost 44,000 square feet, roughly the size of a football field. Some markets are even larger.

As a parent, you can help your teenager tackle the task of food shopping by talking with him or her about how to use information on product labels and in the store. Unit price stickers help shoppers quickly spot the best buy among various package sizes and brands.

Nutrition and ingredient labels on packages help shoppers choose products that fit specific needs. Many stores are posting nutrition information for products without labels, such as produce or meat.

But knowing how to use available shopping tools are not enough in today's marketplace. A myriad of advertising claims can lead even the most savvy shopper astray. To be a wise consumer see

how well you do in answering the following questions.

If the label says "light," is the product low-cal? The word "light" could mean fewer calories, but it could also mean a "light" color, texture or flavor. Only the nutrition label will reveal whether a "light" product has fewer calories than a similar product without a claim.

Are foods labeled "natural" better for you? The word "natural" is often associated with pure, simple, safe, or nutritious. But legally, the term is not defined and can be used by advertisers in many different ways. The exception is poultry and meat, which to be labeled "natural" must not contain any artificial ingredient or chemical preservative and must be either fresh or minimally processed. To make sure a "natural" product is what you expect, read the nutrition and ingredient information.

Is a vegetable oil carrying a "no cholesterol" claim healthier than one without the claim? Cholesterol is found only in products of animal origin. No food products derived from plants contain cholesterol, so there is no cholesterol in any vegetable oil.

Is a product sweetened with honey healthier than one with sugar? Your body can't tell the difference between honey and sugar. Once they are digested, they are chemically identical. Although honey is no more nutritious than sugar, some people may prefer the taste of honey.

If you answered these questions correctly, consider yourself a smart shopper.

## PA Barbeque Championship Cook-Off & Motorcycle Ride & Show August 22nd & 23rd, 2003

Food • Music Fun for the Entire Family!

Saturday: New Holland Concert Band



All Proceeds Benefit NH Community Park & Liberty Fire Co.

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New Holland Community Memorial Park • New Holland, PA Visit our website: [www.nhsummerfest.org](http://www.nhsummerfest.org)

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## Free Ice Cream Sundae

HARFORD, Md. — Do you have an ice cream sundae of your dreams? Maybe, vanilla ice cream with peanuts, strawberries, chocolate syrup, crushed cookies and topped with real whipped cream, and a cherry?

Make your dream come true at the Harford Fair on Thursday, August 21 at 3 p.m. in the dairy barn arena. Free sundaes will be served by Susquehanna County Dairy Princess Shana Mack and dairy ambassadors and dairy maids.

Last year more than 600 people were served free ice cream sundaes while visiting the Harford Fair.

## Cowtown Rodeo

Cowtown, N.J.

"Cow Capital of the First Frontier"



Located on U.S. Route 40, eight miles east of the Delaware Memorial Bridge in Salem County

**MAY 24 THRU SEPTEMBER 27**

Every Saturday Night ★★ 7:30 Rain or Shine Admission \$12 Adults ★★ \$6 Children 12 and under Free Parking ★★ Refreshment Stands Group Rates Available: Call 856-769-3200

## ★★LOCATION CHANGE★★

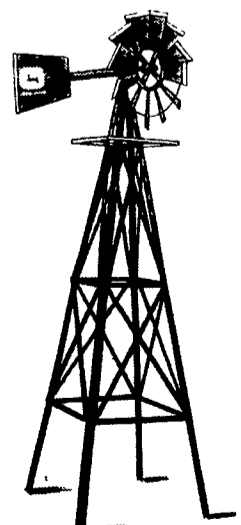
### Hunterdon County 4-H and Agriculture Fair

★ Will again be held at ★  
★ Flemington Fairgrounds ★  
★ Route 31, Flemington N.J. ★  
Wednesday - Sunday, Aug. 20-24

Food - Rides  
Animal Shows  
4-H Contests & Displays  
Agricultural Exhibits & Contests

From PA take Route 78 or Route 202 across Delaware River to Intersection with Route 31.

For schedule and other information, call (908) 782-6809 or go to Web site [www.co.hunterdon.nj.us/4hagfair.htm](http://www.co.hunterdon.nj.us/4hagfair.htm)



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