

Penn State To Host 1975 Livestock Day

Dr. E. Paul Taiganides, internationally known specialist in pollution control and solid waste management, will be the keynote speaker at the 1975 Livestock Day scheduled for March 4 at The Pennsylvania State University. "The program, of special interest to beef, sheep, and swine producers, will be held in the University's J. O. Keller Building starting at 10 a.m.," said Professor Dwight E. Younkin, Penn State Extension animal scientist and program chairman.

Dr. Taiganides, professor

of agricultural engineering at Ohio State University, will present the topic, "Everything You Always Wanted to Know About Pollution, But Were Afraid to Ask." He has lectured in most of the United States and Canadian Provinces, in all but three countries in Western Europe, and in Poland, Czechoslovakia, Russia, India, and Japan.

Following Dr. Taiganides' presentation, three special interest sessions will run concurrently and will deal with the latest developments in beef, sheep, and swine research, nutrition, and management, Professor Younkin points out.

For persons interested in beef cattle production, Penn State specialists will discuss such topics as breeds and crossing systems, relation of marbling and eating quality, alternate protein sources, methods of pasture renovation, and silage-grain ratios for finishing cattle.

The swine program will feature Dr. Taiganides discussing aspects of waste resources. The session also will focus on chemical and mechanical controls of odor of liquid manure, ventilation to control odors in a closed building, waste disposal units, swine behavior research, and a Meat Animal Evaluation Center summary.

Sheep producers will hear reports on new develop-

ments in forage harvesting and feeding, ensiled animal wastes, lamb behavior, growth studies with Ralgr, and a look at Extension and Resident Education programs at Penn State.

Younkin notes that those interested in attending the 1975 Livestock Day should register at the J. O. Keller Building between 9:30 and 10 a.m. on March 4. The program will conclude at 3:30 p.m.

Corn Hybrid Meeting Set

The Twin Valley Young-Adult Farmer meeting for this month has been changed to Monday, December 16, 1974. The program is scheduled for 7:30 p.m. in the vocational agriculture classroom of the Twin Valley High School.

Glenn A. Shirk, Chester County Agr. Agent, will present a program on Comparing Corn Hybrids. Mr. Shirk will provide information gathered from Penn State Extension corn plots and instruction on how to use and evaluate corn yield summaries. Tips on selecting hybrids for your farm and recommendations on ordering seed, fertilizer, and chemical supplies for next year will be discussed.

The date change was made to provide interested farmers in the area the opportunity to also attend a meeting scheduled by the Chester County Cooperative Extension Service on December 17 on the topic "Adjustments dairy farmers can make for greater profit."



Doctor in the Kitchen®

by Laurence M. Hureh, M.D.
Consultant, National Dairy Council

Nutrition and the Athlete-1

Athletes require more calories each day than non-athletes. The athlete simply is more active. But if an athlete is eating a good all-around diet, no supplementary nutrients are needed unless a physician has determined medically that a nutritional deficiency exists. Otherwise, the athlete's appetite tells him how much more food he needs to meet his needs.

That, and the need for the athlete to drink water during practice and during games, is all there is to the nutrition story for the athlete.

But you wouldn't know that if you were to listen to some coaches who still persist, through nutritional ignorance, in promoting special diet supplements and weird practices. Such an approach may be effective psychology but it's lousy nutrition.

A Steak Before Game?

For instance, let's talk about this business of eating a steak the day of the game. The idea, presumably, is to get more protein into the athlete for game time. The excess is supposed to increase strength.

As expressed in the American Medical Association's book Comments in Sports Medicine, "The false reasoning goes like this: The extra protein stimulates muscle growth and therefore increases muscle strength. Yet, in fact, it works in reverse. The rate of growth determines the

quantity of protein required."

What many coaches don't know is that the body's protein supplies are established prior to 48 hours before game time. There simply will be no advantage if excess protein is consumed closer to game time. And there could be a disadvantage or two.

How? Well, protein is not an efficient energy source. So if you "beef up" on steak you may be crowding out some carbohydrate or fat that would serve you better in terms of energy for the game.

It also often takes greater energy in your body to metabolize and digest protein in your diet.

A Balanced Diet Needed

Let's leave it for today that your athlete needs a normal diet from the four food groups at calorie levels greater than the rest of us. He needs the variety offered by the meat-fish-poultry-egg group, the milk group, vegetables and fruits, and breads and cereals. And during practice and games he should drink all the water he wants. He should, in fact, push it a little. (Some kids are not aware that they may be becoming dehydrated.)

And he shouldn't eat within two hours before practice or game time. More on this next week.

XXX

Over 200,000 American babies are born with birth defects each year, the March of Dimes reports.

Stevens Feed Mill, Inc.
offers hog farmers in Lancaster county a new program to help keep your hogs "insides clean"

*Knock out worms with TRAMISOL, the wormer that gets the four major species of worms in the intestines, and lungs.



*Maintain healthy hogs with feeds containing AUREO S-P 250. Improves weight gains and feed efficiency by helping to prevent scours, rhinitis and cervical abscesses.

This year help keep your hogs "inside clean" with TRAMISOL and AUREO S-P 250. Call us today for more information about our

WORM 'N GERM program using

- Stevens Pig Grower JJ 250
- Stevens Hog Grower
- Stevens Hog Finisher
- Stevens Worming Feed

STEVENS FEED MILL, INC.

Stevens, Pa. Ph: 215-267-2150
or 717-733-2153

WE WELCOME YOU TO COME IN AND SEE OUR COMPLETE LINE OF **ERTL FARM TOYS**



Come In and See Our Display

BOYS' 10-SPEED

BICYCLES
\$75.00

In Stock Many Colors

PEDAL TRACTOR WITH TRAILER

John Deere — Ford

COLD WEATHER MEANS HARD STARTING. GET YOUR

STARTING FLUID

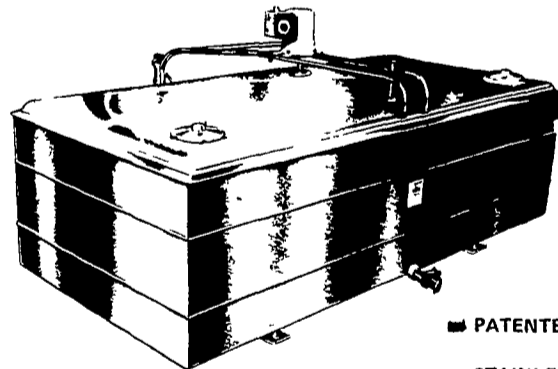
Now While the Supply Lasts. SOLD IN CANS OR CASE LOTS.



STOP IN OR CALL LARRY - PARTS DEPT.
WENGER'S FARM MACHINERY

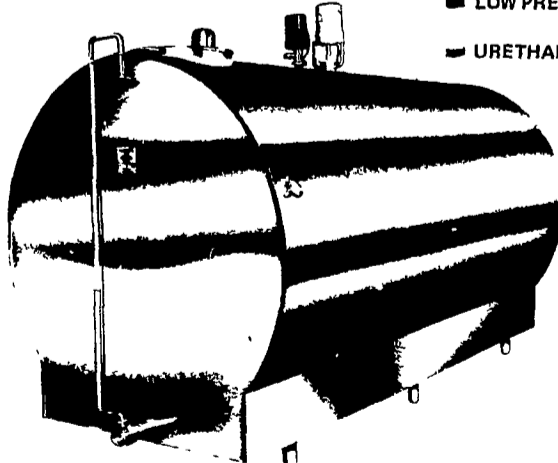
South Race St.
Myerstown Pa. Ph 717-866-2138

The Proven Performers!



DIPLOMAT — Proven on thousands of dairy farms the world over. 200 to 1500 gallon sizes

- PATENTED, FULLY FLOODED GIRTON COLD PLATE
- STAINLESS STEEL CONSTRUCTION
- LOW PRESSURE FREON 12, THE SAFE REFRIGERANT
- URETHANE (FOAMED IN PLACE) INSULATION



AMBASSADOR — The ultimate tank for the large, quality conscious dairy farmer 500 to 3000 gallon sizes



CLARK ELECTRIC, INC.

RD. 1, Box 82 Kinzer, Pa. 17535

PH: 768-8228