



Richard Rivlin, M.D., reviews materials with Pamela Rusnak, nutrition consultant for Dairy, Food and Nutrition Council, prior to his recent presentation in Danville, on "Calcium Research: The Latest Findings." Over 40 health professionals including physicians, dietitians and nurses attended the program on calcium sponsored by Geisinger Medical Center and Dairy, Food and Nutrition Council.

Calcium Research

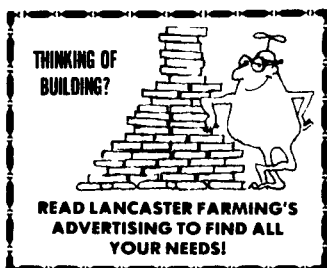
According to Dr. Rivlin surveys show that as much as half of the U.S. population over age 65 isn't getting the recommended amounts of several key nutrients in their diet including calcium.

Dr. Rivlin is a professor of medicine and chief of the Nutrition Division at New York Hospital - Cornell Medical Center. He is also the chief of Nutrition Services at Memorial Sloan-Kettering Cancer Center.

Broken hips and crumbling vertebrae are among the painful hallmarks of osteoporosis, the "brittle bone" disease associated with too little calcium in the diet.

Dr. Rivlin noted that adequate calcium throughout life can help keep the bones strong and healthy.

Dr. Rivlin said, "It's important for everyone to realize that what we eat in our younger years will have a direct impact on our health."



Yocum Honored For 25 Years of Service

Penn State's Southeastern Field Research Laboratory in Landisville has a long history of service to regional farmers and to university researchers. It also has a dedicated head.

John O. Yocum, senior research associate in agronomy and superintendent of the laboratory will be honored at an awards ceremony Nov. 21 for his 25 years of service to Penn State and the College of Agriculture.

As head of the field lab, he supervises variety trials for corn, soybeans, forage crops, small grains and tobacco and coordinates the research on weed controls and fertility testing. Other crops tested at Landisville include potatoes, grapes, and annual flowers. His own research is focused on field studies of agronomic crops and breeding tobacco varieties. Yocum is the only extension specialist for tobacco in Pennsylvania.

Penn State owns 110 acres at Landisville for research in Penn State's Departments of Agronomy, Horticulture, Plant Pathology and Entomology. Yocum works closely with extension agents and farmers in the southcentral and southeastern region of the state. He also cooperates with other researchers on trials and fertility with cooperating farms in the region.

The Landisville staff includes two biological technicians, a secretary, (Sandra Yocum, who also worked at the lab for 25 years) and field help in the summer. "I like to hire our own Penn State students when I can. It is a great way for them to put their learning to use."

"In the early years it was stoop and haul — nearly everything was planted and harvested by hand, he says. "Now most planting and harvesting is done mechanically except some of the corn nursery, which is still harvested by hand." In addition mechanization has allowed us to accomplish a tremendous increase in field research. Computers have also become a tremendous aid to research.

Another difference he notes is the increased use of chemical controls. "In the future I am sure



John Yocum in his office at Landisville.

we will see more use of integrated pest management, environmentally safer chemicals and more biological controls as the research results of biotechnology become available."

Looking to the future, he says "southeastern Pennsylvania is dominated by animal agriculture so I see a continuing need for our work in corn, small grains and forage crops. However, our farmers are becoming more interested in horticultural crops as a cash crop, especially since we are so close to urban markets. Muskmellons, tomatoes, peppers, cucumbers and fall cauliflower are grown increasingly in this area. In response, I anticipate more horticultural research involving faculty in the College of Agriculture."

Yocum is known for his work on soybeans and weed control in the biannual *Agronomy Guide*, published by Penn State's Department of

Agronomy. The guide is widely used by county extension agents, vocational agriculture teachers, farmers and by industry for its unbiased recommendations on pest controls, fertility and management practices.

He received both his B.S. and M.S. in agronomy from Penn State and has served as president of the Northeast Society of Agricultural Research Managers. He is a member of the American and Northeast Societies of Agronomy, the Crop Science Society and the North East Weed Science Society and belongs to Alpha Zeta and Gamma Sigma Delta, honorary agricultural fraternities.

Yocum has been president of the Manheim Rotary Club, vice-president of the Manheim Farm Show and has been involved in the local PTA and a number of young farmers groups in vocational agricultural programs in regional high schools.

Not fond of commuting, he and his wife live where they work — in a house on the field lab grounds. "The only disadvantage," he says, "is that if I take a vacation at home, I'm still at work." The Yocums have two daughters; Jennifer, who received a B.S. in plant pathology at Penn State and is finishing her masters at the University of Delaware, and Jeanne, who works with the YMCA in Lancaster.

When he's not working with farmers, extension agents or researchers (which is rare), he enjoys fishing and hunting small game and deer. He also enjoys landscape painting and intends to get back to it — some day.

FLO-STAR™ claw

Bou-Matic®'s Flo-Star™ milking claw improves milk flow for:

- Better cow health
- Faster milk throughput, and
- Better milk quality.

Bou-Matic engineers designed the Flo-Star claw so milk flows smoothly and quickly out the bottom.

Less agitation equals less chance of milk "mist" carrying bacteria among teats. So the Flo-Star claw can mean less mastitis spread at milking.

Prove it to yourself by calling your Bou-Matic dealer for a free, on-farm demonstration.



BOU-MATIC®
MILKING SYSTEMS

JONES-DAIRY SERVICE
Medford, NJ
609-267-0198

W and J DAIRY SALES
Oxford, PA
717-529-2569

L & W AG AUTOMATION
Milton, PA
Paul - 717-437-2375
Dave - 717-435-0057

DIEM FARM SYSTEMS
McAllisterville, PA
717-463-2606

DAIRYMEN, INC.
Sykersville, MD
301-549-2100

LANCASTER DAIRY FARM AUTOMATION
Manheim, PA
717-665-7300

TRI-STATE FARM AUTOMATION
Hagerstown, MD
301-790-3698



Grow Corn, Not Birds. BORDERLAND BLACK Seed Protectant

Now with Triple Action Performance

1. Prevents crop loss to crows, other seed eating birds
2. Improves kernel flow to reduce skips
3. Suppresses seed corn maggot damage

It really works. Join thousands of corn growers who have proved Borderland Black pays big harvest-time dividends in field, sweet or pop corn.

BORDERLAND PRODUCTS INC. Ask your seed supplier or farm store