



OPINION

With Diet Drinks

You May Eat More, Not Less

You have diet this and diet that, a lot of them soft drinks. To hear the commercials, you'd think that to drink a diet drink would be the answer to all your overweight problems. At least the American consumer seems to believe it. In 1960 Americans drank an average of 55 diet soft drinks per year. By 1985 the consumption had nearly doubled to 103 diet soft drinks per person.

To satisfy our sweet tooth without adding pounds to our waist, by means of artificial sweeteners seems to be a commercial promise that's irresistible. But this irresistible promise may be more than these diet drinks can deliver. Scientists and nutritionists have long suspected that the affect of diet drinks don't really satisfy the body's craving for sweets at all.

Now Christina Stark, a registered dietitian and Extension associate at Cornell University's Division of Nutritional Sciences, says the assumption that artificial nonnutritive sweeteners keep people from being overweight is not true. "The increased use of artificial sweeteners has not had any effect on the amount or level of obesity. In fact, scientists comparing the effects of sweeteners on the amount of food consumed found that rats fed an artificially sweetened nonnutritive drink ate more, not less."

Mark Friedman and Michael Torloff conducted research at the Monell Chemical Scences Center in Philadelphia and found that rats fed a nonnutritive sacran solution increased the amount they ate.

While rats fed a nutritive glucose solution decreased the amount they ate to compensate for the calories.

In a study conducted in 1982 for the American Cancer Society and published in the Journal of Preventive Medicine last March, Stephen Stellman and Lawrence Garfinkel found that women who used artificial sweeteners were more likely to gain weight than women who didn't. They also gained weight faster regardless of the weight they were to begin with. These researchers surveyed 78,694 women. "My conclusion is that casual use of artificial sweeteners is of no benefit at all in weight control," Stellman said. "People fool themselves thinking they are replacing calories with noncalorie by using artificial sweeteners. But in fact they over compensate. Artificial sweeteners become a mental crutch for consuming more calories when you think you're not. Now we are beginning to see evidence suggesting that artificial sweeteners may actual increase appetite and thirst."

This brings us back to what we've been saying all along. Whether it's "Real Seal", "America's Health Kick", "Less Than 4% Fat", "White Lite" or any other milk promotion slogan, as dairy farmers we can commercialize our products with confidence. If any one, children, teenagers, young adults or senior citizens are induced to buy more milk because of our advertising, we know they are buying something that's really good for them.



NOW IS THE TIME

By Jay Irwin

Lancaster County Agriculture Agent

To Attend

Poultry Progress Day

The fifth annual Poultry Progress Day will be held Thursday, March 5, in the auditorium of the Farm and Home Center, Lancaster. The program will start at 9 a.m. and end at 3 p.m. Lunch will be available.

An excellent program has been developed by the Poultry Association Education Committee. Speakers will discuss "Recognizing Respiratory Diseases;" "Water Quality;" "Effects of the 1987 Tax Law on Your Poultry Operation;" "Right-To-Know/New Pesticide Law/Pesticide Disposal;" "Pesticide Recertification;" "Health Effects of Air Contaminants in Poultry Houses" and "All You Wanted to Know About Fluorescent Lighting." Nationally

University, 9 a.m. to 5 p.m.; continues tomorrow.

Lancaster County Conservation District meeting, Farm and Home Center, 7:30 p.m.

Pennsylvania Potato Growers Institute, Toftrees Country Club, State College; continues through March 5.

Hunterdon County Board of Ag Meeting, Extension Center, Flemington, 8 p.m.

Huntingdon County Pesticide Update, Extension meeting room, 10 a.m. to noon.

National Holstein Winter Forum Meeting, Sheraton Penn State; continues tomorrow.

Thursday, March 5

Cumberland-Franklin Soybean Meeting, Shippensburg Valley Bank, Shippensburg, 10 a.m.

Lancaster County Poultry Progress Day, 9:30 a.m. to 3 p.m., Farm and Home Center.

Bradford County Corn Meeting, Bradford Extension office, Towanda, 10:30 a.m. to 3 p.m.

"International Trade - It's Impact on Maryland Agriculture," University of Maryland Adult Education Center, 9 a.m. to 3 p.m.

Huntingdon County Pesticide Update, Southern Huntingdon High School, 8 to 10 p.m.

Baltimore County Holstein Meeting, Friendly Farms, Upperco.

Friday, March 6

Pa. Septage Management and Portable Toilet Conference, Penn Harris Inn, Harrisburg; continues through tomorrow.

Berks County 4-H Dairy Banquet, Shartlesville Grange, 7 p.m.

Pa. Guernsey Association annual meeting, Sheraton Inn, Station Square, Pittsburgh; continues

recognized speakers like Dr. Kelley Donham, professor preventive medicine, University of Iowa, and Dr. Michael Darre, agricultural engineer, University of Connecticut, are on the program.

We encourage poultry producers and people interested in the poultry industry to attend this important meeting.

To Use Caution Near Manure Pits

No doubt many barns, liquid manure pits and poultry houses will be cleaned in the near future. I would caution you to be very careful because of the poisonous and inflammable gases that develop in these pits. Some cleaning methods require the agitation of the liquid manure in the pit before pumping starts.

Good ventilation is needed over the pits at this time, otherwise animals, poultry and people can be suffocated. Also, smoking should be prohibited and all flames kept away. In addition, anyone going down into empty manure pits, should wear a gas mask. Don't take chances on the presence of toxic gases.

To Use Heat Lamps Safely

A portable heat lamp is a useful item around the home and farm during cold weather. The lamp's infra-red rays can be used to keep pigs from freezing, relax aching muscles, or warm crankcases of tractors and automobiles so they'll start easier. The heat lamp can also be used in brooders for small pigs or lambs, or baby chicks or at

your workbench to give you quick heat.

But, I'd like to add a word of caution. A heat lamp can be dangerous because the lamp's rays can easily burn you, the same as a sunburn.

Also, if you are using the lamp continuously for a long period, use a porcelain socket. Most plastic sockets will not be able to stand the heat. Another thing... in a brooding area, use a wire or chain to support the lamp. Don't hang it by its cord; the cord was designed to carry the current and not the weight. Remember, a heat lamp can come in handy around the farm or home in cold weather. But handle it with care.

To Keep Good Pesticide Records

The arrival of March means the beginning of a new growing season and warmer weather. And, the use of various spray materials and chemicals will be a common practice. They're all intended for a special purpose, if used correctly.

In order to protect the producer from the danger of having excess residues in food and feed crops, it is very important that accurate records be kept.

In case the producer is charged with excess residues, these written records may save your business. Don't rely on your memory or oral statements; they will not stand up at a hearing. Be sure records list the name of the material and the rate and date of application.

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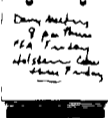
4-H District Dairy Show Committee Meeting, Dave's Dream, Hollidaysburg, 10:30 a.m.

Saturday, March 7

Cecil County Annual Farm Bureau Banquet

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Farm Calendar



Saturday, February 28

Chesapeake Bay Conference, Gettysburg College.

Berks 4-H Leader/Member Breakfast, Berks 4-H Center, 8:30 a.m. to noon.

Woodland Conference, Cook College, New Brunswick.

J.J. Flower and Garden Show, Morristown Armory; continues through March 8.

Monday, March 2

Swine Artificial Insemination short course, Penn State University, 9 a.m. to 5 p.m.

Md. Holstein Winter Forum, Culpeper, Va.

Tuesday, March 3

Grape Industry Conference, Keller Conference Center, Penn State University; continues tomorrow.

Bedford County Holstein Banquet, Northern Bedford High School, 7 p.m.

Second Annual Pennsylvania Corn Conference, Embers Restaurant, Carlisle, 9 a.m. to 3 p.m.

Lancaster County Dairy Day, Farm and Home Center, 9:30 a.m. to 3 p.m.

Respiratory Health Hazards seminar, United Methodist Church, Huntingdon, Md., 9:30 a.m. to 3:30 p.m.

American Pork Congress; continues through March 5. Indiana Convention Center, Indianapolis.

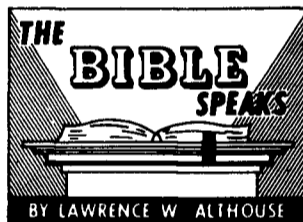
Cedar Crest FFA Parent/Member Banquet, Cedar Crest Middle School cafeteria, 7 p.m.

Huntingdon County dairy promotion meeting, 8 p.m.

Garrett County Md. Holstein DHIA Meeting, Biting Community Building.

Wednesday, March 4

Pa. Grape Industry Association Conference, Penn State



IF ONLY WE KNEW

March 1, 1987

Background Scripture: Luke 19:28-44

Devotional Reading: Jeremiah 14:7-10

There is a story told of a merchant and his wife in those dim years of the reign of King Alfred in ancient Britain. Late one night they were awakened by a loud knocking at their door downstairs. Fearing either robbers or someone wanting overnight lodging, they decided to ignore the knocking. When it continued for some time, however, the man grumpily tossed on a robe, lit a candle, and plodded down to the door. As he opened the door, he was prepared to give his caller a piece of his mind. But, when the door opened far enough to see the face of the caller, he recognized the visage of none other than King Alfred himself. Years later when he would recount this story, he would say, "Almost, I did

not let in my king!"

Now Aware

It may or may not be a true story, but regardless there is a good deal of truth in it that we can recognize. The man almost lost an opportunity of a lifetime, because he wasn't really aware of what was going on beneath his window. One of the great tragedies of life is missed opportunities that we allow to pass us by because we are not cognizant of what they really are. We are often like the little girl whose parents were visited by a famous artist. He asked the little girl to give him her fan so that he could paint something on it. "You're not going to spoil my fan!" she snapped. If she had realized who and what he was, she could have had from his hand a beautiful treasure.

This is true, not only of outstanding opportunities, but also common everyday ones. In Thornton Wilder's play, OUR TOWN, Emily dies and from the graveyard she looks back upon the scenes of her life and realizes how many opportunities to love and be loved she had let slip by unnoticed: "O earth," she cries, "you're too wonderful for us to realize!"

Even Today!

This realization is the essence of Jesus's lament over Jerusalem. Looking over the city, he wept and said, "Would that even today you knew the things that make for peace! But now they are hid from your eyes." (Luke 19:42). Although God had sent numerous prophets to warn the people of Jerusalem, they had failed to realize the importance of these prophecies. And even now, when Jesus was before them dramatizing God's message to them, they were failing to get the message. Therefore, says Jesus, terrible things will befall Jerusalem, "because you did not know the time of your visitation" (19:44). If only they had known!

If only we did, too!

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