



OPINION

Calcium: Hub of Nutrition

Have you ever seen such a booming new market? Dozens of companies are trying to latch onto the calcium mania. Go to any drugstore, and you'll find liquids, tablets, gels, gums and powders. You can find some advertising that offers "pure" calcium. But that might be simply an adman's ploy. Because Dave Miller of the National Association of Retail Druggists says calcium is calcium no matter how it's manufactured.

But that brings us to the point. It doesn't need to be manufactured from oyster shells, bone meal or dolomite rock. People who want to protect themselves from osteoporosis can get plenty of calcium from milk and other dairy products. And the fact that the Patterson clinic recognized this source of calcium and called a seminar to present a full and balanced picture of calcium is very gratifying. This is especially so since these professional medical

people called together their ranks to intermingle with dairymen.

This symposium discussed in considerable detail what calcium is, what it does, how it does it, how it must be supplied and what consequences are when it is not. Jim Harteis, president of the Pennsylvania Dairy Promotion Board was approached by the professional people, and he organized the farm representatives to be at the event.

Good health, a healthy family and a safe and prosperous society have been paying the cost of the economic gain by special interest. And the dairy industry, a good and necessary basic industry of Pennsylvania, has suffered a similar cost. But a milestone in credibility for milk and dairy products was achieved Thursday evening when an interdisciplinary mix of people attended the "Calcium: Hub of Nutrition" symposium in Johnstown.



NOW IS THE TIME

By Jay Irwin

Lancaster County Agriculture Agent

To Apply Poultry Manure Sparingly

With the large poultry population in this region, poultry manure is in good supply. Since poultry manure can contain from 15 pounds to nearly 50 pounds of nitrogen per ton, depending on moisture and litter content, over application can burn crops and result in disappointments. Gardeners should not be using heavy amounts of fresh manure in their soils. On cropland it is recommended that poultry manure applications be limited to not more than 5 to 7 tons of 75 percent moisture content per acre.

Keep in mind that some poultry manure may contain up to 50 pounds of nitrogen per ton and can

burn seeds and crop roots. Poultry manure is also the highest in phosphorus and potash of any of our farm manures. It has excellent fertilizer value when used properly.

The 1987-88 Agronomy Guide (page 22) gives additional details about the fertilizer values of farm manures. The Agronomy Guide is available through any Extension Office for \$5.

To Remove Trash

Landowners along rural roads are the victims of people who have little respect for property of others. Too many people are dumping trash in fields along the road. In all cases when this is dumped on pastures or cropland, the trash should be removed before spring growth begins. This trash will be hard on farm equipment when on cropland and may be poisonous to livestock when on pastureland.

We urge property owners to remove the trash in the next few weeks. If any type of identification can be made, as to the owner of the trash, this should be reported to Township officials; prosecution can be made for dumping trash along the highway.

To Practice Safety

We are now into spring and that brings heavy demands on field work. This includes the use of many types of machinery which increases the potential for accidents. We urge farmers to take

time to be safe; in many cases, haste has been the reason for farm accidents.

When we are in a hurry we overlook safety measures and face additional hazards. There are three elements of safety... people, machine and environment. Controlling people is by far the most difficult, especially in farm safety.

Take time to be safe...otherwise you may be sorry for the rest of your life.

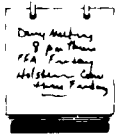
To Prepare A Will

The statement "we don't own enough to justify a will" is overused by many families. If you have a family and you own anything, you should have a will. If a person dies without a will, the property is distributed according to the Intrastate Laws of Pennsylvania. These laws may not distribute your estate according to your desires. This has often happened in the past and there is little that can be done about it without a will.

We urge all family heads, and property owners, to contact a lawyer and have him help with making a will. The cost will be considerably less than settling an estate without a will. There is some very good information dealing with "wills" in the Estate Planning bulletin available at any Extension Office.

The Cooperative Extension Service is an affirmative action, equal opportunity educational institution

Farm Calendar



Saturday, March 21

Pa. Angus Sale, Farm Show Complex, Harrisburg.
 York County Swine Association Banquet.
 Central Jersey Holstein Annual Meeting/ Dinner Dance, Ringoes Firehouse, 6:45 p.m.

Monday, March 23

Annual Stockholders Meeting, Northeastern Farm Credit Service; continues through March 26.
 Annual Inservice Meeting, Pa. Association of Extension 4-H Agents, Penn State University.
 Lancaster County Honey Producers Association, Lancaster Farm and Home Center, 7 p.m.
 RCMA Meeting, Lancaster Farm and Home Center, 7:30 p.m.

Tuesday, March 24

Lancaster County Water Clinic, Farm and Home Center, 7 to 9 p.m.
 Eastern Lebanon County FFA silver anniversary and awards banquet, ELCO Middle School cafeteria, 7 p.m.
 Mercer County Sheep and Wool Growers Annual Meeting, Pleasant Valley Grange, 6:30 p.m.
 Ephrata Area Young Farmer and FFA recreation night, Ephrata Sr. High School gym, 7:30 p.m.
 Chester/Delaware Farmers Association spring banquet, W. Fallowfield Christian Day School, Atglen.

Wednesday, March 25

SC Cattlemens Association

Banquet, East Berlin Firehall, 7 p.m.

Clarion Area Swine Marketing Meeting, Clarion Co. Park, 7:30 p.m.

SE Pa. Poultry Association Meeting, Heritage Family Restaurant, Franconia, 6:30 p.m.

SW Pa. Tree Fruit Seminar, Holiday Inn, Washington, Pa.

Bradford and Sullivan Counties Agronomy Day, Ulster Firehall, 9:30 a.m. to 3:30 p.m.

Nutrient Management Workshop, Williamstown Inn, Rt. 6, Towanda.

Thursday, March 26

Pa. Holstein Show, Farm Show Complex, Harrisburg; continues tomorrow.

Kennard-Dale Young Farmers Banquet, Kennard-Dale High School, 7 p.m.

Manheim FFA parent-member banquet, Country Table Restaurant, Mt. Joy, 6:45 p.m.

Alumni Faculty Fellowship Night and Annual Meeting, University of Maryland College of Ag, 6 p.m., Turf Valley Country Club, Ellicott City, Md. For more information call Sherri Rambsburg Smith, 301-489-5048.

Wayne County Crops Day, Central United Methodist Church, Educational Building, Honesdale, 12:30 to 3:15 p.m.

Manor Young Farmers, "Vegetables: A New Cash Crop?" Penn Manor High School Ag Department, 7:30 p.m.

Friday, March 27

Annual Meeting, Berks-Lehigh

Farm Credit, Allentown.
 Pa. National Arts and Crafts Show, Farm Show Complex, Harrisburg.

Hunterdon County Soil Conservation District annual dinner meeting, Quakertown Firehouse, 6 p.m.

Saturday, March 28

Colonial Charolais Association annual meeting, EconoLodge, Frederick, Md., 2 p.m. Spring sale, Frederick Fairgrounds, 6 p.m.

Bucks County Unit of National Farmers Organization Annual Dinner, 7 p.m., Plumsteadville Firehall, Plumsteadville. Tickets at \$7 each are available from Bill Garges, Warrington, at 215-348-5514.

Monday, March 30

United Egg Producers Legislative Meeting, Grand Hotel, Washington D.C.; continues through April 2.

Agricultural Area Security Act Meeting, 4-H Center, Bair Station, 7:30 p.m.

Tuesday, March 31

Clarion-Venango-Forest Christmas Tree Meeting, Washington House, Fryburg, 7:30 p.m.

Pa. Young Farmer Association Volleyball Tournament, Ephrata Jr. High School Gym, 7 p.m.

Wednesday, April 1

Annual Meeting, Headwaters Farm Credit Service, Potato City and Whitneyville.

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

Thursday, April 2

Manor Young Farmers, "Chesapeake Bay Cleanup,"

7:30 p.m., Penn Manor High School Ag Department.

Friday, April 3

Pa. Relief and Quilt Auction, Farm Show Complex; continues tomorrow.

Solanco FFA Parent-Member Banquet, Solanco High School Cafeteria, 7 p.m.

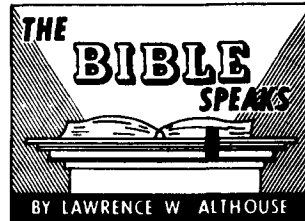
Saturday, April 4

Penn State University Dairy Judging Contest, Penn State.

Spring Livestock Judging Contest, Penn State University.

Pennsylvania Maple Festival, Meyersdale; also held April 5, and April 8 through 12.

Delaware State Grange 36th Annual Scholarship Dinner, Capital Grange Hall, Dover, Del., 6:30 p.m.



THE BITTEREST CUP OF ALL

March 22, 1987

Background Scripture: Luke 22:39-53.
 Devotional Reading: John 5:30-38.

"Father, if thou art willing, remove this cup from me," Jesus prayed in the garden of Gethsemane on his last night on earth. The "cup" is obviously the "cup of suffering" which lies before him on Calvary. Jesus was not looking for martyrdom. He did not go out into the world looking for a cross. But neither did he run from it when the cross came looking for him. Suffering would be a bitter "cup", but giving in to the temptation of betraying his mission was an even more bitter "cup" and he would not give in to that temptation, no matter how strong or compelling it was.

RISE AND PRAY
 Jesus was also concerned that

his disciples should not fall prey to this temptation. When they arrived in Gethsemane, he advised them to "Pray that you may not enter into temptation" (Luke 22:40). And, after praying himself, when he came to find them asleep, he said: "Rise and pray that you may not enter into temptation" (22:46).

What was this temptation? Probably the same one that faced Jesus, although the form of it may have been different: the temptation to avoid suffering by compromising one's loyalty to the Gospel Jesus had been preaching and demonstrating. Judas had already fallen prey to this temptation. But the temptation that faced the rest of the disciples was even more insidious.

SHALL WE STRIKE?
 The temptation to which the disciples almost fell victim was the very same one that had overcome Jesus's enemies. They were afraid of Jesus's influence over the masses, so they decided to silence him in the same way that had been popular from the time of the first cave men: physical force. "Have you come out as against a robber, with swords and clubs?" (22:52) said Jesus. Do you think you can kill the truth with violence?

And the disciples, although they had sat at Jesus's feet and heard his teachings about loving one's enemies, almost took up the tactics of the enemy: "Lord, shall we strike with the sword?" (22:49). As so often in these situations, someone didn't even wait for the answer before hacking off the ear of the high priest's servant.

Fortunately they obeyed when Jesus admonished them. "No more of this!" How ironic, then, that in almost 2000 years since then, Christians have continued to fall victim to this temptation to drink the bitterest cup of all, to seek to protect the truth with the lie of brute force.

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