

# OPINION

## It's Fitness You Can Drink

Some lively milk promotion events have been scheduled for next week by the Middle Atlantic Milk Marketing area. On Valentine's Day, MAMMA will team up with Nabisco at Ski Liberty in Fairfield for a cookies and milk safety break. A complimentary snack of cookies and milk will be dispensed from a tent at the base of the mountain.

In an effort to have a lasting impact, dairy princesses will be giving ski hats bearing the "Real" seal to the first 5,000 skiers to arrive that day. An estimated 7,000 skiers are expected to run the slopes at Liberty on Valentine's Day.

The next day a milk promotion is scheduled at the capitol center in Washington D.C. That evening the Georgetown University Hoyas basketball team under the coaching excellence of John Thompson will be taking on Villanova. The first 7,500 fans to come to the game will be given a Thompson sports towel compliments of

MAMMA. Thompson is known for having a towel over his shoulder as he coaches his team from the sidelines.

And the sports towel to be given away bears MAMMA's logo and ad slogan, "Milk, It's Fitness You Can Drink." Also appearing on the towel are the Georgetown logo and John Thompson's signature.

Whether it is skiing or playing basketball, youthful activities attract followers. And MAMMA does a good job of finding the right combination of activities to make their program successful.

Of course, if you are too old for all the youthful activities, you can still join in the fun. Next Sunday or Monday grab a quart of milk from the refrigerator in your kitchen and drink down several glasses of this favorite beverage. You can watch TV while you do this. Or read a book. Or whatever other activities you like best. If drinking milk in a rocking chair is still too strenuous, do it in your favorite lounge chair.

Whatever your activity, milk is still fitness you can drink.

## NOW IS THE TIME

By Jay Irwin  
Lancaster County Agriculture Agent

### To Plan Forage Management

A good supply of quality forages is one of the most important things in the feeding program of dairymen, cattlemen and sheep producers. Growers should now be planning what kind of forage crops they hope to produce this year.

Both hay and silage crops respond to good management. Growers who make a special effort to obtain maximum yields of quality forages usually produce more than the average.

Some of the top alfalfa growers produce double the tonnage per acre than the average. In fact some of the top alfalfa growers in the state averaged over 8 tons per acre. This did not just happen. They planned and made decisions on data from their farm records. Doing all the practices that have been successful, and doing them on time, will normally bring good results.

### To Prune Trees

General pruning of apple trees should be in full swing at this time of year, especially if you have a lot of pruning to do. I'd like to remind growers and homeowners not to overprune young trees or those which haven't yet started to bear fruit. There is a tendency to either prune the small trees too heavily, or simply to leave them alone. A middle-of-the-road course is best.

The training of young trees should involve just enough cutting to maintain a healthy central leader and to develop the desired number of well-spaced scaffold branches. Branches that are either poorly spaced, or ones making very narrow-angled crotches should be removed.

Keep in mind, when you start pruning early — start with your hardier trees, the apple and pear with plums, sour cherries next and leave your peach till near the end; they're quite tender.

### To Dress For The Chill Index

Winter is not over as some people. Call James Wilshams 717 564-6956.

Franklin, Adams, Cumberland Co. Pork Producers meeting, Franklin Co. Extension office, Chambersburg, 1 p.m.

Dairyalea Co-op Meeting with Pa. legislatures at the Tuesday Club, Harrisburg, 7:30-10 a.m.

Atlantic Breeders meeting, Lebanon, Southern Dauphin, Western Berks, Prescott Fire Hall.

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ple would like to think — it's only the first part of February. And when you're outside on a cold windy day and it "feels" colder than the thermometer says it is, you're right. It is colder. Every year many people are severely frostbitten because they dressed according to the thermometer and not according to the "chill index" temperature.

The chill index is a combination of wind velocity and temperature reading. You've probably heard it reported on the weather broadcast. An example of the chill index is this: at ten degrees Fahrenheit above zero with a ten mile per hour wind, the chill temperature to exposed skin is actually ten degrees below zero... not ten above as the thermometer reads.

That's why farmers and others who work outside in the winter should dress warmer than they feel is necessary. Remember — when the wind is blowing, the temperature not only feels colder, it is colder. Don't dress for the thermometer...dress for safety, and dress warmly.

**To Check Poultry Waterers**  
Hens without water can cost you money. In one experiment, birds deprived of water for only 24 hours required 24 days to return to normal egg production. In most experiments, after a period of only 36 hours without water, birds never returned to normal. A flock without water for 36 hours or more may molt, then go through a prolonged period of restricted production. This is especially so in older flocks. If water is restricted for 48 to 60 hours, severe mortality can result from dehydration.

As you walk through your house each day, check the waterers to make sure none are dry or a line is plugged. I am aware of a case where the water line was restricted, by a faulty valve, to the middle row of cages for nearly 3 days. Mortality was high and production was seriously affected in that row.

A few minutes a day checking waterers can well mean saving a lot of dollars — don't wait until molted feathers are under the cage.

13:44). He also tells of a merchant who finds a beautiful pearl and sells everything so that he might buy this singular pearl (13:45).

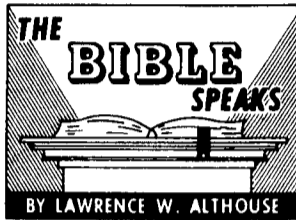
Neither the pearl merchant nor the man who finds a treasure in the field are able to "have it all." They cannot have the treasure or the pearl of great price without being willing to give everything else in return. The price of the pearl and the treasure was nothing less than everything these two men had. So radical a choice, they chose that which was most important to them.

In telling these two parables, Jesus was emphasizing that we cannot "have our cake and eat it, too." We cannot have the kingdom of heaven and at the same time cling to that which is in conflict with the kingdom. We cannot elevate truth and integrity in our churches, while following a different course in our work. We cannot subscribe to spiritual values and live by material or secular ones. When what the world thinks comes in conflict with what the Gospel teaches, we will have to choose between them.

**"A THIN VANEER"**  
An Asian Christian leader upon visiting the United States said that he found here "a thin vaneer of Christian teaching covering a thoroughly secular and materialistic national lifestyle." He may or may not have been accurate, but you and I must ask ourselves whether there isn't something — or lots of somethings — that in the light of the kingdom of heaven "have to go" from our lives? Is everything in your life really harmonious and compatible with the kingdom?

Ironically, however, once we have managed to surrender all for the sake of the kingdom, we find we haven't lost anything. In fact, it is only when we will sacrifice all for the kingdom of heaven that we truly can "have it all" — all that is good, desirable and essential for life.

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THE SECRET TO "HAVING IT ALL"  
February 7, 1988

Background Scripture: Matthew 13.

Devotional Reading: Matthew 22: 1-14.

One might easily get the impression that nothing is more important today than "having it all" — "it" being all the things you would like to combine in your lifestyle. "Why settle for just part of it?" we are challenged.

But is it true that we can "have it all"?

The most popular answer today is a confident "yes!" Much of our life today has a homogenized quality to it: values, tastes, ethics, lifestyle and religion — all seem to blend together rather nicely. We can confess Christian convictions and still live by the law of the marketplace without any apparent conflict. We can espouse peace while supporting the politics of war. We can subscribe to the ideals of brotherhood without giving up our prejudices and injustice.

### THE RADICAL CHOICE

All of the above may be true for contemporary Christianity, but it certainly is not true of the "kingdom" of which Jesus preached and taught. The kingdom was not just an "extra" to be tacked on to the structure of life. It was, in fact, to be the heart of life itself. Jesus spelled out this radical choice in some of his parables. "The kingdom of heaven," said Jesus, "is like treasure hidden in a field, which a man found and covered up; then in his joy he goes and sells all that he has and buys that field" (Matthew

## FARM FORUM OUR READERS WRITE

Editor,

The proposed 4 lane limited access highways for eastern Lancaster County will not relieve traffic congestion on Rt. 23 and Rt. 30 east. It's analogous to pumping water from a sinking ship. If a highway is built parallel and south of Rt. 23 and a highway is built parallel and south of Rt. 30 east, development of shopping malls, industrial parks and housing would become so intense that a child born today would live to see no open space between New Holland and Strasburg.

It's almost impossible to believe that Lancaster County's best farmland, farm community and agribusiness could be sacrificed for "progress" after Pa. voters

approved legislation that will halt the destruction of Class I and II prime farmland. Also, consider the fact that millions of dollars of public funds are being spent to slow topsoil and manure runoff through the Chesapeake Bay Agreement while politicians are planning to urbanize the flatter, less eroding soils south of New Holland. What a disgrace!

If you feel as I do, please notify your local, state and federal politicians and propose the no-build option as listed on Penn DOT's questionnaire. We should spend our tax dollars to improve existing roads and bridges while preserving the Garden Spot for future generations.

Reuben Weaver III  
Ephrata

## Farm Calendar

**Saturday, February 6**  
Ephrata Young Farmers Assn. Annual Mtg, Mt. Airy Firehall. 4-H leaders breakfast and training Program, Raystown Country Inn, 9 a.m.

**Monday, February 8**  
Keystone Cornucopia Dinner, Sheraton East, Harrisburg  
Dauphin County Co-op Extension Service, 70th Annual Meeting, Camp Hebron, 6:45 p.m.  
Equipment Repair, Octorara High

School, Ag Shop, 1 - 3 p.m. Through Feb. 12.  
Poultry Science Meeting, 6:30 p.m. Holiday Inn North, Lancaster.

**Tuesday, February 9**  
Atlantic Breeders Co-op, Country Table, Mt. Joy, 7 p.m.  
Udder Health School #1, Grange Hall, Honey Brook, 10-3 p.m.  
Capital Region Turf/Ornamental School, Holiday Inn, Grantvil-

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