



OPINION

Fast Or Slow, It's Good Food

Is fast food worse than eating at home, carrying a meal, or... slow food? The subject or the debate is not likely to be resolved in the near future. Once the "golden arches" mentality became family dining rather than a teen haven the subject became fair game.

According to Judy Dodd, a registered dietician with Dairy & Nutrition Council, the reasonable answer is that any food that doesn't meet certain nutritional standards is a poor choice. In today's food abundance, poor choices are available at home, in a bag lunch, and in fine restaurants. The choice is yours... the diner! Here are some facts to consider to keep your "fast food" choices healthy choices.

* Special order your burgers... skip the extra condiments and stay with the lettuce and tomato. You can control sodium (mustard, pickle and catsup) and fat (mayonnaise).

* Seek restaurants that offer broiled rather than fried fish or chicken... or remove the breading. The extra mess will save you 100-200 calories from absorbed fat.

* Order low fat milk as the beverage for a calcium boost with no caffeine!

* Choose fresh fruit for dessert! Most fast food meals are low in vitamins C and A, nutrients found in fruit.

* Choose "undressed" salads and watch the extras. Measured portions may offer less temptation than a salad bar. Use a lemon wedge, a lower calorie dressing, or choose dressing on the side to control calories, fat, and sodium.

Fast food, or slow food. Either way you can have a nutritious meal. And we have farmers to thank for working hard to give us good food.



NOW IS THE TIME

By Jay Irwin
Lancaster County Agriculture Agent

To Be Careful Around Manure Pits

This is the time of year that many liquid manure pits will be cleaned out and spread on the land; the crops have been harvested and the ground is open enough to absorb much of the liquid; this is necessary rather than to apply it on frozen ground. A pass over the field with a disc will reduce the possibility of odors a great deal.

When these pits are emptied there is a danger of poisonous gases being present. If the mixture is agitated before being moved then good ventilation must be provided above the pit. Also, never go into a pit without a gas mask or some type of respirator. Keep in mind that these gases can be explosive as well as poisonous to man and animal. Special care is needed in and around manure pits.

To Evaluate Farm Records

The 1988 cropping season is about over and soon it will be time to summarize your farm accounts and be reporting to the IRS. In addition to the need of good farm records for tax reporting purposes, I'd like to suggest these farm records be used for future farm planning and in making major farm decisions.

When time permits and as the outside work winds down this fall, it is a good idea to spend some time in your office and do some "pencil pushing" regarding the most profitable parts of your farming business. Your records of success or failure of the various enterprises are the best guide to future expansion or termination.

Tuesday, October 25

Lebanon Co. annual meeting, Zoar's Lutheran Church, 25 through 27, 7 p.m.

United Egg Producers annual meeting, Hotel Nikko, San Francisco, CA.

Penn State Tax Workshop through Oct. 26. Days Inn Motel, New Kensington 300 Tarentum Bridge Rd. Exit 5, PA turnpike to Route 28, Route 28 to exit 14 east, 1/4 mile across Tarentum Bridge.

Swine Meeting, Rothsville Fire Hall, 8:30 a.m. to 3:30 p.m. Free meal at noon, must make reservations. Call 1 800 222-2084.

Susquehanna Co. annual meeting, (Turn to Page A31)

To Inspect Heating Systems

With colder weather upon us, we'll be using different types of heating units. In order to prevent the potential for fires and other problems, we suggest that all chimneys and flues be checked for cracks and places where sparks can escape.

In this part of the country, tobacco sheds have stoves to provide comfort for the winter job of stripping tobacco. Many of these have been in operation for years and may need some attention. The mortar around pipes and between bricks may have fallen out; in some cases a repainting job with mortar will make the system much safer.

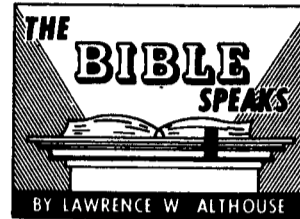
Don't take chances with a faulty system; it could start a major barn fire or the fumes could cause suffocation.

To Enjoy The Fall Season

The fruits and seeds of a growing season are meaningfully expressed as seen during the fall of the year. 1988 was both productive and unproductive in field, garden and orchard crops for feed and food.

Now, the harvest season reaches a peak of activity. There is that certain urgency to get outdoor work finished as the first killing frost is behind us. However, take time to fully appreciate the world of Nature all around you. For example, no season can equal the colors of fall. See them everywhere in the foliage of shrubs, trees and vines. Farm, garden and orchard harvests are to be admired for they, too, are colorful in their own way.

Fall has in it a time and place for reflection, evaluation, satisfaction and thankfulness.



THE SOURCE OF CONSOLATION
October 16, 1988

Background Scripture: Isaiah 40.

Devotional Reading: Hosea 14.

Old Testament prophecy is full of moral indictments and prediction of woes to come if those prophecies are not heeded, as often they were not. But the prophets also brought messages of comfort and consolation, even after the people failed to heed them and suffered tragic consequences. That's what Isaiah 40 is all about and, in fact, all of Isaiah 40-55 is sometimes called "The Book of the Consolation of Israel."

Like the people of Israel we need both types of messages. We need warnings of judgement so that we might not fail and we also need reassurances and consolation when we have failed. We need to hear God's command to "Repent!", and we also need to hear him say: "Comfort, comfort my people, says your God. Speak tenderly to Jerusalem, and cry to her that her warfare is ended, that her iniquity is pardoned..." (40:1,2).

GOD STILL REIGNS!

But when we have truly suffered, experienced tragedy, failure, alienation, disillusionment, enmity, rejection, or persecution, how can God give us "comfort?" Isaiah told the exiled people of God that "the glory of the Lord shall be revealed" (40:5). Consolation in the midst of human depression and suffering is to be found in being reassured that, although our lives are in shambles, God still reigns. "The grass withers, the flowers fade; but the word of our God will stand forever" (40:8). When we look at ourselves and our own resources, we may despair.

But, if we look to God, we can find that our hope is in his resources, not ours.

It is a temptation to look at our own circumstances and generalize for them that life is hopeless and meaningless. But our perspective is too narrow and we can not see far enough into the universe or the future. Our views may be accurate enough as far as they go, but we must never assume that what we see is all there is. That's why Isaiah reminds us: "Who has measured the waters in the hollow of his hand and marked off the heavens with a span...?" (40:12). At our own personal level -- or even the level of our own community or nation -- we may find that life is coming apart and God does not seem to be prevailing. But God is not limited to those levels: "Have you not understood from the foundations of the earth? It is he who sits above the circle of the earth..." (40:21b,22a).

POWER TO THE FAINT

When I look out upon our world today, I am tempted to despair when I see greedy people ruining our planet, despots persecuting the helpless, violence ruling the city streets, millions starving and living in filth, arrogant rulers threatening the peace and security of this world. But Isaiah reminds me that "It is he who... brings princes to nought, and makes rulers of the earth as nothing. Scarcely are that planted, scarcely sown, scarcely has their stem taken root in the earth, when he blows upon them, and they wither, and the tempest carries them off like stubble" (40:23,24).

Our comfort, our consolation is in the faith that from God we can draw the strength to endure and prevail, even when we have been exhausted and drained of all our vitality. "Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint" (40:30,31).

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Farm Calendar

Saturday, October 15
Food for Peace Regional Conference, David Mead Inn, Meadville, 12 noon.

Sheep dog training clinic, Tripoli, 1 mile off Rt. 309. Through Sunday.

Monday, October 17
Park City Farm Week, 17 through 21.

Penn State Tax Workshop, through Oct. 18, Souderton, 12 miles off Rt. 309, 2 miles west on Rt. 113. Family Heritage restaurant, Franconia.

Atlantic Dairy Coop Dist. 32 meeting, 7 p.m., Virginville Grange. Dairy Farm Management workshop, vo ag room at Shippensburg Jr. High School.

Tuesday, October 18
Franklin Co. Holstein Sale, 7 p.m., Chambersburg.

Wednesday, October 19
Lancaster Co. 4-H Swine Club annual meeting, Country Table Restaurant, Mount Joy, 6:30 p.m.

York Co. PA Holstein Association annual meeting, St. Matthews Lutheran Church, 7 p.m.

Thursday, October 20
National Poultry Health meeting, Sheraton Fontainebleau, Ocean City, Md.

Penn State Tax Workshop, through 21st. Route 220, Arena Restaurant, north of turnpike interchange.

Feeder Calf Sale, Mercer Lives-

tock Auction, Mercer 7 p.m. Park City Farm Show, Lancaster, through the 22nd.

Adams Co. PA Holstein Association, York Springs Fire Hall, 7 p.m.

Friday, October 21
Dairymen Luncheon meeting, Sheraton Inn, Gettysburg, 12:30 p.m.

4-H Dairy Awards Banquet, Lancaster, Solanco Fair grounds, 7:30 p.m.

Erie Co. PA Holstein annual meeting, Watsburg Social Hall, Watsburg, 7:45 p.m.

Eastern PA 4-H Eeef & Lamb Show, 2:30 p.m., Ag Hall, Allentown Fair Grounds

Saturday, October 22
Western PA Pork Producers Day, Cranberry Motor Lodge, Warrendale, 9 a.m.

Antique Engine Tractor and Toy Club meeting, Kempton Fire Hall, 6:30 p.m.

PA Jr. Holstein Association, Executive Committee meeting, PA Holstein Office at State College, 10:30 a.m.

Eastern PA 4-H Beef & Lamb Sale, Ag Hall, Allentown Fair Grounds, 10 a.m.

Monday, October 24
State Grange annual meeting, through the 27th.

Cumberland Co. Dairy Farm Management workshop, Vo-Ag room, Shippensburg Sr. High School, 7:30 p.m.

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