



# OPINION

## Not Junk Food

When Mom insisted that you eat your milk and cereal before school, she knew what she was doing. Skipping breakfast could be a serious contributor to poor school achievement, especially for poorly nourished children, according to a recent study published in the American Journal of Clinical Nutrition. In this study, missing breakfast was shown to have an adverse effect on arithmetic and other problem-solving abilities.

In a related study earlier this year, a team of Boston researchers found that students who ate school breakfasts performed better on standardized tests than those who did not. These studies demonstrate the importance of children getting a well balanced meal before school.

The National School Breakfast Program, administered by the USDA, assists some 37,000 schools in serving breakfast to 3.7 million kids each day. In contrast, about 90,000 schools serve lunches to 24 million children.

We are sure that most farm children still have Moms who insist they eat their milk and cereal before they go to school. So the school meals programs are not as important to farm families as to other segments of the U.S. population. But the school programs do provide a large market for milk and other dairy products.

The United Dairy Cooperative Service, Inc., Syracuse, NY, reports that a well-known fast food restaurant chain also provides a large market for dairy products. That's right, McDonald's is the largest single consumer of dairy products. With 7,000 U.S. outlets, they use 1.8 percent of all milk produced by the nation's dairy farmers. And because they use only real dairy foods, they have been given permission to use the "real seal" in their promotion.

Some the dairy items on the menu include: eggs scrambled with real butter, half and half with coffee and real milk shakes. The average McDonald's restaurant annually serves more than 80,000 milk shakes, 55,000 real dairy softserve cones and sundaes, 15,000 half pints of milk, 105,000 single-service containers of real half and half, 18,500 pounds of USDA Grade AA butter pats, 225 pounds of butter for preparing eggs, and 1,500 gallons of buttermilk biscuits.

Fast food is sometimes called junk food. But with all the real dairy products on the menu, this certainly would not be true in the school lunch program or at McDonald's.



## NOW IS THE TIME

By Jay Irwin

Lancaster County Agriculture Agent

### To Prevent Disease In Show Animals

The show season is upon us, and the recent outbreak of bovine tuberculosis reminds us of the importance of practicing good biosecurity measures, especially if we are showing or buying cattle and bringing them back home to the farm.

To reduce the risk of spreading diseases:

- Don't share feeding and watering utensils with other animals.
- Don't let animals nuzzle or lick each other.
- Transport them in clean vehicles.
- Don't track manure into feeding areas; require people to clean and disinfect footwear, or wear disposable boots.
- When show cattle are brought back to the farm, house them separately for observation and testing.
- Test the animals several weeks after the show season to see if they have acquired any diseases and work closely with your veterinarian.

### To Be Aware Of A New Poultry Column

Now is the time to start reading the new Lancaster Farming poultry column. For the past two years, Owen Keene and Forest Muir have been writing articles for a monthly poultry column. A new weekly poultry column will begin with the September 2 issue of Lancaster Farming. The column entitled "Poultry Pointers" will be authorized by several members of the Penn State faculty with extension responsibilities in the poultry area. In addition, John Schwartz, the multi-county poultry agent will contribute articles. The column will feature a broad range of poultry topics, including economics, engineering, genetics, health, management, nutrition, physiology and poultry products, depending on the expertise of the author.

### To Check Stored Grain

Farmers should check all their stored grain at this time of year because heating of stored grain can be a symptom of insect activity or just too much moisture. In either case, the heating problem should be corrected before the grain is ruined. If grain requires pest control materials (as listed on page 24 of the 1989-90 Agronomy Guide), it should be done while the air temperature is still fairly

high or above 60 degrees F. If it's moisture, then check for possible leaks in the roof. We have too much money invested in the seed, fertilizer and labor to lose it in storage.

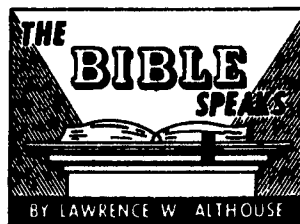
### To Be Aware Of The Fall Webworm

The fall webworms are abundant this year as they appear on shade trees and shrubs, and in some cases completely defoliate them. Many people mis-identify them as tent caterpillars or gypsy moth. The gypsy moth and caterpillar appear in the spring and the fall webworm in late summer and early fall.

The actual damage to the tree, by the fall webworm, is minimal because the tree has completed its

growing cycle for the summer and is preparing to drop its leaves anyway.

Control can be attained by mechanical or chemical means. When the tented branches are within reach, they can be snipped off and destroyed. This is practical if the tents have not become too large and the tree's shape is not threatened by this method. Chemical control measures can be used when tents are first noticed and the larvae are small. The entire tree need not be sprayed, but webs and surrounding foliage should be thoroughly covered. Sevin, Methoxychlor, Orthene or Bt can be used. Always follow label directions when using any pesticide.



### Background Scripture:

Ezekiel 1.

### Devotional Reading:

1 Peter 1:3-11.

My wife and I travel quite a bit and, when we visit other churches on a Sunday morning, we are often struck with the discovery that, although we are worshipping the same God, the experience of worship and other facets of church life seem so different. It is difficult sometimes to conceive of Christian life outside the arena of your own Christian congregation.

All of us need to remember that our experience and our congregation are not the norm for the rest of Christendom and the Christianity that other people follow, although often quite different from our own, is no less valid just because it is unfamiliar. There is authentic Christian life beyond our own experience.

### A STATIONARY GOD

This is frequently a problem in our age of high mobility. People sometimes come to our church from another city and find it difficult to settle down in our congregation because it is not sufficiently like what they experienced before they came here. It is as if, acknowledging that people are mobile, we doubt that God is. We tend to think of God solely in terms of where we have been experiencing him for the past several decades.

If you have experienced any of the feelings noted above, then perhaps you can better appreciate what the people of Israel felt when they were carried off into captivity in Babylon. They were not enslaved or abused, so far as we know. In fact, in some ways they were even better off — materially, perhaps — than they had been in the Promised Land. They were

simply displaced from their homeland.

What was difficult for them, however, was the fact that they felt so totally separated from their religion. The focus of that religion back in their homeland had been the great Temple of Solomon in Jerusalem. This is where they experienced God with some kind of regularity and familiarity. Intellectually, they were aware that God was not limited to the Jerusalem temple, but still it was hard to think of God apart from this holy ground and the temple that stood upon it. In a sense, we might say they suffered from an ediface complex — they associated the experience of God only within that ediface.

### THE EDIFACE COMPLEX

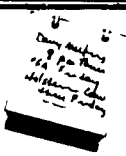
There are also people who associate their experience of God, not with a place or a congregation so much as with a pastor. Let the minister move or be moved to another church and there usually will be some people who will be certain that it is God, not just their pastor, whom they have lost — particularly if the new minister is not much like the one who has left. Intellectually, of course, we know better, but that doesn't keep us from acting as if God is lost.

It was probably in the midst of just such a situation — people acting as if God were lost — that Ezekiel received his first vision. And the importance of that vision was that it told him and his people that God was not lost, but was with them every bit as much as he had been with them in the temple of Jerusalem.

Ezekiel's wonderful vision of the glory of God is a reminder also to us that, no matter how much the outer circumstances of our lives may change, God is not lost. He may seem lost because we are looking for him in the wrong places, but he is just as close as ever if we will permit him into our lives.

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## Farm Calendar



- Saturday, September 2**  
 Southwest District 4-H Dairy Show, Huntingdon fairgrounds, 9:00 a.m.  
 Mon Valley District 4-H Dairy Show, Washington County fairgrounds, 9:00 a.m.  
 Northwest District 4-H Dairy Show, Crawford County fairgrounds, 9:30 a.m.

- Juniata County Fair, Port Royal; runs through September 9.  
 Susquehanna County Holstein Sale, Susquehanna County fairgrounds, Harford, noon.  
**Sunday, September 3**  
 Cambria County Fair, Ebensburg; runs through September 9.  
 Spartansburg Community Fair, (Turn to Page A32)

## FARM FORUM OUR READERS WRITE

**Editor:**  
 Earlier this year President George W. Bush came to Central Pennsylvania to bring the attention of our nation and the world to the fine example of the clean and healthy living standards of the

Amish and Mennonites' drug-free society. President Bush was simply amazed that these strict Pennsylvanians placed such high value on their families that they did not need the feeble crutch of drug  
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# MILK AMERICA'S HEALTH KICK

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