



# OPINION

## Cheers To Everyone Involved

The Pennsylvania Dairy Promotion Program is combating teen drinking and driving with milk beverages. In the recent prom and graduation season, Pennsylvania's dairy farmers joined the fight against teenage alcohol abuse by marketing a special non-alcoholic beverage program to high school students statewide.

"Over the last five years, more than 20,000 Pennsylvania teenagers have been involved in alcohol-related traffic accidents, many during the prom and graduation season," said Donald Duncan, PDPP chairman. "Our Cheers program promotes milk-based beverages as a healthy and safe alternative to alcohol."

According to Eastern Milk Producers Cooperative Association's June producer magazine, more than 50 Pennsylvania high schools participated in the Cheers prom and graduation promotion by ordering free party packs that include supplies, decorations, and recipes for milk-based punches.

Dairy farmers are also taking their case to the public through a satellite video news release. The Cheers video news release will be broadcast to TV stations statewide and include interview segments with Duncan and a representative from Mothers Against Drunk Driving. The dramatic story of one Pennsylvania teen whose life was drastically altered by drinking and driving is also a part of the video.

This milk promotion program has such widespread, redeeming value on both sides of the rural/urban fence, we raise our glass of Cheers to everyone involved.



**NOW IS THE TIME**

By Jay Irwin  
Lancaster County  
Agricultural Agent

### To Be Aware Of Feeding New Grain

The barley harvest is nearly completed and some farmers may be considering using this new grain in their feeding program. Feeding new grain to livestock is possible, under very careful management. If fed in too large amounts, digestive disorders such as bloating and scouring may occur. We suggest that the grain be allowed to go through a two-week curing period before being fed. Then it should be included into the grain ration at a slow rate -- 10 to 20%.

Barley is a popular livestock feed and is a good substitute for corn. In a week or two wheat will be ready and may also be fed with care. Again, it should be allowed several weeks to cure before feeding. Wheat is not used as much for feeding purposes because of the digestive problems. Smaller amounts in the ration, compared to barley, are suggested. Barley and wheat can be used as livestock feeds, but need special care when mixing in livestock rations.

### To Keep Cows Cool

High producing cows consume a lot of feed and generate a lot of body heat, which can be a problem during the hot days of summer.

To help cows keep cool, give them access to shade and water. Letting cows come into a well ventilated barn during the heat of the afternoon can help.

Breezes help cows dissipate body heat. Therefore open barn doors, windows, hay holes and roof ridges. Remove side wall panels. Use fans to blow air over cows' heads and backs. Use sprinklers at the feed bunk to periodically soak cows to the hide. Then let them stand in breezes, created by fans, to cool off as they dry down.

### To Control Canada Thistle

Canada thistles are listed as a noxious weed in Pennsylvania; this means they should be controlled and not allowed to go to seed. I've seen far too many thistles this year and some along our major highways. Too often we see what some people call "summer snowflakes" floating through the air; these are not snowflakes but thistle seeds. We should insist that these be mowed or sprayed to prevent seed formation.

Most townships have noxious weed ordinances to prevent the spread of Canada thistles and other noxious weeds. These ordinances should be enforced for the best interest of all farmers. You can spot spray with Banvel or Roundup for control. Be sure to

follow label instructions. We urge everyone to do something about this problem.

### To Look For Tobacco Aphids

Ordinarily tobacco aphids do not appear until July 4, but we are already getting reports the red phase of the tobacco aphid are numerous in some tobacco fields. We urge growers to check their fields - even recently transplanted tobacco. If Furadan was applied preplant or Orthene was used in the transplant water, the tobacco should have early aphid protection. We urge inspections of all fields at least once a week -- twice a week would be better. Control is much easier if the number of aphids are not numerous. We recommend control when 1 to 3 plants out of 10 show aphids. Orthene Tobacco Insect Spray at 2/3 to 1 pound per acre of Thiodan 2/3 to 1-1/3 quart per acre are the recommended foliar materials. If aphid pressure is heavy, applications should be made 7 to 14 days apart.

The Penn State Cooperative Extension is an affirmative action, equal opportunity educational institution.

## Farm Calendar

### Saturday, June 30

Forage-Livestock Expo, Hickory Hill Research Farm, Cheswold, Del., 12:00 p.m.-3:30 p.m.  
Eastern Regional Shorthorn Show and Field Day, Howard Co. Fairgrounds, West Friendship, Md.

### Sunday, July 1

Farm Visitation Day, Navall Academy Dairy Farm, Gambrills, Md.  
Westmoreland Co. 5-Acre Corn Club deadline.

### Monday, July 2

### Tuesday, July 3

### Wednesday, July 4 Independence Day!

### Thursday, July 5

Blair Co. Pa. Holstein Junior Judging School, thru July 6.  
Warren Co. Pa. Holstein Junior Judging School, noon, thru July 6.  
Berks Co. 4-H panel discussion with borough and township officials, 7:00 p.m.

### Friday, July 6

Warren Co. Pa. Holstein Junior Judging School, noon.  
PSWGA Keystone Sheep Show and Sale, Ag Arena, Penn State

U., thru July 7.  
Susquehanna Co. 4-H Dairy Camp, Harford Fairgrounds, July 6-7.

### Saturday, July 7

PSWGA Keystone Sheep Show and Sale, Ag Arena, Penn State U.  
Bradford Co. Holstein Club Picnic.  
Susquehanna Co. 4-H Dairy Camp, Harford Fairgrounds.

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## Farm Forum

Editor:

I am very disappointed in the coverage of Republican gubernatorial candidate Barbara Hafer in the June 23, 1990 issue of *Lancaster Farming*. While this paper is most certainly an agricultural publication, I am sure a large percentage of its readers are not only farmers, but also Christians. Although the subject was named, Hafer's political position on this subject was not stated.

This is the paragraph I find lacking:

"When asked what issues other than farming she would stress in her campaign, Hafer said the abor-

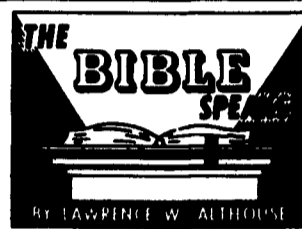
tion issue was emotional but that there were many other issues that needed to be discussed."

What a cop-out, from Hafer and also this paper! The subject of abortion is an important one to Christians. It is a matter of life and death! Barbara Hafer is pro-abortion! Why was this left unsaid?

Do we need a "friend in agriculture" at the expense of unborn children? Hafer may appeal to our pocketbooks, but does she stand by our morals?

Cathy Mae Phillips  
Mohrsville

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**CAN THOUGHTS HEAL?**  
July 1, 1990

**Background Scripture:** Proverbs 4.

**Devotional Reading:** 1 Peter 2:1-5, 9-10.

"Let your heart hold fast my words, keep my commandments, and live" (4:4), says Proverbs. In recent decades we have been learning that words and feelings can harm us physically, as well as emotionally.

Surgeon Bernie S. Siegel, M.D. says: "Feelings are chemical and can kill or cure." We know now that thoughts trigger the release of certain hormones into the body's systems. Often, if there is too much of one of these hormones, it can have a harmful effect upon the physical body. So we can give new appreciation Proverbs says of wise teachings, "For they are life to him who finds them, and healing to all his flesh" (4:22).

### EATING YOU ALIVE

Many years ago, while I was a pastor in Pennsylvania, a woman desperately ill with breast cancer came to me for help. It quickly became apparent that the one thing that dominated her thinking was her anger and bitterness with her sister. No matter how many times I tried to change the subject, she would soon bring it back to her sister. Eventually, I told her that although I thought she was perfectly justified in feeling bitter toward her sister, I was afraid that this bitterness would get in the way of her own recovery from cancer. "Your bitterness is figuratively and literally eating you

alive."

She agreed, but when she returned the next week, she was still stuck on the subject. I reminded her that she needed to let go of those feelings and again she agreed. But the third week when she returned, she started off again on her favorite subject. Abruptly, I gave her a large lined legal pad and told her I wanted her to write down every mean or thoughtless thing or word her sister had ever done or said to her. "Don't miss a thing!" I instructed her.

### UP IN SMOKE

After about an hour of intensive writing she brought the tablet to me, page after page filled with negative feelings. "Now, is that all of it?" I asked. "Yes, I think so," she replied. I took the tablet and lit a match to it and as it burned before our eyes, "Now that's the end of it," I said, "it's all gone up in smoke!" She never mentioned her sister again and we began to concentrate on positive emotions. She continued to take her medical therapy, even though the doctors had told her there was little chance of recovery. But she did recover and every year thereafter, before she would go for her annual check-up, she would call me on the phone for a prayer. When, at last, she died it was at an advanced age and from something quite different.

I cannot say with any definiteness what role our counselling played in her recovery from breast cancer, but in my own heart I believe that her bitterness was "eating her alive" and that when she let go of it, the healing power of her own body was able at last to respond to her medical treatment. As the writer of Proverbs counseled, "Hear, my son, and accept my words, that the years of your life may be many" (4:10), this woman added years to her life by heeding wise counsel.

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