

Dairy Farmer's Objective

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manure is put on the soil so that less of it ends up in the streams. Another benefit of handling manure properly is saving money. Casner stresses the importance of

soil testing. Like feeding cattle the proper nutrition, soil testing takes the guessing out of fertilizing the soil.

As for CasStead's 140 milking herd of registered Holsteins, their

goal is to increase their nearly 20,000-pound herd average through fine tuning their feeding program and through genetics.

For now, Casners feed total mixed rations four times a day in the freestall bunk along with haylage and corn silage. Dry hay is available to the herd anytime. The CasStead acreage supplies all their corn silage and haylage. They buy half of their grain feed and occasionally some baled hay.

But no matter what part of the farm improves, it takes well-defined teamwork in a partnership for real progress. At CasStead, Doug oversees the milking and breeding program, Gregg is in charge of the fieldwork, and Glenn keeps in touch with all aspects of the operation.

Milking is shared by all. In the winter, Gregg and his wife Kathie switch milking every other day with Doug and his wife Deborah. Glenn's wife Mary does the bookwork and sister Diane feeds calves and fills in where needed.

In the future, Glenn would like to see milk prices stabilize while Gregg and Doug hope to increase their herd size. This spring, they tested the cattle merchandizing

NDB Seats Nine Members

WASHINGTON, D.C. — Nine new board members joined the National Dairy Promotion and Research Board during a mid-May ceremony.

Richard Rominger, USDA deputy secretary, seated new and re-appointed members and awarded certificates to retiring members at the ceremony.

The National Dairy Board consists of 36 active dairy farmers representing 13 milk-producing regions which cover the 48 contiguous states. Representation is based on milk production in the regions. Board members may serve two consecutive three-year terms. Terms begin in May.

Dairy farmers newly seated on the National Dairy Board included Joseph Bavidio Jr., Sharon, Tenn.; Harold Howrigan, Fairfield, Vt.; Ray Mallo, Gilman, Wis.; Alice Moore, Frazeyburg, Ohio; Shirley Mower, Jordanville, N.Y.; David

Noss, Port Royal, Penn.; Allied Peck, Chippewa Falls, Wis.; Tony Souza Jr., Tulare, Calif.; and John Sullivan, Superior, Neb.

The following three dairy farmers were re-appointed to serve a second consecutive three-year term: James Loper Jr., Santa Teresa, N.M.; Robert Gaebe, New Salem, N.D.; and Francis Greger, son, Longmont, Colo.

Farm and dairy groups nominated dairy farmers for any open seat on the Board, and active dairy farmers also submitted applications to be considered for a Board seat. In the application, candidates acknowledged a commitment of 25 days each year of their term to National Dairy Board activities. The U.S. Secretary of Agriculture appointed Board members from at least two nominations for each open seat.

The National Dairy Board develops and administers a coordinated program of promotion, research and consumer communications to strengthen the dairy industry's position in the marketplace. This effort is financed by America's dairy farmers.

market by selling some calves at the Holstein Association's Showcase Sale and the Belleville Livestock Market and were pleased with the results.



CasStead Farm in McVeytown, Mifflin County, is managed in partnership by Glenn Casner, center, and his sons Doug, left, and Gregg, right.

ADA To Host Media Milk Tour

SYRACUSE, N.Y. — The American Dairy Association and Dairy Council Inc. (ADADC) is scheduling a spring media tour to show people how easy it is to achieve a well-balanced diet filled with a variety of foods, including calcium-rich dairy products.

ADADC's registered dietitians will stress balance, variety and moderation in foods consumed daily. Some topics for discussion will include: making wise food choices, understanding portion control, balancing foods, and choosing a variety of foods.

If you made a list of all the foods you consume in one day, how many of those foods would you label "good foods" or "bad foods?"

Are there foods that you love to eat but know you shouldn't? Are you totally confused by all the different health claims in the press every day?

If you're like most Americans, you're growing weary of being told what you should and should not eat.

The fact is, there are no "good" or "bad" foods, only good and bad eating habits. By practicing balance, variety and moderation, all foods can fit into a healthy diet.

The dairy group is one of the most important food groups, and perhaps one of the most misunderstood, in terms of what should be consumed daily to ensure good health.

ADADC's registered dietitians will be able to explain the importance of including milk and milk products in a daily diet. They will team up with local nutrition experts to provide listeners with simple and practical examples of how to achieve better eating habits.

The American Dairy Association and Dairy Council, Inc. is a dairy promotion organization representing dairy farmers in New York, Pennsylvania and New Jersey.

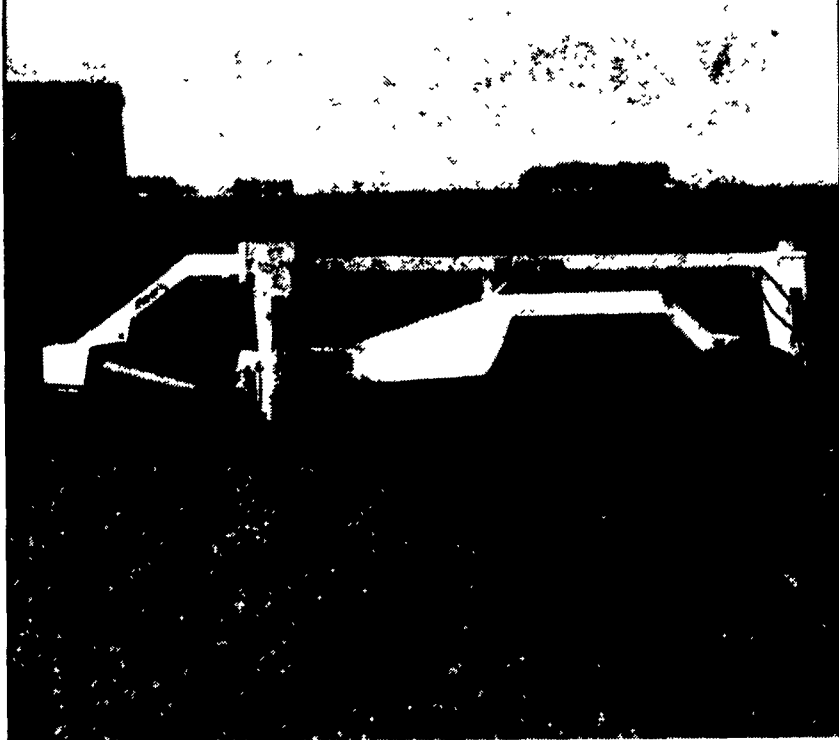
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