



# OPINION

## Ag Progress Days For The Future Of Agriculture

No matter what your interest, Ag Progress Days is for you. According to Robert Oberheim, Ag Progress Days manager, a visit to the event is like visiting a major university, a museum, a petting zoo, a horse show, a farm equipment show and more, all in one spot.

For farmers, the major attraction is the tractors and forage and tillage machines of various brands working side by side in the fields. There is no better way to determine the merits of each piece of equipment.

And with environmental issues now a very real part of the farming enterprise, the educational exhibits and demonstrations that fit into the theme of "Conserving Our Resources Through Science" are of practical importance too.

Many of the products and ideas that will take farming into the 21st century will be featured at this annual event. If you have any interest in the future of agriculture, you will want to spend a day or two next week in Centre County Pennsylvania at Ag Progress Days.



**NOW IS THE TIME**  
By John Schwartz  
Lancaster County Agricultural Agent

### To Drink Water

If you ever become tired of hearing that we need to drink more water, keep in mind the following facts:

- Every living cell in the body depends on water to perform its essential functions. The brain is 74 percent water. Muscle is 75 percent water. Bone is even 22 percent water.

- The average adult body contains 40 to 50 quarts of water.

- The average sitting adult loses 90 to 100 ounces of water per day. That is three quarts of water that need to be replaced, without considering any extra water lost doing work or situations where the body perspires more than usual.

- The sensation of thirst will only cause you to replace about two-thirds of the fluid you lose.

- Caffeine and alcohol are diuretics which stimulate water loss. Therefore, such beverages do not count toward needed fluid replacement.

Drinking water is the best source of water for your body. Before reaching for a cup of coffee, carbonated beverage, or beer to quench your thirst, drink a couple of glasses of water.

And drink water even when you are not thirsty. Staying hydrated is one of the best health habits we may develop.

### To Maintain Milk Base

Dairy farmers who ship milk to Federal Order 4 markets in the Philadelphia area receive different prices for base and excess milk. The amount of milk a producer ships in the months of August through December determines what the farmer's daily milk base is for the following year. Milk shipped in excess of the established base is priced \$0.50 to \$2

less per hundredweight.

The demand for milk increases when schools open in the fall and holds fairly steady until schools close the following summer. Good farmers strive to build and maintain their milk bases by maintaining cow numbers and milk output per cow during the August to December period.

Fall freshening cows help farmers build a good milk base. However, Glenn Shirk, extension dairy agent, cautions these fall fresheners may become winter and spring fresheners if the herd has breeding problems.

Suddenly, you have lost a lot of base and you are producing more excess milk. If their offspring calve at two years of age, they will be out of cycle too.

Shirk suggests to help prevent this costly void in fall milk production from occurring, many good dairy farmers prefer to have uniform calving and production throughout the year. That way, as calving dates for one group of cows move out of the base building period due to longer calving intervals, another group slides into that

slot. Thus, you are maintaining your base building potential.

### To Be Aware Of Silo Gases

Silo gases may cause unconsciousness, injury and even death, especially in the first 48 to 60 hours after filling.

If you must enter the silo during this time, wear a self-contained breathing apparatus. If you do not have one, stay out of the silo.

Dangerous levels of silo gas may persist for two to three weeks after filling. Before entering without a self-contained breathing apparatus, use the blower to ventilate the silo. Open all doors, run the blower fan for 20 minutes, and leave it running while you are in the silo. Enter only after you have put on a respirator for toxic dust and have a second person standing by to assist in an emergency.

Silo filling is a dangerous job on the farm. Be aware of the hazards, respect them, and do not take risks. The life you save is yours!

*Feather Prof's Footnote: "We do not know who we are until we see what we can do."*

## Farm Calendar

### Saturday, August 14

South Central Pa. Holstein Championship Show, Fairgrounds, Shippensburg, 9:30 a.m.

Tioga Co. Holstein Show, Fairgrounds, Whitneyville, 9 a.m.

### Sunday, August 15

Cameron Co. Fair, Emporium, thru Aug. 21.

Huntingdon Co. Fair, Huntingdon, thru Aug. 21.

Franklin Co. Fair, Chambersburg, thru Aug. 21.

Dayton Fair, Dayton, thru Aug. 21.

McKean Co. Fair, Smethport, thru Aug. 22.

Washington Co. Fair, Washington, thru Aug. 22.

### Monday, August 16

Venango County Fair, Franklin, thru August 21.

Sewickley Township Community Fair, West Newton, thru August 21.

Lawrence County Farm Show, New Castle, thru August 21.

Bullskin Township Fair, Mount Pleasant, thru Aug. 21.

### Tuesday, August 17

Ag Progress Days, Rockspring, thru August 19.

Huntingdon County Holstein Show, Fairgrounds, Huntingdon, 9 a.m.

Berks County 4-H Fair, 4-H Community Center, Leesport, 10 a.m.-4 p.m.

Blue Valley Farm Show, Bangor, thru August 21.

Harford Fair, Harford, thru August 21.

Perry County Fair, Newport, thru August 21.

Pennsylvania Hay Show at Ag Progress, Rockspring.

### Wednesday, August 18

Ag Progress Days Bus Trip, Harvest Drive Restaurant, 7:30 a.m., Ephrata High School, 7:35 a.m.; Route 283 Manheim/Mt. Joy Exit 7:50 a.m.

Rough and Tumble Reunion, Kin-

zers, August 18-21.

Lehigh Co. 4-H Market Swine Roundup, Livestock Market, Leesport, show 8:30 a.m., sale 6 p.m.

### Thursday, August 19

Susquehanna County Holstein Show, Harford Fairgrounds, 9 a.m.

Northeast FFA Dairy Show, Tioga County Fairgrounds, Whitneyville.

Franklin County Holstein Show, Chambersburg Fairgrounds, 5:30 p.m.

Mifflin County Holstein Sale, Reedsville Fairgrounds, 7:30 p.m.

Middletown Grange Fair, Middletown Grange Fairgrounds, Wrightstown, through August 21.

Mt. Nebo Fair, Mt. Nebo, thru August 21.

Findlay Township Fair, Clinton, thru August 21.

Wye Field Day, Wye Reserach and

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## Farm Forum

### Editor:

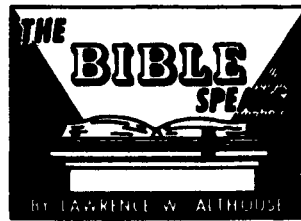
Almost a week has gone by since I was crowned the 1993 Lebanon Area Fair Queen. And while recuperating from surgery of my wisdom teeth, I have had time to sit back and reflect on last week's fair activities.

I am so proud to have been chosen for this honor. I tried all fair week to be present for every activity, and it was not easy to be at more than one place at a time, but I tried my best. What really made me feel that I was doing the job that I was supposed to do was when a little 4-H member, after receiving her ribbon, said "Thanks for being our fair queen and I am glad you are our queen." That really felt great! It brought back memories of when I was younger

and how I admired the past fair queens and their positions and I vowed to myself that someday I too would be representing the fair in that capacity.

My responsibilities are not over. They will continue throughout this year. If your group, organization, club, or school class would be interested in hearing about the fair, 4-H, or any related subject and would like a visit by the 1993 Lebanon Area Fair Queen, please contact the Lebanon Area Fair Office at 717-273-3795. Ask for Mrs. Loraine Royer, so she can work with you on a date and time. During my reign as fair queen I will promote the fair and all it represents to the best of my ability.

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**ARE YOU 'DARKNESS' OR 'LIGHT'?**  
August 15, 1993

Background Scripture: Ephesians: 5:1-20

Devotional Reading: Ephesians 4:15-32

The most important question is not whether you are Lutheran or Methodist, Baptist or Episcopalian, Adventist or Pentacostal, Protestant or Orthodox or Roman Catholic — but whether you are "darkness" or "light." With that exception, all of the rest may be simply labels — what Paul calls "empty words" (5:6) — and have little to do with how we respond to the God we parochially confess.

If we are true followers of Christ, Ephesians says "...once you were darkness, but now you are light in the Lord." Being "darkness" is something that we are to leave behind when we seek to follow Christ. If we are faithful to God in Christ, we are to "walk as children of the light" (5:8).

"Darkness," "light," and "children of the light," of course, are metaphors. But the meaning behind these metaphors is not difficult to perceive. To put it very pragmatically, when you walk into a room, do you bring it and those within "light" or "darkness"? I believe it was Virgil Howard who put it even more simply and pragmatically: "When people see you coming, are they glad?"

### THE FRUIT OF LIGHT

Sometimes, when I have expressed admiration for some Hindus, Buddhists or Moslems I have met, my Christian friends have been somewhat shocked and dismayed. On the level of ideas, I certainly find Christianity superior. But on the more pragmatic level of "light" and "darkness," I discern that God has not failed to provide witnesses to the Christ within all human religions. There is nothing all that esoteric about the metaphors of "light" and "darkness." Ephesians says: "for the fruit of light is found in all that is good and right and true" (5:9). I

have known professed Christians who do not represent "all that is good and right and true" and spread "darkness" instead of "light."

When Ephesians says, "Take no part in the unfruitful works of darkness, but instead expose them," I used to think the writer was speaking primarily of the "sins of the flesh." No doubt about it, drunkenness, violence, sexual license, self-abuse are "works of darkness." But sometimes the things that take place in our churches are "works of darkness" too — slander, hostility, prejudice, divisiveness and so forth. I read in our denominational newspaper this week of a minister of another denomination who was ostracized by his congregation and abandoned by his ministerial colleagues because his son contracted Aids. Is that not also a work of "darkness"?

### WALKING OR TALKING?

The validity of our Christian discipleship is to be found, not in how we talk, but in how we walk. We frequently put too high a premium on the way that we talk, being too exacting in determining whether others verbalize their faith as we do, using the same words, the same thoughtforms. But, the devil is not deficient in theology, but in love!

Look carefully then how you walk," says Ephesians, "not as unwise men but as wise..." "Wise" not in knowing the answers to all the theological questions, but in knowing that the essence of the Christian life is to be found in becoming "imitators of God, as beloved children." Yes, we are to become imitators of God, fashioning our lives after the example he gave us in Jesus Christ. And, if we boil that all down to just one word it is the word "love." "And walk in love," says Ephesians, "as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God" (5:1).

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Lancaster Farming, Inc.

A Schman Enterprise

Robert G. Campbell General Manager

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