



OPINION

Butter Is Better

Now it can be said. Butter is better. Not that we haven't been saying this for years. But then, nobody would listen. The only claim to fame margarine had over butter was the fact that it is made from polyunsaturated fat, which tends to reduce blood cholesterol levels.

But now new research shows that trans fatty acids found in margarine raise blood cholesterol. It's hard not to say, "We told you so."

In a commentary published last Monday by the American Journal of Public Health, Harvard University's Dr. Walter Willett, chief of nutrition, said trans fatty acids are probably worse than saturated fat. While some researchers would like to see more studies done, Michael Jacobson, director of the Center for Science in the Public Interest, says showing that trans fatty acids are harmful is indictment enough. The Center is currently petitioning the FDA to add trans fatty acids to food labels.

Another article by Dr. George V. Mann published in the May issue of the British journal *Lancet* hypothesizes that trans fatty acids can reduce the liver's ability to remove LDL (bad cholesterol) from the bloodstream. The author predicts that if trans fatty acid intake were reduced below 10 grams per day, high blood cholesterol would disappear, and cardiovascular disease would gradually decrease.

Margaret Pettingell, director of nutrition education for the American Dairy Association and Dairy Council, Inc., says consumers have been brainwashed into thinking margarine is healthy. "When it comes to the butter-margarine scorecard, most consumers don't realize that the two contain the same amount of fat and calories per serving."

In addition, the gap between prices for the two has decreased considerably over the past few years. As retailers frequently feature butter as a sale item to draw in consumers, the price gap is further reduced.

So now we say it again. Butter is better. Just imagine dipping a hunk of freshly steamed lobster or topping a piping hot ear of corn with anything other than the sweet flavor of butter.

And in baking, experts agree, nothing is better than butter. Rose Levy Berenbaum, award winning author of several cookbooks and a syndicated columnist for the L.A. Times, says butter not only enhances the flavor of other ingredients, it also contributes to the tender texture of baked goods, as well as improving their keeping quality.

Here's the way we see it. All foods can be part of a healthy daily diet if consumed in moderation. People want to enjoy the food they eat, and now that science has caught up with good sense, people will not need to use bland-tasting substitutes often touted as healthful alternatives. When it comes to topping an English Muffin, vegetables, or baked potato, you are now backed by research when you choose the one with better taste. Butter!



Now Is The Time

By John Schwartz

Lancaster County
Agricultural Agent

To Control Flies

This year has been a banner year for flies.

With the limited time for spreading manure this year, I believe we had more opportunity for flies to hatch in fields over a very short period of time. As a result, more flies have found more homes to land on. Also, we have a lot more new homes being built in the country next to fields where manure is being applied. This increases the number of people being affected by flies.

Before spreading manure, make sure as many fly larvae are killed as possible. This may mean spraying the manure before spreading. If you have the time, you may want to pile the manure together and cover with a trap or black plastic for several days. Either the ammonia or lack of oxygen will effectively kill fly larvae.

Control flies in confinement houses and barns. If you use sprays, be sure to rotate your chemicals between the different classes, that is, organophosphates, carbamates, and pyrethroids. Do not use one family of pesticide for more than two weeks.

Finally, practice good sanitation. Control water leaks, clean up spilled feed, properly dispose of dead birds and broken eggs, and keep grass mowed around buildings.

To Practice

Best Management

Today's consumers are demanding higher quality products. From cars to appliances to foods, people want the best.

Many companies are requiring their suppliers to certify that pro-

ducts are produced under a monitored quality control program.

This is beginning to happen with food products. This fall, McDonalds, one of the largest buyers of beef and eggs, will be requiring all suppliers to certify their products were produced in a humane way.

Quality control programs are being developed by many agricultural commodity groups. In order to survive, farmers will need to adopt these programs. These programs insure all the small details are done regularly and correctly. This will insure safe and high quality products.

These industry standards will need to be followed or the product will not be able to be sold. These best management practices include rodent control, testing, record keeping, clean and sanitary conditions, and equipment maintenance.

Management will become a more important aspect of farming. Now is the time to develop the management skills to keep your

farm productive and competitive in the 21st Century.

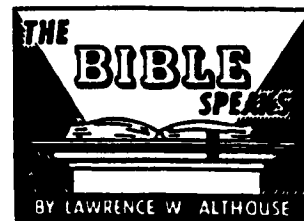
To Tell The Story — Farmers Recycle

Farmers do recycle. For decades, they have been feeding by-products and food waste. Examples include soybean oil meal, distillers grains, bakery waste, cannery waste, cottonseed, candy, etc.

More recently, newspapers and phone books have been ending up under cows as bedding. Some farmers are receiving leaves and applying them to fields or using them as a source of carbon for composting.

These are examples of how farmers are working with communities to solve waste disposal problems. We need to remind people of the importance of farms in helping to maintain a healthy environment.

Feather Prof's Footnote: "When you are out of quality, you are out of business."



THE RIGHT STUFF
June 12, 1994

THE RIGHT STUFF

Background Scripture:

Exodus 3:1 - 4:17

Devotional Reading:

Exodus 3:16

Some years ago, Tom Wolfe wrote a best-selling book, *The Right Stuff*, about the early years of the American space program and the test pilots and astronauts who had "the right stuff" to make it work. The book, and later the 1983 motion picture, gave us a glimpse into the careful screening that enabled the space agency to choose the right men — and ultimately women, too — for these critical tasks.

But painstakingly careful selection is not always successful. Sometimes, no matter how much potential people may seem to have, they turn out not to have been the right people for the job. Intelligence, education, experience, aptitude do not guarantee that someone will have the "right stuff" for a particular job. I have seen more than a few highly qualified persons fail and also witnessed the success of people who didn't appear to have the "right stuff."

Often, we are also wrong when we judge our own competence for doing a job, particularly a job that God wants us to do. In concluding that we are not the right person for the job — helping another person, working against injustice, speaking out for a righteous cause, heading up a project — reason is usually on our side. We don't have the experience, the education, or the personality that seems to be required.

MOSES' INADEQUACY

This was the response of Moses at the burning bush experience when God said to him, "Come, I will send you to Pharaoh that you may bring forth my people . . . out of Egypt" (3:10). Up to that point, it must have been a fascinating experience; a bush that burned but was "not consumed," a heavenly voice speaking from it, the discovery that this was the God of Abraham, Isaac and Jacob, the Lord's

assurance that he has "seen the affliction of my people who are in Egypt" and the promise that "I have come down to deliver them out . . . and to bring them out of that land to a good and broad land . . . flowing with milk and honey . . ." (1:7,B).

But then the Lord added, "Come, I will send you to Pharaoh . . ." and Moses had a reality attack. Suddenly he was consumed with logic: "Who am I that I should go to Pharaoh, and bring the sons of Israel out of Egypt?" (1:10). Let's be fair, Moses was right. Logically he was the wrong choice for this job: the people of Israel would not accept him because of his Egyptian background and he was a fugitive from the Pharaoh's law. Clearly, he did not have "the right stuff."

GOD'S ADEQUACY

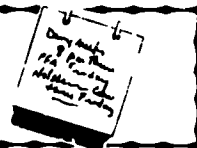
Moses was both right and wrong. His objection was a good one, as far as it went. But, if he didn't have "the right stuff," God did. "But I will be with you," God assures him (1:12). Moses was right, he was not adequate, but God was. "And this shall be a sign for you, that I have sent you. . ." The most important factor here is not Moses' inadequacy, but that God is sending him.

Moses, like any rational person, raised three more objections. First, if he goes to the Israelites in God's name and they ask who this God is, "what shall I say to them?" Second, they will not believe that God has sent him. And third, "Oh, my Lord, I am not eloquent . . . but I am slow of speech and tongue" — three excellent reasons why Moses should insist that God has the wrong person for this task.

Yet, God meets each of these inadequacies with his even more powerful adequacy. He will provide Moses with the power and the words he needs so that his purpose will be accomplished through Moses. Thus, Moses, the inexperienced, inadequate, unprepared runaway convict will have "the right stuff."

And we will too.

Farm Calendar



Saturday, June 11

Columbia-Luzerne Holstein picnic.

Clinton County Herb and Craft Festival, Clinton County Fairgrounds, Mackeyville, 10 a.m.-6 p.m.

Warburton Farms Open House, New Albany, 8 p.m.

Sunday, June 12

Monday, June 13

Poultry Management and Health Seminar, Kreider's Restaurant, Manheim, noon.

Tuesday, June 14

Flag Day

Pesticide container recycling program, Mason Dixon Farms, Gettysburg, also July 12, Aug. 10, and Sept. 7.

Pa. FFA State Activities Week, Penn State, thru June 15.

Mercer County Wool Growers Wool Pool, Stoneboro Fairgrounds, Stoneboro, 7 a.m.-2 p.m.

Wednesday, June 15

Cumberland Wool Growers Wool

Pool, Carlisle Fairgrounds, Carlisle, 7 a.m.-3 p.m.

Thursday, June 16

Pesticide container recycling program, Cumberland Valley Co-Op, Shippensburg, also July 21, Aug. 18, and Oct. 13.

Lancaster/York County Fruit Grower meeting, A.L. Kauffman & Sons Co., Ronks, 6:30 p.m.-9 p.m.

Friday, June 17

Delmarva Chicken Festival and Cooking Contest, Delaware State U., Dover, Del., thru June 18.

Eastern Regional Shorthorn Show and Judging Contest, Howard County Fairgrounds, thru June 18.

Franklin County Dairy Princess Pageant, Lighthouse Restaurant, Chambersburg, 7 p.m.

Lancaster County pesticide container recycling, Henry Hoover, Ephrata, also July 15, Aug. 16, and Nov. 2.

Saturday, June 18

Sullivan County Dairy Pageant and Parade, Dushore, 7 p.m.

Sunday, June 19

Happy Father's Day!

Northeast Conference On Avian Diseases, UMCP, thru June 21.

Monday, June 20

PennAg Industries Annual Grain Meeting, Eden Resort Inn, Lancaster, 6 p.m.

Pa. Rivers Conference, Harrisburg Hilton, thru June 22.

4-H Ambassador Conference, University Park, thru June 22.

Five-County 4-H Camp, Camp Blue Diamond, Petersburg, thru June 23.

Lancaster County pesticide container recycling, G&G Feed and Supply, Manheim, also July 18, Aug. 17, and Nov. 4.

Tuesday, June 21

Summer Begins

Schnecksville Community Fair, Schnecksville, thru June 25.

Lancaster County pesticide container recycling, Adams County Nursery, also July 19, Aug. 19, and Oct. 11.

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