

Lancaster Farming

OPINION

Cholesterol Hysteria

People today live longer in our country than they ever have before. But for some reason, more people are afraid for their health. Much of this fear comes from thinking that what they eat may be contaminated by some unknown food ingredient that may give them a heart attack.

Speaking on "Diet and Health" at the recent Reciprocal Meat Conference sponsored by the American Meat Science Association, Dr. David Kritchevsky said there has been a "cholesterol hysteria" sweeping the country. This hysteria has to a large extent ignored the facts related to cholesterol and health.

"We really are healthy, despite what you've been hearing," Kritchevsky said. "Studies conducted to date fail to definitively support many of the cholesterol recommendations being made today."

There are numerous factors that affect blood cholesterol levels, such as laboratory methods, diet, exercise, alcohol, season, time of day and the position of the body when tested. That's right, the position of the body when tested can change the results of the test. All these things interact, and there is very little research on these interactions.

And here is the kicker. Kritchevsky pointed out that the deaths among people with low cholesterol (below 159) were higher than for any other group. They didn't die from heart disease, but deaths from other causes were up significantly.

There's little solace in knowing that you proved the theory but died anyhow.

Farm Calendar

Saturday, August 6

Penn State Beekeepers Association summer picnic, Centre Hall.

Pa. 16th Performance Tested Ram Lamb and Invitational Ewe Sale and Sheep Producers Field Day, Penn State Ag Arena, State College, 3 p.m.

Garden Fest, Rodale Research Center, Kutztown.

Sunday, August 7

Bedford County Fair, Bedford, thru Aug. 13.

Schuylkill County Fair, Schuylkill Haven, thru Aug. 13.

Monday, August 8

Clinton County Fair, Mackeyville, thru Aug. 13.

Cochranon Community Fair, Cochranon, thru Aug. 13.

Greene County Fair, Waynesburg, thru Aug. 13.

Butler Farm Show, Butler, thru Aug. 13.

Kutztown Fair, Kutztown, thru Aug. 13.

Warren County Fair, Pittsfield, thru Aug. 13.

Dawson Grange Fair, Dawson, thru Aug. 13.

Sewickly Township Fair, West Newton, thru Aug. 13.

Horse Pull, Tioga County Fair, 7 p.m.

Cumberland County 4-H Livestock Show, 9 a.m., show 6 p.m., Shippensburg Fairgrounds.

Tuesday, August 9

DuBois Area Ag and Youth Fair, DuBois, thru Aug. 13.

Elk County Fair, Kersey, thru Aug. 13.

Harrold Fair, Greensburg, thru Aug. 13.

Tioga County Fair, Whitneyville, thru Aug. 14.

EAYFA Annual Bus Tour To Holmes County, Ohio, departs from Elite Coach, 6:30 a.m., thru Aug. 11.

Mid-Atlantic Soybean Meeting, Penn State Research Farm, Landisville.

Empire Farm Days, Rodman Lott

and Sons Farm, Seneca Falls, thru Aug. 11.

Wednesday, August 10

Lancaster 4-H Hog Show, Manheim Fairgrounds, show 11 a.m., sale 7 p.m.

Dauphin County 4-H Fair, Farm Show Complex, Harrisburg, thru Aug. 13.

Penn State Turfgrass Field Days, Joseph Valentine Turfgrass Research Center, University Park, 1 p.m.-4:30 p.m.

Nutrient Management Advisory Board meeting, Dept. of Ag Building, 9:30 a.m.-3:30 p.m.

Southeast Pennsylvania Vegetable Field meeting, Trauger's Farm Market, Kintnersville, 2 p.m.-5 p.m.

Thursday, August 11

Dauphin County 4-H Fair, Farm Show Complex, Harrisburg, thru Aug. 13.

Lancaster 4-H Sheep Show, Lampeter Fairgrounds.

FFA Central Dairy Show, West End Fairgrounds, Union County.

Lancaster County Pasture Walk, Daniel J. Stoltzfus Farm, Lititz, 10:30 a.m.

Penn State Turfgrass Field Day, Landscape Management Research Center, University Park, 9 a.m.-3:30 p.m.

Chester County Holstein Field Day, Troop Farm, Cochranville, 10 a.m.

Mifflin County Holstein Show, Fairgrounds, Reedsville, 6:30 p.m.

Friday, August 12

Lancaster 4-H Beef Show, Lampeter Fairgrounds.

Clinton County Holstein Show, Fairgrounds, Mackeyville, 10:30 a.m.

Wayne County Holstein Show, Honesdale Fairgrounds, 10 a.m.

Tioga County Holstein Show, Whitneyville Fairgrounds, 11 a.m.

Saturday, August 13

South Central Championship



**Now Is
The Time**
By John Schwartz
Lancaster County
Agricultural Agent

To Be Safe With Slow Moving Vehicles

As summer harvest season starts to increase, make sure you are moving farm tractors and equipment safely.

Have the slow moving vehicle sign installed on all farm equipment and tractors. When moving equipment on highways, have a car or truck follow at a safe distance with four-way flashers on to warn approaching traffic.

Have a crossing guard with flag to aid when moving equipment or livestock from one side of the road to the other side. Be courteous to traffic and pull over and stop periodically to let traffic pass you.

Finally, do not allow riders, especially small children, on tractors. You and your family will have a hard time forgiving you if something happens to a child. The best policy is **NO RIDERS**.

To Plan Ahead For Expansion

If you are considering expanding your operation, give yourself at least two years of planning time. This may seem like a long time, but it will pay big dividends.

Show, Fairgrounds, Shippensburg, 9:30 a.m.

Montour-Delong Community Fair, Washingtonville, thru Aug. 20.

The Old Time Plow Boys Club, Inc. late summer plowing demonstration, Kutztown University North Campus Farm, Kutztown, thru Aug. 14.

Sunday, August 14

Huntingdon County Fair, Huntingdon, thru Aug. 20.

McKean County Fair, Smethport, thru Aug. 20.

Washington County Fair, Washington, thru Aug. 21.

Monday, August 15

Dayton Fair, Dayton, thru Aug. 20.

Venango County Fair, Franklin, thru Aug. 20.

Lawrence County Fair, New Castle, thru Aug. 20.

Bullskin Township Fair, Mount Pleasant, thru Aug. 20.

Tuesday, August 16

Ag Progress Days, Rockspring, thru Aug. 18.

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

Centre County Holstein Sale, Fairgrounds, Centre Hall, 7 p.m.

Berks County 4-H Fair, 4-H Agriculture Center, Leesport, 8:30 a.m.-4 p.m.

Wednesday, August 17

Southeast Pennsylvania Market Hog Derby, thru Aug. 19.

Performance-Tested Boar Sale, Penn State Ag Arena, 6 p.m.

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First, visit other operations in other counties and states. Observe how things are done. Talk with the people actually doing the work. Look at the nuts and bolts of the operation. Identify the potential headaches and dirty jobs and see how they are being handled.

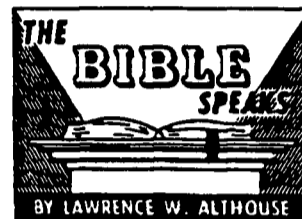
Take off the "rose colored" glasses and observe the daily routine and ask yourself, "Is this me?" Then you need to budget and budget some more. If you cannot make it pay, then you cannot afford the investment.

The budget should also look at your limits. Your limit to handle change, limit to number of animal units your farm may carry, limit to how quick you can expand, and your debt-carrying limit.

Know the permit requirements. These could take several years to obtain, depending on the size of the expansion.

To Know Rules For Successful Expansion

Gary Snider, Farm Credit of



JUBILEE ANYONE?
August 7, 1994

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Background Scripture:
Leviticus 25:8-10, 23-28, 39-42
Devotional Reading:
Deuteronomy 3:5-9

The Old Testament Concept of the year of jubilee is one I wish Christians had borrowed, as we borrowed so much else, from Judasim. To the best of my knowledge, I think it is celebrated at times in the Roman Catholic Church, but I confess I know little about that observance.

The year of jubilee was based upon the psychology of human nature. Just as God knew that the people of Israel needed a Sabbath so that human life would not be one long succession of undifferentiated days, so He knew that there must be special seasons in the life of the human soul. Life cannot afford to be all work and no Sabbath and correspondingly, life cannot be all Sabbath and no work. There needs to be a rhythm of life between contrasts — day and night, work and celebration.

One of the essential elements of life is celebration. We need to work hard and diligently and then we need to celebrate. Life in the Old Testament community is a constant cycle of labor and celebration. Today that is still one of the great motivations behind worship — we worship to celebrate the grace of our Lord.

A SPECIAL TIME

The jubilee was also intended to be a time when wrongs were righted. Not that they were not to be righted at all times, but that at the time of jubilee, a special extra intentional effort was to be made. Note that all the things God requires of His people in the year of jubilee were designed to be beneficial to the life of the people. Hebrew slaves were to be released, bondage was to be terminated, liberty proclaimed, and the year was to be sanctified or set apart for special holy works.

Actually, the word "holy" means something set apart. It is

Western New York, offered several fundamental rules to follow when considering expansion.

First, grow by steps, but grow each year. Second, make sure you have several profitable years under your belt. Third, run facilities at full capacity before, during, and after expansion. Fourth, prove to yourself that you can handle the pressure, the debt, the management, the changes, and the people.

If you are looking at a major expansion, you are also looking at a major change in your job. You will be doing less technical work and more business and managing people assignments.

A business control system will be a very important. This will include a daily production chart, regular per unit costs, capital spending plan, monthly cash flows, and regular business analysis.

Finally, be convinced you want to work with people.

Feather Prof's Footnote: "We make a living by what we get. We make a life by what we give."

true that all of life should be filled with our awareness and response to God, but there is also a need for special times of awareness and response. At Christmas we celebrate God's incarnation in the person of Jesus Christ and most people are moved to be a bit more loving, a bit more generous, a bit more sympathetic to the needs of others. Christmas sermons urge us to extend the Christmas spirit into the other 365 days of the year.

SPIRITUAL SEASONS

Yet, few, if any of us, ever live our lives on a steady, unwavering plane of spirituality. Just as our physical vitality ebbs and flows and our mental acuity has peaks and valleys, so the spirit varies in its intensity, minute by minute, day by day, season by season. So we need special times, jubilees, to call us once again to our highest level of spiritual awareness and resolve. We need to interrupt our work with celebration so that we can return to it with new understanding, resolve and vitality.

The jubilee/Sabbath is also a time of faith. "And if you say, 'What shall we eat in the seventh year, if we may not sow or gather in our crop?' I will command my blessing upon you in the sixth year, so that it will bring forth fruit for three years" (25:20, 21). Just as the people of Israel in the desert had to trust God to provide for them on the Sabbath, so they had to trust in His providence during the Sabbath year and the jubilee. It took an act of faith to refrain from planting and harvesting in that seventh year. All they had from God was a promise — could they live on that? Can we?

Is there provision for Sabbath and jubilee in your life? A time when you turn aside from your daily work and preoccupation to celebrate the goodness of God, to return to your roots, to see and respond to the needs of others, to remember that everything in this world belongs to God and is only temporarily ours?

Jubilee anyone?

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