

## OPINION

### Milk Is Mostly Fat Free

Last month the story got national coverage. Norman Mayo, 61, believes he might have avoided his health problems if he had been warned on milk cartons about fat and cholesterol. "I drank milk like some people drink bear or water," Mayo said. "I've always loved a nice cold glass of milk, and I've drunk a lot of it."

In a federal lawsuit, this self-described "milk-a-holic" named Safeway and the dairy farmers of Washington as defendants claiming that a lifetime of drinking whole milk contributed to his clogged arteries and minor stroke. He wants reimbursement of his medical expenses and unspecified compensation for personal injury. In addition, Mayo wants warning labels on all dairy products and advertising.

"It's my opinion that the dairy industry is to blame," Mayo said. "They push their dairy products without warning you of the hazards."

But no one must have told this man that even whole milk is between 96 and 97 percent fat free. So it must have been something else that caused his medical problems. Fortunately, the media treated this as it should have been treated—without merit. And in the end, it gave dairy farmers the opportunity to extol the virtues of milk at least on local TV, radio, and newsprint.

And milk is not addictive. But those of us who have had the opportunity to down a cold glass of milk right out of the bulk tank might admit milk can be good enough to be addictive.



### Now Is The Time By John Schwartz

Lancaster County  
Agricultural Agent

#### To Protect Dry Cows From Heat Stress

Glenn Shirk, Lancaster County extension dairy agent, reminds us that the hot, humid days of summer can cause severe stress to cows, especially high producing cows and cows making the transition from late pregnancy to early lactation.

Too often we limit our focus to reducing the stress to the lactating herd. Perhaps more important is the need to protect dry cows from heat stress. What happens to cows in the dry period has a very significant impact on how well they do in their next lactation.

One of the major goals in the weeks preceding and following calving is to encourage vigorous appetites. Cows that go off feed around calving time start mobilizing a lot of body fat, which may lead to fatty livers. That may trigger a lot of metabolic problems, including further depression of appetites, displaced abomasums, and ketosis.

Fatty livers also suppress the cow's immune system. This

means she may become more susceptible to diseases and other infections. She also may respond poorly to treatment and recovery from these problems is delayed.

#### To Maintain High Dry Matter Intake

According to Glenn Shirk, Lancaster County extension dairy agent, if high dry matter intakes are maintained before and after calving, cows lose less flesh, have fewer health problems, milk better and breed back sooner.

One way to encourage higher dry matter intakes is to protect dry cows from stress. Ways to do this includes good ventilation, shade without mud, easy access to fresh, clean water and clean waterers, clean, dry and comfortable rest areas, well-balanced dry cow ration, fresh feed and clean mangers and a good preventive herd health program.

#### To Be Aware of Dry Soil Potassium Deficiency

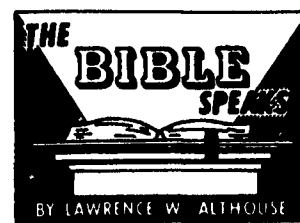
The past several weeks many people have reported seeing corn and other plants with bottom leaves which are yellowing along the margins and in some cases this has turned brown.

Yellowing begins at the leaf tip on lower leaves and extends back toward the stalk. Bottom leaves usually show the most severe symptoms and as you move up the plant, each leaf shows less.

According to Robert Anderson, Lancaster County extension agronomy agent, these symptoms are typical of potassium deficiency. These symptoms may occur even when soil levels of potassium are in the adequate or high levels on a soil test.

Potassium deficiency symptoms develop because plants cannot extract potassium from the dry soil. Adding additional potassium is not likely to change the situation. Taking a soil test will be helpful in determining if the soil is deficient or if the deficiency is due to weather. If the deficiency is due to dry soil conditions, the plant will usually recover as soon as a normal rainfall pattern returns. Plants will experience little or no loss in yields.

*Feather Prof's Footnote:  
"Enthusiasm on fire is better than  
knowledge on ice."*



#### ARE YOU A DOCETIST?

July 13, 1997

Background Scripture:

Hebrews 2

Devotional Reading:

Hebrews 10:1-10

In early Christianity Docetism was condemned as a heresy. But that certainly did not put a stop to it, for docetism is consciously or unwittingly embraced by many Christians today who think of themselves as being quite orthodox.

Docetism came into Christianity primarily through the agnostics, a group who were influential in Christian thought, particularly from the second to the fourth century A.D. Docetism comes from the Greek word *dokein* which is translated as "to appear" or "to seem." The agnostics believed that Jesus had no material essence, but just "appeared" or "seemed" in human form. The agnostics believed that physical form was evil. Thus, agnostics believed that Jesus was divine but not truly human.

In 326 A.D., repudiating docetism and other heretical interpretations, the Council of Nicea fashioned a creed which proclaimed: "We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God ... of one being with the Father ... and became truly human..." The belief of the early church was thus balanced between the convictions that Jesus Christ was fully divine and fully human. He did not just "appear" to be human.

#### 100% Of Both

This does not mean that Christ was 50 percent human and 50 percent divine, but 100 percent of both. How can that be? It is a paradox: two seemingly contradictory realities held together in one person. Neither a mathematical equation nor a scientific formula, it is a human attempt to express a divine experience.

I have encountered many people who, although they have not called themselves 'docetists' —

and wouldn't know the name if they heard it — understand Jesus Christ from a docetist perspective. They think of him as basically 'divine,' not really human. As they elevate his divinity, they denigrate our humanity. They put a chasm between Jesus and ourselves that makes him irrelevant and us hopeless.

The writer of Hebrews does not leave any room for a docetist Christ: "Therefore he had to be made like his brethren in every respect, so that he might become a merciful and faithful high priest in the service of God, to make expiation for the sins of the people" (2:17).

#### Flesh & Blood

Actually, a Christ who is not fully human — as well as divine — is of little value to us. If he doesn't know what it is to be a human being, to have the same limitations, and suffer the same temptations, we can easily dismiss him: 'Oh well, he's Jesus and we're us,' as if that lets us off the hook. But what Jesus was and taught is not beyond human experience. In a sense, Jesus came to be like us to that eventually we might be like him.

It also means that, quite contrary to the agnostic teachings, the physical form of humanity is not degrading. Jesus was not debased because he had a real physical body. "Since therefore the children share in flesh and blood, he likewise partook of the same nature..." (2:14).

What makes Jesus our Lord and Master is the fact that he knew what it meant to be human. "For because he himself has suffered and been tempted, he is able to help those who are tempted" (2:18). He is not saying that Jesus 'appeared' to be tempted, but that he actually was tempted.

Just as we are.

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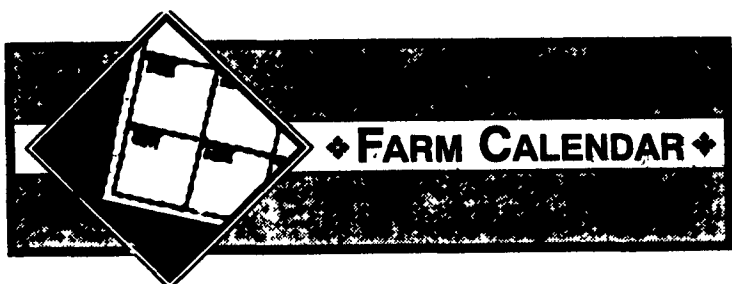
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#### ◆ FARM CALENDAR ◆

##### Saturday, July 12

Sheep Day, OARDC, Wooster.  
Historic Schaefferstown Folklife Festival, Alexander Schaeffer Farm Museum, 10 a.m.-5 p.m., thru July 13.

Charolais Educational Seminar and Field Day, Center Research and Education Center, University of Maryland, Clarksville, Md.

Tuckahoe Steam and Gas Engine Association Show, Showgrounds, Easton, thru July 13.  
Gratz Area Antique Machinery Association Annual Show, thru July 13.

##### Sunday, July 13

National Association of County Agricultural Agents annual meeting, Burlington, Vt., thru July 17.

Jefferson County Fair, Brookville, thru July 19.

Holstein Club Picnic, Bradford County Park, 1 p.m.

##### Monday, July 14

New Holland Pesticide Update Twilight Meeting, Gene Martin Farm, New Holland, 7 p.m.  
Md. Central District, Howard County Fairgrounds, West Friendship, 5 p.m.

##### Tuesday, July 15

Cumberland County Young Adult Farmers Tour and Picnic, Penn Township Fire Hall, Huntsdale, thru July 16.

District FFA Dairy Show, Lebanon County Fairgrounds, 8:30 a.m.

Southeast Region 4-H Leadership Conference, Millersville University, Millersville, thru July 18.

Jacktown Fair, Wind Ridge, thru July 19.

Cambria County district horse

meeting in Bedford, 7:30 p.m.  
Cambria County Day Camp at 4-H

Wilderness Hollow Campgrounds.

##### Wednesday, July 16

Jefferson County Holstein Show, Fairgrounds, Brookville, 9 a.m.  
York County Holstein Show, York Fairgrounds, York, 10 a.m.

Somerset County Holstein Show, Fairgrounds, Meyersdale, 6:30 p.m.

Pa. Seedsmen's Association Summer Meeting, Ernst Conservation Seeds Farm, Meadville, 10:15 a.m.

##### Thursday, July 17

Frederick/Montgomery Holstein Show, Frederick Fairgrounds, Frederick.

##### Friday, July 18

Jim Lightfoot National South-down Sale, Big E Fairgrounds, Mallory Agricultural Complex, West Springfield, Mass., thru July 19.

Wooster Garden Festival, Secret Arboretum, OARDC, Wooster, thru July 19.

Antique Gas Engine and Tractor Show, Jacktown Community Center, thru July 20.

##### Saturday, July 19

Pa. Shorthorn Breeders Association State Show, Hookstown Fairgrounds.

"New Generation" No-Till Field Day, Steve Groff Farm, Holtwood, 10:30 a.m.-3 p.m.

Cattlemen Summer Field Day, York County 4-H Center, 9 a.m.

Shippensburg Community Fair, Shippensburg, thru July 26.

Washington County Maryland District Holstein Show, Washington County Ag Education Center, Sharpsburg, 10 a.m.

4-H Roundup, Troy Fairgrounds, 10 a.m.-3 p.m.

ADGA National Dairy Goat Show, Farm Show Complex, Harrisburg, thru July 26.

##### Sunday, July 20

Friendly Horseman's Club Horse Show, Denver Showgrounds.  
Cambria County Ice Cream Social, Wilderness Hollow 4-H Property, 6 p.m.

##### Monday, July 21

4-H Camp Shehaqua, Hickory Run State Park, thru July 25.

Jefferson Township Fair, Mercer, thru July 26.

Kimberton Community Fair, Kimberton, thru July 26.

Shippensburg Community Fair, Shippensburg, thru July 26.

Troy Fair, Troy, thru July 27.

Lehigh Valley Horse Council Meeting and Lecture, New Tripoli, 7:30 p.m.

Cambria County Horse Leader Meeting, extension office, 7 p.m.

##### Tuesday, July 22

1997 SWCS Annual Conference, Toronto, Ontario, Canada, thru July 25.

Penn State Agronomic Field Diagnostic Clinic, Rockspring Research Farm, 9 a.m.-4 p.m., also July 24.

Plainfield Farmers Fair, Nazareth, thru July 26.

York/Lancaster Vegetable Twilight Meeting, Sunnyside Farm, York, 6:30 p.m.-8:30 p.m.

Pennsylvania State Grange Pre-Legislative Conference, Super 8 Motel, Harrisburg, 10 a.m.-4

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