

**Lancaster Farming**  
**OPINION**  
**Grazing Helps Milk**  
**Reduce Cancer**

There is a new reason why it may be beneficial to allow cows to graze on pasture. According to the national ag research service that reason involves a compound called conjugated linoleic acid (CLA).

CLA is a fatty acid found in beef and dairy fats. Scientific interest in CLA was stimulated about 12 years ago when a University of Wisconsin researcher discovered its cancer-fighting properties in a study of rats fed fried hamburger. CLA cannot be produced by the human body, but it can be obtained through foods such as whole milk, butter, beef, and lamb.

"The interesting thing is that dairy cattle that graze produce higher amounts of CLA in their milk than those which receive conserved feed, such as grain, hay, and silage," says ARS daily scientist Larry Satter. This is true even when the nongrazers eat pasture grass conserved as hay.

Satter, who is based at the Dairy Forage Research Center in Madison, Wisconsin, conducted a study comparing the amount of CLA in milk from cows grazing on pasture to the amount from cows fed hay or silage. His findings: Pasture-grazed cows had five times more CLA in their milk than those fed silage.

Do dairy producers need to graze cows to get them to produce more CLA? "Not necessarily," says Satter. Instead, he devised a way to nudge the production of CLA by dairy cows fed typical confinement diets. He added extracted whole soybean and linseed oils to the corn-alfalfa diet. Then added oils boosted CLA content in the cows' milk to equal the levels obtained from grazing.

ARS and the Wisconsin Alumni Research Foundation (WARF) subsequently patented the method to increase CLA in cows' milk. The patent, issued in the spring of 1999, was based on a study conducted by Satter and his University of Wisconsin colleagues.

"Animal fats have been criticized for years, but now the potential benefits of CLA in milk and meat from ruminant animals is being seriously studied. Milk fat is one of the richest natural sources of CLA. If human trials show the same benefits as studies with laboratory animals, the benefit of consuming milk products could improve the economics of dairy producers everywhere," says Satter.

**❖ FARM CALENDAR ❖**

- Saturday, April 15**  
 Maryland Jersey Cattle Club All-Breed Calf and Heifer Sale, Frederick Fairgrounds.  
 Penn State 75th Anniversary Dairy Expo.  
 Delaware Valley College Annual Livestock Judging Contest, Feldman Ag Building, 8 a.m.  
 Adams County Beef Producers Association Inc. Beef Sale and Parade of Bulls, Bonneauville Fire Company, 4:30 p.m.  
 Pond Management For Irrigation, Livestock, and Recreational Uses, Arena Restaurant, Bedford.  
 Conservation 2000 Celebration, Rossback Family Farm, Davidsonville, Md., 9 a.m.-4 p.m.  
 Performance-Tested Bull Sale, Eastern Ohio Resource Development Center, Caldwell, Ohio.  
 Satellite Videoconference: Economic Aspects of Forestland Stewardship, Cambria County extension office, Ebensburg, and other extension offices, 9 a.m.-noon.  
 Franklin County Calf Sale, Cumberland Valley Show Grounds, Chambersburg, 7 p.m.  
 4th Annual Benefit Auction for 4-H Therapeutic Riding Program, Lancaster County, Bareville Fire Company, Leola, 5 p.m.
- Sunday, April 16**
- Monday, April 17**  
 Centre/Clinton County Swine

- Handling and Health Workshop, Walker Township Building, 7 p.m.-9 p.m.  
 Southeast Regional Christmas Tree Growers Meeting, Penn State Schuylkill Campus, 7 p.m.
- Tuesday, April 18**  
 Beef Management Short course, Hoss's Steak and Sea House, West York, 6:30 p.m.  
 Cover Crop Twilight Field Day, Montgomery County Geriatric Center Farm, 6:30 p.m.-8 p.m.  
 Blair County Milking School, Central High School, Martinsburg, 9:30 a.m.-2:30 p.m.  
 Sheep Shearing School, Nelson Farm, Linonier, 9 a.m.-3:30 p.m., thru April 19.
- Wednesday, April 19**
- Thursday, April 20**  
 Pasture/Grazing Kickoff Meeting, Carriage Corner Restaurant, Mifflinburg, 10 a.m.
- Friday, April 21**  
 Earth Day Festival, Packer Park, Carbon County, 10 a.m.-5 p.m., thru April 22.
- Saturday, April 22**  
 Butler/Mercer County Beef Tour to Ohio, departs from Mercer County extension, 7:15 a.m.  
 Earth Day Picnic, Hill Creek State Park, 10 a.m.-3 p.m.
- Sunday, April 23**  
 Easter Sunday.
- Monday, April 24**
- Tuesday, April 25**  
 Pond Management Seminar.

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

**To Improve Business Skills**  
 The past two weeks I have participated in three administrative seminars. They all had several common themes. First, administration is an evolving art and science. You need to be constantly changing and improving your administrative style. The consumer and society are forcing these changes. There are two components of administration. They are leadership and management. You lead people and manage things. As an administrator you need to have balance between the two. There is a shift from managing people like equipment to developing people to achieve their maximum potential. The autocratic style of management is being replaced with delegation and allowing the employee to make choices. By delegating, you free yourself from having to tell employees what to do and having employees waiting to be told what to do. This allows the employees to continue their growth and development. As farm businesses continue to grow, farmers need to sharpen their administrative skills. The same principles apply for family or hired labor.

**To Look At The 7 Habits of Effective People**  
 If you are looking to grow your business and want to stay competitive in today's business environment, I strongly recommend you read *The 7 Habits of Highly Effective People* by Stephen Covey. In this book Covey describes 7 habits you need to have a happy and productive life. They are the keys in staying competitive.

- Lehigh County Ag Center, 7 p.m.-9 p.m.  
 Sheep Shearing School, Carl Gadsby Farm, Kilgore/Wesley, 9 a.m.  
 Lancaster County Family Living and Consumer Sciences Teachers Banquet, Farm and Home Center, Lancaster, 4:30 p.m.-7:30 p.m.  
**Wednesday, April 26**
- Thursday, April 27**  
 Tractor Safety Program, Clarion Extension Office, 7 p.m.-9:30 p.m.  
 York County Conservation District Pasture Walk, Jeff Wolf's Farm, McSherrystown, 10 a.m.
- Friday, April 28**  
 Penn State Poultry Science Club Awards Banquet, Ramada Inn, State College, 6:30 p.m.  
 Farm and Natural Land Trust annual breakfast, Aldersgate Methodist Church, York, 7:30 a.m.

The 7 habits are 1. Be proactive. Take responsibility and use initiative. 2. Begin with the end in mind. Know your purpose and have values. 3. Put first things first. Concentrate on the important things and let go of the unimportant. 4. Think win/win. Have mutual respect for other people. 5. Seek first to understand, then to be understood. This develops mutual understanding. 6. Synergize The result of creative cooperation and 7. Sharpen the saw. Continue to learn and renew yourself.

By following these 7 habits, you should be able to achieve balance in your life between family, church, work and community service and develop a business that is a pleasant place to work while staying competitive.

**To Develop A Vision**  
 One of the functions of leadership is to have a vision on where you are going and communicating it to others. This week I was at a committee meeting hosted by one of the county's leading agribusiness companies.

Two of the top company

executives addresses the committee and shared their views on the future of agriculture in the region and the vision for their company. To achieve their vision they have developed four initiatives for their company. They are 1. Learning Initiative. Need to thrive on learning 2. Quality Initiative Need to embrace quality in all that we do. 3. Food Supply Chain Initiative. Need to bring success to the entire food chain. and 4. Environmental Initiative. Good stewardship is a commitment. In addition, they believe, as a business you will continue to expand to take advantage size can give you. At the same time you must strive to capture the best of a small business. Its energy, flexibility, excitement and speed. You must continue to distance yourself from the rest of the competition. You must help your customers or buyers of your products to distance themselves from their competition, for their growth and prosperity will dictate yours.  
*Feather Prof.'s Footnote. "Together we can accomplish the unimaginable"*

**FINDING THE BODY OF CHRIST**  
 April 16, 2000

**Background Scripture:**  
 1 Corinthians 12:1-30.  
**Devotional Reading:**  
 Romans 12:1-8

Empty! The tomb in Joseph of Arimathea's garden was empty. The body of Jesus of Nazareth was missing. Although the majority of his followers believed that they encountered the resurrected Christ in the days following his crucifixion, some people have continued to search for his body ever since. Every once in a while, someone claims to find clues that will lead to the "burial place of the resurrected Jesus." They are still looking.

Scholars argue whether the resurrected Christ was a physical body, a metaphysical manifestation or a vision. When Paul tells us that the resurrected body is similar to but different than the physical body (1 Cor. 15), there is even more uncertainty as to just how the risen Christ appeared to his disciples and continues to appear to us today.

I can't solve that problem--no one can, really--but we don't have to look for the physical body of Christ, for Paul has told us where to find it! *Now you are the body of Christ and individually members of it* (12:27). Ah yes, you say, but that's just an analogy. You are comparing the Church and its members to the physical body of Christ. Some time ago. However I came upon a commentary on this text by the late biblical scholar, Clarence Tucker Craig: "He (Paul) does not mean to say that the church is like a body; it is the body of Christ".

**Christ In Me!**  
 In Galatians 2:20, Paul says, "It is no longer I who live, but Christ who lives in me." Christ lives in each of us by the Holy Spirit and thus the physical presence of Jesus Christ in our world is accounted for by our physical bodies, minds and spirits. This concept of the Church as the body of Christ with us as parts ("members") of that body is an analogy, but it is also much more than that. It is more

than a metaphysical presence, it is really a physical presence. Annie Johnson Flint expresses it poetically:  
*Christ has no hands but our hands  
 To do his work today;  
 He has no feet but our feet  
 to lead men in his way;\**  
 In Frances R. Havergal's familiar hymn, we sing:  
*Take my voice and let me sing  
 Always, only for my King.  
 Take my lips and let them be  
 Filled with messages from thee.\*\**

**The Same Spirit**  
 I would not say that Christ is limited to working in and through us, but I would not deny either that the hands, the feet, the voices, the hearts, the minds through which great numbers of people are ministered to are those that we make available to him. And that which empowers us to be the Body of Christ in the world is the same Spirit (six times in this passage Paul uses the term, "same spirit," and four times "the one spirit").

So each one of us is gifted by the same Spirit. Yet, being "gifted" means nothing unless we respond to that Spirit and use the gift or gifts given us. The power of the gift comes from God but you and I must make some effort to use the gift. These gifts are not for us to enjoy, but to employ for others, as Paul says, for "the common good" (v.7). Neither are these gifts given to divide us, but to unite us in a realization that we all need one another. "If one member suffers, all suffer together; if one member is honored, all rejoice together" (v.26). The world will not have to search for the body of Christ when it witnesses Christians living and working together in that kind of unity

(\* "Jesus Christ--And We" by Annie Johnson Flint, *Christ And The Fine Arts* by Cynthia Pearl Maus, Harper, 1938. \*\*Take My Life, and Let It Be." Frances R. Havergal, 1872, United Methodist Hymnal, 1989)

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