



# Lancaster Farming

## OPINION

### An Apple A Day

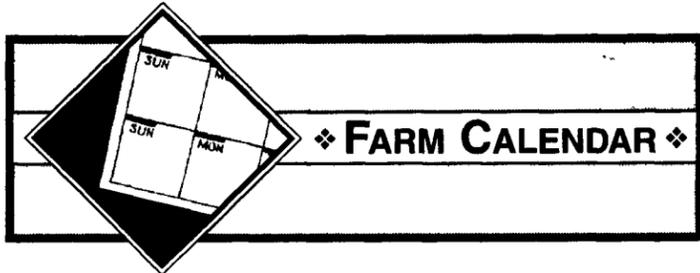
"An apple a day keeps the doctor away." We have all heard this saying and now there is scientific evidence it is really a fact.

Food scientists at Cornell University have found that it is the phytochemicals in the flesh of the apple but even more so in the skin, that provides the fruit's anti-oxidant and anti-cancer benefits. Their laboratory study funded by the New York Apple Research Development Program and the New York Apple Association is published in the June 22 issue of the journal Nature.

Actually there is no single compound in the apple responsible for this medicinal advantage. It is the combination of flavonoids and polyphenols that do the work.

The researchers used red delicious apples grown in New York State to provide the extracts for the study. Using colon cancer cells treated with apple extract, the scientists found that cell proliferation was inhibited. Colon cancer cells treated with 50 milligrams of apple extract (from the skins) were inhibited by 43 percent. Other combinations of extract and cancer cells gave various results but all were significantly positive.

So there you have it. Eat your apples or call the doctor. Which will it be?



#### Saturday, July 1

Sullivan County Demolition Derby, Forksville Fairgrounds, 9 a.m.

Kutztown Festival, Kutztown Fairgrounds, Kutztown, thru July 9.

USA Junior Holstein Convention, Columbus, Ohio.

#### Sunday, July 2

#### Monday, July 3

#### Tuesday, July 4

Lancaster Farming office closed.

#### Wednesday, July 5

Pasture Walk, Richard Stahl Farm, near Lavansville, 10 a.m.

Pasturefest 2000 — Witnessing Potential of Grazing, New York State Grange Building, Cortland, N.Y., 7:30 p.m.

#### Thursday, July 6

Pennsylvania Milk Marketing Board Public Hearing, Ag Building Room 202, Harrisburg, 8:30 a.m.

Vineyard and Winery Summer Meeting, Penn State Berks Extension, Leesport, 8 a.m.-4 p.m.

Pa. Angus Breeders Show, Huntingdon, thru July 8.

Southeast Regional Livestock Judging Contest, York 4-H Center, 9 a.m.

#### Friday, July 7

Pa./Md. Simmental Association Field Day, Triple L. Farms, New Oxford, thru July 8.

Annual Fawn Grove Olde Tyme Days, Fawn Grove, thru July 9.

Antique Tractor, Gas Engine, and Farm Equipment Show, West End Fairgrounds, Gilbert, thru July 9.

Pasture Walk, Ron and Kathy Holter, Frederick Co., Md., 10 a.m.-noon.

#### Saturday, July 8

Sheep Day, OARDC, Wooster, Ohio.

Town and Country Day, Richard and Martha Rhoades Farm.

Pa. Simmental Association Field Day, Triple L. Farm, New Oxford, thru July 9.

Piketon Annual Open House, Piketon Research and Extension Center, Piketon, Ohio.

Piketon Horticultural Field Night, Piketon Research and Extension Center, Piketon, Ohio.

Field Day — Marketing Your Knowledge and Sustainable Lifestyle, Quiet Creek Herb Farm, Brookville, 10 a.m.-2 p.m.

Sidewalk Sizzle and Ice Cream Freeze, Reading Terminal Market, Philadelphia, 11 a.m.-4 p.m.

Tioga County Farm-City Day, Sunset Mountain Farms, 10 a.m.-5 p.m.

#### Sunday, July 9

Mercer County Grange Fair, thru July 15.

Derry Ag Fair, New Derry, thru July 15.

Ephrata Area Young Farmers Summer Picnic, Ephrata Park, 11:30 a.m.-3 p.m.

#### Monday, July 10

Derry Township Fair, thru July 15.

Mason Dixon Fair, thru July 15.

Junior Holstein Judging School, Mercer County, noon.

Pa. Association of Ag Educators Summer Institute for Excellence, Shippensburg Area Senior High School, thru July 13.

#### Tuesday, July 11

Pa. Young Farmers Association Summer Conference, Shippensburg Area Senior High School, thru July 12.

4-H Teen Leadership Conference, Lebanon Valley College, Annville, thru July 14.

Marketing Business Farm Tour, Paul and Sandy Arnold, Argyle, N.Y., 1 p.m.-3 p.m.

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### Now Is The Time

#### By John Schwartz

Lancaster County Agricultural Agent

#### To Check Fields For Blue Mold

According to Robert Anderson, Lancaster County extension agronomy agent, blue mold has been found in Lancaster County.

There have been confirmed cases of active blue mold in Manheim and Pequea with possibly many more sites.

Thus far, blue mold has been confined to small areas in the field.

We are experiencing perfect weather for blue mold spread and growth. You should check your tobacco fields and spray them to protect noninfected tobacco plants.

Also, check the Pennsylvania

Blue Mold Hotline for updates. This year the toll-free number is (888) 632-8590.

#### To Wear Long Sleeves When Mixing Pesticides

Pesticide users can eliminate as much as 98 percent of their exposure by wearing long-sleeved shirts and chemically resistant gloves when mixing pesticides, according to Robert Anderson, Lancaster County extension agronomy agent.

Research shows the contamination that lands on the body during pesticide mixing and loading, 85 percent is on your hands and 13 percent is on your forearms.

Most applicators know the importance of wearing gloves when handling pesticides. However, use inspections have found that many applicators are not protecting their forearms.

The solution is simple. If you use pesticides, go to your closet and pull out a long-sleeved shirt that you can dedicate to pesticide handling. Place the shirt with the rest of your personal protective equipment. Wear it for pesticide handling. Wash it separately from the family laundry.

Check the label each time you use a pesticide. If you are handling products that bear a warning or danger signal word, wear chemically resistant forearm protectors over your long sleeves.

Always read and follow all the recommendations on the label.

#### To Keep Cows Cool

Dairy farmers know that nothing cuts milk production like a few days of 90-degrees-plus weather. Tunnel ventilation has helped to cut the hot weather milk slump dramatically.

However, when you turn on the fans, remember whom you are trying to keep cool.

Air will take the shortest route from the intake to the fan. Try to make that route pass over as many cows as possible.

Keep an eye on cows in the corner. They may be missing out on the tunnel ventilation. A few smaller overhead fans may help to improve these dead zones of air movement.

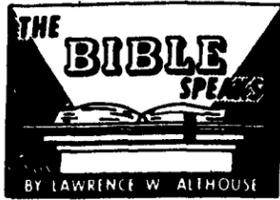
Cows' bodies are a heat furnace. Some farmers have tried to wet or mist their cows on hot days. If you are going to spray water on your cows, make sure you have some fans blowing across the cows. If you just wet the cows, you end up steaming them rather than cooling them.

Also, if you are going to wet cows, put enough water on to wet the skin, not just the hair coat. Cows obviously need plenty of water on hot days.

Keeping water bowls clean and fresh will encourage cows to drink more often.

*Feather Prof.'s Footnote: "No man should be allowed to be President who does not understand hogs or has not been around a manure pile."*

— Harry S. Truman



### UNCONSCIOUSLY RICH

Background Scripture: Ephesians 1.

Devotional Reading: Romans 1:8-17.

There is a story about a man who lived all his life in poverty.

Illegitimate by birth and an orphan since the age of three, he had no known family and no friends. Finally, dying in a charity hospital, he was visited by a lawyer who told him that he had been searching for him for 20 years. "For me?" the poor man gasped. "Yes," replied the lawyer, "your father was a prominent and wealthy man. Twenty years ago he realized he had made a grievous error in not acknowledging you as his son. Shortly before he died, he charged me to find you because he was leaving you his entire estate."

It was several moments before the dying man said, "Imagine that — for 20 years I've been a millionaire and I didn't know it!"

Many of us, like that man, are unconsciously rich. It is bad enough to live in poverty, but so much worse to be rich and not know it.

In the letter to the church at Ephesus, the author speaks of 'the riches of his grace which he lavished upon us' (1:7,8), and again of "the riches of his glorious inheritance in the saints" (1:18). It may be difficult for many of us to think of ourselves as having "... riches ... lavished upon us."

Unless we habitually count our blessings, we tend to evaluate our lives, not in terms of what we

have, but in terms of what we do not have. It is this focus that keeps us from realizing and enjoying what we do have — a priceless inheritance from God the Father.

#### A Plus Balance

Unlike the "unconscious millionaire," we do not have to be found by a messenger, for we already have heard the Good News of our inheritance. Even though our bank accounts may total zero and our credit card statements show a creeping indebtedness, we are still incredibly rich.

And what is this inheritance worth? Actually, God's bequest to you is immeasurable. Behind each of his many blessings there are so many zeros and commas that they run right off your balance sheet.

Whatever your indebtedness — monetary or moral — your inheritance from God always leaves you with a plus balance.

Ephesians spells out the specifics. Perhaps we fail to recognize the lavish riches because they utterly defy a dollar value. We can say "one billion dollars," but we cannot comprehend the meaning of it. Even less can we comprehend the riches of God's grace.

For example, how can we put a monetary value on the fact that God created us to enjoy this wealth of spiritual blessings? Ephesians says that God "chose us in him (Christ) before the foundation of the world that we should be holy and blameless before him. He destined us in love to be his sons through Jesus Christ . . ." (1:45). Unfortunately, this text has sometimes been misinterpreted to mean that some of us are destined by God to be saved, while other are destined to be damned.

But the writer neither says nor suggests that only some are des-

tined and not others. His implication is that all of us are destined to be saved and to be recipients of his inheritance.

A few verses later, the writer explicitly says that the plan of God is to "unite *all* (my italics) things in him, things in heaven and things on earth" (1:10). *All* things, not just some.

#### Predestined

All of us, then, are destined to have his redemption and forgiveness — although not all of us may accept that gift. Life is a mystery, but he means for us to understand that mystery, to realize that this purpose is to unite us with himself. "We...have been destined and appointed to live for the praise of his glory."

What is it all about? Why are we here? The answer: to live our lives so that God is glorified.

As we get older we realize just how short and fleeting is this life on earth. These brief years make sense only if we see them as our opportunity to glorify God. But with the task of glorifying God comes the means to accomplish it: "... you also ... were sealed with the promised Holy Spirit which is the guarantee of our inheritance until we acquire possession of it . . ." (1:14).

The more we realize this, the more we become consciously rich.

### Lancaster Farming

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—by—

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