

# news

for County Agents

MSC/2A27P  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

January 3, 1984

## COUNTY NEWS PACKET INDEX

A special 4-H news packet is part of this January issue. Please make sure that it gets to the person in your county who works with 4-H programs!

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Also enclosed are Public Service Announcements (PSA's) that you can use with local stations. You may also find them useful as newspaper column fillers.

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--more--

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

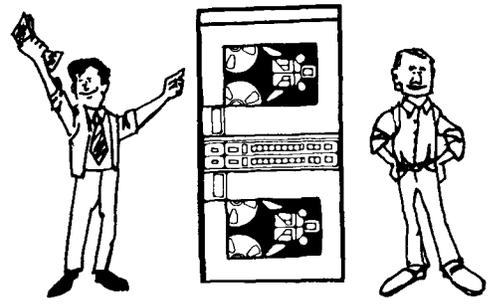
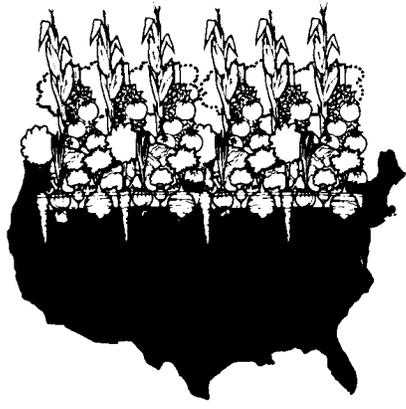
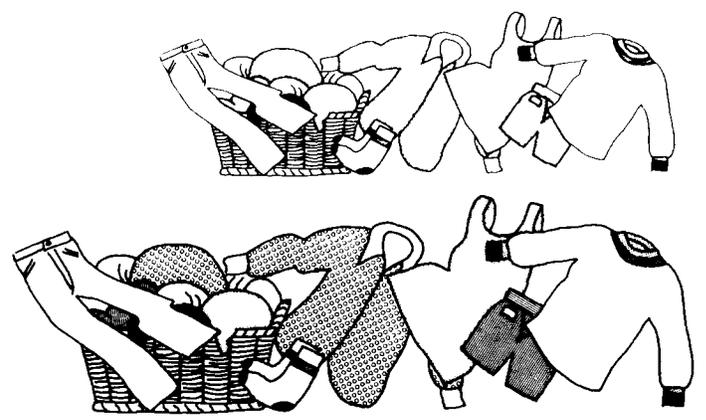
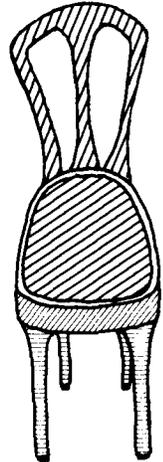
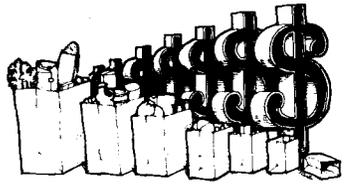
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Agents and specialists: Here is a list of releases that we sent out in weekly mailings during the past month. If you would like to receive any copies, check them and send this sheet with your name and address to Marilyn Masterman, 433 Coffey Hall.

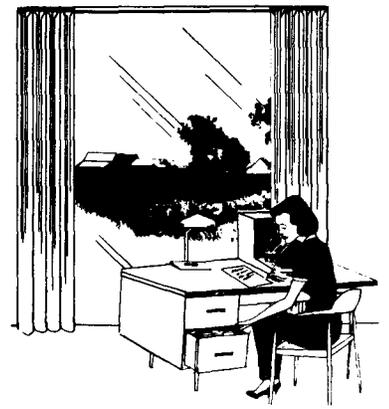
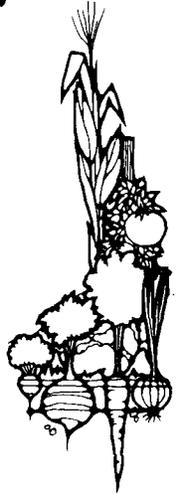
Metribuzin Susceptibility of Soybeans in Field & Hydroponic Culture  
Soil Moisture Effects on Glyphosate Absorption & Translocation in  
Common Milkweed  
Keep Tape Measure, Measurements Handy in Used Clothing Shopping  
Gerald Miller to Head North Central Weed Control Conference  
Food Poisoning Risk Increases During the Holidays  
Preston Mayor Tells Tourists to Take a Hike  
1984 Onsite Sewage Workshops Scheduled  
Bumper Crop of Minnesota-Grown Flowers Will Brighten the Holidays  
Edit Ordinances Carefully to Eliminate Ambiguities  
Correction to "Precautions Foil Insects"  
Bicycle Safety Conference Scheduled  
Check Snow on Farm Building Roofs  
Dairy Adjustment Bill to Be Discussed on Public TV

# clipart

**New Publications**  
University of Minnesota   
Agricultural Extension Service



**New Publications**  
University of Minnesota   
Agricultural Extension Service



JANUARY 1984



# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

December 22, 1983

To: County 4-H Extension Agents

FROM: Jon N. Groth  
Consulting Communicator/4-H

With this news packet, we are beginning a pilot project with 4-H news releases. Kathy Berg, a senior in Technical Communications, will be handling this project on a special internship in Communication Resources.

The attached four stories are the first of three special monthly packets. The second and third packets will be included in the regular monthly packets you will be receiving in late January and February.

Evaluation and possible continuation of this project will depend on your assistance. We would appreciate feedback and clippings demonstrating the use of the materials in the packets. We would also appreciate suggestions as to content of the releases or other topics you would like to see covered.

Enclosure

JNG/mjz

4-H.LTR

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# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

January 3, 1984

Source: National 4-H Council  
301/656-9000  
Editor: Kathy Berg  
612/376-7518

## MINNESOTA 4-H CLUB WINS GRANT

A multi-county 4-H legislative project has been selected to receive a 1984 Citizenship-in-Action grant, provided by Reader's Digest Foundation. The award is one of 37 in 22 states made to provide seed money for community projects.

The project, initiated in Anoka County, has been in existence for three years. It has now grown to cover 10 additional counties in the twin cities metropolitan area: Benton, Carver, Dakota, Hennepin, Ramsey, Scott, Sherburne, Stearns, Washington and Wright.

The club will use the \$250 grant to underwrite the costs of a five-month project. It is designed to help 4-H participants, 14-19 years of age, acquire a better understanding of the legislative system in order to become contributing, productive voters later. They will meet state government representatives to learn how their portion of government operates. In "mock" legislative sessions at the state capital they will work on committees and study possible bills on issues of concern to youth. The goal is not only to increase teenage awareness of the citizen's role in the decision-making process, but also to make the legislators more aware of problems youth consider important and help the

teenagers explore government-related career possibilities. The project, initiated in Anoka County, has been in existence for three years.

The grant will be matched by additional funds to be raised locally. Selection of 4-H groups to receive the grants was made by the Cooperative Extension Service. Awards are arranged by National 4-H Council.

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MNGRANT

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

January 3, 1984

Source: Jon Groth  
612/376-7518  
Writer: Jack Sperbeck  
612/373-0715

## \$50 MILLION CAMPAIGN LAUNCHED FOR 4-H

A five-year \$50 million campaign to double private support for 4-H has been announced by James L. Dutt, chairman of Beatrice Foods Co. and of the National 4-H Council Board of Trustees.

The campaign is a cooperative effort between state 4-H programs and National 4-H Council, a not-for-profit organization. It will not only build upon traditional support from the corporate community but also will seek expanded support from foundations and individuals. The 4-H program is the nation's largest out-of-school youth educational organization.

The youth program of the Cooperative Extension Service of state land-grant universities and the U.S. Department of Agriculture, 4-H has nearly five million members in every state, plus the District of Columbia, Puerto Rico, Guam, the Virgin Islands, American Samoa and Micronesia. These young people are led by a cadre of more than 620,000 volunteer leaders, backed by professional extension staff.

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\$50MILLION

Page 1 of 1

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

C-7

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# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

January 3, 1984

Source: Wayne Carlson  
612/373-0799  
Writer: Kathy Berg  
612/376-7518

## 4-H HELPS PEOPLE SEE

Vision education programs in 4-H offer learning through community service and international travel for young 4-H'ers.

The 4-H'ers learn through public presentations (youth-in-action demonstrations), which have been the most popular part of the programs. In this program, 4-H'ers develop vision-related demonstrations, sometimes with the help of a local optometrist or auxiliary member.

They present these demonstrations at county or state fairs by attracting an audience, then involving audience members in a vision education experience.

The National 4-H Council, with financial support from optometrists, has published a series of 18 activity guides for kids of all ages who want ideas for other local vision education activities and for demonstrations. The Minnesota Optometric Association (MOA) has purchased and delivered a set for about 60 percent of the counties in the state. If you have not received a set of guides, you may want to purchase a set from the National 4-H Council.

County vision screening programs have helped people both at home and abroad. 4-H and local optometrists cooperate to conduct a free vision screening program for the fair-going public. It is geared toward early detection of eye problems for those who rarely have their eyes tested.

4-H members also collect used eye glasses. Why used eyeglasses? Because VOSH (Volunteer Optometric Service to Humanity) depends on groups such as 4-H, Lions, Kiwanis, granges and churches to collect used glasses and then distributes them to needy people in the developing world. This is the international part of the program sponsored by 4-H, VOSH and the Minnesota Optometric Association Auxiliary.

Every year a 4-H member, 16 years or older, is invited to join a VOSH volunteer team on an eye care and eyeglass distribution trip to a developing country. Those competing for a position on the VOSH team will want some experience in vision education. Applications are due in county extension offices by Nov. 1 each year.

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VISIONED

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

January 2, 1983

Source: David Pace  
612/  
Writer: Kathy Berg  
612/376-7518

## SUMMER 1984 INTERNATIONAL 4-H EXCHANGE OUTBOUND PROGRAMS

If you are 12-19 years old and enrolled in 4-H, why not spend part of next summer learning about the 4-H organization of another country? Four-H International Exchange programs offer unlimited opportunities for learning a foreign language and culture by living with a 4-H host family and participating in their 4-H type programs. There are two such programs planned for this summer.

The International 4-H Youth Exchange (IFYE) Ambassador Program is a two to eight week summer group experience beginning in mid-June for youth 15-19 years of age. Participants are privileged to live with a family and become acquainted with another language and culture through a planned program led by qualified leader of the National 4-H Council and host youth organizations.

In 1984, you can choose from 15 different countries through the IFYE Ambassador opportunity. Six programs will focus on general cultural experiences with host families in either Canada, Costa Rica, Denmark, Mexico, Spain or Sweden. In addition, nine other programs have been planned to include a specific 4-H project focus especially for those interested in experiencing an international dimension of their 4-H project work in agriculture, environmental studies or home-economics.

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C-10

Each participant is responsible for all of his or her own expenses, including: passport, medical examination and immunizations, insurance, preparation costs and domestic travel. Delegates are also required to attend a weekend orientation session planned for the first or second week of March.

Beginning about July 20, 4-H'ers between the ages of 12 and 17 can spend a month in Japan. The Japan 4-H exchange is a two-way host family, cultural exchange coordinated by the Labo International Exchange Foundation and the Institute for Language Experience, Experiment and Exchange (LEX), both of Tokyo, Japan, and the Minnesota Agricultural Extension Service of the University of Minnesota. Four-H'ers are placed with host families, go to camp and spend several days in Tokyo. Once again, all expenses must be paid by the delegate. A day long orientation with parents and family will be held sometime in April.

Contact your county's extension office for an application and more detailed information on both IFYE Ambassador and Japan 4-H exchange programs. Applications are due to the State 4-H office no later than February 1, 1984.

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INTERNAT

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

January 3, 1984

Source: Lee Schultz  
612/373-0764  
Writer: Hank Drews  
612/373-1250

## FALLS ARE A MAJOR WINTER HAZARD

Help prevent winter falls by checking your own slip resistance. Mark items below that have never been a problem for you, advises Lee Schultz, safety specialist with the University of Minnesota, Agricultural Extension Service.

Recent studies have shown falls to be a major winter health hazard. For each item you check, score 10 percent for your "slip-resistance."

1. Stairs and other household trafficways are kept free of clutter and guests can easily move through unfamiliar rooms.
2. Outdoor steps, walks and porches are cleared of ice and snow within an hour of snowfall.
3. On icy surfaces wear comfortable slip-resistant shoes or boots, not footwear with hard, smooth soles.
4. All carpeting is secured and throw rugs have non-skid backing.
5. Use handrails when going up or down stairs.
6. Avoid toe-stubs and trips by turning on lights to see where you are going.
7. Watch out for pets underfoot or small children and their toys.
8. Use step-ladders or step stools with hand rails, not chairs or other makeshift climbing devices.

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C-12

9. Wipe up spills without delay. Ask people to remove wet or muddy footwear when entering the house.

10. Use extra caution and the aid of others when you are unsteady because of a health problem.

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FALLSAREA

# news



for County Agents

Living Resourcefully  
File IX C

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

January 3, 1984

Source: Harold Alexander  
612/373-0931  
Writer: Deedee Nagy  
612/373-1781

## MAKING DO WITH LESS SPACE REQUIRES DECORATING FINESSE

Wide open spaces may be vanishing as fast from American homes as they are from the American frontier. Harold Alexander, interior design and furnishings specialist with the University of Minnesota's Agricultural Extension Service, says that even today's so called luxury homes often have no more space than the most ordinary homes built 50 years ago.

"Gone are the 30-foot-long living rooms, separate dining rooms and nine or ten foot ceilings," Alexander says. "And yet, we still demand a sense of space and luxury. Obtaining this 'feel' from our smaller spaces can be a real decorating challenge."

He suggests that redesigning and reusing space may be one option. Sometimes walls can be removed to create fewer but larger spaces. Low walls or partitions can define space without destroying an open, airy atmosphere. In other cases when ceiling height permits, platforms can set one area apart from another. Mirrored walls are frequently used to double the visual space in a room.

Furnishings also create a feeling of space. Alexander says painting walls and ceilings in monochrome hues will minimize faults and visually enlarge space. Furniture for small rooms should be kept to a minimum. It should also blend with the background and serve more than one function whenever possible.

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C-14

He suggests that it's a mistake to have all the furniture for a small room be small in scale. "This creates a 'dollhouse' look. Instead, use a few larger pieces of furniture along with medium and small pieces. The larger pieces will give the space a sense of importance and focus," Alexander adds.

Large paintings can also create a sense of scale in a small room. Alexander says paintings with "space" in them are particularly useful. Large airy landscapes and abstract paintings that express spatial relationships can open up a small space. Even color choice can play a role. Light tones give the feeling of more space than dark tones. Blue and green are more spatial than red, orange and brown, for example.

A tip for remodelers is to consider using sliding or folding doors rather than conventional hinged ones. Alexander says, "The space required to open a door, multiplied by the number of doors in a home, can add a great deal of essentially non-usable space to a home."

For other space expanding ideas, ask for HE-F0-0426, "Living in Smaller Spaces," at your county Agricultural Extension Service office.

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SPACE.HA

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

January 3, 1984

Source: Joanne Slavin  
612/376-8748

Writer: Deedee Nagy  
612/373-1781

## EXTENSION SERVICE BEGINS 'FOOD AND FITNESS' CAMPAIGN

A year-long campaign designed to emphasize the bounty of America's agriculture as well as the importance of eating and exercising properly is now underway. Taking the lead nationwide is the Agricultural Extension Service.

John R. Block, head of the U.S. Department of Agriculture, kicked off the Food and Fitness campaign by saying, "We produce the food necessary to provide good nutrition, and we have the opportunity and knowledge to achieve and maintain personal fitness through sports and exercise. With these needs fulfilled, our health as individuals and as a nation is strengthened."

The Minnesota Agricultural Extension Service and the \_\_\_\_\_ County extension staff will be cooperating in the food and fitness emphasis by stressing topics related to nutrition and fitness in some of the coming year's educational programs. There will also be newspaper columns, radio and TV programs, publications, 4-H projects and other activities, according to Joanne Slavin, extension nutritionist at the University of Minnesota.

Two youth-oriented activities during Food and Fitness year will be an essay contest, open to young people ages 13 to 18, and a poster contest for

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C-16

elementary school-age youngsters. Local, state and national winners will be selected and prizes awarded. County extension service offices will coordinate the contests in their communities and will publicize details of the competition as they take shape.

# # #

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FOOD.DN

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

January 3, 1984

Source: Cherilyn Nelson  
612/376-1536

Writer: Deedee Nagy  
612/373-1781

## PROTECT CREPE'S LUXURY BY CARING FOR IT PROPERLY

Crepe, a fabric with a characteristic crinkled surface, is a popular fabric for dressy occasions, but unless cared for properly it can be difficult to maintain crepe's original appearance, according to Cherilyn Nelson, textiles and clothing specialist with the University of Minnesota's Agricultural Extension Service.

She says that crepe is susceptible to shrinkage because it is woven of tightly twisted yarns. "Crepe fabrics are not always adequately 'relaxed' prior to garment construction," Nelson says. "Because of this, they can undergo relaxation shrinkage during cleaning. Sometimes, the fabric can be restored to its original size by professional finishing, but it isn't always possible."

In addition to shrinkage during cleaning, Nelson says crepe can shrink in areas that have become wet. This is common in underarm areas or where spills have occurred. Such localized shrinkage can usually be corrected by letting the fabric dry, softening it with steam and stretching it carefully.

She adds that washing is seldom recommended for crepe, but most such fabrics should be adequately preshrunk to withstand dry cleaning without undue shrinking. Occasionally, a garment of crepe or any other fabric will shrink unevenly. Nelson says this is caused when one set of yarns going into a fabric

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C-18

is not preshrunk as completely as the other yarns. When such a garment is cleaned, noticeable rippling or puckering may occur.

Nelson says that this damage is permanent and beyond the control of the dry cleaner. The fault lies with the fabric manufacturer who could have prevented the problem by totally relaxing all the yarns before incorporating them into a fabric.

# # #

CP

CREPE.DN

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

January 3, 1984

Source: Harold Alexander  
612/373-0931

Writer: Deedee Nagy  
612/373-1781

## REFINISHING MAY DEVALUE SOME OLD FURNITURE

Don't be too quick to open a can of paint remover in your efforts to "restore" old furniture. Harold Alexander, interior design and furnishings specialist with the University of Minnesota's Agricultural Extension Service, says much too often furniture's value is diminished by a shiny new finish.

He says genuine antiques and even non-antique collectible pieces often command higher prices if their original finishes are left intact. Efforts to remove stains, dents and scratches may make the items unacceptable to collectors who appreciate the time-worn character of old furniture.

"For lovers of antique and primitive furniture, the wood grain showing through at points of wear as well as the nicks, dents and scratches here and there add to the depth and beauty of the surface," Alexander says. Antique shops often sell furniture with its original finish for higher prices than pieces that have been restored no matter how well the refinishing was done.

He advises consumers to consider the use they expect to put the furniture to. If it is a piece you will use for years in your home and the original finish is the wrong color or is unacceptably marred, refinishing may be the only way to make it usable. If, however, you plan to refinish a piece to ready it for resale or to increase the value of your investment, hold off on the paint remover, Alexander concludes.

CP

# # #

REFINISH.HA

Page 1 of 1

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C-20

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# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

January 3, 1984

Source: Cherilyn Nelson  
612/376-1536

Writer: Deedee Nagy  
612/373-1781

## BEADED, SEQUINED GARMENTS REQUIRE EXTRA CARE

For all their beauty and sparkle, beaded and sequined garments do require special handling and cleaning to keep them lovely, according to Cherilyn Nelson, textiles and clothing specialist with the University of Minnesota's Agricultural Extension Service.

She recommends storing such garments flat in a drawer or box where air can circulate around them. Hanging them can stretch the base fabric because of the weight of the beads. It can also cause ripped or split seams.

She does not recommend storing beaded garments in plastic bags because over a long period of time, the bags can give off chemicals that could discolor the beads or sequins. Humidity collecting inside the bag can also damage both the fabric and the beads. If garments are to be stored for a long period, Nelson suggests using boxes or drawers lined with unbleached muslin that has been washed several times to remove the sizing. This will keep the fabric from contacting chemicals in the wood or cardboard that could destroy it.

If your beaded garment has a care label or came with cleaning instructions, follow them precisely, Nelson cautions. Some beads and sequins can be dissolved by petroleum dry cleaning solvents; coin-operated dry cleaning should be avoided because the consumer does not know what type of solvent is used. Water and steam can also damage some beads.

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University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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If you plan to buy a beaded or sequined garment, look for one where the beads are sewn on rather than glued. Nelson also recommends looking for stitching that is securely anchored between beads so they will not come loose if a thread breaks.

# # #

CP

BEADSCN

# news



LIVING  
RESOURCEFULLY

Living Resourcefully  
File 1C

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

January 3, 1984

Source: Cherilyn Nelson  
612/376-1536  
Writer: Deedee Nagy  
612/373-1781

## USE FABRIC SOFTENER PROPERLY TO AVOID BUILD-UP, STAINS

Fabric softener can be a blessing in keeping clothes soft, wrinkle-resistant and static-free, but if it is used carelessly or excessively, it can stain your garments.

Cherilyn Nelson, textiles and clothing specialist with the University of Minnesota's Agricultural Extension Service, explains that there are basically three types of fabric softeners. Liquid concentrates are chemically incompatible with detergents so they are added during the rinse cycle in an automatic machine. Another popular type is the fabric softener sheet that is added to the dryer. Recently, a third type has been developed that is a detergent with the softener incorporated into the formula. Nelson says these are formulated so the detergent does not deactivate the softener.

She adds that fabric softener will build up on the surface of fabric if not removed each time fabric is laundered. This build-up can interfere with fabric absorbency. It also attracts oily soil in later washings, leading to a grayed appearance for the garment.

Fabric softener sheets sometimes stick to clothes in the dryer. This results in uneven distribution of the softening agent, which in turn attracts soil to give a stained appearance. Accumulated fabric softener can also turn yellow from dryer heat, Nelson notes.

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University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

C-23

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To eliminate most problems with fabric softener, Nelson suggests leaving softener out every third or fourth wash load. She also cautions consumers to use only the recommended amount of softener and to use enough detergent to remove fabric softeners in the wash cycle and prevent build-up.

"Don't use dryer sheets in large loads where the clothes and the fabric softening sheet can't tumble freely," she adds. "If stains show up after drying or washing and you can find no other cause, they may be from the softener. Washing with detergent in water as hot as the fabric can stand should remove the stains."

# # #

CP

SOFTENER

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

January 3, 1984

Source: Joanne Slavin  
612/376-8748

Writer: Deedee Nagy  
612/373-1781

## ESSAY CONTEST WANTS YOUR THOUGHTS ON FOOD, AGRICULTURE

"Food: America's Growth Industry" is the theme of a nationwide essay contest being sponsored by the Agricultural Extension Service of the U.S. Department of Agriculture. The contest is open to youth ages 13 to 18 and winners on the community, county, state and national levels will receive certificates, medals, plaques and trips to Washington, D.C.

National winners will be selected in each of three age categories (ages as of Feb. 1, 1984): 13 to 14 years, 15 to 16 years and 17 to 18 years. The deadline for submitting a 500 word (maximum) essay to the \_\_\_\_\_ county Agricultural Extension Service office is February 1.

According to \_\_\_\_\_ (agent's name) \_\_\_\_\_, \_\_\_\_\_ (county) county extension agent, the contest is designed to encourage youth to demonstrate creative writing abilities and to practice research and interviewing skills while developing a greater understanding of how food relates to physical and emotional well-being.

The theme stresses the vitality and importance of the U.S. agricultural system as it ties into the world's food supply. "American agriculture is the nation's largest employer," says \_\_\_\_\_ (agent's last name) \_\_\_\_\_. "About 22 percent of America's labor force works in some phase of agriculture. As agriculture continues to grow, the nation will grow."

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C-25



# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

January 3, 1984

Source: Cherilyn Nelson  
612/376-1536  
Writer: Deedee Nagy  
612/373-1781

## SHOCKED? THERE ARE WAYS TO KEEP SPARKS FROM FLYING

Of course, it could be your electric personality. But chances are the sparks that fly from your fingertips are the result of static electricity in the textile fibers around you.

Cherilyn Nelson, textiles and clothing specialist with the University of Minnesota's Agricultural Extension Service, says the static that is such a part of winter is caused by two different materials being rubbed together and then separated. Walking across carpet generates an electrical charge in your body as your shoes rub and then separate from the floor. When you touch a metal object that electrical energy gets discharged in the form of a spark.

That same electrical energy causes clothing to cling to the body. Sparks fly when clothes are removed and fabrics attract soil and lint readily. The creation of sparks can be a potential hazard if they occur in the presence of flammable vapors.

Nelson says different fibers produce static electricity in varying amounts. More absorbent fibers such as cotton and rayon are less prone to produce static; wool and silk will produce some static, while synthetics are excellent static producers. Humidity also plays a role. Water is a good conductor of electricity so when the air is humid, electrical charges don't build up enough to cause a shock.

She says while it is not possible to totally prevent static formation, there are ways to control static charges in textiles.

\*Keep air temperature and relative humidity at a level where electrical charges do not build up. Nelson warns, however, that too high relative humidities in homes can create serious condensation problems.

\*To temporarily control static, antistatic sprays or fabric softeners that absorb and retain moisture can be helpful. Antistatic finishes applied by the fabric manufacturer may be durable to cleaning in some cases and provide permanent static control.

\*Metallic strips can be woven into carpets to remove static build-up.

\*Some fiber manufacturers, particularly of nylon, have chemically modified their fibers to be more static resistant. This antistatic property will remain for the life of the fiber. Some trade names of such fibers include Du Pont's Antron III, Monsanto's Ultron and Badische's Zefstat.

# # #

CP

STATICCN

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

January 3, 1984

Source: Dottie Goss  
612/373-0914  
Writer: Deedee Nagy  
612/373-1781

## RANKS OF WOMEN COLLEGE GRADS EXPANDING

One out of every five working women between ages 25 and 64 is a college graduate today compared with one out of eight only a decade ago. Dottie Goss, family resource management specialist with the University of Minnesota's Agricultural Extension Service, says women of the post-World War II "baby boom" are largely responsible for this shift. These women, now between the ages of 25 and 34 attended college and graduate school in record numbers.

Goss says college-educated women are more apt to stay in the work force than those with less education. According to statistics from the U.S. Department of Labor, more than three-fourths of all women college graduates are employed compared with 63 percent of high school graduates and 44 percent of school dropouts.

About seven out of ten of college-educated women are in managerial and professional specialty occupations. This is at least double the rate for women who attended college but did not earn a degree and is nearly eight times the rate for women with only a high school diploma.

Goss says that women still tend to be clustered in traditionally female-dominated professions including teaching and health care. The percentages of women in previously male-intensive professions is increasing,

Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

C-29

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however. Ten years ago, four percent of lawyers and judges were women while the figure today is 15 percent. Fifteen percent of physicians are women, compared to 10 percent in 1972.

CP

# # #

GRADSDG

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

January 3, 1984

Source: Dottie Goss  
612/373-0914  
Writer: Deedee Nagy  
612/373-1781

## GOOD NEWS FOR CONSUMERS: FOOD PRICE HIKES TO BE SMALL

For the eighth time in the last nine years, food prices have risen less than the general inflation rate. In 1983, food prices rose about two percent, making the year's price hike the smallest since the 1960s, according to Ralph Parlett of the Economic Research Service of the U.S. Department of Agriculture. Speaking at the 1984 Agricultural Outlook Conference, Parlett predicted that food prices for 1984 will rise between 4 and 7 percent over the 1983 mark.

Reasons for the slightly greater increase in 1984 include increased marketing costs and stronger consumer demand fueled by higher incomes. This summer's drought also is blamed for some of the anticipated price increases. Consumers will notice higher prices for beef and pork by next summer, Parlett predicts.

A healthier economy boosts food sales, Parlett says. The increases are less noticeable for food, however, than they are for housing and other consumer goods. With more money in their pockets, "consumers might be willing to buy more food, and could possibly be willing to buy higher priced foods, particularly meats," he adds. He foresees sharply higher meat prices late in 1984 with the biggest increases coming for pork. If, as usually happens, consumers turn from costly beef and pork to more economical poultry and seafood, their prices will jump too.

Page 1 of 2

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C-31

A small potato harvest this year will result in higher vegetable prices for 1984. Small orange and apple crops will nudge the prices for fresh fruit, but the Florida orange crop, used primarily for frozen orange juice, is expected to be bountiful this winter. This should hold the line on juice prices.

Other food items that are expected to rise at about the same rate as general food prices include eggs, fats and oils, sugar, cereal and bakery items and nonalcoholic beverages.

# # #

CP

PARLETT

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

January 3, 1984

Source: Dottie Goss  
612/373-0914

Writer: Deedee Nagy  
612/373-1781

## **ECONOMY ON REBOUND, FUELED BY DEMOGRAPHICS, PENT-UP DEMAND**

Look for steady -- and welcome -- growth in consumer spending for the coming year or more. This is the prediction of Edward Friedman of Chase Econometrics, a speaker at the 1984 Agricultural Outlook Conference sponsored by the U.S. Department of Agriculture in Washington, D.C.

He says the economic recovery ahead will largely be a by-product of the aging "baby boom generation" (adults ages 25 to 35) and pent-up demand for cars, appliances and other durable goods that consumers hesitated to buy during the recession.

Housing is a key element of the economic recovery, Friedman says. The easing of mortgage rates will cause a rapid surge in housing starts and home sales, accompanied by demand for appliances and furnishings. Because so many adults in the baby boom age group are part of two-earner households with above-average incomes, consumer spending is likely to stay strong.

He also foresees some trading-off between demand for autos and household items. "Should (home) prices accelerate once again, many consumers will be priced out of the market. This would encourage more auto purchases as many families decide to continue paying rent or remain in their existing homes," Friedman predicts. "High home payments for current home owners and purchases of appliances and furniture may depress demand for autos and other durables, including electronics."

Spending for medical care and recreation also will take a spurt as incomes rise, but food and other non-durable purchases will grow slowly because they depend more on the number of consumers than on their income levels. For the rest of this decade, the winners in the race for consumers' dollars will include manufacturers of audio and video electronics, sporting goods, toys and telephone and telegraph suppliers. Airlines and the hotel and restaurant industry can expect to cash in on our yearning for travel and convenience, Friedman suggests.

# # #

CP

FRIEDMAN

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December 1, 1983

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PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

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ANNOUNCER;  
30 SECONDS

SWINE BREEDERS CAN MAKE MORE MONEY BY EMPHASIZING  
PRODUCTIVITY TRAITS. SOW PRODUCTIVITY SHOULD  
INCLUDE THE SOW'S ABILITY TO FARROW A LARGE  
NUMBER OF LIVE PIGS, PRODUCE ENOUGH MILK TO NURSE  
THEM, HAVE FAST GROWING PIGS, AND REPRODUCE  
REGULARLY OVER A NUMBER OF YEARS. RESEARCH HAS  
SHOWN THAT AN INDEX USING TWO TRAITS--NUMBER OF  
LIVE PIGS FARROWED AND MILKING ABILITY OF THE  
SOW, CAN EFFECTIVELY ESTIMATE THE SOW'S BREEDING  
VALUE. THIS MESSAGE IS BROUGHT TO YOU BY YOUR  
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MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.

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PUBLIC SERVICE ANNOUNCEMENT

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ANNOUNCER;  
30 SECONDS

DAIRY FARMERS CAN SAVE SOME MONEY BY USING HIGH MOISTURE CORN OR BARLEY AS STARTER GRAIN FOR YOUNG DAIRY CALVES. UNIVERSITY OF MINNESOTA AGRICULTURAL EXPERIMENT STATION RESEARCH SHOWS THAT HIGH MOISTURE GRAIN CAN COMPARE FAVORABLY WITH DRY GRAIN. STARTERS WITH HIGH-MOISTURE BARLEY REQUIRED 10 PERCENT SOYBEAN MEAL AND STARTER WITH HIGH-MOISTURE CORN REQUIRED 20 PERCENT SOYBEAN MEAL AS A PERCENT OF THE TOTAL STARTER TO ACHIEVE 16 PERCENT CRUDE PROTEIN. THIS MESSAGE IS BROUGHT TO YOU BY YOUR ----- COUNTY OFFICE OF THE UNIVERSITY OF MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.

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ANNOUNCER;  
30 SECONDS

HOME FIRES HURT AND KILL THOUSANDS OF AMERICANS  
EACH YEAR. HERE ARE FOUR TIPS FROM THE NATIONAL  
SAFETY COUNCIL FOR THIS HEATING SEASON. KEEP  
UNNECESSARY FLAMMABLE MATERIALS OUT OF YOUR HOME.  
EQUIP YOUR HOME WITH FIRE EXTINGUISHERS. INSTALL  
SMOKE DETECTORS OUTSIDE YOUR BEDROOMS HIGH ON  
WALLS OR CEILINGS. DEVELOP A HOME FIRE ESCAPE  
PLAN WITH RESPONSIBILITIES FOR EVERY MEMBER OF  
THE FAMILY. THIS MESSAGE FOR YOUR SAFETY IS  
BROUGHT TO YOU BY YOUR ----- COUNTY OFFICE OF  
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ANNOUNCER;  
30 SECONDS

OF COURSE, IT COULD BE YOUR ELECTRIC PERSONALITY.  
BUT CHANCES ARE THE SPARKS THAT FLY FROM YOUR  
FINGERTIPS ARE THE RESULT OF STATIC ELECTRICITY IN  
THE TEXTILE FIBERS AROUND YOU. IT'S A COMMON  
WINTER PROBLEM. WHILE IT IS NOT POSSIBLE TO  
TOTATLLY PREVENT STATIC FORMATION, IT HELPS TO  
KEEP AIR TEMPERATURE AND RELATIVE HIMIDITY AT A  
LEVEL WHERE ELECTRICAL CHARGES DO NOT BUILD UP.  
THIS MESSAGE IS BROUGHT TO YOU BY YOUR -----  
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ANNOUNCER;  
30 SECONDS

THIS IS THE TIME OF THE YEAR WHEN MANY POEPL E ARE  
SURPRISED TO FIND INSECTS IN STORED FOOD  
PRODUCTS. IT'S MOST COMMON TO FIND THEM IN FOODS  
LIKE FLOUR, DRIED FRUIT, AND RICE. INSECT  
INFESTATIONS ARE NOT RELATED TO THE AGE OF THE  
FOOD. WHAT MATTERS IS THE TYPE OF CONTAINER THE  
FOOD IS STORED IN; INSECTS CANNOT PENETRATE  
GLASS, METAL OR HEAVY-PLASTIC CONTAINERS WITH  
TIGHT-FITTING LIDS. INFESTED FOOD CAN BE  
DISINFESTED BY FREEZING FOR AT LEAST FOUR DAYS.  
THIS MESSAGE IS BROUGHT TO YOUR BY YOUR -----  
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December 1, 1983

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30 SECONDS

THERE'S SOMETHING VERY SPECIAL ABOUT -----  
COUNTY. DID YOU KNOW THAT THERE ARE -----YOUNG  
PEOPLE AND ----- ADULTS WHO ARE WORKING TOGETHER  
TO BECOME BETTER, MORE ACTIVE CITIZENS, WHO ENJOY  
GETTING TOGETHER FOR A GOOD TIME, AND WHO ARE  
TEACHING AND LEARNING WITH EACH OTHER ALL YEAR  
'ROUND? THEY'RE 4-H MEMBERS AND VOLUNTEERS AND  
THEY COME IN ALL SIZES, SHAPES AND AGES. WHY NOT  
JOIN THEM? 4-H IS THE BEST WAY I KNOW TO LEARN  
SKILLS TO USE A LIFETIME AND HAVE FUN, TOO.  
CALL----- AND GET INTO 4-H.

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December 1, 1983

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ANNOUNCER;  
30 SECONDS

YOU'RE NEVER TOO OLD TO LEARN,. JUST ASK A 4-H  
VOLUNTEER. WHILE 4-H YOUNG PEOPLE ARE LEARNING  
LIFE SKILLS, LEADERSHIP, AND HOW TO BE THE BEST  
THEY CAN BE, 4-H VOLUNTEERS ARE LEARNING TOO.  
THEY'RE LEARNING THAT THE THINGS THEY KNOW ARE  
VALUABLE TO YOUNG POPLE, AND THAT THEY HAVE  
SOMETHING SPECIAL TO CONTRIBUTE TO THEIR  
COMMUNITY'S FUTURE. CALL ----- AND BECOME A  
4-H VOLUNTEER.

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December 1, 1983

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ANNOUNCER;  
30 SECONDS

FABRIC SOFTENER CAN BE A BLESSING IN KEEPING  
CLOTHES SOFT, WRINKLE RESISTANT AND STATIC-FREE,  
BUT IF IT IS USED CARELESSLY OR EXCESSIVELY, IT  
CAN STAIN YOUR GARMENTS. FABRIC SOFTENER WILL  
BUILD UP ON THE SURFACE OF FABRIC IF NOT REMOVED  
EACH TIME FABRIC IS LAUNDERED. THIS CAN  
INTERFERE WITH FABRIC ABSORBENCY. IT ALSO  
ATTRACTS OILY SOIL IN LATER WASHINGS. THIS  
MESSAGE IS BROUGHT TO YOU BY YOUR ----- COUNTY  
OFFICE OF THE UNIVERSITY OF MINNEOSOTA'S  
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# news

MSC 19 A27p  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

January 3, 1983

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Specialists: If you would like copies of the above releases, check which ones you want and send this cover sheet with your name and address to Marilyn Masterman, 433 Coffey Hall.

MP

M-1

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# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

January 3, 1984

Source: Dottie Goss  
612/373-0914  
Writer: Deedee Nagy  
612/373-1781

## PERCENTAGE OF WOMEN FARM OPERATORS INCREASING

Although the number of U.S. farms is decreasing steadily, the proportion of them that are either operated or managed by women is increasing. Dottie Goss, family resource management specialist with the University of Minnesota's Agricultural Extension Service, says that between 1950 and the present, the number of farm managers or operators who are women has risen from 2.7 percent of the total to more than 5 percent of the total. About one farm in 20 is either solely or primarily operated by a woman.

Goss adds that even with this increase, the number is still understated. This is because census data provide information on only one person per farm. In a husband and wife farming arrangement, the husband is usually counted as the operator and his spouse/partner is not credited for her contributions.

In Minnesota, the percentage of women farm operators is slightly less than the national average of 5.2 percent. Goss says this is typical of the midwestern states because grain and dairy operations are more likely to be operated by men. The southeastern states have the highest percentages of women farm operators.

Nationally, women operate only about four percent of all U.S. farmland. Their farms average 285 acres compared with 423 acres for men. A 1980 survey showed that a greater proportion of women than men inherited their farmland,

often from their husbands' estates. Nearly half of women farm operators are widowed compared with just two percent of men.

Women farm operators usually are older than their male counterparts. They also tend to earn less income from their farming efforts, Goss adds.

# # #

MP, 4HE 1 & 2

FARMOPDG

Source: Dottie Goss  
612/373-0914  
Writer: Deedee Nagy  
612/373-1781

## HOW DO FARM WOMEN CLASSIFY THEMSELVES?

Although many farm wives work tirelessly to help keep their family operations profitable, only a small percentage actually classify themselves as farmers. Dottie Goss, family resource management specialist with the University of Minnesota's Agricultural Extension Service, says this underreporting is a disservice to farm women, and it could have economic implications for them.

Information gathered in 1980 about the previous year's tax returns showed that 60 percent of farm women reported themselves as wives, mothers or homemakers. Only five percent stated they were farm wives and four percent listed themselves as farmers or ranchers. About one-third reported that they were employed off the farm. The remaining farm women did not recall how they listed themselves.

Most farm women were married, but those who listed themselves as farmers were the least likely to be married (76 percent compared to 98 percent or more for self-defined homemakers or farm wives). Those who listed themselves as farmers tended to be older and better educated than the women who classified themselves differently. The ranks of women farmers also included many more widows than the categories of homemaker or farm wife.

Goss adds that among the women surveyed, a majority said they could operate the farm on their own if something happened to their husbands, but few reported

that land deeds or other farm business documents carry their names as well as that of their husbands.

Regardless of how they listed themselves for tax purposes, the survey found that half or more of farm women operate farm equipment regularly. More of the women who called themselves farmers said they applied fertilizer and herbicides than did homemakers and farm wives. But even in those categories, half or more said they helped with harvesting and were involved with farm bookkeeping.

Goss suggests that farm women may want to investigate the possible advantages of changing the way they list themselves on tax and other business documents. "Although a change from 'farm wife' or 'homemaker' to a salary earning 'farmer' status might not affect unemployment benefits, workmen's compensation or inheritance of the farm, it could have some tax benefits depending on how the farm business is set up."

She cautions that changes from unpaid farm worker status to income-earning status should be done only on the advice of an attorney or tax specialist. In some cases, it could shift additional costs to the farm. In general, the splitting of income between spouses must be based on documented contributions by each person.

# # #

MP, 4HE 1 & 2

WOMENDG

January 3, 1983

Source: Dottie Goss  
612/373-0914  
Writer: Deedee Nagy  
612/373-1781

## CONSIDER TAX, SOCIAL SECURITY SITUATION IN PAYING FAMILY WORKERS

Farm business decisions have so many financial repercussions they shouldn't be made without expert advice, according to Dottie Goss, family resource management specialist with the University of Minnesota's Agricultural Extension Service. One question that probably should be discussed with a lawyer or business advisor is whether paying a salary to the farm wife for her work is wise.

Goss adds that many farm women contribute heavily to a farm's success without receiving either salary, tax or Social Security consideration for their contributions. Depending on whether the farm business is set up as a sole proprietorship, a partnership or a corporation, the wisdom of dividing income between spouses will vary.

For example, Social Security is extended to farmers under a self employment tax. In 1983, on a farm that is a sole proprietorship, the spouse who is the owner and operator of the farm will pay the 9.35 percent tax on his or her income but no tax is paid on the other spouse's income. This can sometimes reduce a couple's tax burden. In a corporation, however, a farm wife who is paid wages for her work must have Social Security contributions withheld at the rate of 6.7 percent and then that must be matched by the corporation as her employer for a combined contribution of 13.40 percent. In a family-held (only)

partnership, Social Security contributions are not required on income paid to a spouse.

Goss says this is only one example of the complicated dilemma that tax laws create. "Farm families need to keep abreast of changes in maximum earnings base increases and tax rate increases," she adds. "Laws change often so what was advantageous a year ago may not be now."

In addition to computing their actual tax load, farm couples should consider other benefits that might be open to a wage-earning spouse on the farm. A farm wife may, for example, wish to open an individual retirement account to defer taxes on income until a later date. She might also wish to take advantage of the tax credit for child care. A farm woman who classifies herself as a homemaker and draws no wages from the farm cannot deduct for child care while she works on the farm. However, if she is self-employed or employed by the farm, she may be able to get tax credit for day care or babysitter fees.

Although it isn't pleasant to think about, the economic value of the farm woman's work may be important to prove in the case of divorce or accidental death. If a woman has been paid a salary for her work, this contribution is easier to prove and is more likely to hold up in court, Goss says.

Although data are sketchy because so few farm women are paid for their on-farm work, latest studies show that half of female farm workers earn less than \$2,000 a year. Goss concludes, "Considering the hours that many farm wives spend in farm work, a median annual earnings of \$2,000 certainly doesn't reflect the dollar value of those contributions."

# # #

MP, 4HE 1 & 2

TAXESDG

# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

January 3, 1984

Source: George Marx  
218/281-6510  
Writer: Jack Sperbeck  
612/373-0715

## HIGH MOISTURE GRAIN CAN BE USED IN CALF STARTERS

Dairy farmers can save some money by using high moisture corn or barley as starter grain for young dairy calves.

"High moisture grain compared favorably with dry grain in our experiments," says George Marx, dairy scientist with the University of Minnesota's Agricultural Experiment Station at Crookston.

The experiments involved both weaned and non-weaned Holstein calves fed either dry or high-moisture grain. All starters were balanced for protein with soybean meal to 16 percent crude protein. Trace mineral salt and dicalcium phosphate were added to balance mineral requirements along with vitamins.

The nutrient balanced, high-moisture and dry starter was offered fresh daily and was available free choice. Both pre-weaned and weaned calves had free access to water.

"Our trials were divided into two periods," Marx says, "a pre-weaned period of 28 days and a post-weaned period of 20 weeks." During the first four weeks of the trial, the calves received four quarts of whole milk daily divided among two feedings. Alfalfa haylage was added to the diet immediately after the calves were weaned.

Starters with high-moisture barley required 10 percent soybean meal and the starter with high moisture corn required 20 percent soybean meal as a percentage of the total starter to achieve 16 percent crude protein. The dry grain was coarse ground and the high-moisture grain was rolled before mixing with the protein and mineral supplement.

Marx says both high-moisture barley and high-moisture corn were acceptable and palatable when balanced with protein, mineral and vitamins for calves starting at three days of age. Growth rates and weight gains were satisfactory, and there were no unusual health or nutritional problems observed from feeding high moisture grain to calves.

# # #

MP, 4D

marxhm

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# # #

MP, 4D

marxhm

January 3, 1984

Source: G. Edward Schuh  
612/373-0945  
Writer: Jack Sperbeck  
612/373-0715

## LARGEST TRADE POTENTIAL WITH LESSER DEVELOPED COUNTRIES

"Middle income" lesser developed countries offer the best potential for increased sales of U.S. agricultural products, according to G. Edward Schuh, head of the University of Minnesota's Department of Agricultural and Applied Economics.

Examples of such countries include South Korea, Taiwan, Mexico, Brazil and the ASEAN countries of the Pacific Basin. Middle income, rapidly growing countries such as these were major takers of our agricultural products in the 1970s, Schuh says.

"It's important for us to help countries like these improve their economies so they can afford to buy our farm products," he says. "I don't mean just giving them aid. What we need to do is be willing to import more of their labor-intensive products so they can use that income to pay for our farm products."

Helping these countries to develop their agriculture has considerable payoff as well, Schuh says, since it is the key to more rapid growth for them. "Even though their agricultural output grows, they may still be strong markets for us.

"If incomes and population growth in lesser developed countries increase faster than their farm production, there's more trade potential for us."

###

MP

Schuhldc

January 3, 1984

Source: Hal Everett  
612/376-2977  
Writer: Jack Sperbeck  
612/373-0715

## MEAT CONSUMPTION TRENDS

Diet Changes? Are "diet scares" and other factors going to change consumption patterns for meat? There's lots of talk about this in livestock circles, but it's too early to tell, says Hal Everett, economist with the University of Minnesota's Agricultural Extension Service.

Everett says there's speculation that consumers may change their diet preferences away from red meats to fish and poultry. "If this happens, it will be a big factor for livestock farmers in the next 20 to 30 years. But no one knows if this is going to happen," he says.

# # #

Beef Cycle Changing? The beef cycle may peak in 1986 or 1987, but the cycle may shorten due to more farmers being forced out of beef production. "We may have a short beef cycle this time," says Hal Everett, economist with the University of Minnesota's Agricultural Extension Service.

Everett says we may not see the traditionally large swings in the beef cycle again. "The cattle situation may stabilize as the producers who are left become more sophisticated and respond to situations faster. With higher priced feed and tighter margins, profits have been very tight. We may get in a

situation where beef production increases only enough to correspond with small population increases."

# # #

Poultry Second to Beef. Poultry is now second behind beef in per capita consumption, says Hal Everett, economist with the University of Minnesota's Agricultural Extension Service. In 1982, Americans ate an average of about 77 pounds of beef per person, compared with 64 pounds of poultry and 59 pounds of pork. Poultry overtook pork in 1982, and has made big gains in consumption compared to pork, having risen by 16 pounds per person since 1970.

"When I was growing up, chicken had the 'cheap' image," Everett says. "But as incomes grew, more people ate chicken anyway. Preferences for pork apparently are not very strong. As incomes have gone up, consumption of pork hasn't," he says.

# # #

MP, 4L

AGMKTFUT

# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

January 3, 1984

Source: Dottie Goss  
612/373-0914  
Writer: Deedee Nagy  
612/373-1781

## FOOD SHOPPING SKILLS OF LOW INCOME HOUSEHOLDS RATE WELL

Low-income households seem to be as good, and possibly even better, at food shopping than households with more to spend. Dottie Goss, family resource management specialist with the University of Minnesota's Agricultural Extension Service, reports that in a nationwide food consumption survey, households on limited budgets generally got a greater return per dollar in both energy value and nutrients than more affluent households.

The study of 14,000 households showed, however, that the actual diets of persons in the low-income households were more likely to be short on some essential nutrients. This could be because low-cost diets often include large amounts of such foods as bread, cereals, dry beans and potatoes. These are fairly high in calories and provide several nutrients in abundance.

Goss adds that higher income households fared better on the amount of calcium, magnesium and vitamin C in their diets but were about equal to low-income households in the iron, vitamin A and B vitamins measured.

Food-stamp households spent more on food than did households eligible for food stamps but not receiving them, and food stamps households got about the same or slightly higher return in nutrients.

One key to greater nutritional return on the dollar seems to be the use of more milk, eggs, legumes and grain products, and less meat, poultry, fish and

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M-14

alcoholic beverages. This food-shopping pattern was more characteristic of low-income households than of higher income groups.

Nutritionists usually consider high fat diets to be undesirable because they deliver so many calories without accompanying high vitamin and mineral levels. Low-income shoppers tended to have lower fat diets, and this fact contributed to their getting more nutrients for the number of calories consumed.

# # #

MP, 4HE 1 & 2

FOONGOSS

# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

January 3, 1984

Source: Dottie Goss  
612/373-0914  
Writer: Deedee Nagy  
612/373-1781

## EMPLOYMENT, INCOME FORECAST IS MIXED IN YEARS AHEAD

After several years in the doldrums, family incomes are rising and inflation is moderating. In addition, the unemployment rate continues to fall. So much for the good news.

Long-term, however, the forecast isn't as rosy, according to Colien Hefferan of the U.S. Department of Agriculture's Research Service. Speaking at the recent Outlook '84 conference in Washington, D.C., Hefferan said unemployment is likely to continue relatively high throughout this decade because technology is replacing so many workers. In addition, the high exchange value of the dollar encourages imports and the high number of women, minorities and young people entering the labor force will make competition for jobs a big factor.

She adds that some economic forecasters predict there will soon be a two-tiered occupational structure with executives, scientists and other highly paid professionals in one group and low-paid workers performing unskilled tasks in the other. This loss of a skilled middle class will mean a widening income gap between workers. It could also mean a "rich man, poor woman" situation where men are most of the high income group and women are the majority of the poorly paid. Single parent families headed by women will be in a particularly risky spot if the forecast holds true.

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Hefferan says others see less of a split in the future. These forecasters believe that many of the unskilled, low-paid jobs will go to workers, primarily women, whose spouses are employed. Thus, the ranks of the middle class will be bolstered by the number of two-earner families.

There may be good news for two-earner families. Many forecasters think that computer networks and other forms of technology will allow more decentralization of work. This may mean new-found flexibility for work schedules and less conflict between work and family roles.

# # #

MP

HEFFERAN.1

# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

January 3, 1984

Source: Hal Everett  
612/376-2977  
Writer: Jack Sperbeck  
612/373-0715

## EVERETT APPOINTED AS GRAIN MARKETING SPECIALIST

Hal Everett has been appointed as grain marketing specialist with the University of Minnesota's Agricultural Extension Service.

He will work with farmers and county agents to develop marketing management, price forecasting tools and other information that farmers can use to help make grain marketing decisions.

Everett says he's developing a program to improve the information system and get market prices reported from Minnesota grain marketing sites. Then the pricing information will be analyzed and projected to future trends. "We'll use the information to tell farmers their choices in marketing grain," he says.

Everett spent five years teaching and working with farmers at the University of Illinois. He also spent two years with Data Resources, Inc., a private forecasting firm.

A native of New Mexico, he received his B.A. degree from New Mexico State University and his M.S. and doctorate degrees at Purdue University.

###

MP

EVERETT

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# news

MSC/9 A27P  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

January 5, 1984

Source: Norm Brown  
612/373-1223  
Writer: Anne Gillespie Lewis  
612/376-9670

## MILLER NAMED AS ASSISTANT DIRECTOR OF EXTENSION FOR AGRICULTURE

Gerald Miller, an extension agronomist for the University of Minnesota's Agricultural Extension Service, was named assistant director of extension for agriculture and assistant dean of the College of Agriculture in early January.

Miller, who had been acting assistant director since last January, was chosen after a nationwide search for candidates, according to Extension Director Norm Brown.

Miller is a nationally known weed scientist and has been hailed for developing innovative educational programs such as the Integrated Pest Management program. The program, which ran from 1978 to 1982 under Miller's direction, involved using scouts in fields and extension personnel as well as other agricultural professionals to help farmers maximize production while using pesticides judiciously to minimize environmental damage. The Minnesota program developed into one of the nation's best respected integrated pest management programs, Brown said.

Miller is well-known in Minnesota as an extension teacher of weed control courses and author of extension publications that are widely used by farmers, regulatory personnel and agribusiness people.

Regarding Miller's appointment, Brown said, "Jerry is a distinguished faculty member and is highly respected in our organization. We are extremely

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pleased that he has chosen to spend the next chapter of his career on our administrative team. His added responsibilities as assistant dean of the College of Agriculture will enhance the integration of extension in the academic departments."

Miller, who has been an extension agronomist since 1964, received the Director's Distinguished Faculty Award at the extension service's annual conference in October and was honored as the Outstanding Extension Worker in the nation by the Weed Science Society of America in 1979.

Miller, a native of McClure, Illinois, obtained a B.S. and M.S. from the University of Illinois and a Ph.D. from Michigan State University. He replaces Gene Pilgram, who retired, as assistant director.

# # #

DPMP, PII, 1A, 4FC

MILLERNA

# news

MSC 19 A27 p  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

January 12, 1984

Source: Deborah Brown  
612/376-7574

Writer: Deedee Nagy  
612/373-1781

## IT'S SEED CATALOG TIME SO BE A SAVVY SHOPPER

The spring gardening season is still many months and degrees away, but the arrival of seed catalogs offers hope to many gardeners. Deborah Brown, horticulturist with the University of Minnesota's Agricultural Extension Service, says catalog shopping for garden materials can be a convenience, but she offers some tips to make mail order buying easier and more worry-free.

\* Buy only from reputable firms whose names and service policies are familiar to you.

\* Be wary of fantastic claims, promises of miracle growth or unbelievably low prices.

\* Read catalog descriptions carefully before ordering.

\* Complete the order form clearly and completely, including item numbers, prices, your full address, shipping charges and any taxes.

\* If you won't accept a substitute for your item, be sure to state that on the order.

\* Order as early as possible to avoid being disappointed.

\* Keep a record or copy of your order.

\* Don't send cash through the mail. Instead, pay by check or credit card.

\* Read and be sure you understand the guarantee policy in case you need to take advantage of it.

\* If you have questions or are in a hurry, take advantage of telephone ordering. Some firms have toll-free telephone numbers.

Brown says the Mailorder Association of Nurserymen offers a guide to mail order shopping that lists member firms and has an index of where to obtain some 5,000 gardening items. To receive a copy, send a self-addressed, business size envelope with \$.40 in postage to the Mailorder Association of Nurserymen, Department Q, 210 Cartwright Boulevard, Massapequa Park, N.Y. 11762.

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DPMP, 4HE

SEEDS.DB

# news

MSC/9A27p  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

January 12, 1984

Source: Jerry Heaps  
612/376-3377  
Writer: Sam Brungardt  
612/376-8182

## ENTOMOLOGIST GIVES TIPS FOR GETTING RID OF UNWANTED 'GUESTS'

The holidays are over. You've had visitors galore. You think everyone's gone home but then see some unexpected guests--unwelcome ones--the six-legged kind. Roaches.

"This is the season when many people discover they've got a cockroach problem," says Jerry Heaps, an entomologist with the University of Minnesota's Agricultural Extension Service.

"People are inside more during cold weather and are more likely to see roaches if there are any in the house. The heat's cranked up and roaches are more active at warmer temperatures. There's been plenty of holiday commotion and this may have disturbed the insects. Goodies like cookies may still be setting around unprotected, a ready treat for people and roaches alike. Or, the pests may have hitchhiked into the house during the holidays with gifts and boxes."

Roaches need food, water, warmth and cracks or crevices to thrive. Heaps says eliminating one or all of these requirements will aid in their control. Generally, an insecticide must be used in combination with effective sanitation and crack and crevice plugging. Homeowners can undertake roach control themselves or hire a professional, licensed pest control service. Roach control is not an easy job; it requires patience, diligence, know-how and time.

"One of the first steps in controlling roaches is proper food storage and

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sanitation, which is absolutely essential," Heaps says. "Keep food in insect-proof containers. Roaches don't like light, so leave space between items when storing them and raise the items off the flat surface if possible."

Roach insecticides are residual. They should be applied to areas where roaches hide or run, such as along baseboards, behind or under appliances, and along cracks or crevices. The roaches pick up the insecticide as they walk over the treated surface and eventually die. It's not necessary or effective to spray the air or large, open or flat areas such as countertops, tabletops and floors, the entomologist says.

"Commercially available live bait traps or roach 'motels' are useful for pinpointing the source of an infestation," he adds. "But they won't catch enough roaches for overall control. Place the traps in several locations and record the number of roaches caught in each. The source of the infestation is near the trap (or traps) that catches the most roaches."

If you live in a multiple-unit dwelling, roach control may be especially difficult. Roaches move along pipes and wires from one unit to another, Heaps explains. Treating one unit or a unit here and there will drive the roaches to untreated units only to return when the insecticide has lost its potency. Before treating a multiple-unit building, plug with steel wool or caulking all openings where pipes, wires and vents pass through the walls between units.

"Two insecticides homeowners can buy for roach control are diazinon (Spectracide) and chlorpyrifos," Heaps says. "Only one of these should be used at any one time. Both are available already diluted to 0.5 percent active ingredient. However, these ready-to-use formulations are expensive. An alternative is to buy diazinon as a 25-percent liquid concentrate. This can be diluted to 0.5 percent active ingredient by mixing four tablespoons of the concentrate to one gallon of water. This solution will remain effective for

three or four weeks indoors. Mix only as much as you need because it can't be saved for future use. Chlorpyrifos cannot be bought in an undiluted form."

Boric acid powder, which is available at drugstores, can be used to supplement other control measures. This long-lasting contact and stomach poison must be used in dry places and in places that are out of the reach of children and pets because it is toxic. Dust it behind or under appliances or in storage areas.

"Always read the label before using a pesticide," Heaps warns. "Don't mix a pesticide stronger than the label recommends, and take care not to contaminate food, utensils or dishes. Always store pesticides in their original containers out of the reach of children and pets and don't allow children or pets near treated surfaces until the spray has dried."

# # #

4HE, DPMP

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# news

MSC/9A27r  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

January 19, 1984

Source: Carl Vogt  
612/373-0720  
Writer: Don Breneman  
612/373-1792

## EXTENSION MAPLE SYRUP CLINICS SCHEDULED

Five regional maple syrup production clinics will be held throughout the maple syrup producing region of Minnesota in February.

Dates and locations for the workshops are:

- Feb. 6, Avon  
Contact: Rory Lewandowski, (612) 255-6169
- Feb. 7, Grand Rapids  
Contact: Carl Wegner, (218) 326-9466
- Feb. 8, Carlton  
Contact: Gary Raeth, (218) 384-4281
- Feb. 9, Cannon Falls  
Contact: Brian Schreiber, (612) 388-8261
- Feb. 10, Chaska  
Contact: Mike Zins, (612) 443-2460

All clinics begin at 1:00 P.M.

The clinics, jointly sponsored by the University of Minnesota Agricultural Extension Service and the Minnesota Maple Syrup Producers Association, will focus on sugar bush management.

An outdoor field trip to a nearby sugar bush will follow the indoor session, weather permitting. Participants should wear outdoor clothes.

DPMP, II-P, FBI

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MAPLESYRUP

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MSC 19 A 27P  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

February 1, 1984

## MEDIA NEWS PACKET

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**Specialists:** If you would like copies of the above releases, check the ones you'd like and send this cover sheet with your name and address to Marilyn Masterman, 433 Coffey Hall.

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February 1, 1984

Source: Bob Aherin  
612/373-0764  
Writer: Hank Drews  
612/373-1250

## GET RID OF OLD ARSENIC NOW

The Minnesota Pollution Control Agency (MPCA) began offering free pick-up and disposal of old arsenic in January. "People should grab this free clean-up opportunity," says Bob Aherin, safety specialist with the University of Minnesota's Agricultural Extension Service. Anyone who knows where the poison is stored or buried is to notify the MPCA by March 1.

The clean-up program is a state superfund project aimed at eliminating health hazards from the arsenic which was used in the late 1930s and early 1940s to control a plague of grasshoppers.

After the plague subsided, much of the whitish poison powder was stored by farmers either in its original packaging or mixed with water, molasses, bran or sawdust. More effective pesticides have since come into use.

Aherin says the clean-up will safeguard human and animal health and save the landowner the expense of hauling the arsenic to a hazardous disposal facility.

Besides being toxic, direct contact with arsenic can cause cancer. Surface water and wells can be contaminated if leftover arsenic is stored nearby. Many suspected sites are already being investigated.

For more information, call the nearest MPCA office:

--MPCA Central Office, Roseville (612) 296-7388

--Brainerd (218) 828-2492; Marshall (507) 537-7146

--Detroit Lakes (218) 847-1519; Rochester (507) 285-7343

--Duluth (218) 723-4660

# # #

MP

ARSENIC.HD

# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

February 1, 1984

Source: G. Edward Schuh  
612/373-0945  
Writer: Jack Sperbeck  
612/373-0715

## DAIRY PROGRAM WON'T BRING LONG-TERM ADJUSTMENT

The new government dairy program probably won't solve long-term problems of the dairy industry, according to a report from the University of Minnesota's Department of Agricultural and Applied Economics.

The Dairy Production Stabilization Act will help reduce and possibly eliminate the addition of government stocks to the dairy program during the next 15 months. Dairy farmers who participate in the program will enjoy higher incomes while the program is in effect.

However, "most other farmers and dairy related industries will have lower incomes," the report says. And, the program does not significantly lower government expenditures, according to G. Edward Schuh, head of the department who wrote the report along with co-workers Paul Hasbargen and Jerry Hammond.

"Direct government costs of the dairy program itself may be moderately reduced over the next two years, but it is very likely that costs to administer the program will increase," the report says. "The program also introduces a great deal more government intervention into the day-to-day activities of producers.

"The disappointing feature of the program is that it is expected to induce very little long-term adjustment in the dairy industry. In fact, chances are good that the production capacity of the dairy industry will be larger at the end of the program than at the beginning. If this happens, the eventual day of reckoning has only been put off and perhaps made more difficult."

The economists say we need programs to help farmers adjust to new economic activities (some of which will be outside of agriculture) and to help reorganize resources that remain in agriculture. Schuh says we need programs of the latter kind since many people who leave dairying will require larger acreages to earn an adequate income. Some of these alternative activities will require additional investments in facilities and equipment, he says.

"So far, policy makers have given little attention to programs of this kind," the report concludes.

# # #

MP, 4-D

DRYPROG

# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108



Living Resourcefully  
File IV C

February 1, 1984

Source: Dottie Goss  
612/373-0914  
Writer: Mary Kay O'Hearn  
612/373-1786

## TIME TO GATHER INCOME TAX RECORDS

If a couple of intended weekends have slipped by and you haven't gathered appropriate tax forms and withholding statements from employers (W-2 forms) and sorted through your financial records--procrastinate no longer.

"You should have received your W-2 forms from employers by the end of January," says Dottie Goss, family resource management specialist with the University of Minnesota's Agricultural Extension Service. "If this hasn't happened, ask employers. But don't let this delay your part of the process. Although you will need the W-2s and tax forms to complete your return, you can get started without them."

Ideally, preparing for income taxes is a year-round activity, not one that just begins in January and ends in mid-April. "If you have organized and recorded the information regularly, preparing your tax return will be easier," Goss says. "But if you haven't done this, begin organizing materials for your tax return by the end of February."

By allowing ample preparation time, you can save yourself some stress (isn't this a pileup of the number of things each of us worries about?) and the frustration of dashing to a post office to beat the mid-April deadline.

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RECORDS.M0

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# news



Living Resourcefully  
File IV C

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

February 1, 1984

Source: Dottie Goss  
612/373-0914

Writer: Mary Kay O'Hearn  
612/373-1786

## DON'T OVERLOOK FREE TAX AIDS

Booklets from and telephone calls to the Internal Revenue Service (IRS) and help from Volunteer Income Tax Assistance (VITA) are sources to remember in income tax preparation, suggests Dottie Goss, family resource management specialist with the University of Minnesota's Agricultural Extension Service.

Your Federal Income Tax is a free booklet available from local IRS offices. It is a basic guide, but also contains a list of other IRS publications and forms you might find helpful, Goss says.

A telephone call to your local IRS office is another option for answers to questions the tax guides do not seem to cover. Expect to wait your turn because there will be many callers seeking this free help, especially close to tax-filing time.

While the IRS booklet mentioned gives IRS positions on income, exemptions and deductions, you may also want to consult commercial tax guides (probably not free) which, in addition, may explain what policies have been successfully challenged in the courts.

VITA volunteers can be found in some government buildings and shopping centers. They are mainly there to help older taxpayers, but often may assist any age.

# # #

MP

OVERLOOK.MO

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# news



LIVING  
RESOURCEFULLY

Living Resourcefully  
File IV C

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

February 1, 1984

Source: Dottie Goss  
612/373-0914

Writer: Mary Kay O'Hearn  
612/373-1786

## CHECK OUT YOUR TAX PREPARER

Before choosing a professional tax preparer, know something about that person's experience and training.

Dottie Goss, family resource management specialist with the University of Minnesota's Agricultural Extension Service, says preparers may have a variety of titles: enrolled agents, public accountants, certified public accountants, attorneys or just tax preparers.

"You need to know in advance whether or not they have special tax training or experience and whether they are or aren't authorized to represent you before the Internal Revenue Service, should that become necessary," she says.

Retired people, owners of small businesses, professionals and persons with large amounts of income from sources other than salaries, wages and tips, may benefit from a preparer skilled in these specialized areas.

"But, expect to be charged more for the advice of specialized professionals," she says.

You will want to know, too, what method is used to check for accuracy of the return. Does a second person doublecheck the return? Is the return reviewed for math errors only, or also for errors in interpretation of tax law?

Goss suggests reading the tax instruction booklet (and perhaps a more comprehensive publication, Your Federal Income Tax, available free from IRS offices) before a trip to the tax preparer. Include a copy of your last year's tax return with any tax information or documents that might apply to your tax. Make a list of any questions that occur to you about your tax preparation and be ready to ask the preparer about them.

# # #

MP

PREPARER.MO

# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108



Living Resourcefully  
File IV C

February 1, 1984

Source: Dottie Goss  
612/373-0914  
Writer: Mary Kay O'Hearn  
612/373-1786

## TO AVOID OVERPAYING INCOME TAXES

Protecting Older Americans Against Overpayment of Income Taxes, is a free government publication older Americans should know about, according to Dottie Goss, family resource management specialist with the University of Minnesota's Agricultural Extension Service.

The publication can be obtained by writing the House Select Committee on Aging, 712 House Annex 1, Washington, D.C. 20515, Attention: Rita Coleman.

Taxpayers with complex tax situations may also wish to obtain professional help. Do this early--the nearer to April 15, the less time busy tax preparers will have to do a thorough job for you.

Here are some reminders from Goss that apply to every taxpayer:

- o If you expect a refund on your 1983 income tax, the earlier you file in 1984 the sooner you can expect the mail carrier to bring your check.
- o Similarly, if you need to pay more than was withheld during 1983, you may want to send it just in time to meet the mid-April deadline.

- o To be prepared for an audit, make sure you have proper documentation (receipts, cancelled checks) for all deductions. Include explanations for anything at all unusual about your return. Always keep copies of what you send to the IRS.

# # #

MP

OVERPAY.MO

# news



Living Resourcefully  
File IV C

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

February 1, 1984

Source: Dottie Goss  
612/373-0914  
Writer: Mary Kay O'Hearn  
612/373-1786

## TAX HELP OR NOT--YOU'RE RESPONSIBLE

Even if you have paid someone else to prepare your income tax return, the bottom line has your name signed to it and you are the one responsible for its correctness.

You are also responsible for any additional tax, interest or penalty which may be owed, says Dottie Goss, family resource management specialist with the University of Minnesota's Agricultural Extension Service. "This is true," Goss says, "even though you have a written guarantee that the preparer will pay any interest or penalty assessed as a result of his or her work."

- o The preparer should go through a checklist of deductions to see which may apply to you.
- o The preparer, before completing your return, should not guarantee you a refund.
- o The preparer should not suggest that you claim nonexistent deductions or commit any other improprieties.
- o The preparer should sign your return with his or her name and social security number or federal identification number.
- o The preparer should not ask you to sign a blank tax return or one done in pencil.

# # #

MP

TAXHELP.MO

Page 1 of 1

M-12

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February 1, 1984

Source: Mary Darling  
612/376-4663  
Writer: Barbara LaCrosse  
612/373-1781

## ASPARTAME IS INCREASINGLY POPULAR SWEETENER

Aspartame is a new sweetener that is being used and advertised more and more, according to Mary Darling, nutritionist with the University of Minnesota's Agricultural Extension Service. Under the trade name Nutrasweet, it can now be found in many reduced-calorie beverages, desserts, sweetened cereals and flavored coffees.

Aspartame is an alternative to saccharin, which the Food and Drug Administration (FDA) has proposed banning because it has caused cancer in laboratory animals. Darling predicts that many consumers will find Nutrasweet helpful in cutting their own sugar consumption whether they are motivated by weight problems or concern about tooth decay.

Current nutritive (caloric) sweeteners in use include sugar, fructose, sorbitol, and xylitol. Sorbitol and xylitol can only be used in small amounts because they may cause diarrhea, Darling adds.

Aspartame is the basic ingredient in a dry table top sweetener called Equal. Equal is a combination of aspartame and lactose, which is used to make the product pour like sugar. Lactose contains some calories.

Although it is being widely used, aspartame cannot fully replace saccharin for a number of reasons, warns Darling.

Aspartame breaks down at high temperatures. While the taste is not unpleasant, the sweetness is lost. Because of this trait, aspartame cannot

be used in baking, broiling, and frying. It also lacks the bulk and structure needed for most baked sweets.

Currently it is being used in soft drinks. Most often, it is used along with saccharin to avoid any flavor change caused by breakdown during lengthy storage.

"Foods such as applesauce and rhubarb sauce can use aspartame for sweetening if it is added after the foods have been cooked and cooled," stresses Darling.

The FDA has approved aspartame for use in many foods, but some scientists still question the safety of the product and are continuing to study its effects on the body.

# # #

MP, HE 1 & 2

ASPARTAM

# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

February 1, 1984

Source: Jerry Heaps  
612/376-3377  
Writer: Sam Brungardt  
612/376-8182

## IF YOU'RE MOVING, LEAVE THE ROACHES OUT IN THE COLD

If you're moving from a home or apartment this winter that's infested with cockroaches, there's no foolproof way to prevent taking some with you. But you can take precautions to reduce the possibility of doing so, according to Jerry Heaps, an entomologist with the University of Minnesota's Agricultural Extension Service.

"You can let the cold kill any roaches you might have inadvertently moved with your belongings and the packing material," he says. "Put the packed boxes somewhere where the temperature will drop below freezing, or better yet, to below 0°F for a day or two before moving them into your new home. A few days in an unheated shed or garage will eliminate any roaches."

Heaps has other tips for making sure cockroaches don't hitchhike to your new home. Don't use boxes that have been in your home for any length of time, he advises. Roaches like to lay their eggs in dark corners, and you may move roach egg capsules with the old boxes. So use new boxes, preferably from someplace that is unlikely to have roaches.

"While you're packing, examine the material you put into the boxes to make sure it's free of roaches or egg capsules," Heaps says. "Roach egg capsules are the shape and size of kidney beans, light to dark brown in color. If you find any, remove them. It doesn't help to spray a

roachkiller when you pack. If you do want to treat for roaches, do so several weeks before the actual move so the insecticide has time to reduce the roach population before you move."

Heaps says packed boxes should be moved out of a roach-infested house as soon as possible. If they must be kept inside overnight, keep them off the floor--perhaps on a table or chair--so it will be more difficult for roaches to crawl into them.

"Once you get to your new residence, unpack and dispose of the empty boxes as quickly as possible," Heaps says, "again keeping an eye out for egg capsules or roaches. Once you've unpacked and settled in your new place, begin a control program only if you have reason to believe you've brought some roaches with you. Place live cockroach traps or roach 'hotels' in several locations. If you did bring any roaches with you, you'll find them in the traps. Only then should you proceed with a full-scale control program. If you've followed these pointers throughout the move, you'll be dealing with a very small population and the chances of eradicating the pests will be very good."

# # #

MP, 4HE

JH2.SB01

Source: Roger E. Machmeier  
612/373-0764  
Writer: Cheryl Schwanke  
612/373-0713

## IRON MEANS SPECIAL CARE FOR WATER SOFTENERS

Modern water softeners will remove small amounts of iron from water. But when iron is in the water, you need a maintenance program to keep the softener's resin bed clean.

The small, brown, round resin beads will store and release sodium when water containing calcium or magnesium passes through the softener's resin bed, says Roger E. Machmeier, agricultural engineer with the University of Minnesota's Agricultural Extension Service.

The resin beads have many pores that contribute to their high exchange capacity. Iron that is not removed from the resin beads during backwash and recharge cycles reduces softener exchange capacity. As the resin becomes more fouled with iron, the recharge cycle needs to be shortened; more salt is used and the softener becomes less efficient. Iron can also break down resin beads into smaller particles resulting in a more compact resin bed and slower water flow.

What can be done to prevent iron from fouling a water softener's resin bed? The best method, according to Machmeier, is to use a resin bed cleaner, sodium hydrosulfite, that can be bought at your local water

equipment dealer or hardware store. Add sodium hydrosulfite every three to six months depending on the amount of iron in the water supply.

Another method to keep the resin bed free of iron is to use water softener salt that contains a weak acid. The acid will dissolve iron during the recharge cycle.

# # #

MP

SOFTENER.CS

February 1, 1984



Source: Joanne Slavin  
612/376-8748  
Writer: Mary Kay O'Hearn  
612/373-1786

## MINERALS IMPORTANT FOR GOOD HEALTH

Minerals are one of the six nutrients important for good health. The other nutrients are fats, carbohydrates, protein, water and vitamins.

"The five pounds of minerals in an adult provide structure and help regulate body processes," says Joanne Slavin, food science and nutrition specialist with the University of Minnesota's Agricultural Extension Service, in Mineral Matters, a new extension folder.

Meat, fish, poultry and beans contain the following minerals: phosphorus, iron, zinc, magnesium, sulfur, sodium, potassium, selenium, molybdenum, copper and chromium. Milk and cheese are sources of calcium, phosphorus, magnesium, sulfur and sodium. Fruits and vegetables contain magnesium, calcium, potassium and iron. Breads and cereals provide iron, magnesium, potassium, selenium, manganese and molybdenum.

Calcium and iron, Slavin says, are two of the minerals most often discussed. A calcium deficiency is usually a sign of not eating enough dairy products. Calcium is needed to keep bones and teeth healthy. When there is more calcium in the diet than is needed physiologically the excess can be stored in the bones. When the diet is lacking calcium, the bones give up the needed calcium.

Osteoporosis, a thinning of the bones especially around the joints, has been linked to a dietary deficiency of decreased absorption of calcium

from the intestine. Getting enough calcium in the diet early in life could help prevent osteoporosis in later years, Slavin says.

Iron-poor blood is something nearly everyone has heard about from the world of advertising. The remedy is always some magical cure. "Iron deficiency anemia can be caused by an iron poor diet or poor absorption of iron from food. Men should have about 10 milligrams of iron daily while women require about 18," Slavin says. Some of the food sources of iron include: bran flakes, beef liver, raw oysters, clams, molasses (blackstrap), ground beef, kidney beans, spinach, raisins, baked potatoes and hot dogs. Food sources of iron will not cause iron toxicity but megadoses of iron supplements can be toxic.

Mineral Matters, HE-F0-2023, is available from Communication Resources Distribution Center, 3 Coffey Hall, 1420 Eckles Ave., University of Minnesota, St. Paul, MN 55108. It costs \$1 a copy if ordered by mail (\$1 is the minimum mailing charge) or 50 cents if picked up.

# # #

MP, 4-HE

MINERALS.MO

February 1, 1984



Source: Joanne Slavin  
612/376-8748

Writer: Mary Kay O'Hearn  
612/373-1786

## ARE VITAMIN PILLS FOR YOU?

Nutritionists usually tell people to spend their money on food, not vitamin pills. But, many people don't eat sensibly and a vitamin or mineral supplement may be appropriate.

This is one of the messages from food science and nutrition specialist Joanne Slavin in a new University of Minnesota Agricultural Extension Service publication, Use and Misuse of Nutritional Supplements.

Nutritional supplements are currently a \$1.5 billion a year business that by 1988 is projected to top \$3.5 billion. In the publication, Slavin cites a recent Food and Drug Administration survey which found many people consuming over 20 supplements daily.

"Before considering a nutritional supplement, determine if your diet is deficient in nutrients," Slavin suggests. Adequate intake is usually ensured by eating a variety of foods as suggested by the extension publication Daily Food Guide (HE-FS-0689). A detailed nutritional analysis of your diet can be made by a dietitian, who compares your intake of nutrients to the Recommended Dietary Allowances (RDAs). Your physician can run detailed blood and urine analyses to determine if you have adequate body stores of nutrients.

Hair analysis is not a valid method of measuring nutrient deficiencies, Slavin says. Although hair analysis can help detect certain

mineral toxicities, it is useless for diagnosing mineral deficiencies because "normal" values of minerals in hair have not been established. So beware of anyone offering an impressive computer printout based on a sample of hair and suggesting a need for vitamin and mineral supplements.

Large doses of one mineral can upset the body's use of others. Slavin says, "It is best to avoid self-prescribed supplements and obtain minerals from a varied diet." A multivitamin capsule should contain no more than 100 percent of the RDA and all ingredients should be present at the same percentage of the RDA. Be sure the preparation carries an expiration date. Store brands are acceptable if turnover is rapid and the bottle hasn't been sitting on the shelf too long.

"Some of the theories on megadoses--such as taking large doses of vitamin C to prevent the common cold--are unfounded," says Slavin. Hundreds of experiments have been conducted but the conclusion is that vitamin C has no effect on the number of colds people get, though in some people it lessens the severity of cold symptoms.

Recent popular books on children's nutrition recommend megadoses of various supplements for childhood diseases ranging from cradle cap to crossed eyes. Generally these are not only useless but also potentially harmful. Poisoning has occurred in children because of overdoses of supplements.

Vitamin E has been touted as delaying aging and maintaining potency. It is also said to counter some of the symptoms of menopause. Yet, none of these effects has been supported by scientific experiments and vitamin E deficiency is almost unheard of, Slavin adds.

Use and Misuse of Nutritional Supplements, HE-FO-2024, is available from Communication Resources Distribution Center, 3 Coffey Hall, 1420

Eckles Ave., University of Minnesota, St. Paul, MN 55108. Single copies are \$1 (minimum charge for mail order) or 40 cents if picked up.

# # #

MP, 4-HE

VITAMIN.MO

February 1, 1984

Source: Robert King  
612/376-2936  
Writer: Pat Samples  
612/376-1785

## **CROP INSURANCE OPTIONS OFFER ADVANTAGES**

Changes implemented since 1980 in the Federal Crop Insurance Corporation (FCIC) make crop insurance worth considering, according to Robert King, agricultural economist with the University of Minnesota. King offered tips on risk management through crop insurance at a recent conference on grain issues sponsored by the agricultural economics department and the Agricultural Extension Service.

Also addressing the conference of agricultural leaders was W. J. Dufresne, Minnesota-Wisconsin field operations director for FCIC. Dufresne explained that farmers now have nine options in the amount of protection they want plus the opportunity to individualize production guarantees based on their own average crop yields.

Dufresne stated that insurance is available in all 89 counties in Minnesota. Eighty-two counties have participation with 17,114 contracts in force, Dufresne said.

Federal crop insurance protects against all risks and offers nine basic coverage levels, he said. The production guarantee can be either 50, 65, or 75 percent of the average yield of the producers in the farmer's area, and a choice of three price-per-bushel levels is offered for each crop. Production guarantees and premium levels are based on the actual history of production and losses in the farmer's area. All premiums are

subsidized. Farmers receive indemnity when the actual yield per acre falls below the production guarantee the farmer has selected.

Farmers can also choose The Individualized Yield Coverage Plan (IYCP), which, King said, offers an advantage to farmers with good management practices and a history of high yields. Under this procedure, the farmers substitute the average yield of their own acres when determining the production guarantee. Their average is based on the yield over a 10-year period. "If, for example, a farmer in Marshall County has a 10-year average yield of 40 bushels per acre rather than the average yield in the area of 35 bushels," explained King, "the production guarantee would be based on 50, 65, or 75 percent of the 40 bushels per acre." The same premium is charged either way. Farmers must provide proof of yields for the previous three years, or for one year if grain was used for feed rather than sold.

Several other features including a late planting option and a re-planting payment for early losses are included under the revised program, according to Dufresne. Farmers may also lower premium costs by eliminating hail and fire insurance from the policy.

Whether to have crop insurance is a matter of individual choice, King emphasized. The decision depends on farmers' perceptions of the risks they face, on their financial position, and their willingness to bear risks. One way to decide on the appropriateness of crop insurance, according to King, is to compare the estimated indemnity to the premium cost over a period of time. This indemnity could be estimated based on what would have been paid on actual past yields if the current insurance program had been in place over the past ten years. In many cases, said King, there will be positive net returns.

"If the average net return is negative," said King, "a producer may still want to consider purchasing crop insurance since this kind of analysis ignores the fact that crop insurance indemnities are received in years when net returns to crop production would otherwise be low."

For a broader-based evaluation, an enterprise or whole farm analysis may be more appropriate, King said.

Federal crop insurance can be an effective risk management tool, King stressed, especially with the inclusion of the IYCP program. "In some areas, however, production guarantees may be so low and premiums are so high that few farmers can justify the purchase of federal crop insurance." This is especially true in counties where participation has been low in the past.

With the changes in the program, King encourages farmers to take another look at crop insurance. "It's a potentially valuable risk management tool," he emphasizes.

# # #

MP, 4FC

CROP.INS

February 1, 1984

Source: Don Bates  
612/373-0764  
Writer: Hank Drews  
612/373-1250

## **BUILD A SAFE ANIMAL TREATMENT STALL**

Handling and treating unrestrained animals is hazardous. "It is essential to the safety of both the persons administering treatment and the animal receiving it that suitable restraint facilities be provided," says Don Bates, agricultural engineer with the University of Minnesota's Agricultural Extension Service.

In older dairy barns having stanchion stalls, some restraint was provided by the yoke. With the general use of tie stalls less restraint is provided and veterinarians are frequently called upon to perform medical procedures under unsafe conditions. For large herds kept in free-stall barns, a separate handling and treatment facility is often supplied.

You can build a special treatment stall by modifying a tie stall (see drawing). For easy movement between the front and rear of a cow during examination, select a stall next to a cross alley. Provide additional restraint by building a removable gutter cover for use behind the stall.

Bates recommends the construction of a special stall front with a swivel stanchion in it. Hold the animal down by placing a removable bar above its head. The bar can be clamped across the stall front and will prevent the stanchion from swinging. Anchor a ring in the wall ahead of the stall. If necessary, the ring can be used for tying the animal's head. Provide lifting rings in the ceiling for raising the cow's legs for hoof

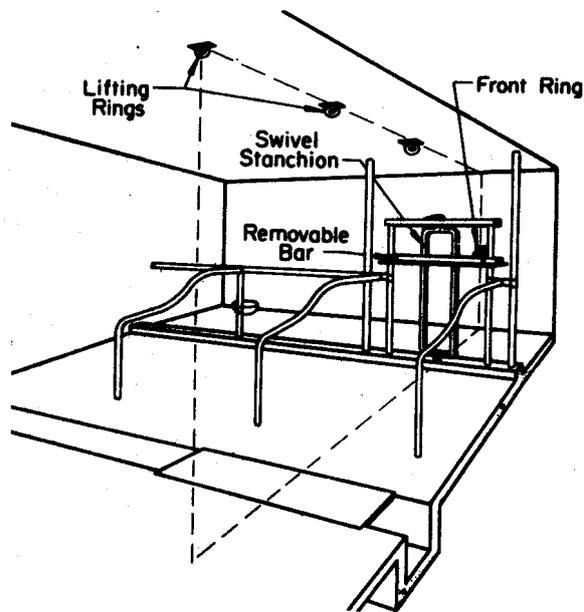
trimming or other procedures. Locate one ring above the cow's shoulders, another one above the tail bone and a third one about four feet behind her. These must be strong enough to support the weight of the cow should she go down during treatment and require lifting.

A treatment stall can increase the veterinarian's efficiency, conserve the dairyman's time and insure safety to both the animal and its handlers.

###

MP, 4-D

SAFESTAL.HD



# news

for County Agents

MSC/2A27P  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

February 1, 1984

## COUNTY NEWS PACKET

### INDEX

Another special 4-H news packet is enclosed. Please make sure it gets to the person in your county who works with 4-H programs.

	<u>Page Numbers</u>
<b>4-H Stories:</b>	
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4-H Citizenship-Washington Focus, A Capital Idea!	C-6,7
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Minnesota 4-H Youth Development Advisory Council	C-9,10
<b>Consumer Stories:</b>	
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Attic Finds Need Competent Appraisers	C-13,14
Outside Soil--A Link to Rug Color	C-15,16
What's New On The Sweetener Scene? Enter Nutrasweet	C-17,18
<b>Agricultural Stories:</b>	
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Protein Sources in Calf Starters	C-21,22
Excess Amino Acids May Not Harm Swine	C-23
Fertilizing PIK Acres in 1984	C-24,25

Also enclosed are PSA's that you can use with local radio stations or for newspaper column fillers.

CP

-more-

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C-1

**Agents and specialists:** Here is a list of releases that we sent out in weekly mailings during the past month. If you would like to receive copies, check the stories you'd like and send this sheet with your name and address to Marilyn Masterman, 433 Coffey Hall.

How's Your Roof Bearing Up Under Eleven or More Tons of Snow?

Swine Housing Briefs...

Footrot Can Be Costly For Dairy, Beef Producers

Cold Weather Puts Stress on Beef Cattle

Adopt This Rural Safety Resolution

Genetic Engineering Should Lead to Higher Corn Yields

Forest Management Classes Set in Fillmore County

Schuh to Speak at St. Cloud Economics Meeting

Increase Returns With Crop Rotations

Entomologist Gives Tips for Getting Rid of Unwanted Guests

It's Seed Catalog Time So Be a Savvy Shopper

Minnesota Research Shows Ionophores Reduce Bloat

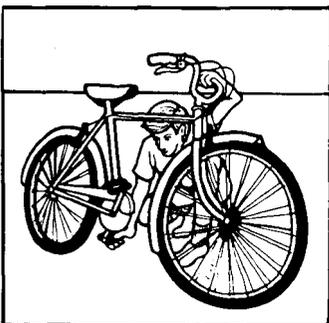
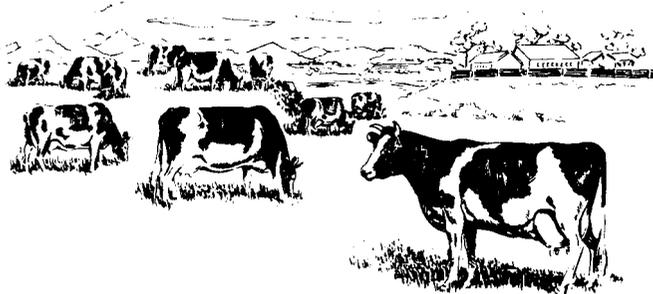
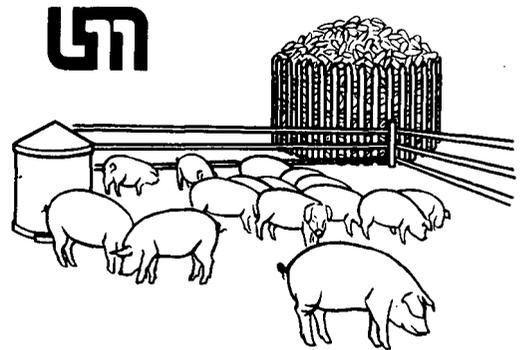
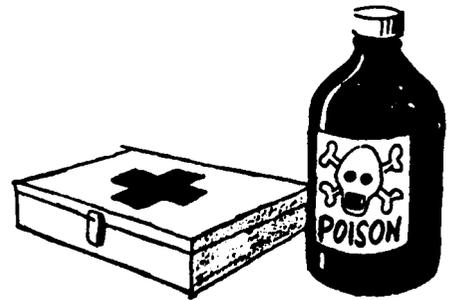
Wildlife Like Variety In Woods

Don't Use EDP Grain Fumigants, Entomologist Advises

Extension Maple Syrup Clinics Scheduled

Food and Fitness Essay Contest Wants Young People's Ideas

# clipart



**New Publications**  
 University of Minnesota   
 Agricultural Extension Service



**New Publications**  
 University of Minnesota   
 Agricultural Extension Service

FEBRUARY 1984

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108  
February 1, 1984

Source: Sherri Wagner  
612/376-1369  
Editor: Jack Sperbeck  
612/373-0715

## SUMMER PEDAL POWER CAMP

This year's Minnesota Pedal Power Camp will be held June 10-15 at Camp Lincoln, near Nisswa, Minnesota.

The main purpose of this annual camp is to help participants develop skills, knowledge, resources and confidence to promote safe bicycling in their communities. According to Steve Clark, director of the Pedal Power Camp, many of the camp graduates are setting up programs in their schools. "It is truly amazing what these students are able to do. Two girls from Perham, Minnesota-- Lynn Seedorf and Vicki Haverland, have provided bike instruction to over 1,600 people. Their next project is to try to get a good bikeways system in their town."

Karen Tautges, a junior at Brainerd High School, formed a bike club and asked her school principal to consider holding a "Bike Day" during the school year. The objective is to help students learn more about bicycling and how to help promote it as a safe and efficient form of transportation. "My main goal is to make it safer to bike in the Brainerd area. But to do that, it takes people and it takes education," explained Karen.

For others, the skills learned at camp gave them the confidence to set out on a long journey. Brett Ohnstadt and Aaron Fahrman spent the first 20 days in August biking from Portland, Oregon, to their homes in

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Moundsview. Although they sat through some 110 degree weather on a bus, they are both glad they took the trip and are interested in going to other schools to talk about their experiences.

Clark predicts that Minnesota schools will begin to recognize the potential of the bicycle, its relevance to students and find ways to integrate bicycle science with other subjects like mechanics, health and safety, physical education, sociology and ecology.

Until then, Clark will be working with 4-H county agents, former Pedal Power Camp participants and other students, teachers and administrators to arrange "School Bike Days" around the state. In Brainerd, Karen Tautges is hoping to set up a bike program that would include a film on safe bicycling techniques, workshops on bike maintenance, touring and commuting, and a multimedia presentation on a bike trip through 48 states.

The camp is sponsored by 4-H Youth Development, University of Minnesota Agricultural Extension Service, through a grant from the Minnesota Department of Public Safety.

For more information about the camp or school bike programs, contact Steve Clark at 340 Coffey Hall, University of Minnesota, St. Paul, MN 55108, (612) 373-1625.

# # #

CP

PEDALPOW

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

February 1, 1984

Source: Stan Meinen  
612/373-1673  
Writer: Kathy Berg  
612/376-7518

## 4-H CITIZENSHIP-WASHINGTON FOCUS, A CAPITAL IDEA!

Is your citizenship I.Q. in need of a boost? Each year Minnesota sends nearly 500 teens, ages 15-19, and group advisors to the National 4-H Center in Washington, D.C., for a week long citizenship education program.

4-H Citizenship-Washington Focus is an excellent opportunity for both youth and adults to learn more about our democratic form of government and our American heritage. It is a six-day action-oriented program every week from June through August on education, discussion and real-life experiences. Educational seminars are conducted at the nation's capital, appointments are scheduled with senators and congressmen to discuss current issues and visits are made to government agencies.

Participants get to experience history at Mount Vernon, Arlington National Cemetery and other national monuments. They discover music, dance and theatre at the John F. Kennedy Center for the Performing Arts, Ford's or National Theatre, visit the Smithsonian Institution's great museums and the White House.

Counties are now selecting delegates. If you or your friends are interested, contact your county 4-H agent. Minnesota will be sending about 120 people a week for four weeks in July. Reservations are needed as soon as possible, but by March 1.

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Other programs for youth at the National 4-H center include Citizenship World Focus, a week long study of international issues and American foreign policy with an optional trip to the United Nations in New York; and Washington Holiday with the Arts, a five-day program where adult and older teen participants experience an in-depth program in the cultural arts.

All of these programs at the National 4-H center are open to 4-H groups, schools, church youth groups, international youth groups, or any group of young people interested in citizenship.

# # #

CP

CITIZEN

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108  
February 1, 1984

Source: Marilyn Olson  
612/373-3166  
Writer: Kathy Berg  
612/376-7518

## 4-H FOOD AND NUTRITION PROJECT

Developing good health habits at a young age is essential for maintaining a healthy lifestyle during adulthood and later life.

The National 4-H Council has developed a program called "Fit It All Together-Food for Fun and Fitness" for 4-Her's between 9 and 12 years of age. The program teaches how certain foods can help you feel and look better, how to prepare food, ways to make your body healthier, how to be a better consumer, tips on food and kitchen safety and food preparation techniques from other cultures. It also covers basic information about nutrition, including the latest dietary guidelines. "Fit It All Together" contains many creative, inexpensive and nutritious recipes in addition to exercises for your well-being.

The 4-H Food and Nutrition project can benefit volunteer leaders, participants and their families. The "Fit It All Together" publication is accompanied by a leader's guide. "Food Choices for You" is for 4-Her's 13 to 15 years old. Another publication in process will focus on individual food topics at a more in-depth level.

If you are interested in leading or participating in the 4-H Food and Nutrition project, contact your county 4-H agent at the Agricultural Extension Service office.

# # #

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FOODNUTP

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C-8

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108  
February 1, 1984

Source: Tom Zurcher  
612/373-1109  
Tom Melin  
218/784-7183  
Writer: Kathy Berg  
612/376-7518

## MINNESOTA 4-H YOUTH DEVELOPMENT ADVISORY COUNCIL

The Minnesota 4-H Advisory Council is a group that supports and develops programs for 4-H youth in Minnesota.

Their main duty is to advise the assistant director of 4-H for the University of Minnesota's Agricultural Extension Service. According to Tom Melin, Norman County extension agent and chairman of the council, "We evaluate existing programs and help develop new programs to further strengthen 4-H in Minnesota. We are not a policy setting board; we review concerns, and current policies and ideas."

The council consists of one county agent, a 4-H volunteer and an ambassador from each of the five 4-H districts. In addition, there is one member from the Board of Trustees of the Minnesota 4-H Foundation, two state 4-H youth development specialists, one 4-H district program leader and one representative from the Minnesota Association of Extension 4-H Agents.

Members serve a rotational membership. In Melin's opinion, terms served on rotation help strengthen the continuity and purpose of the group. The council meets four times per year for two day sessions.

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The council has proven successful. In 1982 Minnesota ranked sixth in total 4-H participation across the nation. Minnesota 4-H currently serves 183,000 young people from ages 9-19. It also reaches 7- and 8-year olds for short term and special interest projects, as well as physically and mentally disabled youngsters.

# # #

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ADVICOUN.4H

# news

for County Agents



Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

February 1, 1984

Source: Joanne Slavin  
612/376-8748

Writer: Mary Kay O'Hearn  
612/373-1786

## DIET VARIETY PROVIDES VITAMINS

The more variety in the foods you eat, the better the assurance that your vitamin requirements are being satisfied.

This is one of the points food science and nutrition specialist Joanne Slavin makes in The Vitals of Vitamins, University of Minnesota's Agricultural Extension Service publication HE-F0-1956.

She is speaking of a variety from the food groups in the Daily Food Guide (HE-FS-0689).

Vitamins are one of six nutrients the body needs daily. The others are fat, protein, carbohydrate, minerals and water. While vitamins don't give energy, they are organic substances the body needs in tiny amounts that the body can't synthesize. "Vitamins assist in the processing of food and help form blood cells, hormones, bones and other body cells," she explains.

The 13 accepted vitamins are: vitamins A, D, E, K, (all are soluble in fat) and vitamins C, B-1, B-2, niacin, folic acid, B-6, B-12, biotin and pantothenic acid (all are soluble in water). Slavin says, "Vitamins B-15 and B-17 have been promoted by food faddists but have no known biological roles."

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Strict vegetarians (vegans) may find it difficult to consume adequate amounts of vitamin D and B-12, says Slavin. "Milk fortified with vitamin D is recommended for vegetarian children." There are no plant sources of vitamin B-12. Vegans need to take a supplement or use vitamin B-12 fortified soy milk.

"Overcooking is the greatest cause of vitamin losses. Vegetables are most nutritious when barely cooked, if at all," she emphasizes.

The Vitals of Vitamins, HE-FO-1956, is available from Communication Resources Distribution Center, 3 Coffey Hall, 1420 Eckles Ave., University of Minnesota, St. Paul, MN 55108. It is \$1 a copy if ordered by mail (minimum mail order charge) and 50 cents each if picked up.

# # #

CP

VITAMINS.MO

# news



for County Agents

Living Resourcefully  
File IX C

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

February 1, 1984

Source: Harold Alexander  
612/373-0931

Writer: Mary Kay O'Hearn  
612/373-1786

## ATTIC FINDS NEED COMPETENT APPRAISERS

A houseful of furniture could turn out to be more valuable than the house, says Harold Alexander, interior design specialist with the University of Minnesota's Agricultural Extension Service.

"This is a prime reason for consulting competent appraisers before anything is sold, discarded or given away," he says.

This is true whether you are looking for some supplementary income or just cleaning out the attic. Don't rely solely on the advice of friends or the little lady down the street who collects antiques, Alexander cautions. "While their intentions may be with your interests at heart, they may not know current values, quality or rarity," he says. Appraisers can be located through telephone book listings, but it is well to talk with people who have used them. Visits to retail second-hand and antique outlets, flea markets, and antique fairs in shopping centers will help you determine the worth of your finds.

If a local museum has experts willing to give you an opinion, and the item you want to ask about is portable, that is a good connection, says Alexander. Remember that second hand and antique dealers are in the business of buying and selling and will probably quote you a price about

half the going rate. This is standard practice: dealers must have markup to remain in business and to cover their overhead costs.

Antiques have been described as articles at least 100 years old, but in recent years carnival glass (sometimes won at carnivals in the early 1900s), depression glass (usually green, gold, or pink, dating from the 1930s and 1940s) and even frosted bowls found in breakfast cereal packages have become "new" antiques, Alexander says.

"We are taken aback, frequently, to see just ordinary, everyday objects we grew up with being sold for 'fabulous' amounts, considering their original prices or their youthfulness," Alexander says. Pristine condition always increases value, but even articles in poor condition are being eagerly sought.

"Regardless of condition, don't under any circumstances, refinish or repair before you know the value of your pieces. Original condition and finish is always more valuable than refinished," he reminds.

# # #

CP

ATTIC.MO

# news



for County Agents

Living Resourcefully  
File IX C

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

February 1, 1984

Source: Harold Alexander  
612/373-0931  
Writer: Mary Kay O'Hearn  
612/373-1786

## OUTSIDE SOIL--A LINK TO RUG COLOR

It may sound strange, but it's practical to think of the types and colors of soil your household is likely to track in--before you select a color for new rugs or carpeting.

This is a suggestion from Harold Alexander, interior design specialist with the University of Minnesota's Agricultural Extension Service. Alexander admits carpet color is usually thought of as matching or complementing draperies, upholstery or other room decor. "But soil tracked in or even fur shed by pets can hide this color and affect the life of the carpet," he says.

Soils throughout the United States range from near white to loamy black with black or brown humus and red clay in between. Texture can vary, too. In a beach area, sand may prevail. Soiling conditions can vary in a city. A lot of black carbon soil is found downtown; downwind from industrial areas soil may be oily or greasy. Living near gravel roads can mean lots of fine dust coming into a house during some seasons. Lawns covered with grass will not soil carpet as quickly as dusty playgrounds. Winter's clean white snow, other than having a dampening effect, isn't much of a problem.

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C-15

"Even in the same house, different rooms can have different soiling conditions," Alexander says. "There will be foods, oil and grease in the kitchen, petroleum products coming from a carport or garage, with each entrance collecting the soil from outside. Compare that with a back bedroom where very little of this soil appears."

While few people consciously match the soil around them or their pets to selection of carpet color, these are still good things to keep in mind when making a purchase that is to last many years. Selections for a household of adults could be different from one that included adults and children. If fluffy white tufts from a shedding dog or cat are present in your home, you may curse the day you chose dark carpeting rather than a more neutral shade.

"Another reason for the popularity of multicolored carpeting with varying pile heights (sometimes called sculptured) is that they avoid looking tracked on and stay clean looking longer," Alexander says.

But even when carpet is selected with all these ideas in mind and then doesn't show dirt easily, systematic cleaning of rugs and carpeting is still suggested, says Alexander. "The longer soil remains on the carpet fibers, and the deeper it goes into the body of the carpet, the more the dirt particles penetrate and are harder to remove."

If a collection of Christmas money gifts is destined for new rugs or carpeting, think through your home's lifestyle in these ways before plunking your money down, he concludes.

# # #

CP

Page 2 of 2

RUGCOLOR.MO

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108  
February 1, 1984

Source: Mary Darling  
612/376-4663  
Writer: Barbara LaCrosse  
612/373-1781

## WHAT'S NEW ON THE SWEETENER SCENE? ENTER NUTRASWEET

Aspartame, known by the trade name Nutrasweet, was developed as an alternative sweetener to saccharin, explains Mary Darling, nutritionist with the University of Minnesota's Agricultural Extension Service. It is 200 times sweeter than sugar, so less is needed in foods and beverages to provide the same sweetness, says Darling. For example, a 12-ounce sugar-sweetened drink contains 145 calories. If Nutrasweet is substituted for sugar, the drink would contain about one calorie.

Aspartame is already available in many foods and beverages. It is the basic ingredient of Equal, a dry low-calorie table top sweetener.

Some research has linked saccharin to cancer, and saccharin also contains sodium, which many consumers wish to limit in their diets. Aspartame does not contain sodium but it may be combined with other ingredients that do contain sodium, so consumers should check labels, warns Darling. Currently, for example, many Nutrasweet-sweetened beverages contain some saccharin as well.

Aspartame does not appear to cause tooth decay, according to animal studies conducted by the National Institute of Dental Research. But aspartame may be combined with cavity-causing sweeteners.

Aspartame is made up of protein components that are metabolized like protein by the body. Although aspartame has been approved by the Food and Drug Administration for use in many products, some scientists question the safety of the product, and there are likely to be further studies of the sweetener in the future, Darling adds.

# # #

CP

ASPARTAM.CP

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

February 1, 1984

Source: Kenneth P. Miller  
507/835-3620

Writer: Cheryl Schwanke  
612/373-0715

## PROTEIN SOURCES IN CALF STARTERS

Calf starters can be supplemented with many different protein sources. The results are largely the same whether urea, soybean meal, formaldehyde-treated soybean meal, distiller's dried grain, or meat meal are used.

A study at the University of Minnesota's Southern Experiment Station, Waseca, evaluated these protein sources on their ability to efficiently support growth of bull calves.

Animal scientist Kenneth Miller reports that although there were differences between sources when the calves were small, these differences largely disappeared by the time the calves were 13 months old. Heifer calves would probably respond the same, Miller says.

The less soluble proteins (treated soybean meal, distiller's dried grain and meat meal) are more efficient in older calves. They were not better for young calves. Regular soybean meal was even better than treated soybean meal. And distiller's grain was not better than urea for the small calves. Carcass quality and yield grade were not affected.

Overall conformation, as rated by final score, was higher for daughters of high PD milk sires. Selection for milk yield produced more dairy, angular, and upstanding cows that were also stronger and had more capacity.

This study was conducted by M.L. Petersen, L.B. Hansen, C.W. Young, and K.P. Miller, dairy scientists with the University of Minnesota.

# # #

CP, 4D, 1A

PDBULLS.CS

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108  
February 1, 1984

Source: Kenneth P. Miller  
507/835-3620  
Writer: Cheryl Schwanke  
612/373-0715

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Distiller's dried grain and meat meal are less palatable than the other sources. Calves fed those two starters consumed about one-third of a pound less feed per day. All supplemental protein sources supported satisfactory growth.

# # #

CP,IA,4-D

PROTEIN.CS

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108  
February 1, 1984

Source: James Pettigrew, Jr.  
612/376-4934  
Writer: Pat Samples  
612/373-1786

## EXCESS AMINO ACIDS MAY NOT HARM SWINE

Swine diets formulated to reduce excess amino acids show no advantage over typical corn-soy diets, according to a University of Minnesota animal scientist James Pettigrew. This disputes claims made by several livestock feed companies that excesses of certain amino acids in a regular corn-soy diet are harmful. The feed companies have been recommending more costly, specially formulated diets that minimize these excesses.

For proper protein nutrition, feed must contain adequate quantities of each of the ten indispensable amino acids. A corn-soy combination combines the amino acids in the proper proportions for the feed to be nutritious but includes excesses of some of them. Excesses may be harmful if there is a deficiency in one amino acid while another exists in excess, says Pettigrew, a researcher with the University of Minnesota's Agricultural Experiment Station, but only if an extreme deficiency or an extreme excess exists. Such imbalances are uncommon in regular corn-soy diets, he said.

However, further research is needed concerning amino acid excesses, says Pettigrew, before any firm conclusions can be drawn about their effects.

# # #

CP,4-L,IA

AMINO.PS

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

February 1, 1984

Source: George Rehm  
612/373-1060  
Writer: Kathy Berg  
612/376-7518

## FERTILIZING PIK ACRES IN 1984

Last year's PIK program created some changes in fertilizer management recommendations for the 1984 season.

Lower-producing acres placed in the PIK program only complicated the problem of production from a fertilizer management standpoint. The variability in management practices used by farmers has created a need for fertilizer management suggestions in 1984.

Soils specialists from the University of Minnesota who traveled throughout Minnesota last summer found six types of management practices used on PIK acres:

- o Clean residue from a previous crop of corn, soybeans or small grain.  
In this practice, weeds were controlled with chemicals throughout the growing season.
- o Weedy stubble from a previous crop of corn, soybeans or small grain.  
Here, weeds were not controlled during much of the growing season. Weeds were controlled late in the season by either tillage practices or chemical treatment.
- o Small grain was planted. Crops were planted both early and late in the season and then destroyed.

- o Bare fallow. Weed control on these acres was accomplished by using one or more tillage practices.
- o Planted to sorghum-sudan.
- o Planted to soybeans.

Farmers who planted either soybeans or small grains on their PIK acres in 1983 should continue their current fertilizer practices. For these fields, no changes will be needed in a normal management program for P and K. Nitrogen recommendations would be based on a yield goal and the previous cropping history of either soybeans or small grains. The same applies to fields where there was a substantial amount of weed growth.

Most farmers who planted sorghum-sudan plowed it under before the middle of September. This creates significant decomposition and immobilization of soil N since a relatively large amount of plant material is mixed into the soil. Even though decomposition and mineralization takes place, it is probable that the amount of N that is immobilized will be larger than the amount released through mineralization.

This means a deficit of soil N is likely when the crop is plowed under. To compensate for this deficit, N rates for corn should be increased by 40 to 50 pounds per acre on fields where sorghum-sudan was grown. Corn should be considered as the previous crop when determining N recommendations. The additional N should be added when the farmer would apply N in a normal fertilizer management program.

# # #

CP,IA

PIK

AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
JANUARY 25, 1984

ANY QUESTIONS? CALL Jennifer Obst  
(612) 373-1579

PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

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ANNOUNCER;  
30 SECONDS

IF A COUPLE OF WEEKENDS HAVE SLIPPED BY AND YOU  
HAVEN'T GATHERED APPROPRIATE TAX FORMS AND  
WITHHOLDING STATEMENTS FROM EMPLOYERS AND SORTED  
THROUGH YOUR FINANCIAL RECORDS-- PROCRASTINATE NO  
LONGER. IDEALLY, PREPARING FOR INCOME TAXES IS A  
YEAR-ROUND ACTIVITY, NOT ONE THAT JUST BEGINS IN  
JANUARY AND ENDS IN MID-APRIL. IF YOU HAVE  
ORGANIZED AND RECORDED THE INFORMATION REGULARLY,  
PREPARING YOUR TAX RETURN WILL BE EASIER. BUT IF  
YOU HAVEN'T DONE THIS, BEGIN ORGANIZING MATERIALS  
FOR YOUR TAX RETURN BY THE END OF FEBRUARY. THIS  
WAY YOU CAN SAVE YOURSELF SOME STRESS. THIS  
MESSAGE IS BROUGHT TO YOU BY YOUR ----- COUNTY  
OFFICE OF THE UNIVERSITY OF MINNESOTA'S  
AGRICUTLURAL EXTENSION SERVICE.

AGRICULTURAL EXTENSION SERVICE  
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UNIVERSITY OF MINNESOTA  
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JANUARY 15, 1984

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PUBLIC SERVICE ANNOUNCEMENT

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ANNOUNCER;  
30 SECONDS

FOR PROPER PROTEIN NUTRITION, A SWINE DIET MUST  
CONTAIN ADEQUATE AMOUNTS OF EACH OF THE TEN  
INDISPENSABLE AMINO ACIDS. HOWEVER, SWINE DIETS  
FORMULATED TO REDUCE EXCESS AMINO ACIDS SHOW NO  
ADVANTAGE OVER TYPICAL CORN-SOY DIETS. EXCESSES  
MAY BE HARMFUL, BUT ONLY IF AN EXTREME DEFICIENCY  
OR AN EXTREME EXCESS EXISTS. SUCH IMBALANCES ARE  
UNCOMMON IN REGULAR CORN-SOY DIETS. THIS MESSAGE  
IS BROUGHT TO YOU BY YOUR ----- COUNTY OFFICE  
OF THE UNIVERSITY OF MINNESOTA'S AGRICULTURAL  
EXTENSION SERVICE.

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JANUARY 25, 1984

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PUBLIC SERVICE ANNOUNCEMENT

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ANNOUNCER;  
30 SECONDS

IF YOU ARE GOING TO USE A PROFESSIONAL TAX  
PREPARER TO HELP YOU WITH YOUR TAX RETURN THIS  
YEAR, KNOW SOMETHING ABOUT THAT PERSON'S TRAINING  
AND EXPERIENCE BEFORE CHOOSING. YOU NEED TO KNOW  
IN ADVANCE WHETHER OR NOT THEY HAVE SPECIAL TAX  
TRAINING OR EXPERIENCE AND WHETHER THEY ARE OR  
AREN'T AUTHORIZED TO REPRESENT YOU BEFORE THE  
INTERNAL REVENUE SERVICE, SHOULD THAT BECOME  
NECESSARY. YOU WILL WANT TO KNOW, TOO, WHAT  
METHOD IS USED TO CHECK FOR ACCURACY OF THE  
RETURN. THIS MESSAGE IS BROUGHT TO YOU BY YOUR  
----- COUNTY OFFICE OF THE UNIVERSITY OF  
MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.

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JANUARY 25, 1984

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PUBLIC SERVICE ANNOUNCEMENT

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ANNOUNCER;  
30 SECONDS

IF YOU'RE MOVING FROM A HOME OR APARTMENT THAT'S  
INFESTED WITH COCKROACHES, THERE'S NO FOOLPROOF  
WAY TO PREVENT TAKING SOME WITH YOU. BUT YOU CAN  
TAKE PRECAUTIONS TO REDUCE THE POSSIBILITY OF  
DOING SO. YOU CAN LET THE COLD KILL ANY ROACHES  
YOU MIGHT HAVE INADVERTENTLY MOVED WITH YOUR  
BELONGINGS AND THE PACKING MATERIAL. PUT THE  
PACKED BOXES SOMEWHERE WHERE THE TEMPERATURE WILL  
DROP BELOW FREEZING. A FEW DAYS IN AN UNHEATED  
SHED OR GARAGE WILL ELIMINATE ANY ROACHES. THIS  
MESSAGE IS BROUGHT TO YOU BY YOUR ----- COUNTY  
OFFICE OF THE UNIVERSITY OF MINNESOTA'S  
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ANNOUNCER;  
30 SECONDS

NUTRITIONISTS USUALLY TELL PEOPLE TO SPEND THEIR MONEY ON FOOD, NOT VITAMIN PILLS. BUT, MANY PEOPLE DON'T EAT SENSIBLY AND IN THAT CASE A VITAMIN SUPPLEMENT MAY BE APPROPRIATE. IF YOU DO CHOOSE A VITAMIN SUPPLEMENT, IT SHOULD CONTAIN NO MORE THAN 100 PERCENT OF THE RECOMMENDED DAILY ALLOWANCE, AND ALL INGREDIENTS SHOULD BE PRESENT AT THE SAME PERCENTAGE OF THE RECOMMENDED DAILY ALLOWANCE. THIS MESSAGE IS BROUGHT TO YOU FOR YOUR HEALTH BY THE ----- COUNTY OFFICE OF THE UNIVERSITY OF MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.

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ANNOUNCER;  
30 SECONDS

MODERN WATER SOFTENERS WILL REMOVE SMALL AMOUNTS  
OF IRON FROM WATER. BUT WHEN IRON IS IN THE  
WATER, YOU NEED A MAINTENANCE PROGRAM TO KEEP THE  
SOFTENER'S RESIN BED CLEAN. WHAT CAN BE DONE TO  
PREVENT IRON FROM FOULING A WATER SOFTNER'S RESIN  
BED? THE BEST METHOD IS TO USE A RESIN BED  
CLEANER. ADD IT EVERY THREE TO SIX MONTHS  
DEPENDING ON THE AMOUNT OF IRON IN THE WATER  
SUPPLY. THIS MESSAGE IS BROUGHT TO YOU BY YOUR  
----- COUNTY OFFICE OF THE UNIVERSITY OF  
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ANNOUNCER;  
30 SECONDS

IT MAKES SENSE TO SUPPLY HEAT IN A HOME ONLY  
WHERE IT IS NEEDED. THE ADVANTAGE OF INDIVIDUAL  
ROOM HEATING IS THAT INFREQUENTLY USED ROOMS DO  
NOT HAVE TO BE HEATED AT ALL TIMES. DIALING DOWN  
TEMPERATURES IN ANY PART OF THE HOUSE WILL SAVE  
YOU MONEY. THERE ARE THREE MAIN METHODS OF  
INDIVIDUAL ROOM HEATING. THEY ARE: RADIATOR OR  
WARM-AIR REGISTER ADJUSTMENTS, ZONE OR ROOM  
CONTROL WITH INDIVIDUAL THERMOSTATS, AND PORTABLE  
HEATERS. THIS MESSAGE IS BROUGHT TO YOU BY YOUR  
----- COUNTY OFFICE OF THE UNIVERSITY OF  
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JANUARY 25, 1984

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ANNOUNCER;  
30 SECONDS

CHANGES MADE IN THE FEDERAL CROP INSURANCE CORPORATION MAY MAKE CROP INSURANCE WORTH CONSIDERING. FARMERS NOW HAVE NINE OPTIONS IN THE AMOUNT OF PROTECTION THEY WANT PLUS THE OPPORTUNITY TO INDIVIDUALIZE PRODUCTION GUARANTEES BASED ON THEIR OWN AVERAGE CROP YEILDS. SEVERAL OTHER FEATURES INCLUDING A LATE PLANTING OPTION AND A RE-PLANTING PAYMENT FOR EARLY LOSSES ARE INCLUDED UNDER THE REVISED PROGRAM. THIS MESSAGE IS BROUGHT TO YOU BY YOUR ----- COUNTY OFFICE OF THE UNIVERSITY OF MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.

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ANNOUNCER;  
30 SECONDS

BEING A LEADER ISN'T ALWAYS SOMETHING THAT JUST  
COMES NATURALLY. IT'S ALSO SOMETHING THAT YOU  
HAVE TO LEARN. BEING A LEADER IS SOMETHING YOU  
CAN LEARN ALL ABOUT IN 4-H. TRY IT-- START A NEW  
CLUB PROJECT; RUN FOR SCHOOL OFFICE; GO TO A TOWN  
COUNCIL MEETING. YOU'LL BE SURPRISED AT WHAT YOU  
CAN DO. SO WHETHER YOU'RE A NATURAL BORN LEADER  
--- OR JUST TIRED OF BEING ONE OF THE FLOCK ---  
COME LEARN TO BE A LEADER IN 4-H. CALL YOUR  
----- COUNTY EXTENSION OFFICE AND GET STARTED  
TODAY.

AGRICULTURAL EXTENSION SERVICE  
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JANUARY 25, 1984

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ANNOUNCER;  
30 SECONDS

PRACTICALLY ALL YOUNG PEOPLE HAVE WANTED A HORSE  
AT SOME TIME OR ANOTHER. IN THE 4-H HORSE  
PROGRAM, YOU CAN LEARN ABOUT HORSES WHETHER YOU  
OWN ONE OR NOT. 4-H CAN HELP YOU LEARN ABOUT THE  
HISTORY OF HORSES, DIFFERENT BREEDS, HOW TO CARE  
FOR HORSES, HOW TO RIDE HORSES---AND LOTS MORE.  
AND IF YOU'RE AN ADULT VOLUNTEER, YOU'LL BE ABLE  
TO HELP YOUNG PEOPLE DEVELOP A SENSE OF  
RESPONSIBILITY AND CARING, AS THEY GROW THROUGH  
4-H PROJECTS. CALL YOUR ----- COUNTY  
EXTENSION OFFICE TODAY--AND BUILD ON YOUR  
EXPERIENCE...IN 4-H.

# news

MSC19A27P  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108  
February 2, 1984

Source: Mary Darling  
612/376-4663  
Writer: Deedee Nagy  
612/373-1781

## DESPITE YEARS OF RESEARCH, ASPARTAME SAFETY STILL QUESTIONED

Most Americans have a sweet tooth, which they would like to indulge without concern for calories, tooth decay or other health problems. This quest has led to several artificial sweeteners and flurries of controversy about most of them. The latest to draw fire is aspartame, marketed as NutraSweet or Equal.

Mary Darling, nutritionist with the University of Minnesota's Agricultural Extension Service, says this newest sweetener has been introduced after more than ten years of research and recent clearance from the Food and Drug Administration (FDA). Despite such seemingly exhaustive testing, a law suit was filed recently demanding that public hearings be held on the safety of aspartame in soft drinks.

Darling explains that because an early artificial sweetener, cyclamate, was banned, and saccharin's future is in doubt because of possible links to cancer in laboratory animals, aspartame is being hailed as a long-awaited saccharin substitute. She says that aspartame is technically a nutritive sweetener, containing four calories per gram. Because it is about 200 times sweeter than sugar it can be used in very small amounts thus adding very few calories to most foods. It is actually a compound made from two amino acids. Current research suggests that only persons suffering from the metabolic disorder phenylketonuria (PKU) should be concerned about the effects of aspartame use.

The manufacturer, G.D. Searle, and the FDA contend that the product is safe and the research adequate to confirm safety. The FDA has investigated about 30

Page 1 of 3

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cases of adverse reactions thought to be related to aspartame use, but so far FDA researchers have not found evidence of a link between the sweetener and any side effects from its use.

On the other side of the controversy brewing over aspartame are such well known figures as James Turner of the Community Nutrition Institute and Dr. Woodrow C. Monte of Arizona State University, who brought the lawsuit against the FDA. They contend that some of the early tests done on aspartame are not as sophisticated as tests that could be run today and they are demanding the FDA take another look at the sweetener's safety.

According to Darling, a key element of the controversy is the level of aspartame use and its effect on children particularly. A California scientist has estimated that if aspartame is used as a sugar replacement rather than just as a saccharin replacement, daily intake could be 30 to 50 mg/kg per day. (A kilogram is 2.2 pounds so small children could reach that level of aspartame intake on smaller quantities of food or soft drinks than would be required by an adult.) The FDA originally estimated that the typical daily dosage of aspartame would be only 8 to 10 mg/kg per day because people would continue to use other sweeteners along with aspartame. Both Searle and the FDA are monitoring aspartame consumption levels.

Dr. Richard Wurtman of the Massachusetts Institute of Technology requested that the FDA not allow the use of aspartame in soft drinks until his research on aspartame, neurotransmitters in the brain and behavioral changes was completed. Although his request was not met, some U.S. soft drink companies are using only one-fifth to one-fourth the amount of aspartame that is used in Canada for soft drinks. Instead, most combine aspartame with saccharin, a fact that has confused some consumers seeking to avoid saccharin. The decision by bottlers to limit aspartame in their products has decreased the chances of high levels of

aspartame intake in an average person's diet, according to Darling.

Aspartame in its dry form is stable, but in solution it breaks down over time to a compound (diketopiperazine) that is not objectionable in taste but lacks sweetness. Some soft drinks have an acidity level that will begin to break aspartame down. At 68 degrees F, 20 percent of the sweetness is lost in four and one-half months. These decomposition products, including methyl alcohol, have been studied as part of the FDA regulation.

Still being questioned by some scientists are the FDA standards used for evaluating neurotoxicity. Some researchers claim that the criteria used in testing aspartame are not as sensitive as some new tests on neuro effectiveness and subtle changes in prenatal development. Also being questioned are the potential effects of the sweetener on persons with high blood pressure or those with abnormal brain function.

# # #

DPMP, HE I & II

SWEETEN

# news

MSC/9 A 27A  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

February 2, 1984

Source: Harold Cloud  
612/373-0764

Writer: Mary Kay O'Hearn  
612/373-1786

## HEAT BY ROOM TO SAVE COSTS

It makes sense to supply heat in a home only where it is needed.

No matter what your type of heating system, you can find out how to do this in Reduce Heating Costs By Individual Room Heating, AG-FO-2234, authored by Harold A. Cloud, agricultural engineer with the University of Minnesota's Agricultural Extension Service.

Three methods of individual room heating are : radiator or warm-air register adjustments, zone or room control with individual thermostats, and use of portable heaters.

The advantage of individual room heating is that infrequently used rooms do not have to be heated at all times. "Dialing down temperatures in any part of the house results in a savings," Cloud says. If a specific room uses a different type of fuel from the main heating system, resulting savings will depend on the price and heating value comparison of the room heater versus the main heating fuel. A section on economics in the publication compares electricity per kilowatt hour with kerosene per gallon and propane per gallon.

Net savings from heating individual rooms vary with the area to be heated, that area's location within the house, the type of heater and energy source, the price of energy for portable heating compared with that of central heating and the operating time. Cloud stresses safe use of any heating unit should be of utmost concern to consumers.

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It is \$1 a copy (\$1 is the minimum mailing charge) and 50 cents if picked  
up.

# # #

DPMP, HE1&2

HEAT.MO

# news

MSC/9A27P  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

February 2, 1984

Source: Fred Benson  
612/376-3563  
Writer: Pat Samples  
612/376-1785

## "NOT GROWING" MOST PROFITABLE IN '84

Higher production costs and a projection of lower grain prices make participation in government set-aside programs the most profitable alternative in 1984, according to Paul Hasbargen, economist with the University of Minnesota Agricultural Extension Service. Hasbargen and co-workers Fred Benson and Hal Everett announced their projections at a recent conference on grain issues at the University. They also projected that bean crops will bring higher returns than corn, especially in southwestern Minnesota. Wheat will bring the lowest return of the three crops, they said, even in northwestern Minnesota.

Everett said corn prices for the coming marketing year will most likely drop unless a second year of drought materializes. Soybean prices are also expected to be lower. Wheat price levels will be determined by government programs. "The current 1984 program suggests lower wheat prices in the coming year," Hasbargen said, "but wheat state legislators may get this program changed in the coming months." Despite heavy criticism, participation in the 1984 wheat program is expected to be high.

Cash operating expenses for annual inputs such as fertilizer, chemicals, custom operations, fuel and repairs actually declined about 4 percent for corn in 1983, said Benson, but expected acreage expansion should increase demand. Expenses should return to at least 1982 levels. Benson projects higher production expenses on corn, beans, wheat and most other crops.

Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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Land prices are down, but taxes will increase with the new investor's rate of .825 of the land value, Benson explained. Cash rents have increased, an indication that land investors want a greater return from their investment in land, which reflects higher interest rates. "The ratio of rent to current land value is estimated between 4.5 and 6.5 percent," he said. "Such a ratio for cropland suggests that land renting for \$45 per acre would sell for \$792 to \$1000 per acre, and land renting for \$120 per acre would sell for \$1846 to \$2667 per acre."

No sharp increases in machinery costs are expected, but labor rates will be rising, according to Benson. Interest rates for machinery and fuel costs are down slightly.

Overall, the economists said, higher production costs and lower prices will mean a decrease in farm income this year.

# # #

DPMP, IIP, 1A

WHATGROW

# news

MSC/9A27P  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

February 2, 1984

Source: Paul Hasbargen  
612/373-1145  
Writer: Pat Samples  
612/376-1785

## CROP SET-ASIDE PROGRAMS LOOK PROMISING

Participation in federal crop set-aside programs this year would benefit almost every farmer, according to economist Paul Hasbargen of the University of Minnesota's Agricultural Extension Service, especially if prices turn out to be as low as experts are projecting. The one exception may be participation in the wheat Payment in Kind (PIK) program, says Hasbargen.

Corn growers could benefit from \$10 to \$20 per base acre from participation, Hasbargen says. Increases for wheat producers would be somewhat less.

The insurance feature of participation adds to its attractiveness, he points out. "Risks of large losses from an even greater drop in grain prices than now anticipated can be avoided by going into the programs," he says. "Those who do not participate will not even have the option to take a government loan at the support level if they want to store grain. By contrast, those who do can be assured of getting a price near the target price for what they do produce."

Although the wheat PIK program has generally received a very negative reaction from wheat producers, the higher target price and deficiency payment offer some incentive, says Hasbargen. Producers should weigh the probable economic consequences of their participation in the program on an individual basis. He warns against making a decision based on comparisons with last year's

Page 1 of 2

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set-aside programs. "The important thing to compare is participation with non-participation," he says.

Producers can obtain tables and worksheets from their county extension office to assist them with their individual evaluations.

# # #

DPMP, IIP, 1A

GRAINPRO

# news

MSC/9 A27P  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

February 2, 1984

Source: George Rehm  
612/373-1060  
Writer: Jack Sperbeck  
612/373-0715

## PHOSPHATE AVAILABILITY DEPENDS ON SOIL, NOT FERTILIZER

Don't pay three times more for liquid fertilizers sold by the gallon because they're supposedly more available to plants.

The properties of your soil determine how available phosphate will be, and it has nothing to do with whether it's sold by the gallon or ton. "Some liquid phosphate fertilizers are being sold by the gallon at three to four times the price of normal, conventional fertilizers," says George Rehm, soil fertility specialist with the University of Minnesota's Agricultural Extension Service.

"Some liquid phosphate sources are advertised as being three to four times more available than other fertilizers, but this isn't so," Rehm says. "All phosphate fertilizers sold by your local fertilizer dealer perform equally, given the same application rate," Rehm says.

"There's plenty of research to back this up. Whether the fertilizer is liquid or in dry form, it undergoes the same reaction in the soil. The chemical properties of the soil are what determine phosphate availability," he says.

# # #

DPMP, 1A, II-P

Page 1 of 1

P.FERT

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# news

MSC 19 A27p  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

February 2, 1984

Note to broadcasters: The University of Minnesota's Newsline will have actualities based on four of the stories in this mailing. Please call 612/376-8000.

Stories and dates the tapes will be available are as follows:

(all times are CST):

--Two stories, Farmland Values Continue Drop, and Phosphate Availability Depends on Soil, both from 8 a.m., Feb. 6, to 4 p.m. Feb. 7.

--Heat by Room to Save Costs, from 4 p.m. Feb. 7 to 4 p.m. Feb. 8.

--Farming by Soils Instead of Fields, from 4 p.m. Feb. 14 to 4 p.m. Feb. 15.

DPMP, II-P, 1A

ACTUAL .LTR

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# news

for County Agents

MSC 19 A27P  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

February 10, 1984

TO: County News Packet Recipients

Enclosed is a copy of the story "Offspring of High PD Bulls  
Had Higher Conformation Scores."

The story was listed in the cover letter of our Feb. 1 county  
news packet, but the first page of the story was omitted.



John M. Sperbeck  
Communication Specialist

CP

CPKTERR.LTR

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108  
February 1, 1984

Source: Leslie B. Hansen  
612/363-1112  
Writer: Cheryl Schwanke  
612/363-0715

## OFFSPRING OF HIGH PD BULLS HAD HIGHER CONFORMATION SCORES

High Predicted Difference (PD) milk sires resulted in daughters with higher conformation scores and larger, but not deeper udders in a University of Minnesota Agricultural Experiment Station study.

Many dairymen are concerned with the effect that using high PD milk sires will have on their cows' udders and conformation. High-producing dairy cows likely need sound udders and functional type for profitable production.

Since 1964, the Southern Experiment Station herd at Waseca has been divided into two breeding groups. Each year the first group was mated to the four highest PD milk bulls available. Mates for the second group were 20 sires selected in 1964 as near breed average for milk. Female progeny were assigned to the same breeding group as their dams. Groups were housed together and managed alike.

Milk-yield selection brought about a number of changes in udder dimension and conformation scores. Daughters of high PD milk bulls had larger udders to accommodate higher production. These udders were not closer to the ground, however. This increase in udder size came through increased length and width, but not increased depth.

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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Overall conformation, as rated by final score, was higher for daughters of high PD milk sires. Selection for milk yield produced more dairy, angular, and upstanding cows that were also stronger and had more capacity.

This study was conducted by M.L. Petersen, L.B. Hansen, C.W. Young, and K.P. Miller, dairy scientists with the University of Minnesota.

# # #

CP, 4D, 1A

PDBULLS.CS

# news

MSC 19 A27p  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

February 27, 1984

## MAILING LIST UPDATE

We are updating our news release mailing lists. If you would like to continue receiving our news releases, please fill out the enclosed card, make any address corrections and return it to us. If you don't return the card, we'll remove your name/organization from the list.

It's especially important to return the card because the card has the code on it. We have many lists, and things get confusing if we can't link you up with a code.

Call me at 612/373-0715 if you have any questions.

Sincerely,

  
John M. Sperbeck  
Communication Specialist

MALISTUP

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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# news

MSC/9A27P  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

February 27, 1984

Note to broadcasters: An actuality will be available on Newslines from noon, Wednesday, Feb. 29, to 4 p.m. Thursday, March 1. Call 612/376-8000.

Source: Paul Hasbargen  
612/373-1145  
Writer: Jack Sperbeck  
612/373-0715

## CORN SET-ASIDE CAN NET OVER \$300 PER ACRE

Set-aside acres for corn look like the most profitable land use in 1984, according to the current outlook for grain prices and production costs. This projection comes from Paul Hasbargen, economist with the University of Minnesota's Agricultural Extension Service.

"Most farmers apparently don't understand the 1984 feedgrain program, or they have a much more optimistic corn price forecast than the professional market forecasters," Hasbargen said in reaction to the extension of the program sign-up periods. Due to the relatively low sign-up in the feedgrain and wheat programs to date, Secretary of Agriculture Block has extended the sign-up periods for three weeks--until March 16.

Hasbargen says farmers with a corn base yield of 100 bushels per acre will be paid \$387 per acre under the set-aside program if the USDA projected average U.S. corn price of \$2.60 is correct for this fall. If the average price is \$2.70 during the October-February period, the payment would be \$297 per acre of set-aside.

After you subtract about \$20 per acre to put in a cover crop, the net return from set-aside acres is far greater than what is expected from any traditional field crop, Hasbargen says.

Page 1 of 2

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And, farmers don't have to put grain under storage to become eligible for these payments. Therefore, livestock farmers who often ignore feedgrain programs can also benefit from the 1984 program.

Hasbargen encourages farmers who have not yet taken a close look at the 1984 wheat and feedgrain program to do so before March 16.

# # #

DPMP, IA, II-P

SETASIDE

# news

MSC 19 A270  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 1, 1984

## MEDIA NEWS PACKET INDEX

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Specialists: If you would like copies of the above releases, check the ones you'd like and send this cover sheet with your name and address to Marilyn Masterman, 433 Coffey Hall.

MP

M-1

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 1, 1984

Source: Jean W. Bauer  
612/373-0909  
Writer: Mary Kay O'Hearn  
612/373-1786

## **MORE MONEY ISN'T THE FINANCIAL SOLUTION**

Surprising as it may seem, evidence shows that people at all income levels may have financial problems and more money is seldom the solution.

"Often, the problems come from a lack of realistic planning for the use of the income, failure to stick to a financial plan, or failure to provide for regular expenditures, whether they're expected or unexpected," says Jean W. Bauer, family resource management specialist with the University of Minnesota's Agricultural Extension Service.

Families in financial trouble reveal that most take risk in the use of their income. They may spend all they make without setting aside for savings or adequate insurance. Or a families' savings can be so slim that they are easily wiped out when expensive or prolonged illness hits or when a family member becomes unemployed or has to take a drastically reduced income.

"To move away from the rim of financial trouble, begin by realizing that an increased income only permits continuing a current lifestyle. It does not allow you to move ahead if you are living beyond your current income today," she says.

Page 1 of 2

M-2

"To be more secure, sometimes the wants have to be decreased. The choice is yours. Ask yourself, 'Am I a high risk taker, or do I want to put a firm foundation under my financial situation?' Try to do it, with a plan," she suggests.

# # #

MP, 4HE

MORE.MO

March 1, 1984

Source: Jean W. Bauer  
612/373-0909

Writer: Mary Kay O'Hearn  
612/373-1786

## PHYSICAL ILLS CAN SIGNAL FINANCIAL STRESS

If you have a temper that shorts out and sparks family arguments, headaches, or feelings that you want to withdraw, you could be experiencing financial stress.

A sense of being out of control of your finances means that you are suffering financial stress. And all these problems can hasten it: fear of running out of money, overload of financial obligations, income changes, frustration over goods selection, uncertainty about money use, unwise purchases, or emergencies.

But as there are causes so there are cures.

"To reduce or avoid financial stress, start by saving regularly," says Jean W. Bauer, family resource management specialist with the University of Minnesota's Agricultural Extension Service.

She suggests paying yourself a specific amount from each paycheck. This amount will vary with your family and its situation, but financial advisers suggest a savings fund equal to two to six months' salary. This provides a financial cushion and if properly invested will earn interest for you.

Plan how to spend each paycheck by deciding what you want. Not having a plan wastes your money, time and ability. Put spending for food, clothing, transportation, housing and saving first. Before you buy, ask yourself whether an item is really necessary. Make a shopping list and stick to it.

Bauer suggests following these sound shopping habits:

- \* Study the items on your shopping list carefully.
- \* Buy necessary items first.
- \* Comparison shop for quality and prices before buying. Buy needed items on sale when possible.
- \* Find out information on new products before buying them.
- \* Consider the future care of an item before you buy. Select items which are inexpensive to care for.
- \* Buy items, especially expensive ones, from reliable dealers who will make satisfactory adjustments if the product is faulty and will provide service when needed.
- \* Avoid something for nothing gimmicks--everything has its price.

With this take-charge plan in hand, you should be able to control your financial situation, Bauer says.

# # #

MP, 4HE

ILLS.MO

# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 1, 1984

Source: Jean W. Bauer  
612/373-0909  
Writer: Mary Kay O'Hearn  
612/373-1786

## SAVING TAKES MANY FORMS

Remember the rhyme about the king in his counting house counting out his money while the queen was in the parlor eating bread and honey?

"But stashed away cash isn't the only way to save," says Jean W. Bauer, family resource management specialist with the University of Minnesota's Agricultural Extension Service.

"Anything that increases your financial position or net worth is actually savings," she says. This includes money left over after the bills are paid, contributions made by you or your employer to a retirement fund, and an Individual Retirement Fund (IRA) because it eventually becomes yours as savings. Increased value of life insurance when premiums are paid also become savings.

Repaying a debt is a form of savings not always recognized. "This could be an installment debt or mortgage on a home. It is saving to the extent that the payment exceeds the interest charged and reduces the amount owed," she explains. As the size of the debt decreases, your financial position or net worth improves.

Page 1 of 2

M-6

Saving money today so that it can be spent with your specific goal in mind later takes continuous investigation into the current economic situation. With lower inflation rates than in the past few years, today's consumers are again saving in interest-bearing accounts in banks and savings institutions and buying U.S. Savings Bonds.

But it still boils down to doing what is best for your situation, determining the alternatives and choosing among them.

# # #

MP, 4HE

SAVING.MO

M-7

March 1, 1984

Source: Jean W. Bauer  
612/373-0909

Writer: Mary Kay O'Hearn  
612/373-1786

## ARE YOU COURTING FINANCIAL DISASTER?

If you are unemployed, you are concerned about finding employment. If you are employed, you are worried about becoming unemployed. Either way it may be the uncertainty of the times.

Jean W. Bauer, family resource management specialist with the University of Minnesota's Agricultural Extension Service, says some guidelines can indicate how close to the rim of financial disaster you may be.

Do you have to decide which of your bills to pay each month? Do you take on more monthly debt than you pay off? Do you have a revolving charge where the interest increases each month? Would an emergency illness or accident throw your current spending out of control? Do you have a hard time meeting lump-sum annual or semi-annual payments for such items as insurance policies or taxes? Does it seem that you never have any discretionary dollars to enjoy vacations or other special treats?

"If these situations sound like you, you may want to evaluate your position to see what steps can be taken toward more stability," she says.

Page 1 of 2

M-8

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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She suggests looking at another set of questions to work toward answers that fit you.

- \* How secure is your job and that of your spouse? How would you meet current obligations if one of you lost a job?
- \* Are you saving for specific goals or do you spend all the money you make? Many people believe it is easier to save for something specific rather than just for the sake of saving, Bauer says.
- \* What are your special goals for this year, next year and long-range? Are they outlandish or realistically attainable?
- \* Do you plan spending for each pay period ahead of time?
- \* Do you set aside part of your income from each pay period to accumulate funds for lump-sum payments?
- \* Have you a reasonable amount of insurance for unexpected events that are most apt to occur?
- \* Do you give serious thought to what items or services make up your "level of living"? If you dropped some of these things, would removing them from your life give greater piece of mind or a more secure feeling financially?
- \* Can you equate having what you want today with the possibility of doing without necessities tomorrow?

# # #

MP, 4HE

COURTING.MO

Page 2 of 2

M-9

March 1, 1984

Source: Jean W. Bauer

612/373-0909

Writer: Mary Kay O'Hearn

612/373-1786

## GAMES HELP WITH SAVING PLANS

Research says only about half of all families save money. Which half do you belong to?

Saving means spending less than is earned, then living on a level that permits leaving money in a savings account or other savings instruments.

Many families play games to help themselves save. Here are a few ideas from Jean W. Bauer, family resource management specialist with the University of Minnesota's Agricultural Extension Service, that may help you get started on a saving plan.

- o The extra change money game. Every day empty all the change in your pocket or purse into a container. Plan to deposit it in a savings account once a month.

- o The windfall game. Save all money received unexpectedly or over what you are currently receiving. This could mean an inheritance, gift, raffle, refund, raise or expense account reimbursement. Or some families may vary the game by continuing to make a car payment after the car is paid for and saving that money. You pay yourself instead of the bank.

Page 1 of 2

M-10

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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o The swap-a-habit game. Give up some habit--maybe it's a roll during coffee break--then bank the savings. Or, if it's possible, walk to work and pay yourself the bus fare.

o The self-service game. Choose a chore you can do yourself but are currently paying to have someone else do. Maybe it's snow shoveling or lawn mowing. Pay yourself the amount you would have paid someone else and put it into a savings account.

o The crash-save game. Set a time limit for this game, then the object is to save as much as possible before the time expires. To do this, buy only essentials for the duration of the game. Put the money you would have spent on the nonessentials into a savings account. To accomplish this, each time you start to buy something, ask yourself: --Is this essential to my life?

o The silent savings game. To play this you must own something that builds up equity. It might be your house, reinvesting stock dividends or paying into retirement funds. Although this is an important way to save, remember it's necessary to have a cash emergency fund available to meet unexpected financial crises.

"Decide which game to play to reach your goal," Bauer says.

# # #

MP, 4HE

GAMES.MO

# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 1, 1984

Source: Scott Magnuson-Martinson  
612/373-0925  
Writer: Mary Kay O'Hearn  
612/373-1786

## CHECK TAX RETURNS FROM ALL ANGLES

Tax credits are available for part of the cost of child care if the child is under age 15 and care is essential to allow a parent or parents to work.

"This is true even if a relative is employed for the child care," reminds Scott Magnuson-Martinson, family resource management administrative fellow with the University of Minnesota's Agricultural Extension Service.

Depending on your income, the credit could range from 20 to 30 percent of the cost--up to \$2,400 for one child and \$4,800 for two or more.

When one spouse is a full-time student and the other works, tax credit may also be available. It is also a possibility if day care is needed for a disabled spouse or a dependent of any age. The care-costs credit can be applied while looking for work, but you must have job income to claim it.

On another matter, Magnuson-Martinson says if you intend to claim a dependent as a tax deduction, watch their earnings so that they don't go over \$1,000. The exemption is generally lost if earnings are \$1,000 or over. If the child is younger than 19 or a full-time student, there are no limits on earnings to be claimed as your dependent.

Page 1 of 2

M-12

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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And, if a group shares support of a dependent, perhaps an elderly parent, be sure someone claims the exemption. The group must be providing 50 percent of the care and the individual claiming the deduction at least 10 percent of that. Usually the person in the highest tax bracket benefits most. Agree among the group who that will be and let them file the proper form with the Internal Revenue Service, Magnuson-Martinson says.

# # #

MP, 4HE

ANGLES.MO

# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 1, 1984

Source: Scott Magnuson-Martinson  
612/373-0925  
Writer: Mary Kay O'Hearn  
612/373-1786

## KEEP TABS TO SAVE MONEY

Keeping track of the sales tax you have paid during a year may make for a larger deduction than what the Internal Revenue Service allows for without documentation, says Scott Magnuson-Martinson, family resource management administrative fellow with the University of Minnesota's Agricultural Extension Service.

"If you didn't do this in 1983 for the April 15 payment deadline, you might want to start it now so that you will be prepared for next year," he says.

Purchases such as furniture, cars or boats can up the tax total rapidly. Be sure to keep the tabs on all the sales tax you pay because there must be documentation if you claim more than the standard deduction the IRS allows. But even taking the standard deduction for sales tax, you can include big ticket items when you have the receipt proof.

# # #

MP, 4HE

Page 1 of 1

TABS.MO

M-14

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 1, 1984

Source: Scott Magnuson-Martinson  
612/373-0925  
Writer: Mary Kay O'Hearn  
612/373-1786

## KNOW HOMEOWNER TAX TIPS

Making a profit on the sale of a home doesn't automatically mean paying tax--if you meet certain requirements.

When you buy and occupy another home within 24 months of selling your former house, armed forces members have up to 48 months, you are deferring tax on the profit, explains Scott Magnuson-Martinson, family resource management administrative fellow with the University of Minnesota's Agricultural Extension Service.

"To delay tax on all the profit, the home you are moving to must usually cost at least as much as the sale price of the home you are leaving," he says. To gain cash from the sale, take a bigger mortgage on the home you are moving to instead of rolling over all the sale proceeds.

If you are marrying after age 55 and one or both of you over that age are planning to sell a house, you can save large dollars by selling the house before marrying. "The entire tax can be escaped on up to \$125,000 in profit from the sale of a home. It's a one-time bonus. You or your spouse cannot have used the tax exclusion before, even in a prior marriage," Magnuson-Martinson says. There is a possibility of \$250,000 tax free income if two houses are involved.

On a jointly owned home, either spouse can be over 55 to qualify for the one-time tax advantage. Of course, the over 55 break awaits anyone selling a home--married or single.

Energy credit could mean a tax reduction if your home was built before April 20, 1977. If you have insulated, added storm windows, and performed certain listed energy-saving items in your home before the year ended, you are eligible to deduct from your tax 15 percent of what you spent. However, credits for all years at your current home can't exceed \$300.

A new ruling this year is the test for deducting expenses for an office at home. Now the area used exclusively for an office can be part of a room. It no longer must be set off by a partition.

# # #

MP, 4HE

KNOW.MO

# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 1, 1984

Source: Scott Magnuson-Martinson  
612/373-0925  
Writer: Mary Kay O'Hearn  
612/373-1786

## PIK AND INCOME TAX

For income tax purposes regarding the 1983 crop year, commodities received under the PIK (Payment In Kind) program will be treated as if the farmer produced them.

There will be zero basis in the commodities. Until they are sold or in some way disposed of, the commodities will not be considered income. The 1983 crop year is for any crop with a harvesting or planting period in 1983.

Scott Magnuson-Martinson, family resource management administrative fellow with the University of Minnesota's Agricultural Extension Service, says the Internal Revenue Service suggests Publication 225, Farmer's Tax Guide, for further information.

# # #

MP

PIK.MO

March 1, 1984

Source: Roger Machmeier  
612/373-0764  
Writer: Pat Samples  
612/376-1785

## PROFESSIONAL CLEANING, NOT ADDITIVES, PREVENTS SEPTIC TANK PROBLEMS

Septic tank solids should be removed from the tank and hauled away periodically by a qualified maintenance service, advises Roger Machmeier, agricultural engineer with the University of Minnesota's Agricultural Extension Service. Additives are not recommended because their use may flush the solids into the drainfield, plugging the soil pores.

A thousand-gallon septic tank serving a three-bedroom home with four or five occupants should be cleaned every one to three years, says Machmeier. To estimate the proper cleaning frequency, he recommends having the septic tank cleaned two years after it is first placed in service to determine the rate at which solids are accumulating.

A septic tank has three layers -- a floating scum layer, a sludge layer at the bottom and a clear liquid layer between them. When the septic tank accumulates too much scum and sludge, flow through the clear layer is too fast and solids are flushed out into the drainfield. A good cleaning service, says Machmeier, will agitate the scum and sludge layers into suspension, remove the entire contents of the tank and haul them away.

Additives may chemically agitate the tank, flushing the contents into the drainfield. This harms the soil by plugging its pores.

Three types of additives are available on the market. One type adds bacteria and enzymes. Plenty of these are already present in the septic tank, says Machmeier. Another type of additive increases the volume of the bottom sludge layer so that it is washed out into the drainfield. A third type breaks down the scum layer, again washing this into the drainfield.

When considering whether or not to use an additive, Machmeier recommends checking three things:

- \* Are the additive claims substantiated by laboratory tests rather than testimonials?
- \* Will the additive cause damage to any other parts of the sewage treatment system?
- \* Will the additive cause damage to the environment such as adding dangerous chemicals to the groundwater?

Proper cleaning of your septic tank by a qualified maintenance service will avoid most septic tank problems, Machmeier says.

# # #

MP

SEPTIC

March 1, 1984

Source: Mary Darling  
612/376-4663  
Writer: Pat Samples  
612/376-1785

## REASONS WHY CHILDREN CHOOSE FOODS REMAIN A MYSTERY

Decorate broccoli with cheese sauce swirled to look like a clown face and little Eric probably still won't eat it. Many parents try such tricks to make nutritious food appealing to children. They read books on how to combat eating problems and what children prefer and then develop strategies to educate the child to a varied, nutritionally balanced diet. But researchers can't say for sure how children do develop their food preferences, says nutritionist Mary Darling of the University of Minnesota's Agricultural Extension Service.

Some research results indicate that children's preferences are similar to their parents. A recent Canadian study showed that sons make food choices more like their fathers and daughters choose more like their mothers. However, the studies do not reveal why these similarities exist, Darling points out. Is it a matter of imitation or simply a matter of exposure? The child may like certain types of foods because that's what they are used to.

Many claims have been made about what children like. Bright colors, plain foods and mild flavors are supposed to have appeal. But spicy pizza

and spaghetti, bland-colored potatoes and tacos are favorites that contradict those theories.

Why eating problems exist is not clear to researchers. Such problems appear to be absent in developing countries. The reasons are not yet known, says Darling. Research shows that children in better-educated, higher-income families are more likely to be picky eaters. Some analysts speculate that children living in better economic circumstances have more eating problems because they have so many choices. Others suggest that more educated parents may anticipate and worry about eating problems too much. Although variety in the diet is an underlying principle in good nutrition, most people throughout the world manage with little variety and, even in the United States, a wide variety has only been available in this century.

Feeding problems do appear to be connected to several factors including culture, economic status and what parents know about nutrition.

# # #

MP

KIDSEAT

March 1, 1984

Source: Mary Darling  
612/376-4663  
Writer: Pat Samples  
612/376-1685

## THERE IS MORE THAN ONE WAY TO SWEETEN THE PIE

Sweetness has a lot to do with the appeal of both motherhood and apple pie. Both have traditionally supplied us with lots of sugar. Thanks to such influences, sugars and other sweeteners "are America's number one flavor booster and the most popular food additive," says Mary Darling, nutritionist with the University of Minnesota's Agricultural Extension Service. But, along with the pleasures of sweetness, sugars add an abundance of carbohydrates and calories.

"They are concentrated sources of calories that contribute very few nutrients to the diet," says Darling. "Individuals who are growing rapidly or expending a lot of energy, such as a teenage athlete, may need concentrated sources of calories to meet their energy needs, but people with weight gain problems need to limit the amount of sugar in their diets."

"Babies don't need any added sugars in their foods, and using them as rewards or comfort could lead the child to develop eating habits that make weight control difficult throughout life."

Some foods, such as sweet pickles and jams, must have sugar to make a quality product. Decreasing the sugar may affect the texture, consistency,

spoilage and even the color and volume of some foods. Darling suggests experimenting with eliminating or reducing sugar in recipes that don't have these high sugar bases.

Darling recommends several ways to counteract the sugar syndrome:

- \* Substitute fruit juices or plain water for soft drinks and other popular sweet drinks. Also, you can try calorie-free club soda, seltzer or mineral water.

- \* Pack home-canned fruit in plain water or in juice from the fruit or in unsweetened apple, pineapple or orange juice.

- \* Use fresh fruit rather than sugar to sweeten your cereal. Avoid the heavily pre-sweetened varieties.

- \* Try new combinations of food to create sweet flavors. Use sweet spices and herbs such as cardamon, coriander, basil, nutmeg, ginger, mace, cinnamon and mint. Adding vanilla or almond extract may replace some of the need for sugar. Broiling grapefruit, bananas, onions and tomatoes makes them taste sweeter.

- \*Add artificial sweeteners such as saccharin. They are most successfully used when they are not heated or cooked -- in fruit beverages, salad dressings and gelatin molds, for example. You can add them to cooked rhubarb and similar foods after they cool.

Not all sugar substitutes provide an overall advantage. Other sweeteners such as honey and brown sugar make little nutritional difference. Nuts and seeds add calories and oil. Dried fruits and frozen juice concentrates add more carbohydrates and sugars to the diet.

A new publication called "Cooking with Less Sugar" (HE-F0-2220), written by Darling and county extension agent Elizabeth Russell, offers

more tips on sugar consumption and recipes with lower sugar contents. Copies are available from the CR Distribution Center, 3 Coffey Hall, 1420 Eckles Ave., St. Paul, MN 55108. For the minimum \$1 Distribution Center order, you can obtain a copy of the sugar publication as well as either "Cooking with Less Fat" (HE-F0-0898) or "Cookbooks for Special Needs" (HE-F0-0819).

# # #

MP,4HE

SUGAR

M-24

March 1, 1984

Source: Wanda Olson,  
Cherilyn Nelson  
612/373-0913,  
612/373-1536  
Writer: Deedee Nagy  
612/373-1781

## **CLOTHES WORN WHILE USING PESTICIDES REQUIRE SPECIAL WASHING PROCEDURES**

Pesticide applicators and handlers are partially protected from toxic chemicals by their clothing, but the proper washing of that clothing is essential if the garments are to be worn safely again.

Wanda Olson, household equipment specialist, and Cherilyn Nelson, textiles and clothing specialist, both with the University of Minnesota's Agricultural Extension Service, report on new research from the University of Nebraska and other universities that outlines safe handling procedures for pesticide-contaminated garments. The research was done using highly toxic pesticides and several types of material. The hazard level of pesticide exposure depends both on the degree of toxicity of the chemicals and the type of product formulation. Additional research on the subject has been conducted in Minnesota funded by the Agricultural Experiment Station.

They stress that items worn while applying pesticides should be washed daily because longer storage before washing makes pesticide removal more difficult. Anyone handling clothes worn during pesticide application

Page 1 of 3

M-25

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should wear rubber gloves and the garments themselves should be kept separate from other clothes. All cuffs and pockets should be emptied of any pesticide granules before washing because these will dissolve in the wash water.

Some heavily-contaminated clothes should be discarded, the specialists recommend. They say that if liquid concentrates are spilled on any clothing other than rubber or neoprene gloves and unlined boots, the items should be thrown out. Washing will not remove enough pesticide to make the clothes safe. Research has shown that clothing with undiluted emulsifiable concentrate on it still contained a large amount of pesticide even after ten washings. Three washings removed nearly all traces of diluted pesticides, however.

Washing procedures should begin with a prerinse or presoak in a bucket or tub or by agitating the garments in a washer and spinning the soak water out before beginning a wash cycle. Pre-rinsing is very effective in dislodging residue from wettable powder formulations. Olson and Nelson advise using hot water for washing clothes worn while using pesticides. The lower the water temperature, the less pesticide it removes. A warm water setting on an automatic washing machine is a 50/50 mix of hot and cold water and is generally not much more effective at pesticide removal than cold water.

Wash only a few items of clothing at a time and use a full water fill and the maximum length agitation time available on your washing machine, they stress. Use the recommended amount of heavy duty detergent. Liquid

detergents have proved more effective than powdered detergents in removing oil-based pesticides.

Bleach and ammonia do nothing to remove pesticides and, the specialists caution, they should never be used together. Once washed, the clothing should be line dried to avoid dryer contamination. Run your empty washing machine through a complete cycle with detergent after washing clothing worn while applying pesticides.

A fact sheet on washing and handling procedures for clothing exposed to pesticides is available for \$1 from the Distribution Center, 3 Coffey Hall, 1420 Eckles Avenue, University of Minnesota, St. Paul, MN 55108. Request "Washing Clothing Worn While Applying Pesticides," publication number HE-FS-2312.

# # #

MP

PESTICID

# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 1, 1984

Source: Dennis D. Seefeldt  
612/373-1846

Writer: Mary Kay O'Hearn  
612/373-1786

## LINKAGE OF PROFESSIONALS TO HELP COMMUNITIES

Where do you go for help when there are individual or family problems in a community?

An informal linkage of professionals in a community helping one another--the banker, clergy, high school teachers, public health workers, social workers, and Agricultural Extension Service county agents--could point to the answers.

This process started to happen during four regional workshops covering 40 Minnesota counties. The workshops were held in Rochester, Mankato, Slayton and Benson over a two year period in 1982-83. Lois A. Goering, southwest district program leader at Redwood Falls for the University of Minnesota's Agricultural Extension Service, and Dennis D. Seefeldt, southeast district program leader, St. Paul, helped arrange the meetings where 300 professionals contributed 144 volunteer hours to lay the groundwork for the helping program. In some counties, Agricultural Extension Service home economists are at the hub of this informal linkage.

Seefeldt hopes there can be follow-up with actual case studies. "We want to see what impact the 1982-83 workshops had on their communities. Have the successes of those days continued?"

Page 1 of 2

M-28

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

The University of Minnesota, including the Agricultural Extension Service, is committed to the policy that all persons shall have equal access to its programs, facilities, and employment without regard to race, creed, color, sex, national origin or handicap.

Some of the topics discussed included: children and stress, stress on families, assets to meet needs, designing a spending plan, maximizing grocery dollars and bartering.

There were immediate reactions from professionals participating in the workshops. One clergyman said after a workshop that from then on adult education classes in his congregation would include an emphasis on family economic stability. A public health nurse said her clients had problems beyond health and now she would know where to refer them. Several high school home economics teachers immediately incorporated information from the workshop directly into their high school classes. Homemaker aides, who were county human services employees, used the budgeting information during family visits.

Workshop teaching was carried out by University of Minnesota Agricultural Extension Service specialists, county extension agents and home economists.

# # #

MP

LINKAGE.MO

# news

for County Agents

MSC/9A27P  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 1, 1984

## COUNTY NEWS PACKET INDEX

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Also enclosed are Public Service Announcements (PSA's) that you can use with local stations. You may also find them useful as newspaper column fillers.

CP

C-1

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

The University of Minnesota, including the Agricultural Extension Service, is committed to the policy that all persons shall have equal access to its programs, facilities, and employment without regard to race, creed, color, sex, national origin or handicap.

Agents and specialists: Following is a list of releases that we sent out in weekly mailings during the past month. If you would like to receive any copies, check the ones you'd like and send this sheet with your name and address to Marilyn Masterman, 433 Coffey Hall.

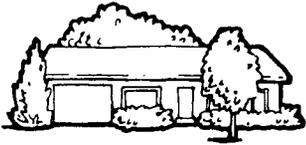
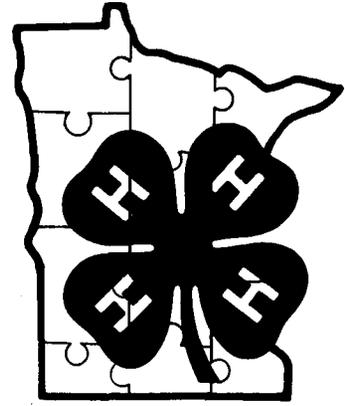
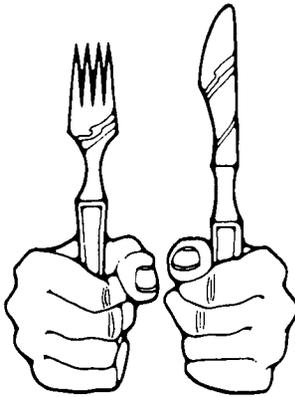
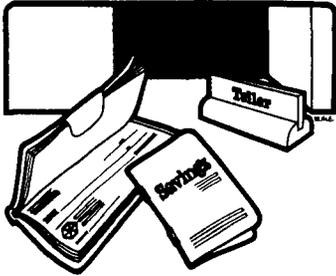
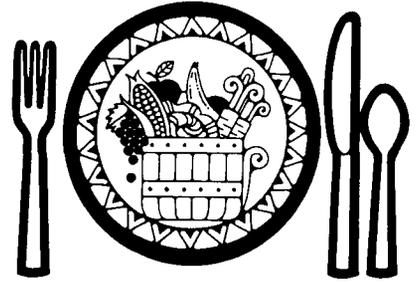
Extension Maple Syrup Clinics Scheduled  
Food and Fitness Essay Contest Wants Young People's Ideas  
Note to Broadcasters Letter  
Phosphate Availability Depends on Soil, Not Fertilizer  
Heat By Room to Save Costs  
Farming By Soils Instead of Fields  
Farmland Values Continue Drop  
Not Growing "Most Profitable in '84"  
Crop Set Aside Programs Look Promising  
Despite Years of Research, Aspartame Safety Still Questioned  
Low Dairy Sign-Up Will Hurt Dairy Farmers, Help Others  
Caution Required in Feeding PIK Corn  
Corn Improvements Continue  
Fresh Milk Can Be Used to Feed Hogs  
On-Farm Mixing--Is It Worth It?

# clipart

MARCH 1984

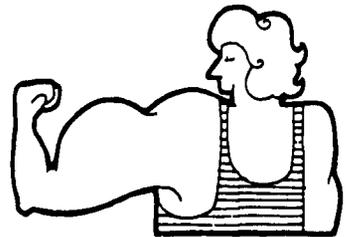
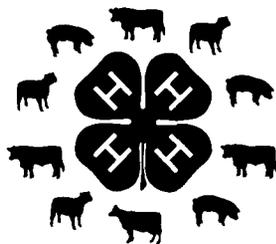
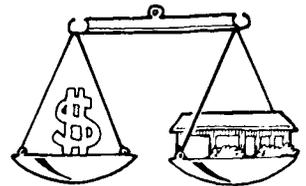
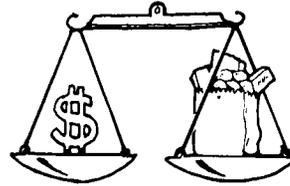


the potato



## New Publications

University of Minnesota   
Agricultural Extension Service



## New Publications

University of Minnesota   
Agricultural Extension Service



# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 1, 1984

Source: Dan Lindsey  
612/373-0798

Writer: Kathleen Berg  
612/376-7518

## MINNESOTA 4-H BUILDS WORLD'S LARGEST JIGSAW PUZZLE

Minnesota 4-H and COMPAS plan to build the world's largest jigsaw puzzle at the 1984 Minnesota State Fair. Their goal? They intend to hold the Guinness world record for giant-sized jigsaw puzzles!

The puzzle will be a six-story, 40-foot wide puzzle of interlocking pieces erected on the east wall of the Coliseum on the State Fair Grounds. It will resemble the state of Minnesota and interlocking pieces will represent the state's 87 counties. Lou Ferreri, Twin Cities artist, will be designing the puzzle to include intersections, crossroads and history unique to each county.

COMPAS is a non-profit art agency located in St. Paul and is the largest community art organization in Minnesota. It reaches more than 100,000 residents and helps employ artists. According to Dan Lindsey, 4-H extension specialist with the University of Minnesota's Agricultural Extension Service, "The purpose of this fundraiser is to dramatize the importance of expressive art and raise funds to support educational art in communities throughout the state."

"This cooperative venture with the Minnesota 4-H will enable COMPAS to continue such programs as the COMPAS Writers and Artists-in-the-Schools," said Molly LaBerge, executive director of COMPAS.

Page 1 of 2

C-4

**University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating**

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Beginning March 1, you can help support the project by buying a button for \$1. The buttons were designed by COMPAS. Buttons will be available through 4-H groups. Check with your county office of the University of Minnesota's Agricultural Extension Service for more information.

# # #

CP

PUZZLE

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 1, 1984

Source: Tom Zurcher  
612/373-1109  
Writer: Kathy Berg  
612/373-1976

## 4-H ANIMAL PROJECTS POPULAR WITH MINNESOTA YOUTH

The excitement of owning and caring for an animal was an important factor for over 42,000 Minnesota 4-H youth, according to Tom Zurcher, 4-H Youth Development specialist with the University of Minnesota's Agricultural Extension Service.

Learning to care for animals is an excellent way for young people to learn responsibility while they learn about the importance of animals. One out of every six 4-H'ers is enrolled in one or more 4-H animal science projects in their community, said Zurcher. Animal science projects help develop leadership and a sense of achievement for 4-H'ers.

The 4-H animal science programs give young people a chance to explore their individual interests. Many are involved to simply learn more about pet care and training. Others will go on to explore careers in the animal sciences, learn to make money by breeding, raising or training animals, or successfully market animals and animal products.

Communities need participants as well as volunteer project leaders. "We are very proud of the adult volunteer project leaders who provide the opportunity for 4-H'ers to develop both project and life skills," said

Page 1 of 2

C-6

**University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating**

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Zurcher. Project leaders have gained much support from local resource people involved in the American Veterinary Medical Association and various breed associations and can provide credible leadership in giving 4-H members an outstanding educational experience.

Subject areas in 4-H animal science programs include agriculture, beef, swine, sheep, commodity marketing, dairy, dog care and training and horse and veterinary science. Each community may vary somewhat in the programs they offer, so consult you local county extension agent for details.

# # #

CP

ANSCI

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 1, 1984

Source: Andrea Burney  
301/656-9000  
Editor: Kathy Berg  
612/373-1976

## MINNESOTA 4-H VOLUNTEER SELECTED FOR SALUTE TO EXCELLENCE HONORS

Helena C. Dotzler, Aitkin County volunteer 4-H leader with the University of Minnesota's Agricultural Extension Service, will represent Minnesota in the second Salute to Excellence program at the National 4-H Center in Chevy Chase, Md., March 19-24.

Dotzler, along with 51 other men and women from each state, Puerto Rico and the District of Columbia, has been selected for a five-day recognition and training session designed to help improve and expand 4-H, the nation's largest out-of-school youth education organization. 4-H now involves nearly five million youth and more than 620,000 volunteer leaders.

Currently, Dotzler serves as auditor for Aitkin County where she has been an active 4-H volunteer for 23 years. Her major contribution has been her dedication to fund-raising projects to support 4-H events and activities sponsored by the National 4-H Council. She has also served as an organizational and special interest project leader and community resource leader. Presently, she is platbook fund chairperson as well as a member of the budget committee. As resource leader, she initiated many county fund-raising activities.

Page 1 of 2

C-8

**University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating**

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Dotzler's involvement in 4-H began at age 10. She and her husband, Richard, initiated a 4-H club in the area when their eldest daughter was old enough to participate. For 15 years she served as a club leader and after her children became too old for 4-H , she continued to serve as county resource person. "I believe in 4-H and what it offers people," she says.

While Dotzler is in the nation's capital, she will attend briefings with top officials from the executive branch of government, a recognition banquet with congressional representatives, workshop sessions and field trips to cultural and historic sites. Workshops will focus on skills in communications, interpersonal relationships, group dynamics, creative techniques for working with youth and broader understanding of the roles of volunteers in 4-H.

In addition, Dotzler will work out a plan of action to strengthen volunteerism and the 4-H program in Minnesota. A \$1,000 grant proposal will then be written with the hope of implementing the plan in cooperation with Minnesota's 4-H staff.

The program, which also includes incentive grants to implement back-home actions plans, is supported by a grant from R.J. Reynolds Industries, Inc., Winston-Salem, N.C.

# # #

CP

SALUTE

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 1, 1984

Source: George Rehm  
612/373-1060  
Writer: Pat Samples  
612/376-1685

## **CORRECT RATIO IMPORTANT IN POSTEMERGENCE FERTILIZER-HERBICIDE APPLICATIONS**

Results of a University of Minnesota study suggest that applying atrazine in combination with urea-ammonium nitrate can depress corn yields if the N rates are too high. Severe leaf damage and growth stunting also occurred immediately after applications of high N rates in the three-year study conducted by the Agricultural Experiment Station in Waseca.

Based on the study's results, researcher Gyles Randall recommends that topdress applications of this combination at the four-leaf stage should include no more than 60 pounds of N per acre and two pounds of atrazine per acre. Yields generally decreased on plots with 90 and 120 pound rates in the study when atrazine was included.

Although leaf damage was heavy with the higher rates, including the sloughing of some leaves with the 120-pound rate, the plants did recover. Final plant population and leaf N concentration were not affected.

# # #

CP,4FC

ATRAZINE

Page 1 of 1

C-10

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 1, 1984

Source: Dale Hicks  
612/373-1181  
Writer: Pat Samples  
612/376-1785

## EARLY PLANTING RECOMMENDED FOR BEST YIELDS

The first five days in May are the best planting time for corn, according to a University of Minnesota agronomist. Yields begin to decline after that. Planting can begin as early as April 25 in the northern part of the state and April 20 in the southern areas, reports Dale Hicks of the university's Agricultural Extension Service.

For soybeans, May 5 to May 10 are the optimum planting dates, but planting can begin at the end of April, especially if farmers have little or no corn to put in first.

Yields are highest with early planting, says Hicks. Corn crops lose an average of 0.5 percent yield per acre per day if planting is done after May 1, with the greater yield reductions occurring in late May planting. Soybeans lose approximately 0.3 percent per acre per day. "If a farmer gets 100 bushels per acre on corn, that means a loss of a half bushel from each acre for each day of later planting," Hicks points out.

Another reason to plan on early planting, says Hicks, is that weather conditions permit planting on only about 50 percent of late April and early May days. A delayed start could mean very late planting for some of the crop.

Hicks recommends planting full-season hybrid corns first because their yield reductions are higher with late planting than either late-planted short season or midseason hybrids. Some agronomists have suggested "calendarizing" planting to spread out harvesting work by planting the short season hybrids first for early maturity. However, Hicks says, even when short season hybrids are planted last, they will still mature before the early planted full-season varieties.

Some farmers are reluctant to plant soybeans early because they emerge more slowly in the cold soil and weed control problems are anticipated. Recent developments of better herbicides, however, have reduced those problems, according to Hicks. Some postemergence applications are now available for soybeans, he points out.

Possible frost damage is another concern. The dangers of this are minimal, says Hicks, because the crops are slow to emerge above ground when planted early.

# # #

CP,1A,4FC

PLANTING

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 1, 1984

Source: Scott Magnuson-Martinson  
612/373-0925  
Writer: Deedee Nagy  
612/373-1781

## IF YOU RUN A BUSINESS AT HOME, THERE'S GOOD TAX NEWS

If you run a business out of your home, even a part time one, there's good news in the new tax rulings for 1983, according to Jean Bauer, family resource management specialist with the University of Minnesota's Agricultural Extension Service. Favorable changes now will allow you to deduct a portion of your household expenses for that part of your house or apartment devoted to your trade or business.

She adds that this applies as long as you use the space regularly and exclusively for business. Until recently this provision applied only to persons whose entire professional activities were carried out from their homes, but this change now allows "moonlighters" who have other jobs outside the home to qualify for office-at-home deductions. The law now says you may have a principal place of business for each activity in which you engage. If you are, for example, a secretary, your principal place of business is the company for which you work. But if you work as a tax preparer in your home, your home office is your principal place for that business.

Bauer says the Internal Revenue Service also has dropped the regulation that at-home business space had to be a room or walled-off portion of a room set aside exclusively for the business activity. Now the IRS will accept a

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"separately identifiable" area as an at-home office provided you use it exclusively for business. This means that a corner of your bedroom or living room can qualify as long as it is set up as work space.

The amount of the expense of running your home that qualifies for a deduction will be determined by the percentage of space devoted to your business out of your total home area. If you are a homeowner, some depreciation is also an allowable deduction, Bauer adds.

# # #

CP

OFFICE

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 1, 1984

Source: Jean Bauer  
612/373-0909  
Writer: Deedee Nagy  
612/373-1781

## **OLDER WORKERS AND PARENTS OF TEENS: CONSIDER AN IRA**

Individual retirement accounts (IRAs) can be a great tax break for anyone, but too many older workers and parents of working teen-agers overlook how they can be used to lessen the tax bite, suggests Jean Bauer, family resource management specialist with the University of Minnesota's Agricultural Extension Service.

For persons nearing or older than 59 1/2, an IRA can be a useful tax-sheltered savings plan. Such persons who are employed can contribute up to \$2,000 a year and defer the tax on what the plan earns in the same way that younger workers can. Persons 59 1/2 or older, however, can withdraw their contributions whenever they wish without incurring the penalty that is levied against younger persons withdrawing funds early.

Bauer adds that this is only an option while an older person is still employed and still younger than 70 1/2. If you retire at 65, you can no longer make deductible contributions to an IRA but you can make penalty-free withdrawals.

Parents of working teenagers can also use IRA rulings to their advantage. There is no minimum age requirement for setting up an IRA so

Bauer says some parents may want to consider making cash gifts to their children that allow them to set up an IRA. The amount contributed cannot exceed the amount that the teenager earns in a year, but each contribution lessens the family tax bill. In general, a young person will owe no federal income tax if he or she earns less than \$3,300 a year. Dollars contributed to an IRA, however, are deductible so a teen with an IRA can earn up to \$5,300 (\$3,300 plus \$2,000 IRA contributions) before having to pay taxes.

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CP

IRA

# news

for County Agents



Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 1, 1984

Source: JoAnne Slavin  
612/ 376-8748  
Writer: Deedee Nagy  
612/373-1781

## 'FOOD AND FITNESS' VIDEOCONFERENCE SCHEDULED MARCH 30

A three-hour videoconference bringing together noted experts on nutrition and exercise will be held at the Marriott Inn in Bloomington on March 30. The seminar, which will allow local participants to question the experts via a two-way audio communication system, is intended for nutritionists, health care professionals, home economists, teachers, coaches and others concerned with nutrition as it relates to athletic performance.

The conference, which will originate in Los Angeles, will be beamed by satellite to 30 sites in the United States and Canada. It is sponsored by Sunkist Growers with cooperation from the U.S. Department of Agriculture. The Minnesota Agricultural Extension Service is also participating. The conference title is "Uplink to Food and Fitness."

Among the speakers for the conference will be William Haskell, president of the American College of Sports Medicine; Judith Stern, University of California nutritionist and frequent contributor to popular magazines; Peter Wood, Stanford University medical researcher and science editor of Runner's World; and experts from the U.S. Olympic Training

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Center. They will discuss such topics as the nutritional needs of all levels of athletes, women athletes' unique needs, and exercises and diet regimen for older persons.

The conference will be held from 11 a.m. to 2 p.m. and the fee is \$35 for those who pre-register, \$50 for registration at the door. Registration materials may be obtained from Sunkist, P.O. Box 7888, Van Nuys, CA 91409, (213) 986-5800

# # #

CP, HE I & II

SEMINAR

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 1, 1984

Source: Harold Alexander  
612/373-0931

Writer: Mary Kay O'Hearn  
612/373-1786

## COMMON HOUSEHOLD WORDS DO CHANGE

Thirty years ago most homemakers and interior decorators recognized words that today have vanished--or nearly so--from our vocabulary, according to Harold H. Alexander, interior design specialist with the University of Minnesota's Agricultural Extension Service.

Alexander reminds us that interior designers were still called interior decorators in 1951 --a terminology change of more recent years.

Ready to try the list? Here are the words:

Bobèche, caster, cogswell, muffinier, triplicate saucepan, console stick, five-o'clock teaspoon, chifferobe, epergne, crumber, mangle, nappy, Charles of London and tantalus set.

If you missed a few--here are the meanings Alexander gives.

A bobèche is that removable insert of metal or glass that holds the base of the candle and is placed in the candlestick. Its purpose is to catch the melted wax that may drip from the candle.

A sifter or shaker for sugar or spices is a caster (a caster on a piece of furniture is another type).

Cogswell refers to an armchair with wooden arms and an upholstered back and seat.

Muffinier is a sugar shaker approximately six inches high.

A triplicate saucepan consists of three triangular lidded utensils that fit together as one pan so they can be used over a single burner. A detachable handle fits all three pans.

A console stick is a short candlestick, usually used in pairs with a centerpiece or bowl to form a set for a sideboard or mantel.

Five-o'clock teaspoons are the size in between a regular teaspoon and an after-dinner coffee spoon.

A chifforobe is a combination wardrobe and chest of drawers.

An epergne is a bowl with a raised center with three or more shaped vases extending from it, or several bowls arranged one above another for a centerpiece.

A crumber is a flat tray with three sides and a blunt, broad knife to scrape crumbs from a tablecloth into the tray.

A mangle is an ironing machine that usually does flat things like sheets, tablecloths.

A nappy is an open-round-shaped vegetable dish.

Charles of London is a sofa or chair with short, flat arms and T-shaped cushions.

A tantalus set consists of two or more glass liquor bottles that fit on a stand.

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CP

HOUSEHOL

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 1, 1984

Source: Harold H. Alexander  
612/373-0931

Writer: Mary Kay O'Hearn  
612/373-1786

## ALEXANDER LEADS DESIGN TOUR

A 36-day European tour, its focus on the heritage of American design in the buildings and furnishings that surround us, will be led by Harold H. Alexander, interior design/furnishings specialist with the University of Minnesota's Agricultural Extension Service. Tour dates are June 13 through July 18, 1984.

"This tour is open to anyone interested in design--nonstudent as well as student--wanting a first-hand European design experience," says Alexander, author of Design: Criteria for Decisions. Tour participants should be at least 18 or accompanied by an adult, Alexander recommends.

He calls the tour European Design Tour II, and it will be similar to one he guided in 1978 while at the University of Illinois.

The trip begins in Amsterdam, Holland, then goes to Cologne, Germany and down the Rhine River to Munich, then to Innsbruck, Austria over the Alps. It's on to Venice, Ravenna, Sienna and Rome. Then to Pompeii, back up the Italian boot to Pisa and Florence, Milan and through Geneva, Switzerland to the Loire Valley of France. Chartres, Paris, Versailles, Rheims and Nancy are included

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in France. There will be short stops in Brussels and Ghent, Belgium, then back to Rotterdam and Amsterdam and the flight home.

The tour is sponsored by the Department of Design, Housing and Apparel (where Alexander is also an associate professor), College of Home Economics and the Agricultural Extension Service.

He cautions that it is not a luxury tour. There will be some walking, early rising and bus riding. "But it will be a month of seeing, experiencing and comparing, and frequent discussions about what you are visiting with some free time for relaxing."

Persons wishing to earn four undergraduate or graduate credits at the University should make arrangements with the Design, Housing and Apparel Department prior to the tour.

Cost is \$2,350 (\$300 due by April 16 and full payment by April 30). It includes roundtrip airfare to Amsterdam on Martinair Airlines, all land transportation by bus, 35 nights in tourist class hotels (double occupancy), two meals a day (continental breakfast and usually dinner), admission to all sites, a cruise on the Rhine River and locally guided city tours. The return date can be extended, Alexander says, for those wishing to do additional travel while in Europe.

For additional information or a brochure, contact Alexander at 266A McNeal Hall, University of Minnesota, St. Paul, MN 55108.

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CP

ALEXANDE.MK

C-22

# news



Living Resourcefully  
File V C

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 1, 1984

Source: Mary Darling  
612/376-4663

Writer: Mary Kay O'Hearn  
612/373-1786

## CONSIDER FOOD AS NOURISHMENT PER DOLLAR SPENT

Rather than looking at the calorie value of food, it might be just as well today to look at inexpensive sources of nutrients, suggests Mary Darling, nutrition specialist with the University of Minnesota's Agricultural Extension Service.

The following foods provide the most nourishment per dollar spent at levels of U.S. Recommended Dietary Allowances: beef liver, fresh potatoes, brown rice, wheat germ, whole, lowfat or nonfat milk, eggs and peanut butter.

Many Americans are needing to limit their energy intake, Darling mentions. The concept of nutrient density evolved (nutrient contribution per calorie of a food) but this does not address the cost of those nutrients. Using this ratio of nutrients to calories the Journal of Nutrition Education says the most nutrition-dense foods per dollar of food spent included: spinach, beef liver, tomatoes, canned tuna, nonfat and lowfat milk, tofu, dry roasted peanuts, eggs and fresh carrots.

Few studies have attempted to identify good nutritional buys that are

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based on a combination of nutrients in foods. The study that Darling cites disregarded highly fortified foods (nutrition would appear excessively high per dollar's worth of the food). Convenience foods were seldom included because they usually cost more than basic food items. Some basic fortified foods were considered (milk, bread, cornflakes, cookies) since their fortification is required by law, the University of California study scientists, Ellen E. Schaus and George M. Briggs, said.

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CP

CONSIDER.LR

# news



LIVING  
RESOURCEFULLY

Living Resourcefully  
File V C

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 1, 1984

Source: Mary Darling  
612/376-4663

Writer: Mary Kay O'Hearn  
612/373-1786

## HONEY--MAY BE NEW TO YOU

Honey is currently one of the government commodities available for distribution in three pound jars, but not all of us are used to using it.

If you substitute honey for sugar do it because you enjoy the different texture and flavor, not for nutritional reasons, says Mary Darling, nutrition specialist with the University of Minnesota's Agricultural Extension Service. "To reduce sugar intake, cut down on both sugar and honey as well as other sweeteners."

Some trace minerals found in honey are not found in table sugar, but two slices of whole wheat bread provide the same amount of iron as one cup of honey--plus additional nutrients and far fewer calories.

The flavor of honey and its composition depend on what the bees were using as a source for gathering nectar. Honey is an invert sugar formed by an enzyme from nectar gathered by the bees. Fructose, glucose, maltose and sucrose are among its components.

"Diabetics can't eat all the honey they want; they must treat it as they do sugar," Darling says.

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## USE HONEY RECIPES

These are a few suggestions from Mary Darling, nutrition specialist with the University of Minnesota's Agricultural Extension Service, if you substitute honey for sugar in cooking.

If you have recipes calling for honey, simply use them.

\* Products using honey brown faster so oven temperature can be reduced 25 degrees Fahrenheit when baking with honey.

\* Each cup of honey contains about 20 percent water. Liquid called for in a recipe should be reduced when as much as a half cup of honey is used. For each cup of honey reduce the liquid one-fourth cup or four tablespoons.

\* Half of the sugar in cakes, cookies and brownies can be replaced with honey. Two-thirds of the sugar can be replaced in fruit bars, but replace no more than a third of the sugar in ginger snaps with honey.

\* Honey is not recommended for use in foods for children under a year old.

\* If fat or oil is one of the ingredients in your recipe, measure it first, then the honey in the same cup. The film of oil in the cup will make the honey slip out of the cup completely. If there is no oil in the recipe, a measuring cup can be lightly coated with oil to make this happen.

\* Either baking soda or baking powder may be used as leavening agents in honey products.

\*\*\*\*\*

## HONEY STORAGE

"Honey keeps best stored in a cool, dry place," says Mary Darling, nutrition specialist with the University of Minnesota's Agricultural Extension Service. This means not in the refrigerator.

The container should be covered tightly. Honey crystallizes naturally and refrigeration simply speeds up this process. To restore honey to the liquid state, from crystallization, place the container (be sure it isn't plastic) of honey in a pan of warm (not hot) water until it is clear.

Treated this way it should be a tasty spread for breads, muffins, biscuits, a sweetener for fruits, beverages and frozen desserts and a sandwich filler together with dried fruits, peanut butter or cottage cheese.

Remember a cup of honey contains 1,030 calories compared to 770 in a cup of table sugar.

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HONEY.MK

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 1, 1984

Source: Wanda Olson  
612/373-0913  
Writer: Deedee Nagy  
612/373-1781

## **MICROWAVE OVEN PLACEMENT ADDS TO SAFETY, CONVENIENCE**

Microwave ovens are among the fastest selling kitchen appliances with 1983's sales figures surpassing the 1982 figures by some two million units. Wanda Olson, household equipment specialist with the University of Minnesota's Agricultural Extension Service, says a good location for the microwave within the kitchen is essential to safe and convenient use. Research sponsored by the University of Minnesota's Agricultural Experiment Station indicates that both placement within the room and height of placement contribute to efficient appliance use.

Olson suggests locating a microwave oven convenient to the main mixing area and a microwave range convenient to the main mixing area and the sink. She recommends planning counter or work space to the side of the oven. For most side-hinged ovens, this should be at the latch side of the door.

"If more than one person cooks in the kitchen at the same time, avoid a corner oven placement," Olson says. "This is particularly true if the standing space in front of the oven is the same space someone else would use if working at either the sink or main mixing area."

Built-in and over-the-range models are gaining popularity and this raises the concern of proper height, Olson adds. Generally, a microwave

oven should be located so that the oven shelf or rack is between two inches below the primary user's elbow and ten inches above it. If several family members use the appliance, Olson suggests letting safety be the main criterion for placement. Research on that suggests that the oven should be located so that the oven shelf or rack is no higher than a user's shoulder. If persons over age 55 are using the microwave, don't place it any higher than about three inches below his or her elbow.

She further cautions that containers for microwave cooking should have easily grasped handles and they should be only partially filled with liquids whenever the oven is at a height that is close to the maximum for safety. This will often be the case with over-the-range microwave ovens, which are usually 58 to 60 inches high. This is higher than the height recommended for persons who are shorter than about five feet nine inches.

Olson says that built-in range tops or drop-in ranges can sometimes be installed lower than the standard 36-inch height to allow an over-the-range oven to be installed at a lower, safer height.

# # #

CP, HE I & II

MICROWAV

# news

for County Agents



Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 1, 1984

Source: JoAnne Slavin  
612/376-8748  
Writer: Barbara LaCrosse  
612/373-1781

## NUTRITION AND EXERCISE FOR EVERYONE

Good nutrition and exercise can help consumers eat less, feel better, and burn up excess calories, explains JoAnne Slavin, foods and nutrition specialist with the University of Minnesota's Agricultural Extension Service.

Most people are advised by the United States Department of Agriculture "Dietary Guidelines for Americans" to eat less fat, more carbohydrates as starch and fiber, less refined sugar, less sodium, and to drink less alcohol. If these guidelines are followed and an exercise program is established, a person will begin to consume fewer calories and the body will use fat.

Osteoporosis, or bone thinning, is a problem prevalent in post menopausal women. Increased exercise and calcium before menopause seems to protect against osteoporosis, explains Slavin.

Many health clubs now have a nutritionist on staff to help with questions, but anyone can call himself a nutritionist, warns Slavin. A registered dietician must complete a four year degree in nutrition and physiology.

To learn more about nutrition, many universities and community colleges offer courses in nutrition for personal satisfaction or advancement toward a degree.

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Page 1 of 1

NUTR

C-30

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# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 1, 1984

Source: Mary Darling  
612/376-4663

Writer: Barbara LaCrosse  
612/373-1781

## POTATOES ARE A NUTRITIOUS AND ECONOMIC FOOD

Potatoes, one of America's favorite vegetables, are economical and nutritious, states Mary Darling, University of Minnesota extension specialist.

Each year Americans consume 120 pounds of potatoes. Four million tons of potatoes are used just in the processing of french fries. There are over 100 types of processed potatoes from hash browns to scalloped. Long whites, round whites, round reds and russets are the four varieties grown in all 50 states.

At only 100 calories, a 3 1/2 ounce baked potato contains 35 percent of the recommended daily allowance of vitamin C, 20 percent of B6, and 10 percent of the niacin and iron, explains Darling.

The addition of milk and cheese to a baked potato makes it even more nourishing and economical. Potatoes can be eaten at all times of the day. Hash browns can be used for breakfast, a baked potato entree topped with cheese and bacon for lunch, and creamed and au gratin potatoes can be the main dish item for the dinner meal.

When buying potatoes choose those that are fairly clean, firm and smooth. Potatoes regularly shaped and uniform in size will also cook more evenly.

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University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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Avoid those that are wrinkled or have wilted skins, soft dark areas, or potatoes with green skins, says Darling.

Store potatoes in a cool, humid (but not wet), dark place that is well ventilated. At 45-50 degrees, potatoes will keep well for several weeks. Also avoid prolonged exposure to light as this causes potatoes to turn green.

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POTATO

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 1, 1984



Source: JoAnne Slavin  
612/376-8748  
Writer: Barbara LaCrosse  
612/373-1781

## NUTRITION TIPS FOR ATHLETES

Nutrition supplies the fuel for athletic performance and is very important, explains JoAnne Slavin, University of Minnesota foods and nutrition specialist with the Agricultural Extension Service.

Water is the most important nutrient for an athlete. "When you are 2 percent dehydrated, you will reduce your work capacity 10-15 percent," stresses Slavin. Fluids must be replaced when lost during exercise. Thirst cannot be used as an adequate indicator of the amount of water needed. For every pound lost in sweat, two cups of fluid needs to be consumed.

Water is usually the best replacement for lost body fluids. Small amounts of minerals are lost in sweat but these can be replaced in the athlete's next meal. Salt tablets are not recommended. Salt tablets draw fluid into the stomach from other body parts which can make dehydration worse, warns Slavin.

Also, sugar solutions slow the rate that fluids leave the stomach. Most sport drinks contain too much sugar and should be diluted.

Protein, another nutrient, is essential to build up body tissues. But the American diet currently contains approximately twice as much protein than

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needed. This extra protein means additional calories and if not used up during exercise can change into fat.

Athletes do not need extra vitamins and minerals if they eat adequate amounts of the four food groups. "There is no evidence that vitamins taken in excess of need will enhance performance," states Slavin. Also if levels are taken above the recommended daily allowances, they may be toxic.

The pregame meal for athletes is also an important consideration. It should be eaten three to four hours before a competition. This allows enough time for the stomach to empty. Its main goal is to prevent hunger during the competition. High protein and fat meals are digested more slowly so these components should be limited in the pregame meal.

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CP

ATHLETES

# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108



for County Agents

March 1, 1984

Living Resourcefully  
File 1XC

Source: Harold Alexander  
612/373-0931  
Writer: Deedee Nagy  
612/373-1781

## WHAT'S NEW IS ACTUALLY WHAT'S OLD -- WOOD FLOORS

Do you know what's hiding under your wall to wall carpeting? Harold Alexander, interior design and furnishings specialist with the University of Minnesota's Agricultural Extension Service, says increasing numbers of homeowners are coming face to face with their wood floors and most appreciate what they see.

The textures, patterns and colors of attractive wood floors provide a rich, satisfying contrast to large and small area rugs and this look is featured in many home furnishing magazines.

Alexander says some of the renewed interest in wood floors has come about because wood finishes today are more resistant to wear than in the past. Penetrating wood sealers go deep into the wood itself and urethane or acrylic finishes provide a surface sheen and protection. New wood floors are able to withstand moisture and have even become popular in kitchens.

There are a number of types of wood flooring available. Wood floors can be made of solid boards of various widths and lengths or they can be put together from laminated wood blocks or tiles that are popular with

Page 1 of 2

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do-it-yourselfers. Wood for floors has also gone colorful, Alexander says. While brownish tones are still the standard, wood floors in blues, greens and reds can add an unexpected and attractive splash of color to a room. He warns, however, that colored wood floors may require more sanding and bleaching if you ever decide to refinish them.

Paint can give an imperfect wood floor a lift. Stencils, color spatters or bold geometric patterns on the floor can tie into the decorating scheme of bedrooms or other casual living areas in a home, Alexander adds. Painted floors should be done with flat or semi-gloss paints and sealed with two or more coats of urethane varnish over the dry paint. Light wax, particularly in heavy traffic areas, is advisable.

If you are thinking about wood for some of your floors, first check out what's under that carpeting. If yours is an older home, it may have excellent wood floors that will require only a good cleaning or some minor repair. Newer homes, however, usually have plywood subfloors so a new wood floor covering would have to be installed. This, plus the expense of area rugs, might put wood flooring out of the price range of many owners of relatively new homes, Alexander adds.

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WOOD.HA

# news



Living Resourcefully  
File 1XC

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 1, 1984

Source: Harold Alexander  
612/373-0931  
Writer: Deedee Nagy  
612/373-1781

## FEELING CRAMPED? USE OUTDOOR SPACE TO COMPLEMENT INDOORS

Maybe it's our frontier heritage, but most Americans yearn for wide open spaces, and that yearning shows in our quest for ever-larger living and working areas. Harold Alexander, interior design and furnishings specialist with the University of Minnesota's Agricultural Extension Service, predicts that will come to an end soon.

He foresees that energy costs, economics and population densities in our major cities will force us to "think small." To offset this, he suggests that we can make better use of outdoor space to make indoor space seem more plentiful. This will also be important as more homes are equipped for passive solar heating, requiring large windows with open draperies during daylight hours.

To make the best use of outdoor space, Alexander suggests first, thinking logically about the space beyond exterior walls. "Have your outdoor living space convenient," he says. "Don't place your patio furniture and barbecue grill far from the kitchen or a door to the house. As obvious as this seems, many builders make an error here because they aren't used to thinking beyond the walls of a house."

Page 1 of 2

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University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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He also emphasizes the importance of privacy. Large windows necessary for solar heat collection can make your home interior a well-lit stage at night.

Keep outdoor treatments in scale with the house, Alexander adds. Smaller scaled furnishings and landscaping can add a feeling of size and space to a small house. Similarly, outdoor surface materials such as brick and tile can carry through to the interior. For example, brick on a family room fireplace can be duplicated in the masonry work outside or tile can be continued from a living area floor, perhaps as part of a solar energy collecting arrangement, to a nearby patio or deck. The inside and outside of a house should complement each other, Alexander suggests. A Cape Cod style house would look odd surrounded by Japanese gardens.

Think of all four seasons when planning your landscaping. Interesting bark and branch textures add winter interest, Alexander says. Well-placed trees, shrubs and vines can screen out unwelcome summer sun.

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OUTDOOR.HA

# news



for County Agents

Living Resourcefully  
File V C

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 1, 1984

Source: Mary Darling  
612/376-4663  
Writer: Mary Kay O'Hearn  
612-373-1786

## COMMODITY CHEESE IS NATURAL CHEDDAR

Natural cheddar cheese is being distributed from government storage as a commodity to those qualifying and at distribution points throughout the state. It does not last as long as processed cheese after it has been opened, but is still an excellent product.

"It is important to know how to store and use the cheese," says Mary Darling, nutrition specialist with the University of Minnesota's Agricultural Extension Service.

"Refrigerated, it should last several weeks." She advises keeping it in its original wrapper until you begin to use it. Small pieces of cheddar (under half a pound and less than one inch thick) can be frozen at 0 degrees Fahrenheit or lower. To freeze, wrap the cheese carefully in moisture-proof wrapping. Use a layer of transparent/plastic wrap and a layer of foil. Seal with tape. Be sure to press the wrapping tightly against the cheese surface to remove all air and prevent evaporation. Freeze the packages in a single layer. After they are frozen the packages can be stacked. "Cheese, handled in this way, should last up to 6 months," Darling says.

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University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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To thaw cheese, place it in the refrigerator and use as soon as possible. Freezing may change the texture of the cheese somewhat. It may appear more crumbly, but it will not lose its tasty flavor, she says.

After opening the original cheese package, wrap cut cheese in foil, waxed paper or plastic to prevent drying.

The most flavorful way of serving natural cheddar is to bring it to room temperature. "This just means removing it from the refrigerator from 20 minutes to an hour before using it," she says.

One of her suggestions is to keep small or end pieces of cheddar to top a casserole or garnish a salad. If the pieces become hard and dry, grate them and keep them in a tightly closed container in the refrigerator to be ready as these toppings and garnishes.

Because natural cheese does not have the keeping qualities of processed cheese, mold may appear. "If this happens, merely remove one-quarter inch below the mold to reduce its spreading," Darling says.

Another slight difference between natural and processed cheese is that natural does not have the same melting qualities as processed. It may be grainy rather than smooth.

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CP

CHEESE

C-40

AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
February 21, 1984

ANY QUESTIONS? CALL Jennifer Obst  
(612) 373-1579

PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

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ANNOUNCER;  
30 SECONDS

THE FIRST FIVE DAYS IN MAY ARE THE BEST PLANTING  
TIME FOR CORN. YIELDS BEGIN TO DECLINE AFTER  
THAT. IT'S BEST TO PLANT FULL-SEASON HYBRID CORNS  
FIRST BECAUSE THEIR YIELD REDUCTIONS ARE HIGHER  
WITH LATE PLANTING THAN EITHER LATE-PLANTED SHORT  
SEASON OR MIDSEASON HYBRIDS. EVEN WHEN SHORT  
SEASON HYBRIDS ARE PLANTED LAST, THEY WILL STILL  
MATURE BEFORE THE EARLY PLANTED FULL-SEASON  
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MINNESOTA AGRICULTURAL EXTENSION SERVICE.

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COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
February 21, 1984

ANY QUESTIONS? CALL Jennifer Obst  
(612) 373-1579

PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

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ANNOUNCER;  
30 SECONDS

MAY 5 TO MAY 10 ARE THE OPTIMUM PLANTING DATES FOR SOYBEANS, BUT PLANTING CAN BEGIN AT THE END OF APRIL, ESPECIALLY IF YOU HAVE LITTLE OR NO CORN TO PUT IN FIRST. SOME FARMERS ARE RELUCTANT TO PLANT SOYBEANS EARLY BECAUSE THEY EMERGE MORE SLOWLY IN THE COLD SOIL AND WEED CONTROL PROBLEMS ARE ANTICIPATED. RECENT DEVELOPMENTS OF BETTER HERBICIDES, HOWEVER, HAVE REDUCED THOSE PROBLEMS. SOME POSTEMERGENCE APPLICATIONS ARE NOW AVAILABLE FOR SOYBEANS. THIS MESSAGE IS BROUGHT TO YOU BY YOUR ----- COUNTY OFFICE OF THE UNIVERSITY OF MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.

AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
February 21, 1984

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PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

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ANNOUNCER;  
30 SECONDS

SEPTIC TANK SOLIDS SHOULD BE REMOVED FROM THE  
TANK AND HAULED AWAY PERIODICALLY BY A QUALIFIED  
MAINTENANCE SERVICE. FOR EXAMPLE, A  
THOUSAND-GALLON SEPTIC TANK SERVING A  
THREE-BEDROOM HOME WITH FOUR OR FIVE OCCUPANTS  
SHOULD BE CLEANED EVERY ONE TO THREE YEARS.  
ADDITIVES ARE NOT RECOMMENDED BECAUSE THEIR USE  
MAY FLUSH THE SOLIDS INTO THE DRAINFIELD,  
PLUGGING THE SOIL PORES. PROPER CLEANING OF YOUR  
SEPTIC TANK BY A QUALIFIED MAINTENANCE SERVICE  
WILL AVOID MOST SEPTIC TANK PROBLEMS. THIS  
MESSAGE IS BROUGHT TO YOU BY YOUR ----- COUNTY  
OFFICE OF THE UNIVERSITY OF MINNESOTA'S  
AGRICULTURAL EXTENSION SERVICE.

AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
February 21, 1984

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PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

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ANNOUNCER;  
30 SECONDS

SURPRISING AS IT MAY SEEM, EVIDENCE SHOWS THAT PEOPLE AT ALL INCOME LEVELS MAY HAVE FINANCIAL PROBLEMS AND MORE MONEY IS SELDOM THE SOLUTION. OFTEN, THE MONEY PROBLEMS COME FROM NOT HAVING A REALISTIC PLAN FOR USING YOUR INCOME, OR NOT STICKING TO YOUR FINANCIAL PLAN. MOST FAMILIES IN FINANCIAL TROUBLE TAKE RISKS IN USING THEIR INCOME. THEY MAY SPEND ALL THEY MAKE WITHOUT SETTING ASIDE FOR SAVINGS OR ADEQUATE INSURANCE. TO BE MORE FINANCIALLY SECURE SOMETIMES YOUR WANTS HAVE TO BE DECREASED. THIS MESSAGE IS BROUGHT TO YOU BY YOUR ----- COUNTY OFFICE OF THE UNIVERSITY OF MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.

AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
February 21, 1984

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PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

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ANNOUNCER;  
30 SECONDS

ARE YOU COURTING FINANCIAL DISASTER? HERE ARE SOME GUIDELINES WHICH MAY INDICATE IF YOU'RE IN TROUBLE. DO YOU HAVE TO DECIDE WHICH OF YOUR BILLS TO PAY EACH MONTH? DO YOU TAKE ON MORE MONTHLY DEBT THAN YOU PAY OFF? DO YOU HAVE A HARD TIME MEETING LUMP-SUM ANNUAL OR SEMI-ANNUAL PAYMENTS FOR SUCH ITEMS AS INSURANCE POLICIES OR TAXES? DOES IT SEEM YOU NEVER HAVE THE MONEY TO ENJOY VACATIONS OR OTHER SPECIAL TREATS? IF THESE SITUATIONS SOUND LIKE YOU, YOU MAY WANT TO EVALUATE YOUR POSITION TO SEE WHAT STEPS CAN BE TAKEN TOWARD MORE STABILITY. THIS MESSAGE IS BROUGHT TO YOU BY YOUR ----- COUNTY OFFICE OF THE UNIVERSITY OF MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.

AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
February 21, 1984

ANY QUESTIONS? CALL Jennifer Obst  
(612) 373-1579

PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

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ANNOUNCER;  
30 SECONDS

IF YOU HAVE A TEMPER THAT SHORTS OUT AND SPARKS  
FAMILY ARGUMENTS, HEADACHES, OR FEELINGS THAT YOU  
WANT TO WITHDRAW, YOU COULD BE EXPERIENCING  
FINANCIAL STRESS. BEING OVERLOADED WITH  
FINANCIAL OBLIGATIONS, FEELING UNCERTAIN ABOUT  
HOW TO USE YOUR MONEY, AND EXPERIENCING INCOME  
CHANGES--ALL OF THESE PROBLEMS CAN INCREASE  
FINANCIAL STRESS. BUT THERE IS A CURE. TO REDUCE  
OR AVOID FINANCIAL STRESS, START BY SAVING  
REGULARLY. THIS MESSAGE IS BROUGHT TO YOU BY  
YOUR ----- COUNTY OFFICE OF THE UNIVERSITY OF  
MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.

AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
February 21, 1984

ANY QUESTIONS? CALL Jennifer Obst  
(612) 373-1579

PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

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ANNOUNCER;  
30 SECONDS

STASHING AWAY CASH ISN'T THE ONLY WAY TO SAVE.  
ANYTHING THAT INCREASES YOUR FINANCIAL POSITION  
OR NET WORTH IS ACTUALLY SAVINGS. FOR EXAMPLE,  
REPAYING A DEBT IS ALSO A FORM OF SAVINGS NOT  
ALWAYS RECOGNIZED. AS THE SIZE OF THE DEBT  
DECREASES, YOUR FINANCIAL POSITION OR NET WORTH  
IMPROVES. CONTRIBUTIONS TO A RETIREMENT FUND, AND  
INCREASED VALUE OF LIFE INSURANCE WHEN PREMIUMS  
ARE PAID ALSO BECOME SAVINGS. THIS MESSAGE IS  
BROUGHT TO YOU BY YOUR ----- COUNTY OFFICE OF  
THE UNIVERSITY OF MINNESOTA'S AGRICULTURAL  
EXTENSION SERVICE.

AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
February 21, 1984

ANY QUESTIONS? CALL Jennifer Obst  
(612) 373-1579

PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

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ANNOUNCER;  
30 SECONDS

RESEARCH SAYS ONLY ABOUT HALF OF ALL FAMILIES  
SAVE MONEY. WHICH HALF ARE YOU? SAVING MEANS  
SPENDING LESS THAN YOU EARN. MANY FAMILIES PLAY  
GAMES TO HELP THEMSELVES SAVE. LIKE THE EXTRA  
CHANGE MONEY GAME. EVERY DAY EMPTY THE CHANGE  
FROM YOUR POCKET OR PURSE INTO A CONTAINER. ONCE  
A MONTH, DEPOSIT IT IN A SAVINGS ACCOUNT. A  
LITTLE BIT A CHANGE EVERY DAY WILL BEGIN TO ADD  
UP. THIS MESSAGE FOR YOUR FINANCIAL HEALTH IS  
BROUGHT TO YOU BY YOUR ----- COUNTY OFFICE OF  
THE UNIVERSITY OF MINNESOTA'S AGRICULTURAL  
EXTENSION SERVICE.

AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
February 20, 1984

ANY QUESTIONS? CALL Jennifer Obst  
(612) 373-1579

PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

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ANNOUNCER;  
30 SECONDS

ANIMALS ARE A BIG PART OF 4-H. THE 4-H  
VETERINARY SCIENCE PROGRAM GIVES YOUNG PEOPLE THE  
OPPORTUNITY TO LEARN BASIC ANIMAL CARE, WHETHER  
IT'S JUST FOR A FAMILY PET, OR AS A POSSIBLE  
CAREER. IF YOU ARE A YOUNG PERSON INTERESTED IN  
LEARNING ANIMAL CARE, OR AN ADULT WHO WANTS TO  
HELP YOUNGSTERS LEARN, THEN 4-H IS FOR YOU. CALL  
YOUR ----- COUNTY AGRICULTURAL EXTENSION  
SERVICE OFFICE AND BECOME A 4-H MEMBER, OR A 4-H  
VOLUNTEER.

COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
February 21, 1984

ANY QUESTIONS? CALL Jennifer Obst  
(612) 373-1579

PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

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ANNOUNCER;  
30 SECONDS

PESTICIDE APPLICATORS AND HANDLERS ARE PARTIALLY PROTECTED FROM TOXIC CHEMICALS BY THEIR CLOTHING, BUT YOU MUST WASH THE CLOTHING PROPERLY IF THE GARMENTS ARE TO BE WORN SAFELY AGAIN. CLOTHING WORN WHILE APPLYING PESTICIDES SHOULD BE WASHED DAILY. IF LIQUID CONCENTRATES OF TOXIC CHEMICALS HAVE BEEN SPILLED ON ANY CLOTHING OTHER THAN RUBBER OR NEOPRENE GLOVES AND UNLINED BOOTS, YOU SHOULD THROW THE ITEMS OUT. WASHING WILL NOT REMOVE ENOUGH PESTICIDE TO MAKE THE CLOTHES SAFE. THIS MESSAGE IS BROUGHT TO YOU BY YOUR ----- COUNTY OFFICE OF THE UNIVERSITY OF MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.

# news

MSC 19 A 2.76  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 8, 1984

Sources: Joe Deden  
507/467-2437  
Mel Baughman  
612/373-0720  
Writer: Mary Kay O'Hearn  
612/373-1786

## **BLACK WALNUTS: A GOOD INVESTMENT**

If the premium prices paid for walnut logs, the value of the nut crop or just the satisfaction of tending these trees has appeal, you may want to attend a class on Black Walnut Management Friday, April 13, or Saturday, April 14 (identical programs each day).

The class will be at the Southeastern Minnesota Forest Resource Center near Lanesboro, 45 miles southeast of Rochester. It is being given in cooperation with the University of Minnesota's Agricultural Extension Service and the Minnesota Department of Natural Resources.

Registration is at 8:30 a.m. and the class is from 9 a.m. to 4 p.m. The \$10 registration fee includes an informational packet, a noon meal and refreshments.

During the morning indoor session, there will be a review of walnut genetic variation, site requirements, growth and yields. Managements of both plantations and natural stands will be discussed, as will marketing and economic considerations in selling black walnut.

The group (class size limit is 40) will spend the afternoon looking at walnut plantations and natural stands. Pruning, thinning, insect and disease control will be discussed. Appropriate outerwear and footwear should be worn.

Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

The University of Minnesota, including the Agricultural Extension Service, is committed to the policy that all persons shall have equal access to its programs, facilities, and employment without regard to race, creed, color, sex, national origin or handicap.

Resource persons will include Harold Scholten, extension forestry specialist, University of Minnesota; Joe Deden, director, Forest Resource Center; and a DNR forester.

# # #

DPMP, 1A, P2

BLKWALNTS

# news

MSC 19 A270  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 8, 1984

Source: John D. Helmberger  
612/373-1755

Writer: Mary Kay O'Hearn  
612/373-1786

## BE SURE OF ADEQUATE RESERVE BEFORE CUTTING SURTAX

"You can stand a crop failure if you have a lot of grain in the granary."

This is how John D. Helmberger, public finance economist with the University of Minnesota's Agricultural Extension Service, says the state of Minnesota should look at providing its budget reserve. He's happier with the thought of a \$500 million cushion than the \$250 million Governor Rudy Perpich had asked for. The governor more recently called for increasing the reserve to \$375 million. "(That) is a step in the right direction but it is not enough," says the University of Minnesota agricultural economist.

While business interests are lobbying the legislature to drop the 10 percent state income tax surtax retroactive to January 1, 1984, Helmberger says he speaks as an educator, with facts, not dollars, at his disposal.

Income taxes raise most of the revenue in Minnesota. This is good, he says, because such taxes are based on ability to pay. But the dollar amounts of taxes can rise and fall rapidly depending on the stage of the current national recession or recovery--"both made in Washington, D.C.," he quickly points out. "Recovery and recession are going to be with us in the future, too, just as surely as winter and spring. If we want to cling to this tax structure--I think it is a good one with a few modifications--we need to

Page 1 of 3

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build in a reserve to take care of the next recession. The tax cut can come after we know what the surplus is." At that point, Helmberger would be willing to see a 5 percent tax cut. "Don't cut it now before the chickens are hatched. I don't like to spend money before it is there."

He has some observations on recent chapters in Minnesota history. Former Governor Al Quie got caught in the national recession when income tax revenues went down quickly and Quie had to call special sessions of the legislature to raise revenue. Perpich can benefit because of the current recovery. But, says Helmberger, both recession and recovery were made in Washington, D.C., and neither governor should be blamed or acclaimed for what happens there.

And to those who say climate doesn't make a difference to business or population shifts, Helmberger responds, "Baloney." Both the northeast and midwest states have lost jobs to the south and west, he says. "But Minnesota, given its location, performs surprisingly well."

Overall the U.S. had an 11.4 percent population gain in the last decade. Nevada, Arizona and Florida had the largest gains. Minnesota population increased 7.1 percent. While Minnesota's population is growing more slowly than the national average, Helmberger points out that from 1970 to 1980 in the entire northeast and midwest, only three New England states--Maine, New Hampshire and Vermont--had larger percentage population increases than Minnesota while all of the southern and western states had larger increases.

From 1978 to spring 1983 the U.S. averaged a 4.4 percent increase in nonagricultural employment. Every state in the Mississippi-Ohio-Missouri valley had a smaller increase than Minnesota's 1.9 percent--with the

exception of Louisiana, North Dakota (oil) and West Virginia (coal). The Department of Labor counted 88.3 million persons in nonagricultural jobs in the spring of 1983, up 3.7 million from 1978. "Minnesota stands out like an island of success in a sea of misery," he says, noting that Wisconsin, Iowa, Nebraska, Illinois, Indiana, Michigan and South Dakota all showed percentage declines for those same years.

As for business leaking out of the state, Helmberger doesn't buy that either. He's seen 3M plants in Tokyo and Hong Kong. "It's the overall statewide picture we need to look at. While some go, others come."

Comparing Minnesota's 1.9 percent increase in nonagricultural employment with North Dakota's 11.4 percent increase, he says percentages look bigger when you are working from a small population base. "We should not be surprised that kids (referring to North Dakota) grow faster than you and I." The absolute change in nonagricultural jobs was higher in Minnesota than in North Dakota.

Total employment growth is slower because the Minnesota population growth is slower than the national average. Helmberger quotes from a September 1982 staff paper he authored, "Economic Growth in Minnesota Compared to Neighboring States and the Nation as a Whole," which he is planning to update.

In the 1970s, he says, more people moved to Minnesota from South Dakota than went the other direction. "Roads go both ways, you know." He says mobility increases productivity.

# # #

# news

MSC 19 A27p  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 8, 1984

Source: Charles Burnham  
612/373-0870

Writer: Mary Kay O'Hearn  
612/373-1786

## AMERICAN CHESTNUT FOUNDATION FORMED

Three years ago Charles Burnham, a plant breeder and geneticist, searched for people with an interest in saving the American chestnut tree from extinction. He has been successful and today a group has formed the American Chestnut Foundation. Its home is currently in Minnesota, but its scope is national.

Officers of the foundation are: Philip A. Rutter, Badgersett Research Farm, Canton, Minnesota, president; Burnham, who is retired from the University of Minnesota, vice president; David French, head of the Department of Plant Pathology, University of Minnesota, treasurer; and Donald Willeke, chairman of the Minnesota State Shade Tree Advisory Committee, secretary.

Burnham's research into the literature on chestnut breeding revealed that the necessary backcrosses had not been done and this became the spark that interested Minnesota scientists in a foundation. A dozen of the 16 board members live in Minnesota. Many have lived in chestnut areas and several have published papers on aspects of the subject. The foundation's base in Minnesota is rather accidental and it might not always remain here.

Page 1 of 4

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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The American chestnut was a superbly beautiful and useful component of the eastern U.S. hardwood forest until a fungus blight from the Orient appeared about 1904. By 1950, the American chestnut was all but erased from its entire natural range.

Fortunately Minnesota hasn't had chestnut blight yet, although its presence has been reported as near as north-central Iowa. The disease has been ruinous in the eastern United States and is still spreading. Foundation president Rutter says the American chestnut once made up as much as 25 percent of the eastern forests. "All environmental movements, to some extent, have roots that reach back to the chestnut, as well as to the passenger pigeon and the Dust Bowl," says Rutter. He calls the loss of the chestnut a powerful symbol of the astonishing damage human carelessness can cause. "The tree's restoration could be an equally powerful symbol of human desire for good stewardship and the health of the environment," he adds.

There are large American chestnut trees in southeast Minnesota and northern Iowa which were planted by early settlers. These healthy trees, as well as ones at the University of Minnesota Landscape Arboretum, are being used in the beginning stages of the breeding program. Continuing the breeding program means gathering pollen from selected hybrid trees in Indiana, New York and Connecticut and making crosses on pure American chestnut trees in locations in Nebraska, New York, West Virginia, Virginia and Connecticut, as well as Iowa and Minnesota. It is a cooperative effort.

"The goal of the breeding program is to transfer the blight resistance of the Asiatic species to the American chestnut. This will be done with successive backcrosses of the Asiatic x American hybrid to the American chestnut and by selecting the most resistant trees for the next backcross. Progeny from the third backcross will be on the average about 94 percent American--almost identical to the recurrent parent. Any hybrid used for crossing that did not contain the genes for resistance will have only susceptible progeny. That hybrid and its progeny can be destroyed. Only those with some resistant progeny will be kept," says Burnham.

Earlier chestnut breeding programs in Connecticut and by the U.S. Department of Agriculture had no comparable progeny tests. The USDA project was abandoned about 1960. Basic information from that research enables the foundation to better plan its program. Recent work at Connecticut and elsewhere has been with less virulent strains of the fungus in an attempt to control the disease.

Burnham and other board members agree that working with trees differs from most scientific endeavors in one essential element, which is time. "Completion of this project may well require more than our lifetimes, but the foundation with its first purpose of restoring the American chestnut will provide the continuity of effort necessary to accomplish this goal," Burnham says.

Rutter hopes that through the work of the foundation the chestnut can again become economically important for such uses as poles, plywood, pulp, and lumber for construction. While the end product is an American chestnut tree that is

resistant to blight, directors hope the foundation's growth will permit supplementary sources of grants to scientists researching other aspects of chestnut biology.

Annual membership fees in this nonprofit foundation are: patron, \$500; sustaining, \$100; contributing, \$50; family, \$25; and individual, \$15. Founder membership is \$1000. Burnham says, "Membership fees will be used for the chestnut tree breeding work and related research." Checks should be sent to David French, 304 Stakman Hall, University of Minnesota, St. Paul, MN 55108.

In addition to Rutter, Burnham, French and Willeke, directors of the American Chestnut Foundation include: Geoffrey S. Barnard, director, Minnesota Chapter, The Nature Conservancy; Frederick H. Berry, retired from the USDA Forestry Sciences Laboratory, Delaware, Ohio and living in Worthington, Ohio; Norman E. Borlaug (1970 Nobel Peace Prize winner for his contributions to the Green Revolution), International Maize and Wheat Improvement Center, Mexico City; Richard A. Jaynes, horticulturist, Connecticut Agricultural Experiment Station, New Haven; William L. MacDonald, chairman, Department of Plant Pathology, West Virginia University, Morgantown; Samuel Kirkwood, professor of biochemistry; D.J. Merrell, professor of genetics, cell biology, ecology and behavioral biology; Carl A. Mohn, professor of forest genetics; Harold Pellett, professor of horticulture, Landscape Arboretum; R.L. Phillips, professor of agronomy and plant genetics; Leon Snyder, Landscape Arboretum; and H.B. Tordoff, professor, Bell Museum of Natural History.

All those without city designation are associated with the University of Minnesota. Berry, Jaynes and MacDonald have had many years of experience with the chestnut problem.

# # #

# news

MSC19 A27P  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 8, 1984

Source: Gary Malzer  
612/373-1436  
Writer: Pat Samples  
612/373-0715

## POWER PLANT WASTE WATER USABLE FOR CROP IRRIGATION

Waste water from Northern States Power Company's (NSP) electrical power plant in Becker can be used to irrigate crops, according to research done by the Agricultural Experiment Station of the University of Minnesota. Researchers tested the water on corn and alfalfa crops and obtained yields comparable to other fields in the area.

They also found that saline solutions in the waste water did not accumulate in the upper soil regions but quickly moved downward.

The water is taken by NSP from the Mississippi River, circulated through the plant's cooling system and eventually put back into the river. The saline water develops because of sulfuric acid additions to the water before it circulates (to minimize scale build-up in the pipes) and the concentrating of the water through evaporative cooling. The research was designed to determine how these saline additions might affect crop production if the water were used for irrigation, and whether salt would remain in the upper soil or leach down into the aquifer.

Corn was chosen for the experiment, says university soil scientist Gary Malzer, because about 75 percent of the irrigated land in Minnesota is cropped to corn. Alfalfa, says Malzer, was also chosen "because it utilizes larger quantities of sulfur. The more sulfur the crop utilizes the less will be lost to the environment."

Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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The water that drained down into the aquifer did show a significant increase in the concentration of salts over the three years of the test, reports Malzer, to over twenty times greater than was present before the study began. At this location the water in the aquifer flows back into the Mississippi River. "Since this water is normally placed directly into the river, the salt burden at the river changes very little. When the water is used for irrigation, it goes back to the river via the aquifer and does some good for the crops along the way."

"We have the technology and management skills to develop a good system to irrigate with this water safely," adds Malzer. "The ideal situation would be to use it as a supplement and not as a principal source of irrigation water so we could regulate the amount of salts going onto the soil."

The water could probably be used for crops only in the area near Becker because the costs of long-distance transportation of the water would be prohibitive, he says. The waste water may not be suitable for all crops, says Malzer, especially those with a high sensitivity to saline conditions.

# # #

# news

MSC 19A 27p  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 8, 1984

Sources: Joe Deden  
507/467-2437  
Mel Baughman  
612/373-0720  
Writer: Mary Kay O'Hearn  
612/373-1786

## **HARDWOOD CLASS WITH EMPHASIS ON OAK IS OFFERED**

"Hardwood Management--Especially Oaks" is the forest management class being offered Friday, April 27, and Saturday, April 28, (identical program both days) at the Southeastern Minnesota Forest Resource Center.

Cooperating with the program are the University of Minnesota's Agricultural Extension Service and the Minnesota Department of Natural Resources.

"Oak forests of Minnesota are part of the largest forest type--oak-hickory--found in the United States," says Joe Deden, director of the Forest Resource Center. Deden will be a resource person for the class along with Harold Scholten, extension forestry specialist, University of Minnesota Agricultural Extension Service; and a DNR forester.

The class begins at 9 a.m. and concludes at 4 p.m. Management recommendations for oaks will be considered during the morning indoor session. The outdoor afternoon session will be spent looking at different parent stands and examining management options (harvesting, thinning, competition control). Insect and disease problems will be reviewed. Appropriate outerwear and footwear should be worn by participants.

Page 1 of 2

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Deden called the seminar "a must for all Shiitake mushroom enthusiasts."

A \$10 registration fee covers cost of the informational packet, a noon meal and refreshments.

For further information, contact Deden at Route 2, Box 156A, Lanesboro, Minnesota 55949.

# # #

DPMP, 1A, P2

Hdwdoak

# news

MSC/9A27P  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 29, 1984

**BROADCASTERS:** An actuality will be available from 8 a.m. Apr. 2 to 4 p.m. April 3. Call 612/376-8000.

**Source:** Fred Benson  
612/376-3563  
**Writer:** Jack Sperbeck  
612/373-0715

## CONSIDER HIGH PRODUCER OPTION ON FEDERAL CROP INSURANCE

New options offered by Federal Crop Insurance can help high producing farmers avoid losing their farms due to unexpected crop losses.

"Federal Crop Insurance has some new options that farmers should evaluate," says Fred Benson, farm management economist with the University of Minnesota's Agricultural Extension Service.

The Individual Yield Coverage (IYC) option allows farmers who are "high producers" to prove their average yields through their county ASCS offices. Farmers who qualify as higher producers get a greater dollar value of coverage at the same cost as those participants using the average "area" yield levels. This means the effective premium rate is reduced.

Benson says most farmers--including many above-average farmers--are now in higher risk situations. "Most farmers have increased their debts relative to their assets," Benson says. Reasons include reduced farm incomes for several years in a row, high interest costs and lower land values.

"Many farmers have had to use what cash reserves they had, dip into liquid assets, increase borrowings and borrow against their depreciated asset base," he says. In order to cover those unexpected production risks, farmers need to consider the protection offered by the Crop Insurance Program.

Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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County extension agents have tables showing comparisons of IYC options and the resulting premium rates and coverages. Benson encourages farmers to plan ahead and allow ASCS offices time to process Individual Yield Certification requests.

"ASCS offices are very busy so you need to move fast on Federal Crop Insurance. The closing date for sign up is April 15. Good records will make certification for IYC easier," Benson says.

# # #

P2, FB1, TCO

FEDCROP

# news

MSC19A27P  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

March 29, 1984

Source: Fred Baker  
612/373-0937  
Writer: Mary Kay O'Hearn  
612/373-1786

## HOW TO AVOID OAK WILT

Wait until July to make any cuts on your oak trees for pruning, trimming or felling and you can avoid oak wilt disease.

Tree owners who trim oak trees during spring will be opening them up to the disease, according to Fred Baker, plant pathologist with the University of Minnesota's Agricultural Extension Service. "Beetles carrying the oak wilt fungus will soon be active, looking for fresh wounds on oak trees. Oak wilt is much easier to prevent than Dutch elm disease because, for some unknown reason, trees can only be infected by beetles during May and June," Baker says.

Oak wilt fungus invades the vascular system of the tree and in red oaks can completely wilt the tree in less than a week. White oaks wilt more slowly. Once the oak wilt fungus is established in the root system of the tree, it can spread to other trees through connecting root systems called root grafts.

The beetles can't wound oak trees but are attracted to wounds already there. Applying any non-toxic paint or a tree wound dressing to the wound makes it unattractive to the beetles, Baker says.

Oak firewood is much less hazardous than elm wood. Beetles carrying oak wilt fungus only feed on the oak wilt fungus growing between the wood

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University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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and bark, and do not get into the wood as the Dutch elm beetle can.

"Either cover the oak wood with a tarp until July so that other fungi will colonize the wood and kill the oak wilt fungus or remove the bark from oak logs to prevent fungus spores from growing," says Baker.

# # #

DPMP, 1A, P2

OAKWILT

# news

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University of Minnesota  
St. Paul, Minnesota 55108

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Writer: Gail McClure  
612/373-1790

## BOB RUPP TO BE HONORED AT RECEPTION

A reception in honor of Bob Rupp will be held Sunday, April 29, from 2:00 - 4:30 p.m. at Land O'Lakes, 4001 Lexington Avenue North, St. Paul. Rupp, who recently retired as editor of The Farmer, is being recognized for his many contributions to agriculture.

The event will feature Minnesota's Table of Taste, a buffet of Minnesota produced foods. In addition, a brief program will begin at 3:00 p.m.

To attend, send \$7.50 per person to Minnesota Agri-Growth Council, Dan Gunderson, 8030 Cedar Avenue South, Suite 213, Bloomington, Minnesota 55420. Those who cannot attend but wish to make a contribution should also contact Dan Gunderson.

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