

news

for County Agents

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

Oct. 1, 1984

Source: Shirley Baugher
612/373-1232
Writer: Deedee Nagy
612/373-1781

FAMILY EMPHASIS IN HOME ECONOMICS WILL SERVE IN INFORMATION ERA

America is rebuilding after the turbulent '60s and self-centered '70s, and home economics can be a prime force in readying ourselves for the information age at our doorstep.

This is the belief of Shirley Baugher, assistant director of extension for home economics at the University of Minnesota. She predicts that home economics, with its emphasis on family strengths and basic skills, will be vital to individuals and families experiencing rapid changes in society.

"Americans, in many instances, have grown unhappy with bureaucracy and big government. They are now ready to accept responsibility for themselves and to become active in setting policy and standards for government," Baugher says.

She predicts that the basics of home economics--resource management, decision making and family relationships--will take on renewed importance as people become more responsible, community-oriented citizens.

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, religion, color, sex, national origin, handicap, age or veteran status.

"In home economics, our focus has always been on basic skills and individuals' strengths," Baugher adds. "The 'back to basics' movement that we see now in government, schools and other large institutions needs educated, self-reliant and self-disciplined citizens. Home economics training can be a cornerstone in strengthening families and individuals to take on the challenges that lie ahead."

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CP,4HE

infoera

news

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

Oct. 4, 1984

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

THE GRAYING OF AMERICA

Do you know what the fastest growing segment of this country's population is? Unlike the "baby boom" years, when children abounded, now it's the group in or about to begin their retirement years--people who are 55 and older.

Dottie Goss, family resource management specialist with the University of Minnesota's Agricultural Extension Service, says this "graying" of the population is caused by increased life expectancy and the large number of "baby boomers" approaching middle age. Currently about 11 percent of all Americans are age 65 or older. By the year 2025 this figure will jump to 19 percent.

This has financial implications for all age groups because the elderly tend to have lower incomes and less economic security than other groups. More than 90 percent receive Social Security

Page 1 of 2

benefits and this is a drain on the system's resources. Goss adds that labor force participation by elderly men is dropping steadily; now only 20 percent of men over age 65 and 8 percent of women of the same age are employed. One of seven elderly persons lives in poverty. This is most acute among the oldest group, women, those living in rural areas and those solely dependent on Social Security.

"Unemployment for the elderly (those over 65) who wish to work is low," Goss points out. "However, once the elderly lose their jobs, they are more likely to stay unemployed longer, earn less in subsequent jobs and give up looking sooner than younger persons."

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DPMP,1A,P2,4HE

NHEC0069

news

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

Oct. 4, 1984

Source: Dottie Goss
612/373-0913
Writer: Deedee Nagy
612/373-1781

EARNINGS GAP IS STILL WIDE

According to the Bureau of Labor Statistics, women working full time now earn an average of about \$13,000 a year, about 62 percent of the average annual salary of men who work full time. However, women's earnings are much closer to those of men within white collar occupational groups.

Dottie Goss, family resource management specialist with the University of Minnesota's Agricultural Extension Service, says women still tend to work in industries at the bottom of the pay scale. About two-thirds of all women on non-farm payrolls work in the service and retail trade industries and in government. Only about one in six works in a goods-producing industry.

She adds that women are about three times more likely than men to work part time and they tend to be lower in seniority. This is shifting, however. Among workers under age 30, there is virtually no difference in the number of years women and men have spent with their current employer.

DPMP,4HE

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NHEC0067

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

NUMBER OF WORKING MOTHERS AT ALL-TIME HIGH

Six of every 10 mothers with preschool or school-age children are currently in the labor force, according to Dottie Goss, family resource management specialist with the University of Minnesota's Agricultural Extension Service.

Citing Department of Labor statistics released last March, Goss says a record 19.5 million women with children under the age of 18, including 8 million with preschool children, were working or looking for work. This compares with 12 million women (4 of every 10 mothers) in the labor force as recently as 1970. Divorced women continued to have the highest labor force participation rate of any group.

Goss adds that most employed women work at full-time jobs. This accounts for 73 percent of all employed mothers of school-age children and 67 percent of the mothers of preschoolers. About half of all black children and nearly one-fifth of white children live in families in which the father is absent, unemployed or out of the labor force.

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DPMP,4HE

Page 1 of 1

NHEC0065

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

DESPITE MEDICARE, HEALTH CARE COSTS ARE RISING

Health care costs not covered by Medicare are taking a bigger chunk out of older people's budgets, reports Dottie Goss, family resource management specialist with the University of Minnesota's Agricultural Extension Service. Such expenses now account for 19 percent of the elderly's income.

This is despite record Medicare bills of more than \$30 billion paid by the system in recent years. Medicare's share of the elderly's health care costs has increased, but total health care bills have risen faster.

Currently, Medicare covers 82 percent of hospital bills incurred by the elderly and 59 percent of physicians' bills. The percentage for hospital bills has risen nearly 10 percent in the past decade, while the percentage for physicians' payments has held steady.

DPMP,4HE

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NHEC0066

Page 1 of 1

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October 1, 1984

COUNTY NEWS PACKET INDEX

<u>Stories in this packet:</u>	<u>Page numbers</u>
Learn to identify trees, shrubs.....	C-4,5
Volunteering is on the rise.....	C-6,7
Family emphasis in Home Economics will serve in information era.....	C-8,9

The color coding is blue for agricultural stories, yellow for 4-H stories, and green for consumer stories.

Also enclosed are public service announcements that you can use with local stations or as newspaper column fillers.

No media packet is being sent out this month.

C-1

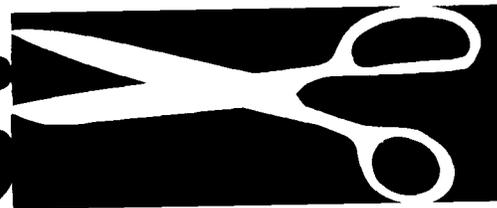
University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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.

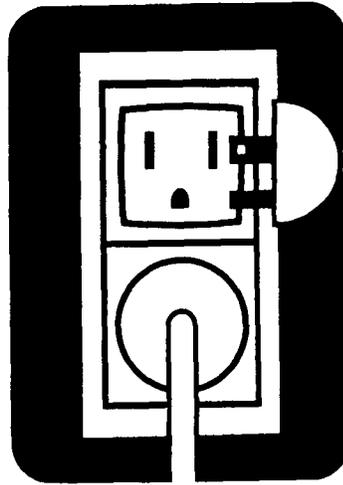
Agents and specialists: We sent out the following releases in weekly mailings from August 21 to September 12. If you would like to receive any copies, check the ones you'd like and send this sheet with your name and address to Marilyn Masterman, 433 Coffey Hall.

Drip-cooled sows farrow with no sweat
Hort Research Center field day will be Sept. 15
Buying time could reverse home foreclosure
Publication offers self-help relief on mortgage foreclosure
Earn landscape gardening credits on your own turf
Nitrate toxicity can be a problem when feeding drought-stressed corn
Exercise caution when feeding drought-stressed corn
Better communication is protecting bees
Extension Home Economics embarks on 'new initiatives'
Exports, farm income protection seen as major ag policy considerations
Milk production down, consumption up
Corn production jumps 84% after PIK
Wheat supplies up; long-term price increases unlikely
Hog prices up sharply from 1983 lows
Global supplies to keep oilseed prices down
High interest, lower exports keep farm incomes down
Improvements in the economy boost beef prices
Farming success depends on sound management
Turkey prices to rise; eggs show steady decline
Sheep, lamb decline serves as fall price support
Silk-balling cuts corn yields in some Minnesota, Iowa, Wisconsin fields
Will scab become a major problem for northern Minnesota wheat growers?
Most corn in southeastern Minnesota to mature earlier than normal
Minnesota 4-H to cooperate with Cystic Fibrosis Foundation
Nuts about walnuts? So are the squirrels
Most corn to mature earlier than normal in west-central Minnesota
Corn should mature earlier than usual in south-central Minnesota
Mushroom hunters must be 100% certain
Most corn to mature earlier than usual in east-central Minnesota
Most central Minnesota corn to mature earlier than usual
Control perennial weeds in fall, agronomist advises
Speedy first aid can limit damage from exposure to fumigants
Milk line is indicator of corn maturity
Bury dry bean refuse to prevent disease
No need to band trees
Despite wetness, corn should mature early in southwestern Minnesota
Frost may hurt yield of immature corn
Aeration, temperature control are keys to successful grain storage
Chain saw accidents on the increase

clipart



Safety Corner



Electrical Safety

Electricity, though essential in your operations, can cause farm structure fires or electrocute people. Follow these guidelines to prevent electrical dangers:

- Reduce electrical load or add new circuits as necessary. If lights dim, motors slow, the television picture shrinks, or circuit breakers cut off, you are overloading the circuit.
- Make sure your wiring meets your needs and complies with local or national codes. Get wiring inspected regularly, preferably by a qualified electrician.
- Select good-quality appliances and electrical equipment. Read and heed their instruction manuals.

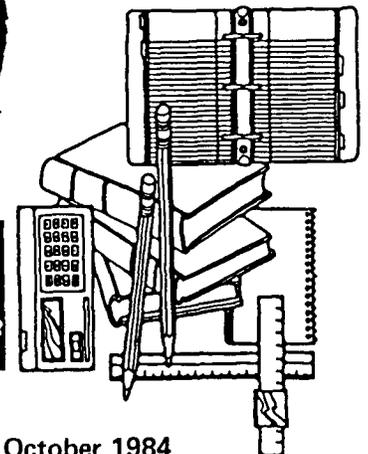
Safety Corner



Manage for Better Safety and Health

Accidents and work-related illnesses cost money, time, and sometimes, life. So, safety and health must be a top management goal.

- Develop a safety and health plan for your operation and for everyone who lives and works on it.
- Take precautions before starting a job—have the right tools, check out equipment, see that shielding is on, that correct personal protective equipment is worn.
- Respect limitations of mind and body—reduce stress levels, get enough rest, take work breaks, eat adequately.
- Keep children away from machinery and give them chores they can handle safely.



October 1984

news

for County Agents

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

Oct. 1, 1984

Source: Joe Deden
507/467-2437

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

LEARN TO IDENTIFY TREES, SHRUBS

Do you wish you knew more about trees and shrubs native to Minnesota?

A tree and shrub identification class called "Trees and Shrubs For Every Season" will help you put together keys for future identification of woodland species by using clues such as bark, buds, leaves and general tree form.

The one-day class will be held Saturday, Oct. 20, at the Southeastern Minnesota Forest Resource Center near Lanesboro, which is 45 miles southeast of Rochester, Minn. Forester Harold Scholten of the University of Minnesota's Agricultural Extension Service and Joe Deden of the Southeastern Minnesota Forest Resource Center are the instructors. The class will last from 8:30 a.m. to 4:30 p.m.

An indoor lecture with a slide program on the fine details of tree and shrub identification is planned for the morning with an identification hike scheduled for the afternoon. Participants should bring appropriate shoes or boots for hiking and, if necessary, rainwear.

Page 1 of 2

C-4

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.

The class size is limited to 40. The \$10 registration fee covers the informational packet, noon meal and refreshments. To register, contact the Forest Resource Center at (507) 467-2437.

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ncrd0031

news

for County Agents

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

October 1, 1984

Source: Irene Ott
612/373-1863
Writer: Mary Kay O'Hearn
612/373-1786

VOLUNTEERING IS ON THE RISE

More than half the adult population in the United States did some volunteering last year. _____ County's Agricultural Extension Service program counted _____ hours from _____ volunteers during the same period, according to _____, _____.

Irene Ott, home economics program leader with the University of Minnesota's Agricultural Extension Service, cites a 1983 Gallup Survey saying volunteering increased nationwide to 55 percent in 1983 from 52 percent in 1981, the year of the previous survey.

Volunteering is broadly defined as "working in some way to help others for no monetary pay." This could be a person who regularly helps an elderly neighbor as well as one who volunteers in a nursing home. It could also be a person who worked to get a traffic light installed at a dangerous intersection, canvassed for a political candidate or collected money for a charity.

Page 1 of 2

C-6

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Last year in _____ County, volunteers worked in _____ extension service programs.

Most of the volunteers in the 1983 national Gallup Survey were in the 25-49 age bracket and there were slightly more women than men volunteering. In _____ County, the age range was ____ to ____.

The larger the household size, the more adults volunteered in the 1981 study (comparisons were not available for 1983). Households of four or more persons had 59 percent of the adults doing volunteer work while only 41 percent in one-person households. Also, 65 percent of those volunteering were employed part-time rather than full-time.

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CP

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

Oct. 1, 1984

Source: Shirley Baugher
612/373-1232
Writer: Deedee Nagy
612/373-1781

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"Americans, in many instances, have grown unhappy with bureaucracy and big government. They are now ready to accept responsibility for themselves and to become active in setting policy and standards for government," Baugher says.

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C-8

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CP,4HE

infoera

AGRICULTURAL EXTENSION SERVICE
COMMUNICATION RESOURCES
UNIVERSITY OF MINNESOTA
ST. PAUL, MINNESOTA 55108
October 1, 1984

ANY QUESTIONS? CALL DeeDee Nagy
(612) 373-1781

PUBLIC SERVICE ANNOUNCEMENTS

FOR IMMEDIATE RELEASE

ANNOUNCER:
30 SECONDS

ARE YOU CONFUSED ABOUT WHERE TO BEGIN TO SAVE
MONEY ON YOUR HOME HEATING BILL? EXPERTS SUGGEST
THAT CAULKING IS ONE OF THE BEST INVESTMENTS.
WARM AIR LEAKING OUT OF A HOME CAN COST THE
HOMEOWNER SEVERAL HUNDRED DOLLARS EACH WINTER,
WHILE MONEY INVESTED IN CAULKING MAY TRIM THAT
SAME AMOUNT OR MORE FROM YOUR GAS OR FUEL OIL
BILL. COMMON POINTS OF AIR LEAKAGE INCLUDE GAPS
AROUND THE CHIMNEY, TOPS OF WALL CAVITIES
ENTERING THE ATTIC, CRACKS AROUND WINDOWS AND
DOORS AND POORLY-SEALED ELECTRICAL OUTLETS. THIS
ENERGY-SAVING MESSAGE IS BROUGHT TO YOU BY THE
AGRICULTURAL EXTENSION SERVICE OF THE UNIVERSITY
OF MINNESOTA.

cp

nhec0043

AGRICULTURAL EXTENSION SERVICE
COMMUNICATION RESOURCES
UNIVERSITY OF MINNESOTA
ST. PAUL, MINNESOTA 55108
October 1, 1984

ANY QUESTIONS? CALL DeeDee Nagy
(612) 373-1781

PUBLIC SERVICE ANNOUNCEMENT

FOR IMMEDIATE RELEASE

(30 seconds)
ANNOUNCER:

KIDS HAVE BEEN BACK IN SCHOOL NOW FOR A NUMBER OF WEEKS SO IT'S A GOOD TIME FOR PARENTS TO WATCH FOR SIGNS OF TROUBLE. A POOR ATTITUDE MAY SIGNAL MORE THAN LAZINESS. A CHILD MAY HAVE A LEARNING DISABILITY OR PROBLEMS GETTING ALONG WITH SCHOOLMATES. SUCH BEHAVIOR CHANGES AS POOR SLEEPING HABITS OR SPENDING TOO MUCH TIME ALONE COULD ALSO SIGNAL SCHOOL-RELATED PROBLEMS THAT PARENTS AND TEACHERS WILL NEED TO TACKLE TOGETHER. THIS MESSAGE IS A SERVICE OF THE UNIVERSITY OF MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.

cp

nhec0044

AGRICULTURAL EXTENSION SERVICE
COMMUNICATION RESOURCES
UNIVERSITY OF MINNESOTA
ST. PAUL, MINNESOTA 55108
October 1, 1984

ANY QUESTIONS? CALL DeeDee Nagy
(612) 373-1781

PUBLIC SERVICE ANNOUNCEMENT

FOR IMMEDIATE RELEASE

(30 seconds)
Announcer:

EVER WONDER HOW THAT LITTLE SO-AND-SO OF A MOUSE
GOT INTO YOUR HOUSE? THIS IS THE TIME OF YEAR TO
GET SERIOUS ABOUT MOUSEPROOFING AND YOU CAN START
BY CLOSING ALL POTENTIAL ENTRY POINTS, ANY
OPENING ONE-FOURTH INCH WIDE OR LARGER. POORLY
FITTING BASEMENT WINDOWS OR GAPS AROUND GAS,
WATER OR UNDERGROUND ELECTRIC LINES CAN GIVE A
MOUSE AN ENTRY POINT. ELIMINATE COVER FOR MICE
NEAR THE HOUSE AND KEEP SUCH FOOD SOURCES AS PET
DISHES AND BIRD FEEDERS AWAY AS WELL. FOR MORE
INFORMATION, CONTACT THE _____ COUNTY
OFFICE OF THE UNIVERSITY OF MINNESOTA'S
AGRICULTURAL EXTENSION SERVICE.

cp

nagr0045

AGRICULTURAL EXTENSION SERVICE
COMMUNICATION RESOURCES
UNIVERSITY OF MINNESOTA
ST. PAUL, MINNESOTA 55108
October 1, 1984

ANY QUESTIONS? CALL DeeDee Nagy
(612) 373-1781

PUBLIC SERVICE ANNOUNCEMENT

FOR IMMEDIATE RELEASE

(30 SECONDS)

ANNOUNCER:

YOUNG, THIN-BARKED TREES NEED YOUR HELP AT THIS
TIME OF YEAR. SUN SCALD IS A PROBLEM FOR SUCH
TREES AS MAPLE, ASH, HONEYLOCUST AND APPLE SO
PROTECT THEIR TRUNKS BEFORE GLARE OFF THE SNOW
HEATS THE BARK AND MAKES IT VULNERABLE TO SUDDEN
TEMPERATURE DROPS. HOMEOWNERS CAN PROTECT THEIR
TREES BY SHADING OR INSULATING THE TRUNKS AGAINST
REFLECTED SUNLIGHT. COMMERCIAL TREE WRAPS OR
BURLAP PROTECT YOUNG TREES FROM HEAT PENETRATION
AND SHOULD BE LEFT IN PLACE UNTIL SPRING. THIS
MESSAGE IS BROUGHT TO YOU BY THE AGRICULTURAL
EXTENSION SERVICE OF THE UNIVERSITY OF MINNESOTA.

cp

nagr0046

AGRICULTURAL EXTENSION SERVICE
COMMUNICATION RESOURCES
UNIVERSITY OF MINNESOTA
ST. PAUL, MINNESOTA 55108
October 1, 1984

ANY QUESTIONS? CALL Mary Kay O'Hearn
(612) 373-1786

PUBLIC SERVICE ANNOUNCEMENT

FOR IMMEDIATE RELEASE

(30 SECONDS)
ANNOUNCER:

ATTACHING A STICKY BAND AS A BARRIER AROUND YOUR
TREES TO PROTECT THEM FROM FALL CANKERWORMS ISN'T
NECESSARY THIS YEAR. IT'S ALL BECAUSE THE
PRESENT CANKERWORM POPULATION IS 'MUCH REDUCED',
ACCORDING TO AN ENTOMOLOGIST WITH THE UNIVERSITY
OF MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.
WHILE CANKERWORMS EAT LEAVES AND MAY MAKE A TREE
UNSIGHTLY, THEY DO NOT KILL THE TREE. THIS
INFORMATION IS BROUGHT TO YOU BY THE
_____ COUNTY OFFICE OF THE
UNIVERSITY OF MINNESOTA'S AGRICULTURAL EXTENSION
SERVICE.

cp

nagr0048

news

MSC19A 276
Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

Oct. 4, 1984

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

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NHEC0069

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Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

Oct. 4, 1984

Source: Dottie Goss
612/373-0913
Writer: Deedee Nagy
612/373-1781

FARM POPULATION IS OLDER, LESS WELL-OFF

About one of every 41 persons--2.4 percent of the U.S. population--currently lives on farms, and the median age for farm residents is five years older than for the non-farm population, according to Dottie Goss, family resource management specialist with the University of Minnesota's Agricultural Extension Service.

Figures from the U.S. Department of Commerce also point out the economic hardships faced by many farm families. In one recent year, the median income of farm families was more than \$4,000 less than that of non-farm families (\$17,082 versus \$22,554). About 20 percent of farm families were below the poverty level, compared to only 11 percent of non-farm families.

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DPMP, 1A, P2

NHEC0068

Page 1 of 1

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news

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

Oct. 4, 1984

Source: J. David Radford
218/879-4528

Writer: Sam Brungardt
612/376-8182

AREA EXTENSION AGENT RADFORD HONORED AT CONFERENCE

J. David Radford, 925 14th St., Cloquet, received the Director's Award to Distinguished Faculty Oct. 2 during the annual staff development conference of the University of Minnesota's Agricultural Extension Service.

Radford, a University of Minnesota professor who works out of the university's Cloquet Forestry Center, is an area agent for Extension's Small Farms Program in northeastern Minnesota.

In giving the award, Extension Director Patrick J. Borich said that Radford's special contributions through innovative teaching methods and use of volunteers had earned him the respect and admiration of his colleagues and clientele.

Radford served as a rural development agent in Carlton County, Minn., from 1957 to 1967. After that he was county extension director in Carlton County until 1981, when he assumed his present duties.

Page 1 of 3

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

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Many Carlton County dairy farmers attest to the success of changes Radford encouraged them to make in dairy feeding, housing and calf raising and in forage production. Examples of the latter are planting proven varieties, direct seeding and early harvesting to preserve higher protein content. Many farmers learned of the improved production practices by taking correspondence courses that were developed with Radford's urging and assistance.

As heating with wood again became popular, Radford initiated a Safe Heating with Wood program in Carlton County. This program was later adopted statewide. Similar concern for safety also led Radford and the county's home economics extension agent to set up a Farm Women's Safety program.

In community resource development, Radford has provided the educational basis for helping groups make decisions. He provided leadership to promote the tourism industry in Carlton County, and was a member of a committee that urged adoption of the Lake Superior agate as the official Minnesota gemstone and promoted Carlton County as a place to hunt for agates.

This is not the first time Radford has been recognized for his innovative approaches to extension education; in 1978, he received the Distinguished Service Award from the National Association of County Agricultural Agents.

The Director's Award to Distinguished Faculty is given annually to an outstanding field staff faculty member. It carries a \$1,000 stipend is made possible through the University of Minnesota Foundation and is financed by contributions to the Agricultural Extension Service.

DPMP,1A,P2,SELMEDIA

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NEXT0074

news

MSC 19 A370
Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

Oct. 4, 1984

Source: Patrick J. Borich
612/376-4606
Writer: Sam Brungardt
612/376-8182

EXTENSION HONORS U OF M PRESIDENT MAGRATH

University of Minnesota President C. Peter Magrath received the Director's Award for Distinguished Contributions to the Minnesota Agricultural Extension Service Oct. 2, during the annual extension staff development conference.

The award was presented by Director Patrick J. Borich, who cited Magrath's courageous leadership and wholehearted commitment to extension's educational outreach mission.

In presenting the award, Borich said: "President Magrath has consistently demonstrated enthusiastic commitment to the land-grant philosophy through his strong support for the Minnesota Agricultural Extension Service. His dedication to extension outreach and his encouragement of strong, innovative programs have led to greater impact, visibility and support for extension statewide. An outstanding land-grant administrator, he has earned the respect, admiration and gratitude of the citizens of Minnesota."

Page 1 of 2

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

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Magrath responded, "Agricultural Extension is one of the centerpieces of the American land-grant university--a mainline activity that extends our research and knowledge to the people of our country. It represents one of the great practical success stories of American education and the University of Minnesota as one of our nation's most distinguished land-grant universities. I take enormous pride in being counted among the friends and supporters of the university's Agricultural Extension Service."

The Director's Award for Distinguished Service is given annually in recognition of outstanding service to Minnesota citizens through the Agricultural Extension Service.

DPMP,1A,P2,SELMEDIA

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Page 2 of 2

NEXT0073

news

MSC/9A270
Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

October 11, 1984

Source: Lois Mann
612/376-3855

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

COMMUNITY IMPROVEMENT EFFORTS TO BE SHARED OCT. 25

"No Plastic Geraniums in Our Town Please!--A Practical Guide to Community Planting Projects" will be the topic during Minnesota Community Improvement Day on Thursday, Oct. 25, from 9 a.m. to 5 p.m. at Sunwood Inn, St. Cloud.

Jane McKinnon, a horticulturist with the University of Minnesota's Agricultural Extension Service, will speak on this topic at a workshop entitled: Building Community Image and Pride. It's one of five morning workshops which participants can select to attend. Gordon Rose, extension economist, will discuss "Your Local Economy--What Makes It Tick"; and Lois Mann, extension specialist in community resource development, and Peggy Sand, coordinator of the university's Center for Community Studies, will talk about "Techniques for Involving Citizens in Community Decisionmaking and Actions."

Mann calls the day an opportunity for interested citizens to learn from each other. "There are lots of community pride projects going on in small communities," she says. "We need to bring them together to acknowledge the impact of what is happening and what is possible through Minnesota Community

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Improvement Program (MCIP) and other community-based programs."

Gordon Stobb, area extension agent in community resource development, will describe how MCIP can improve communities. Stobb says local citizens are the key to the success of community improvement: "They undertake the challenge of deciding what needs to be done and then get the tasks done using the many skills and resources that are present in every community." MCIP is a program of community self-improvement based on community-wide involvement and identification of priority needs.

A \$15 registration fee covers lunch, refreshments and printed materials. Anyone is welcome to attend.

Nella O'Brien, community organizer, Storm Lake, Iowa, will be the keynote speaker. Governor Rudy Perpich and Frank V. Ongaro, director of the Office of Environmental Resource Development, will present community awards at the 12:30 luncheon.

Other speakers will be Steven Griesert, director of community economic development, Faribault; Bill Sanders, Minnesota Chapter, American Society of Landscape Architects, St. Paul; Roger Clemence, School of Architecture and Landscape Architecture, University of Minnesota; Martha Stanley, Community Education Center, College of St. Thomas; Gladys Dietrich, State Executive Board, Minnesota Senior Federation; Ginger Sisco, state travel director, Minnesota Office of Tourism; Jane Preston, White Bear Lake Chamber of Commerce; John Morse, Minnesota Main Street coordinator, Minnesota State Planning Agency; Lisa Winkelmann, chairwoman of the Governor's Design Team; Nick Riley, assistant director, Office of Environmental Resource Development; Bill

Allexsaht, chairman, Minneapolis Operation Clean Sweep Task
Force; and Main Street Project managers from Fergus Falls,
Hastings, Hopkins, Morris and Stillwater.

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DPMP,P2

NCRD0090

news

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

Oct. 11, 1984

Source: Reynold Dahl
612/376-3436
Writer: Mary Hoff
612/373-1527

MINNESOTA'S WILD RICE INDUSTRY IS ON THE MOVE

Commercial production of wild rice in Minnesota has entered a new era with the development of cultivated wild rice, according to a report published recently by the Minnesota Agricultural Experiment Station.

"The wild rice industry has undergone a dramatic transformation in the last 15 years," says University of Minnesota agricultural economist Reynold Dahl, who coauthored the report with Elizabeth Winchell. "Today, wild rice shows substantial promise as one of Minnesota's newest agricultural crops."

In the past, the wild rice industry depended mainly on the variable supplies produced in naturally occurring native stands. With the introduction of new varieties and new cultivation methods, and the development of a stable market in the form of commercial wild rice blends, production has more than doubled in Minnesota.

"Production of cultivated wild rice is likely to continue to increase in the years ahead as the market expands and improved varieties are developed through research now underway at the

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experiment station," Winchell and Dahl predict.

In addition to providing a historical and modern overview of wild rice production, prices and markets, the publication describes wild rice production by Minnesota's two main competitors, Canada and California. The authors provide recommendations for improving the marketing system for wild rice as the potential for both production and sales continue to increase.

"In the past, the cultivated wild rice industry has been characterized by a poorly-developed marketing structure, lack of market information on production and prices, and no uniform grade standards," Dahl says. "In order to achieve its full potential, we are urging the industry to share economic information and to develop a system of grades and standards. In addition, it would be wise for the state to reevaluate its lake wild rice regulations, which limit individual development efforts and restrict harvesting to primitive canoe-and-flail methods."

A copy of Dahl and Winchell's report, Wild Rice: Production, Prices, and Marketing, is available from the Department of Agricultural and Applied Economics, 231 Classroom Office Building, University of Minnesota, 1994 Buford Ave., St. Paul, MN 55108.

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DPMP,1A,P2,4FC

Page 2 of 2

NAGR0086

news

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

Oct. 18, 1984

Source: National 4-H Council
301/656-9000
Editor: Sam Brungardt
612/376-8182

DOUGLAS COUNTY 4-H COUNCIL AWARDED GRANT TO PUBLISH HISTORY

The Douglas County 4-H Council, Alexandria, Minn., has been selected to receive a 1985 Citizenship-in-Action grant from the Reader's Digest Foundation, Pleasantville, N.Y.

The council is one of 54 4-H groups in 25 states awarded seed money for community projects. It will use its \$400 grant to write and publish a county 4-H history. Minnesota's 4-H program was started in Douglas County, and many of the early members and club leaders still live there.

The project will involve 4-H members, 4-H alumni--many of whom are in retirement homes and senior citizen centers--and the Douglas County Historical Society. The book is expected to be published by next August.

The Douglas County 4-H Council's grant will be matched by additional funds that will be raised locally.

The Cooperative Extension Service, which conducts the 4-H program nationwide, selected the 4-H groups that received Citizenship-in-Action grants.

DPMP,1A,P2,4Y

Page 1 of 1

N4-H0097

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news

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

Oct. 18, 1984

Source: Leland Schultz
612/373-0764
Writer: Anne G. Lewis
612/373-1976

CAR EMERGENCY KIT CAN SAVE YOUR LIFE

When you get your car ready for rough winter weather, don't forget winter emergency supplies to keep in the car. They could be a lifesaver if you're stranded in your car during a blizzard, says Lee Schultz, a safety specialist with the Agricultural Extension Service at the University of Minnesota.

To keep warm, you'll need blankets, sleeping bags, or layers of newspapers for each person, and winter clothes, including wool caps, mittens and boots. Carry non-perishable canned or dried fruits, nuts or candy for energy and bottled water to drink. Pack an opener for any canned goods. If you take medicine regularly, keep an extra supply in the car.

Schultz says a first aid kit should be part of your emergency supplies. Also, pack candles and matches; a pocket knife; tissues and/or toilet paper; a flashlight and radio, with extra batteries for each; a tool kit, including battery booster cables; a bag of sand, gravel or cat litter and chains and mats for traction on ice; flares or reflectors; rope; windshield scrapers; road maps and a shovel.

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You might also want to pack several empty three-pound coffee cans. One can be used to hold burning candles; the others can serve as temporary latrines. In addition to the above items, you might also consider having a citizens band (CB) radio and a catalytic heater. Whatever heat source you use, leave a downwind window open slightly for air circulation and to avoid carbon monoxide poisoning.

DPMP,1A,P2

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NAGRU091

news

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

Oct. 18, 1984

Source: Lee Schultz
612/373-0764
Writer: Anne G. Lewis
612/373-1976

WINTERPROOF YOUR CAR EARLY

Winterproof your car before the first snowstorm takes you by surprise, says safety specialist Lee Schultz. Schultz, who is with the University of Minnesota's Agricultural Extension Service, says, "A good tune-up and proper tires are the first steps in winter driving safety. A tune-up will make your car start better in cold weather. Recharge or replace a weak battery and check and adjust the brakes, if necessary, so that you have equal braking on all four wheels. Unequal braking can cause skidding on icy streets."

Schultz says snow tires or radials intended for use in snow are necessary in winter weather in the Upper Midwest. Although front-wheel drive vehicles have better traction than those with rear-wheel drive, they still need snow tires.

Check to see that all lights are working properly and that your windshield wiper blades are in good condition.

"Keep a full gas tank to avoid gas line freeze-up, and make sure your antifreeze tests for a minimum of 30 degrees below zero and is at the proper level," says Schultz.

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Have the exhaust system checked for leaks or blockages to prevent accumulation of toxic carbon monoxide gas, and--for the same reason--never warm your car up in an enclosed area, such as a garage. Carbon monoxide is colorless and odorless, and every winter people are overcome by it.

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DPMP,1A,P2

NAGR0092

news

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

Oct. 18, 1984

Source: Lee Schultz
612/373-0764

Writer: Anne G. Lewis
612/373-1976

DON'T BRAVE A BLIZZARD; STAY IN STRANDED CAR

If you're stranded in a car during a blizzard, don't panic; stay in the car and wait for help.

That's the advice of safety specialist Lee Schultz, who is with the University of Minnesota's Agricultural Extension Service. "Don't try to walk for help unless you can see your destination close by and you're warmly dressed and in good physical shape," Schultz says. "Exposure to the high winds, blowing snow and cold of a blizzard could be fatal if you get disoriented."

Although the best advice is not to drive in severe winter storms, that can't always be followed. If you are stranded, one of your chief concerns will be to keep yourself and others in the car warm. If you don't have blankets or warm clothes, newspapers or car floor mats can help insulate your body from the cold. You

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can also run the engine and heater for brief periods to keep warm. If you run the engine, keep a downwind window open slightly to avoid the possibility of carbon monoxide poisoning. Make sure, too, that the tail pipe of the car is clear of snow. A blocked exhaust can also trap carbon monoxide gas in the car.

You can clap your hands or move around to warm up, but don't overexert yourself by shoveling snow or trying to push the car. Exercise warms a person, but also increases body heat loss. Cold weather plus exercise can put extra strain on the heart and increase chances of a heart attack.

Schultz suggests tying a colored scarf or cloth on the car aerial and keeping the car dome light on at night to increase your chances of being seen.

If more than one person is in the car, sleep in shifts to keep watch for rescuers. If you're alone, try to stay awake.

Prepare for such an emergency by keeping appropriate tools and non-perishable food and blankets in your car, paying attention to weather forecasts and by giving your car a thorough tune-up.

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DPMP,1A,P2

NAGR0093

news

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

Oct. 18, 1984

Source: Lewis Hendricks
612/373-1211

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

EPA PLACES THREE WOOD PRESERVATIVES ON RESTRICTED USE LIST

Three wood preservatives, some sold over the counter as freely as paint, are going on the U.S. Environmental Protection Agency's (EPA's) restricted use list because they pose dangers to health when used improperly.

Pentachlorophenol (penta), creosote and inorganic arsenicals will soon be off limits to everyone but certified applicators -- just as many pesticides already are. This doesn't mean that wood will no longer be treated with these preservatives, but it insures that they will be properly applied by persons trained to safely handle them. It means, too, that two applications of sealer are necessary on treated products that come into contact with humans.

Lewis Hendricks, a forest products specialist with the University of Minnesota's Agricultural Extension Service, views the change as "good." He notes that the three preservatives (sometimes used interchangeably and considered pesticides by EPA) account for more than 97 percent of the wood preservatives used in the United States and for one-third of all U.S.-produced agricultural and industrial pesticides (2.7 billion pounds).

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Preservatives protect wood from decay and control fungi, insects, bacteria and marine borers. The life expectancy of treated wood is more than five times that of untreated wood.

Registrants must use the new labels by Nov. 1, 1984, and by Feb. 1, 1985, all products sold wholesale and retail must bear the new labels.

The new rulings did not come as a surprise to Hendricks. "We have been hearing for six years that penta was going to be banned. We have always warned 'read the labels carefully' and we told county agents several years ago that these materials, especially creosote and penta, can't be used indiscriminately or in confinement areas where animals do nothing but lick and chew," he says.

EPA warns against burning treated wood in a fireplace, stove or open fire because of the toxic fumes or ashes that may be produced. There is danger, too, in inhaling the sawdust from treated wood. When sawing treated wood in confined areas, the nose and mouth should be protected with a mask.

Human exposure to the preservatives can result in illnesses affecting the vital organs, Hendricks observes.

This is what the EPA says about the preservatives:

Pentachlorophenol

Penta or PCP is the abbreviated name for this pesticide. It is probably the most familiar preservative to do-it-yourselfers. It's been used on log homes, exterior siding, decks and outdoor furniture.

Consumers are advised to avoid frequent and prolonged skin contact with penta unless two coats of an effective sealer have been applied. The sealer should be applied immediately after the preservative has dried.

Dioxin contamination (hexachlorodibenzop-dioxin or HxCCD) in penta will be limited immediately to 25 parts per million (ppm) and that level must be reduced to 1 ppm within 18 months. HxCCD contamination has been shown to cause liver tumors and birth defects in laboratory animals. Pentachlorophenol itself may cause acute effects such as irritation of the skin, eyes, nose and throat. In people regularly exposed to it, its impurities can cause skin rash.

Creosote

Widely used on railroad ties and utility poles, creosote has been around many years. EPA regulations say creosote may no longer be used anywhere where there is possibility of contamination of feed, food, or drinking or irrigation water. Where body contact with creosote is likely, two coats of an acceptable sealer such as urethane, epoxy or shellac should be used.

Use of creosote-treated wood within the home is prohibited. Creosote (with two sealer treatments) may only be used in interiors for support structures in barns, stables or similar sites, where supports are in contact with the soil.

EPA says creosote may cause skin cancer in persons regularly exposed to it and it causes gene defects in bacteria and laboratory animals. Some of the acute effects include skin and

eye irritation, dermatitis or burns.

Inorganic Arsenicals

These include chromated copper arsenate (CCA), ammoniacal copper arsenate (ACA) and fluor chrome arsenic phenol (FCAP). Inorganic arsenicals are most commonly used to treat wood found outside the home (in decks, for example).

These compounds have been associated in laboratory studies with cancer from exposure to contaminated water or air. They also cause genetic defects in bacteria and laboratory animals. Acute effects can include headaches, dizziness, muscle spasms, delirium and sometimes convulsions. There may be a garlic odor to breath and feces.

Hendricks says treated woods should never be used for cutting boards or counter tops or for parts of beehives that come in contact with honey.

Although EPA has said these three wood preservatives exceeded its health risk criteria for tumor production and its ruling reduces their availability to home and farm users, an individual who chooses to use these products can do so by obtaining the appropriate training and certification from the appropriate state agency.

Industry employees doing pressure treatments will be required to wear gloves impervious to the wood treatment formulation being used if any skin contact is expected. This specifically means handling treated wood and manually opening treatment cylinder doors. Those entering pressure treatment cylinders that are in operation or not free of the treatment solution must wear

protective clothing including overalls, jackets, gloves, respirators (except in arsenical plants where the airborne concentrations are known to be below 10 micrograms per cubic meter) and boots impervious to the wood treatment formulation.

Applicators must not eat, drink or use tobacco products during the part of the application process that may expose them to the wood treatment formulation (such as when manually opening and closing cylinder doors, moving trams out of a cylinder, mixing chemicals and handling freshly treated wood). Applicators must wash thoroughly after skin contact and before eating, drinking, using tobacco products or using restrooms.

Protective clothing must be changed when it shows signs of contamination and this protective clothing and work boots or shoes and equipment must be left at the plant. Worn-out protective clothing, shoes or boots must be left at the plant and disposed of in an approved manner (for pesticide disposal) and in accord with state and federal regulations.

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DPMP,CAS,1A,4F

NCRD0098

news

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

October 25, 1984

Source: Leland Schultz
612/373-0764

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

FALL IS GOOD TIME TO GET START ON BOAT SAFETY FOR NEXT YEAR

If fall seems a strange time to be talking boat safety, think of it as an ideal time get a jump on boat safety for next year while you are preparing your boat for winter storage.

Now is the time to check out the boat and its equipment to be sure both boat and engine will have adequate protection from corrosion and the elements. Doing this now will mean getting into the water sooner next spring because the boat won't have to be drydocked for repairs.

Leland Schultz, assistant safety specialist with the University of Minnesota's Agricultural Extension Service, passes the following suggestions on from the U.S. Coast Guard's Office of Boating Safety.

The careful boat owner should:

--Examine the steering system for rust, kinks, bends and freedom of movement.

--Inspect the electrical system to assure that all lines are properly insulated and all connections are tight.

Page 1 of 2

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--Look for leaks, corrosion or loose fittings in the engine's fuel system.

--Examine the hull, both interior and exterior, particularly if it is wooden, for any visible damage or deterioration.

--Check equipment, especially personal flotation devices, fire extinguishers, navigation lights and signaling devices to be sure they are operating properly.

--Make sure the engine is adequately winterized (many boating magazines feature articles on owner/operator winter maintenance) and that it is well-protected from the elements.

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DPMP,P2,TCO,40S

nagr0107

news

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

Oct. 25, 1984

Source: Leland Schultz
612/373-0764

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

BRUSH UP ON SNOWBLOWER SAFETY BEFORE THE SNOW FALLS

Before the snow needs to be brushed from your path is a good time to brush up on snowblower safety.

There is even some "forgetting how it all works" from one season to the next says Leland Schultz, assistant safety specialist with the University of Minnesota's Agricultural Extension Service. He encourages knowing the rules of safety before you actually need to use the blower.

If the system is entirely new to you, read the instruction manual and its safety precautions before attempting to assemble or start the blower. It's surprising in how many instances the instruction manual isn't the top priority when it should be.

Probably the two parts of the machine that call for the most caution are the auger (it bites into and throws the snow) and any flammable liquids used with it (lest there be a fire or explosion). "If the unit is electrically driven, the operator should be sure it is properly grounded at all times to prevent accidental shock," Schultz says.

Page 1 of 3

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Auger injuries can occur when the operator attempts to clear debris from it or the chute without first shutting off the engine. "Never attempt to clear debris from the machine, make adjustments or change the throw direction of the discharge chute (unless a control is provided for this purpose near the handle) without first shutting off the engine and disconnecting the spark plug wire," Schultz cautions. The wire should be kept at least 2 inches from the spark plug. If the thrower is electrically powered, unplug the power cord.

Some models (two-stage) have an additional auger for throwing snow out of the path. Though these usually are more completely enclosed, they can injure fingers. Exposed gears, drive chains and belts can also cause injuries.

Don't let people or pets walk or stand in the path of the blower's discharge. Not only can it hurl snow at high speed, it can pick up ice, stones and other hard objects. It is wise to keep the area to be plowed free of sticks, stones, toys and other obstacles that could turn into dangerous projectiles.

Schultz says always check the fuel level before each use to avoid refilling the tank in the midst of plowing while the engine is hot. Wipe off any gasoline spills and be sure the tank cap is on snugly. If the engine has a windup ratchet or impulse starter, make sure the engine will operate freely before actuating the starter release. Also, disengage all clutches and check to see that all rotors, augers and impellers are free to rotate -- before starting the engine.

Before pulling the starter rope, stand firmly, but keep your feet a safe distance from the auger.

Don't leave the blower running unattended. Learn how to stop the engine quickly in case of emergency.

If it is necessary to operate the engine in a garage or other enclosed space, open the doors and windows to provide sufficient ventilation. Keep all nuts and bolts tight and if undue vibration is apparent, don't use the machine until this condition is corrected.

Schultz adds, "Never loan your snowblower to anyone unfamiliar with its operation or with the safety rules governing it. Don't allow children or young teenagers to operate it."

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dpmp,P2,1A,TCO

nagr0108

news

for County Agents

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

November 1, 1984

COUNTY NEWS PACKET INDEX

<u>Stories in this packet:</u>	<u>Page numbers</u>
Grain bin safety rules could save your life	C-4-6
Extension, other agencies to cooperate, coordinate more	C-7-8

The color coding is blue for agricultural stories and green for consumer stories.

Also enclosed are public service announcements that you can use with local stations or as newspaper column fillers.

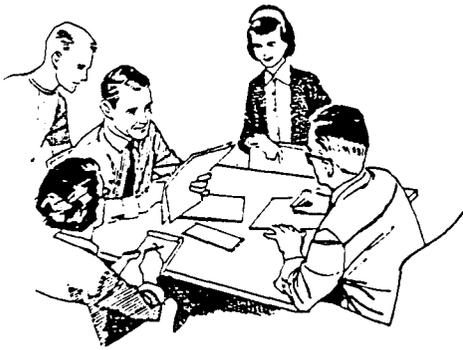
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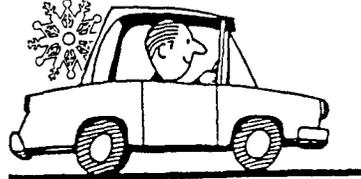
Agents and specialists: We sent out the following releases in weekly mailings from September 18 to October 18. If you would like to receive any copies, check the ones you'd like and send this sheet with your name and address to Marilyn Masterman, 433 Coffey Hall.

Sunflower silage has less feed value than corn silage
Conservation tillage can alter soil test showings
Conservation tillage can change fertilizer needs
Fall tillage can minimize soil compaction
Avoid new layers of stress at harvest
Corn, soybean storage costs need careful analysis
Borich named director of Agricultural Extension Service
Ag engineer Flikke receives national award
Minnesotans to participate in 4-H international seminars
4-H volunteers teach volunteers
Should you fertilize like you did last year?
Combine soybeans at right moisture level to avoid losses
Soil testing briefs
Develop a cost-efficient fertilizer program
4-H club recognized at Community Pride Conference
Number of working mothers at all-time high
Despite Medicare, health care costs are rising
Earnings gap is still wide
Farm population is older, less well off
The graying of America
Extension honors Ahrens for helping refugees resettle
Extension honors U of M President Magrath
Area extension agent Radford honored at conference
Extension horticulturist receives award
Don't try for the biggest ridge
County extension agents attend staff development conference
It's costing less to convert to ridge-till
Minnesota's wild rice industry is on the move
Fuelwood management class to be Oct. 27 at Lanesboro
Snow didn't hurt early-planted corn
Community improvement efforts to be shared Oct. 25
Car emergency kit can save your life
Winterproof your car early
Don't brave a blizzard, stay in stranded car
Control fertilizer costs, but maintain yields
EPA places three wood preservatives on restricted use list
Colloquium to honor winner of Alexander von Humboldt Award
Douglas County 4-H Council awarded grant to publish history

clipart



SAFETY 



November 1984

news

for County Agents

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

Nov. 1, 1984

Source: Lee Schultz
612/373-0764
Writer: Anne Lewis
612/373-1976

GRAIN BIN SAFETY RULES COULD SAVE YOUR LIFE

Too often farmers die in grain bin accidents that could be prevented if basic safety rules were followed, says safety specialist Lee Schultz. Schultz is with the University of Minnesota's Agricultural Extension Service.

The most common cause of death is drowning in flowing grain, but many deaths are due to suffocation in the oxygen-deficient atmosphere produced by fermenting grain. Carbon dioxide, an odorless, colorless gas, is produced by fermenting grain. Although it isn't toxic, it is heavier than air and robs the bin of oxygen workers need to survive.

"You can be pulled into flowing grain and be unable to save yourself in two to three seconds," Schultz warns. "Once the grain gets above your knees you won't be able to free yourself if there is nothing to hold onto."

Schultz advises workers never to enter a bin of flowing grain and to be sure to lock-out the power source before entering a grain bin so that the auger doesn't start accidentally. "If you do get trapped in flowing grain and don't have anything to hold onto, stay near the outer walls and keep walking. If you stand still, you'll be pulled under. If you do get covered by the grain, cup your hands over your mouth and take small breaths until help arrives."

Even small amounts of the carbon dioxide produced by stored, wet grain that is fermenting can mean death in an enclosed grain bin, Schultz warns. "Exposure to carbon dioxide will make you drowsy and produce headaches and can kill you in just a few minutes. If you think there is a carbon dioxide problem in your bin, stay out of it. Open the manholes and side doors and force air through the bin to get rid of the gas before you enter it."

Schultz suggests that safety features be incorporated in the design of grain bins to prevent deaths or injuries. They include:

- * installing fixed, vertical ladders inside the bins, to provide both access to grain and an emergency escape path;
- * installing cages to prevent falls on all exterior vertical ladders more than 20 feet high fixed to the bin;
- * making roof ladders accessible to outside ladders; hand loop rails at the top of the outside ladder, hand rails on the roof ladder and hand rails around the manhole will provide additional safety for climbing;

* placing rest platforms for every 30 feet of vertical ladder height;

* placing safety guards over all power augers to avoid entanglement; and

* providing power lock-outs to prevent accidentally starting the auger when someone is in the grain bin.

More detailed information is available in Safe Grain Storage and Handling of Grain (AG-F0-0830), a University of Minnesota Agricultural Extension Service publication that is available through county extension offices.

#

CP,4FC

nagr0112

news

for County Agents

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

Nov. 1, 1984

Source: Shirley Baugher
612/373-1232
Writer: Deedee Nagy
612/373-1781

EXTENSION, OTHER AGENCIES TO COOPERATE, COORDINATE MORE

Tapping the strengths of many community and educational organizations with similar goals will make the Agricultural Extension Service stronger and better able to serve local people's needs, says Shirley Baugher, assistant director for home economics with the University of Minnesota's Agricultural Extension Service.

She is pleased with the emphasis on cooperation and "networking" that home economics agents throughout Minnesota are showing. "In time of rapid changes and limited resources for all public service agencies, we can expand our resources by working together to meet communities' needs," she says.

Baugher predicts that tomorrow's most effective managers and administrators will be those who see how their specialties and skills fit into a big picture and can work effectively with others on complex tasks.

Page 1 of 2

C-7

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.

Extension home economics programs are part of this effort to tailor a well-coordinated program out of many special interests. Baugher points to two current programs, Living Resourcefully and Food and Fitness, as good examples. Specialists on the University of Minnesota's St. Paul campus pool their expertise in such diverse areas as family finances, housing, nutrition and family life to prepare teaching materials related to an integrated theme.

Similarly, county extension agents work closely with public health nurses, bankers, school nutritionists and recreation directors to help local people stretch their resources and improve their health. By combining efforts, the total program is stronger and more useful to a wide range of people than if any one person in the community tried to do it alone.

Baugher believes that efforts like Living Resourcefully and Food and Fitness will be trends for the future, allowing campus specialists and county agents to tie in to the strengths of other organizations whose goals complement extension's.

#

CP,P2,4HE

nhec0071

November 1, 1984

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

KEEP EMERGENCY KIT IN CAR

Announcer: PACK EMERGENCY SUPPLIES IN YOUR CAR. YOU MIGHT
NEED THEM IF YOU GET STRANDED IN A BLIZZARD. THE
_____ COUNTY EXTENSION OFFICE
SUGGESTS THAT YOU PACK BLANKETS OR SLEEPING BAGS AND
WARM CLOTHES. LAYERS OF NEWSPAPERS WILL ALSO KEEP
YOU WARM. TAKE AN EXTRA SUPPLY OF ANY MEDICINE YOU
NEED. INCLUDE NONPERISHABLE FOOD, A FLASHLIGHT AND
A RADIO. DON'T FORGET A SHOVEL, BOOSTER CABLES, A
BAG OF SAND OR GRAVEL, AND FLARES OR REFLECTORS.

#

CP

NAGRO100

Any questions?

Call Anne Lewis
612/373-1976
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

November 1, 1984

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

BLIZZARD SURVIVAL IN CAR

Announcer: DON'T PANIC IF YOU'RE STRANDED IN YOUR CAR DURING A
BLIZZARD. STAY IN THE CAR AND WAIT FOR HELP. THE
_____ COUNTY EXTENSION OFFICE
CAUTIONS YOU NOT TO LEAVE THE CAR TO SEEK HELP. YOU
CAN EASILY BECOME DISORIENTED IN THE SNOW AND WIND.
IF YOU RUN THE CAR ENGINE TO KEEP WARM, OPEN A
WINDOW SLIGHTLY TO AVOID CARBON MONOXIDE POISONING.
LEAVE THE DOME LIGHT ON AT NIGHT TO SIGNAL RESCUERS
AND TRY TO STAY AWAKE IF YOU ARE ALONE IN THE CAR.

#

CP

NAGRO101

Any questions?

Call Anne Lewis
612/373-1976
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

C-10

November 1, 1984

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

GET A WINTER TUNEUP NOW

Announcer: HAVE YOUR CAR TUNED UP BEFORE THE FIRST SNOWFALL
TAKES YOU BY SURPRISE. THE _____
COUNTY EXTENSION OFFICE REMINDS YOU THAT YOUR CAR
WILL START BETTER IN COLD WEATHER IF SPARKPLUGS AND
BATTERIES ARE IN GOOD CONDITION. YOU WILL NEED
SNOWTIRES OR RADIALS WITH SNOW TREADS EVEN IF YOU
OWN A CAR WITH FRONT WHEEL DRIVE. BRAKING SHOULD BE
EQUAL ON ALL FOUR WHEELS. UNEQUAL BRAKING CAN CAUSE
SKIDS. KEEP YOUR GAS TANK FULL TO AVOID GAS LINE
FREEZEUP.

#

CP

NAGRO102

Any questions?

Call Anne Lewis
612/373-1976
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

C-11

Nov. 1, 1984

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

PREVENT HOLIDAY FIRES

Announcer: THE NUMBER OF ACCIDENTAL FIRES INCREASES GREATLY

DURING THE WINTER HOLIDAY SEASON. THE

_____ COUNTY EXTENSION OFFICE URGES

YOU TO CHECK AND REPLACE DEFECTIVE ELECTRICAL CORDS.

IF YOU ARE USING CANDLES, DON'T LEAVE THEM

UNATTENDED. AND NEVER USE CANDLES ON CHRISTMAS

TREES. BUY THE FRESHEST TREE YOU CAN AND KEEP IT

WATERED AND AWAY FROM ANY HEAT SOURCE. DISPOSE OF

THE TREE BEFORES IT DRIES. FOLLOW THESE FIRE

PREVENTION RULES FOR HAPPY AND SAFE HOLIDAYS.

#

CP

NHEC0110

Any questions?

Call Anne Lewis
612/373-1976
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

C-12

November 1, 1984

PUBLIC SERVICE ANNOUNCEMENT (30) seconds)
For immediate release

GRAIN BIN SAFETY

Announcer: NEVER ENTER A BIN OF FLOWING GRAIN. YOU COULD BE
PULLED QUICKLY INTO THE MOVING GRAIN AND BE UNABLE
TO SAVE YOURSELF. ANOTHER GRAIN BIN HAZARD IS THE
PRESENCE OF CARBON DIOXIDE . FERMENTING GRAIN
PRODUCES THIS COLORLESS AND ODORLESS GAS, WHICH CAN
CAUSE ASPHYXIATION. THE _____ COUNTY
EXTENSION OFFICE CAUTIONS YOU NOT TO ENTER A BIN IF
YOU THINK CARBON DIOXIDE IS PRESENT.

#

CP

nagr0111

Any questions?

Call Anne Lewis
612/373-1976
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

news

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

November 1, 1984

MEDIA NEWS PACKET INDEX

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Specialists, researchers: 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.

M-1

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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.

Nov. 1, 1984

Source: Paul Rosenblatt
612/373-1520

Writer: Deedee Nagy
612/373-1781

FAMILY BUSINESS MEMBERS STRESSED BY LIVING THEIR WORK

About 90 percent of American businesses are family owned and operated, but adding blood ties to interlocking careers may make life difficult both on and off the job.

This is the conclusion of Paul Rosenblatt, family social science professor at the University of Minnesota. He and his colleagues studied 59 family-operated businesses in the Twin Cities and found many of the same tensions they had noted in earlier research on farm families. In both situations, the distinctions between work life and home life become blurred. Constant contact with family members can lead to friction and family break-ups.

In fact, Rosenblatt says family businesses may be among the most stressful endeavors. "Many people romanticize going into business for themselves or establishing a family business. But many such businesses fail and others often barely make enough to maintain themselves," he says.

In addition to financial risk, there can be risk to family relationships caused by too little time apart from other family members, Rosenblatt says. A number of the participants in the study, which was funded by the university's Agricultural Experiment Station, were resentful of the time and emotional toll that running the family business required. Some children were critical of the business because their parents' exhausting work weeks left little time for vacations or school and church activities. Even though about half of the wives interviewed were active in the business, many were unhappy with the long hours and financial worries.

Despite the tensions, Rosenblatt and his colleagues found that most family business members thrived on their independence and their role in building the business so it could support others in the family.

For those just starting out in a family enterprise, Rosenblatt urges a real attempt to keep communication flowing. Without this, he says, problems and frustrations easily grow out of proportion and spill over into all aspects of family life.

Job descriptions are "musts" for all members of the family business and so are firm agreements on the future of the business, according to Rosenblatt. He and his fellow researchers noted a number of cases where in-fighting about who would inherit control of a business and when this would happen caused major problems.

He also cautions parents in family businesses to give their children room to grow and learn as they work into the operation. "In a family business, parents should develop activities and identities outside of the business," he adds. "In general, people in such families need to monitor their business involvements so they are alert to symptoms of over involvement. They need to work hard for a balance of interests in their lives."

#

MP,4HE

NHEC0085

Nov. 1, 1984

Source: Ronald D. Gardner
612/373-1202
Writer: Mary Kay O'Hearn
612/373-1786

COMPUTER GIVES SPEEDY ANSWERS TO PESTICIDE QUESTIONS

When information is needed about chemicals registered for use in Minnesota to control crop pests, it's often needed immediately. There isn't time to spend half a day searching a library or making a dozen phone calls. Quick decisions based on inadequate information can be worse than the pest problem.

The Minnesota Pesticide Information Center (MPIC) is designed to prevent problems by providing accurate information immediately. It is a real asset to specialists in the University of Minnesota's Agricultural Extension Service. When they get pesticide registration questions from county extension agents or pest control operators, answers are almost instantaneous, thanks to this computer search service that has been operating for more than a year on the university's St. Paul campus.

Operating the service is Ronald D. Gardner, assistant extension specialist in the Pesticide Impact Assessment Program. Gardner's background is in environmental health and entomology,

so his job at MPIC seems a natural. Before coming to Minnesota, he was an extension integrated pest management assistant at Purdue University.

During MPIC's first year, Gardner conducted computer searches for more than 80 pest management specialists. The average search took 25 minutes and cost \$38.

"MPIC is self-supporting, and we run it just like a business," Gardner says. Billings are processed for outside subscribers and journal vouchers for university personnel. Computer time costs everyone \$1.50 a minute, but there is no charge for Gardner's time and any other work.

"I spend three times as long working with the individuals, preparing the search and printing results as I do working with computers," Gardner says. "We used over 30 hours of computer time in our first year. We don't anticipate service to reach more than 50 hours of use a year, but if it does, we are prepared to expand to accommodate the demand."

Here is how MPIC works. There are some 44,000 pesticides registered in the United States. More than 7,000 of these are registered for use in Minnesota. In the two databases Gardner taps into with a personal computer from his office, there is information on 3,500 chemicals. One of these databases is the National Pesticide Information Retrieval System (NPIRS). The other is Hazardline, a database that deals with occupational health and safety. NPIRS is updated weekly and Hazardline is updated daily. Plans are also developing to hook up with such systems as the National Library of Medicine's MEDLARS, which

would tell a person, for example, whether certain medicines or shampoos contain pesticides.

MPIC also provides information required by the Minnesota Employees Right to Know Act. "A company with more than 20 employees must provide training on the hazards of the materials they may be exposed to," Gardner says. "Hazardline can provide much of the information needed for this training."

One of Gardner's more unusual searches was for pesticides labeled for use on bok choy (Chinese celery-cabbage) being grown at Farmington, Minn., by the Minnesota Agricultural Enterprise For New Americans, the farming project for Southeast Asians sponsored by the university's Agricultural Extension Service. NPIRS did find a pesticide registered in Hawaii for Chinese cabbage. "We probably spent an hour on the line with that one; it turned out there were 22 formulations," Gardner says.

Jill Pokorny terms NPIRS a time-saving system, which she uses in her clinic and in revising fact sheets. Pokorny is an extension plant pathologist and a supervisor for Dial U (the university's insect and plant information service). NPIRS can be used to search all the fungicide labels in Minnesota for roses, for example. "Before, we had to manually look through a compendium compiled by the U.S. Department of Agriculture and despite updates, it was usually a couple of years behind schedule," she says. "Now with the help of NPIRS, we can retrieve up-to-date information quickly."

While working with the system, Pokorny and Gardner streamlined the method of obtaining information. "Retrievals initially contained more information than we wanted and they had

to be pared down for practical application," Pokorny explains.
"But with the new system, we can tailor the searches and reduce
computer costs, which makes the system even more appealing."
Pokorny accesses NPIRS with the personal computer in her office.
That capability also exists for other University of Minnesota
extension specialists and county extension agents who have
personal computers.

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MP,4FC

nagr0094

news

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

Nov. 1, 1984

Source: Lee Schultz
612-373-0764
Writer: Anne Lewis
612/373-1976

HOLIDAY PRECAUTIONS CAN PREVENT FIRES

Holidays should be a time of joy and celebration. Too often, however, they are marred by preventable fires.

"The incidence of fires goes up sharply during the winter holidays. Electrical fires, candles and Christmas trees are the chief causes of these fires," says safety specialist Lee Schultz. Schultz is with the University of Minnesota's Agricultural Extension Service.

"If you use decorative lights or extension cords year after year, check them and replace frayed or worn cords. Don't put decorations that use bulbs too close to flammable curtains or drapes. Make sure your electrical outlets and circuits are not overloaded and don't put extension cords where they can be tripped over," Schultz cautions. If lights dim, motors slow, the television picture shrinks, or fuses or circuit breakers cut off, you are overloading the circuit.

Candles are popular during the holiday season, but they are also very hazardous. Never leave burning candles unattended. The old tradition of using candles on a Christmas tree is especially dangerous and should be avoided. Trees dry out and candle flames can ignite them quickly.

Christmas trees are one of the season's major potential hazards, Schultz says. "The tree you buy should be as fresh as possible. Before you buy, hold the tree upright and thump the base on the ground a few times; if the needles fall off, the tree has started to dry."

When you've bought a tree, cut an inch or two off the bottom of the trunk so it will absorb water more easily. Keep the trunk in water and check the water level daily. Don't put the tree near a source of heat and use only nonflammable decorations. Dispose of the tree soon after the holidays, before it dries out. Never burn a tree in your fireplace or furnace, however.

If you buy an artificial tree, it should be flame-resistant. However, trees that are flame-resistant will burn ultimately, and care should be taken to keep them away from heat sources.

Schultz concludes, "Follow safety precautions and invest in smoke detectors, if you don't already have them, and keep your holidays safe and happy."

#

Nov. 2, 1984

Source: Robert Snyder
612/376-3433

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

LAW SEEKS GOOD RELATIONS BETWEEN FARMERS, NONFARM NEIGHBORS

Cities have odors and noises all their own and country visitors are quick to detect them. On the seacoast, the odors might be of oil, salt and gasoline. Inland, it might be grease, smoke and chemicals. And always the noise of traffic and sirens.

Some city dwellers moving to the country expect to leave all that behind and find instead roses, songbirds and new-mown hay. What they are likely to find is something between that and the city.

Robert Snyder, land economist with the University of Minnesota's Agricultural Extension Service, says, "Reality is more apt to be smells associated with animals and sounds of tractors, harvesters and pumps. And sometimes the city dwellers' expectation at moving to the country and the farmers' livelihood can collide."

This can be particularly true at harvest time, when farmers must work long hours, including nights, to prevent losses. Temporary annoyances for their nonfarm neighbors are almost

Page 1 of 2

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inevitable. Some of those rural residents who had hoped for a more idyllic setting will be disappointed to learn that they will have to adjust to the realities of living in farm country, Snyder adds.

The Minnesota legislature, recognizing the importance of agriculture to the state's economy, passed a "right-to-farm" law in 1982 that protects farmers from irate neighbors. The law states that an "agricultural operation" shall not be considered a public or private nuisance after six years from its established date of operation if it was not a nuisance when it was established. "Agricultural operation" is defined as a "facility and its appurtenances for the production of crops, livestock, poultry, dairy products or poultry products, but not a facility primarily engaged in processing agricultural products." Since 1983, the entire state has been covered by the law, including the seven metro-counties and farms located within city limits, which had been exempt previously.

Snyder says the hope is that friction which might arise can be worked out amicably with the help of this law. There are several exemptions, such as instances where there is negligence or pollution, or when an operation causes direct injury or threat of injury to the health and safety of an individual.

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dpmp,1A,P2,TC0

nagr0130

news

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

Nov. 2, 1984

Source: Donald Baker
612/373-1356

Writer: Anne Lewis
612/373-1976

HEED WEATHER REPORTS TO COPE SAFELY WITH WINTER STORMS

It won't be long before TV and radio weather announcers start using their winter vocabularies again. You'll be hearing phrases such as "winter storm watch," "winter storm warning," "travelers' advisory" and even "blizzard."

"The public can get confused by the various categories, but the meteorological distinctions between them are real. Knowing what they mean could be crucial during very bad weather," says agricultural climatologist Donald G. Baker. Baker is a researcher with the University of Minnesota's Agricultural Experiment Station.

The "winter storm watch" is the least serious of the winter storm categories, although people should certainly take it seriously and consider it when planning their activities, Baker says. A watch covers a relatively large area and should put people on the alert for a possible heavy snowstorm.

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The "travelers' advisory" and the "winter storm warning" are more serious and more localized than the watch. The "travelers' advisory" warns people not to travel by car unless it is absolutely necessary. It usually is issued due to ice or blowing or drifting snow that would make driving hazardous. A "travelers' advisory" nearly always accompanies the "winter storm warning" but it also may be issued on its own. The "winter storm warning" means an imminent heavy snow.

A "blizzard" warning is issued when the National Weather Service expects winds of at least 32 miles per hour (mph), a low temperature and enough blowing snow to reduce visibility to less than 500 feet. There is also a severe blizzard category, when the temperature must be 10 degrees F or less, the wind at least 45 mph and visibility at or near zero.

Wind chill index is also often mentioned on weather reports. "It's the rate at which heat is removed from the body," Baker explains. "If you have a temperature of 10 degrees with no wind, the wind chill index is equal to the temperature. As the wind increases, the rate at which heat is removed increases dramatically and the wind chill index drops fast. We can get equivalents of 70 or 80 degrees below zero on very windy days in the winter."

For example, when the temperature is 15 degrees below zero and the wind is 30 mph, the wind chill is 71 degrees below zero. "Many people don't understand how rapidly skin can freeze in

winter. The wind chill can be devastating to people stranded in a car during a storm. Emergency supplies and blankets should be kept in a car in winter," Baker cautions.

Weather forecasts are made every six hours by the National Weather Service's regional office at the Minneapolis-St. Paul International Airport, and they are updated more frequently if necessary. Television and radio people who give the weather reports, who may or may not be meteorologists, get their basic information from the regional office. There is an office in most states. In nearby states, there is one at Bismarck, one at Madison and another at Des Moines.

Despite sophisticated equipment and continuous monitoring of weather conditions, "we still don't know everything we should," Baker says. "There aren't as many observation and subregional reporting stations as we would like. Occasionally, highly localized storm systems develop between reporting stations and these can pose great danger, particularly to motorists. That's why it's important, in addition to following weather reports closely, to be aware of conditions in your immediate area and use discretion in travel. You should try not to travel alone in bad weather and stick to the main roads. Also, weather service regulations have precise boundaries for winter storm and blizzard warnings and conditions can be bad without quite reaching the warning minimums."

Baker says the public may also be confused by the distinction between "forecast" and "outlook." A forecast is usually made for three days at most, is more localized and carries a higher degree of certainty than an outlook, which covers a larger area and is for a longer period.

Winter weather systems can travel very fast, as fast as 45 to 50 mph, although they probably average 30 mph. "Of course, that's only the speed of the storm, not the speed of the wind within the storm, which can be much higher," Baker adds.

Many people, hearing a winter storm or blizzard warning, rush to get supplies at stores. Baker suggests people, particularly those in rural areas, avoid this by stocking up before winter hits.

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dpmp,1A,CAS,P2

nagr0129

news

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

Nov. 2, 1984

Source: Robert M. Jordan
612/373-0974
Writer: Sam Brungardt
612/376-8182

RAM EXPOSURE AFFECTS SUCCESS OF YEAR'S PRODUCTION PROGRAM

"As you sow, so shall you reap."

Robert M. Jordan, animal scientist with the University of Minnesota's Agricultural Extension Service, uses this biblical injunction to remind sheep producers that when they turn the ram with their ewes, they establish the pattern and--to a great extent--the success or failure of the entire year's sheep production program.

Says Jordan, "The type and quality of the ram will reflect on his offspring. If he is low set, short and thick bodied, don't expect lambs that can be profitably marketed at 125 pounds; his lambs are apt to be fat at 100 pounds."

The date the ram is turned with the ewes determines when a producer must begin feeding the ewes better in preparation for lambing, how long the lambing season will be, the lambing rate and when the first lambs will be ready to market.

Page 1 of 3

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"Lambing in January, as about a fourth of producers do, results in a 15 to 20-percent lower lambing rate, a lambing season two to three weeks longer than need be, normally more pneumonia and certainly higher production costs," Jordan says. "If lamb sale prices don't peak in May, these producers have locked in a less profitable venture than those who lamb a month later."

Producers should have two concerns between the breeding and lambing season: providing adequate nutritional levels at the least possible cost and preventing ill health in the flock that may have disastrous consequences.

Jordan says adequate nutrition should start with an accurate appraisal of the ewes' body condition. "A cursory look is not sufficient," he says. "Handle a sample of the flock. If the ewes' ribs and hips are sharp and bare of flesh, provide the ewes with more nutrients. If they are fat, feed less and save some money."

Some low-cost practices can mean the difference between success and disaster. Jordan says iodized salt is a must in Minnesota. Salinized salt is a must in the eastern half of the state, and vitamins E and A may be lacking in rations across the state. The needed additives can be incorporated in salt at low cost.

The crucial period is the month preceding lambing. Pregnancy disease stalks over-fat ewes fed low-protein, bulky feeds. During this period, the unborn lamb makes 60 percent of its growth and the ewe develops her mammary system, which provides 100 percent of her lambs' nutrient requirements during the first month of their lives.

Lastly, the animal scientist urges parasite control:

"Producers should feed only their sheep and not the tens of thousands of internal and external blood-sucking parasites sheep often harbor. An anthelmintic drench to purge the digestive tract of worms and a pour-on insecticide to rid the sheep of ticks and lice will return 10 times its cost in labor and drugs."

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4L,1A,CAS

nagr0126

news

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

Nov. 8, 1984

Source: Lee Schultz
612/373-0764
Writer: Mary Kay O'Hearn
612/373-1786

OBSERVE RULES FOR SAFE OPERATION OF ATV'S, ORV'S

Lots of fun, those all-terrain vehicles (ATV's) and off-road recreation vehicles (ORV's), the three-wheelers with bouncy balloon tires used for errands and recreation in the country. But with the accident rate climbing, it is good to recall the safety rules for their operation.

Accidents with three-wheelers (counted each time emergency room treatment was needed for an injury) climbed from 8,585 to 27,554 nationwide from 1982 to 1983, says Lee Schultz, assistant extension safety specialist with the University of Minnesota's Agricultural Extension Service.

"There were 15 deaths and 11.9 percent of those injured were hospitalized," Schultz says, quoting statistics from a U.S. Consumer Product Safety Commission report. Flipovers or rollovers were the most frequent accidents, followed by rollbacks from losing power when climbing hills, hitting objects and product failure. Some 484,000 ATV's were sold in 1983, bringing the total estimated number in operation at the end of 1983 to 1.25 million.

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"Three-wheelers should not be driven on public roads," Schultz says. Small children should not operate them, and only one person should ride them at a time. Anyone not holding a current driver's license should ONLY operate a three-wheeler under strict adult supervision.

New models are being built with options of four wheels, live power takeoff and bush hogs for cutting grass.

For maximum protection, operators of three-wheelers should wear a helmet, use eye protection, gloves, boots, long pants and long-sleeved shirts.

"Never mix alcohol or drugs with riding and always ride with a buddy nearby on another three-wheeler," Schultz says. "There will be plenty of times when you'll be grateful for a helping hand." He advises frequently consulting the owner's manual for suggestions on the vehicle's operation, correct tire pressure, oil levels, chain lubrication and when to clean filters.

Schultz offers some riding tips:

--When descending a hill, point the vehicle directly downhill, transfer weight to the rear, shift the transmission into low gear, descend with the throttle closed and then apply brakes to reduce speed.

--When climbing hills, keep your body weight forward. If the hill is steep and it's necessary to downshift to prevent stalling, shift quickly and smoothly. Don't forget to close the throttle while shifting. This will prevent wheelies (the front wheel leaving the ground). If there isn't enough power to continue uphill, but you still have forward momentum, turn around

and drive downhill before that speed disappears. If you must roll downhill backwards, maintain forward body weight and only use the front brake. Rear braking can cause a rear overturn.

Traversing a slope can be tricky. "Use caution and avoid slopes that might be slippery or very bumpy," Schultz says.

"Lean your upper body into the hill and steer slightly uphill. If the three-wheeler begins to tip, turn the front wheel downhill if the land contour allows. If you can't do that, dismount on the uphill side immediately."

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DPMP,1A,P2

NAGRO140

news

msc/18A27P
Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

Nov. 8, 1984

Source: Lee Schultz
612/373-0764
Writer: Mary Kay O'Hearn
612/373-1786

THREE-WHEELERS MUST BE REGISTERED AFTER JAN. 1, 1985

Registration will be required after Jan. 1, 1985, for all three-wheel vehicles operating on allowable public lands and waters (ice), according to the Minnesota Department of Natural Resources (DNR). The registration fee will be \$18 for a three-year period, according to a law passed in May 1984 by the Minnesota Legislature.

Lee Schultz, assistant safety specialist with the University of Minnesota's Agricultural Extension Service, says vehicles used only on private lands (such as for agricultural uses) are exempt from registration.

Off-road recreation vehicles (ORV's) and all-terrain vehicles (ATV's) can be driven on public roads only as registered, licensed vehicles. Drivers ages 12 to 14 will need a three-wheeler safety certificate if they are on DNR lands and waters (ice). Anyone who is age 14 or under and doesn't have a safety certificate must be accompanied by an adult.

DNR registration is required for a three-wheeler used at any time on allowable public lands and water (ice). If the vehicle is driven down a public road, it must have a street-legal

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registration. If used in both these situations, both registrations are required.

Three-wheelers are not allowed in state parks, scientific and natural areas, wildlife management areas and on state trails. Snowmobile trails may only be used by snowmobiles; they are off limits to all other motor vehicles.

Schultz says information about safety education courses for young, three-wheeler drivers can be obtained from the Safety Training Coordinator, DNR Division of Enforcement, Box 47, Centennial Building, St. Paul, MN 55155 (612/296-0655). Off-road vehicle users should contact their nearest area forester for information on use and condition of state forest road and trails during snow-free months.

#

DPMP,1A,P2,4Y

NAGRO141

Page 2 of 2

news

MSC19A27A
Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

Nov. 8, 1984

Source: Ward Stienstra
612/373-0937
Writer: Mary Kay O'Hearn
612/373-1786

DEBARK ELM FIREWOOD TO STOP SPREAD OF DUTCH ELM DISEASE

Elm firewood can harbor the bark beetle that causes Dutch elm disease, says Ward Stienstra, plant pathologist with the University of Minnesota's Agricultural Extension Service.

Removing the bark from elm firewood will assure that the beetles are no longer a threat because they cannot colonize the wood.

Using up (burning) the wood before April 1 will solve the problem, too, for that is when the elm bark beetle comes out of winter hibernation, Stienstra says. The beetles can fly then, and could carry Dutch elm disease to nearby elm trees.

#

DPMP,1A,P2,4H

NAGRO142

Page 1 of 1

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news

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

Nov. 8, 1984

Source: Shirley L. Zimmerman
612/376-5694

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

U OF M STUDY FINDS ADULT DAY CARE GENERALLY HELPS FAMILIES

"Day care" may paint a picture of a parent depositing a drowsy preschooler at a care center before heading to work. But it can also refer to care for people at the opposite end of the age spectrum.

Adult day care isn't new to Minnesota. The first program began in the 1960s in Little Falls, and it's now available at some 30 locations.

"With an aging population, there is apt to be more adult day care in the future," says Shirley L. Zimmerman, whose study, "Adult Day Care: Its Effects on Families of Elderly Disabled Members," was funded by the University of Minnesota's All University Council on Aging. Zimmerman is an associate professor of Family Social Science at the university.

For her study, Zimmerman obtained names of primary caregivers from three adult day care centers: Carver County Care Center, Chaska; Ebenezer Society, Minneapolis; and Wilder Foundation, St. Paul. A primary caregiver is the family member, friend or neighbor most responsible for the care of the person attending the day care program. The primary caregiver may or may not live with the older person.

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Zimmerman arranged phone interviews with those who agreed to participate in the study. "It was a remarkably high rate of response--87 percent--as 82 primary caregivers participated," she says. Individual responses were confidential, and no person was identified by name or by day care center in the study's report.

Zimmerman found that most of the adults attended day care two and one-half days a week, although some went only one day and others as many as five days.

Average age of the caregivers, who ranged from 27 to 82 years old, was 54. More of those interviewed were women than men, and more than 50 percent were adult children (37 percent daughters and 15 percent sons). Thirty-nine percent were spouses (33 percent wives and 6 percent husbands).

Median age of those being cared for was 77, with the range 47 to 94. "Men outnumbered women by one among those being cared for, which is unusual given the preponderance of women in the older population in general," Zimmerman says.

Adult day care, the study says, is usually for persons age 60 or older with mental, physical or social impairments that may isolate them. Most programs in Minnesota offer individual and family counseling, remotivation therapy, nursing care, diet and nutrition counseling, transportation to and from the program and some occupational therapy in the form of arts and crafts. According to Minnesota's Commissioner of Public Welfare, whom Zimmerman quotes, 30 percent of those entering nursing homes in Minnesota don't require extensive nursing home services.

Zimmerman found positive responses from the caregivers on the quality of day care programs and the friendliness and caring qualities of the staff. The problem they most often mentioned was transportation schedules.

Eighty-six percent of those responding said day care had been a great help to their families. It provided more time to attend to others' needs as well as their own and to take care of household chores. Only 11 percent said it helped to only some extent.

Zimmerman says the study also indicates that day care may delay but can't prevent out-of-home placement of an older person who is severely impaired or whose health is seriously deteriorating.

Some caregivers indicated the few hours' separation afforded by day care benefited both them and the older person. New friends and new interests at day care made for more interesting conversation at home. Improvement seemed both physical and mental. Only two caregivers felt that day care had a divisive effect on couples' relationships.

Zimmerman points to the Title XIX Medicaid waiver as a large plus for programs such as day care. It now helps pay for a variety of home-based services for the handicapped and elderly who otherwise would have to leave home for an institution or other long-term care facility.

Dottie Goss, family resource management specialist with the university's Agricultural Extension Service, notes that the study finds day care most helpful for families experiencing the

greatest stress. Some stressors the study mentions are illness, death, birth, marriage, divorce, separation, job loss and difficulty with the law.

The study brings up interesting information on gender of the person receiving the care and the family composition of the caregiver. "I hope to look at this aspect more in future studies," Zimmerman says. It seemed that day care was more beneficial to the caregiver when the person going to day care was male. Does that mean men are more difficult to care for than women? If the caregiver had fewer sons, the coping effects of the program increased. "It suggests that males are either a greater resource or a greater burden for caregivers, either enhancing or dampening effects of day care," Zimmerman says.

In looking at the impact adult day care has on a family's ability to provide care for a chronically disabled person at home, Zimmerman found the caregiver role generally fell to women in the family. Even in families with many sons, usually the daughters-in-law helped most in caregiving. Family members tended to give more help themselves, rather than purchasing help in the community, when economic status was lower. Some principal caregivers had no family members living close by, while others had dozens.

The caregivers interviewed recommended ways adult day care could be improved. Costs and public funding of day care concerns them, as does loosening up hours and schedules and making information about day care as a resource for families more widely known. One suggested that primary caregivers be invited to

observe on the very first day family members participate in day care program, and that counseling be extended automatically as part of the program.

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DPMP,1A,P2,4HE

NHEC0124

news

MSC19 A27P
Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

Nov. 8, 1984

Source: Leland Schultz
612/373-0764

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

WEARING SAFETY BELTS CAN SAVE DOLLARS, TOO

Wearing safety belts in motor vehicles is usually thought of as saving lives and sparing human suffering, but cost effectiveness is an added consideration, according to the National Highway Traffic Safety Administration (NHTSA).

Leland Schultz, assistant safety specialist with the University of Minnesota's Agricultural Extension Service, says NHTSA studies show that safety belt use reduces traffic accident fatalities by 50 percent and serious injuries by about 65 percent.

The NHTSA sorted out pairs of similar accidents from records, matching speeds, type of vehicle and type of impact as closely as possible. It found accident costs for the unbelted victims totaled as much as \$100,000 more than for belted drivers. Most belted drivers missed little or no work; unbelted drivers were disabled.

One comparison (an off-job rollover) involved a person driving the same vehicle in similar crashes six months apart. This driver was not wearing a safety belt in the first crash, but was in the second. Both times the 6-year-old pickup was going 45

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miles per hour when the driver lost control. The first time, it rolled over a guardrail; the second time, down an embankment.

In the first (safety belt off) accident, the driver's injuries were fractured vertebrae, multiple cuts and bruises and severe neck strain. He was off the job 29 days, with total expenses (including medical-hospital, salary continuation and indirect estimate) of \$5,940.

In the second accident, the driver was bruised and shaken, but lost only one day from work. There was no medical-hospital cost, and salary continuation and indirect estimate totaled \$160.

Schultz says the NHTSA suggests businesses establish safety programs to promote safety-conscious employees. Programs should include education on safety belt benefits, frequent and immediate rewards to safety belt wearers, frequent publicity and communication with employees, a policy requiring use of safety belts when on company business and continuity over a substantial period of time.

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DPMP,TCO,1A,P2

NAGR0135

news

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

Nov. 8, 1984

Source: Leland Schultz
612/373-0764

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

TRAFFIC ACCIDENT PROJECTIONS: GLOOMY

Assuming 1984 traffic accident rates continue, the outlook for a typical group of 60 persons born this year is gloomy. But the picture could be changed if motor vehicle drivers and passengers used safety belts, suggests Leland Schultz, assistant safety specialist with the University of Minnesota's Agricultural Extension Service.

Of the 60 people, one will die in a traffic accident. Three will be handicapped for life by injuries. Several of the 60 will be injured more than once. There will be 80 injuries during 80 separate accidents.

Almost all of the 60 will be personally affected by injury or death of a loved one. Each will contribute an average of \$14,000 (in today's dollars) toward the cost of traffic accidents.

Some of these projections could be turned around with more emphasis on "buckling up," says Schultz. "You can set a good example by buckling up yourself and knowing facts if you are questioned, 'Why should I?' Make sure that everyone who rides with you buckles up. It may take time and patience, but persist. When you drive, you are in charge and responsible for the

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passengers in your car."

Minnesota law (since Aug. 1, 1983) requires that children--from newborns (yes, on the way home from the birthing hospital) to age 4--must use car seats when riding in a motor vehicle. With the exception of Wyoming, all states have similar special laws (some by weight of the child rather than by age), according to the Minnesota Safety Council, Inc.

Schultz suggests joining in projects to encourage and promote use of safety belts. Developing a safety program that spreads the word about the advantages of safety belts would be a good project for groups or clubs.

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DPMP,TCO,1A,P2

NAGRO134

Page 2 of 2

news

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

Nov. 8, 1984

Source: Lee Schultz
612/373-0764
Editor: Mary Kay O'Hearn
612/373-1786

ROLL-BARS TO BE STANDARD EQUIPMENT ON MORE TRACTORS

The roll-bar, a safety device that helps prevent fatalities in racing cars, will soon be standard equipment on more tractors.

Tractor roll-over is one of the leading causes of accidental farm deaths. Lee Schultz, assistant safety specialist with the University of Minnesota's Agricultural Extension Service, says that without some form of roll-over protection structure (ROPS), the chance of surviving an accidental 180-degree side or rear overturn is only 20 percent. But he adds that one of the leading tractor manufacturers recently made ROPS protection, which had been optional, mandatory on all tractors it sells.

A ROPS is a two- or four-post protective frame that is built into the tractor. A ROPS should be equipped with a seat belt to keep the operator in the protected zone. The four-post type is built into a cab structure, and either type is said to insure protection from a single roll-over. Schultz says a ROPS that has been involved in a roll-over should be replaced as it may not be strong enough to withstand a second overturn.

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Home-built ROPS and installation of a ROPS on tractors manufactured before 1968 is questionable, says Schultz, because of the lack of correct design and construction. A ROPS that meets standards set by the American Society of Agricultural Engineers is built to withstand forces from a single 180-degree overturn and should easily support the weight of the tractor.

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DPMP,1A,CAS,4FC

NAGRO143

news

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

Nov. 8, 1984

Source: Leland Schultz
612/373-0764

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

FOR A WARM, SAFE WINTER, KEEP CHIMNEY IN GOOD SHAPE

Chimney inspection, both inside and outside, is a good safety idea before the cold weather sets in, says Leland Schultz, assistant safety specialist with the University of Minnesota's Agricultural Extension Service.

"If you are burning wood in a fireplace or furnace, creosote will build up," Schultz says, "and this build-up can start a chimney fire."

Yearly inspection is probably sufficient if the woodburning system is used occasionally, but if it is a regular heat source, the chimney should be inspected every six months.

A mason familiar with chimney construction should also take a look at the chimney. Initial problems can often be spotted by a practiced eye with the help of binoculars from ground level. But cleaning and inspecting mean being up on the roof as well, and safe clothing (shoes with soft rubber soles, for instance) together with a face mask for lung protection when breathing chimney soot are good ideas.

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Remember, the interior of your house can become just as sooty as the chimney if care isn't taken to seal off the fireplace or close all draft openings and doors on the stove before starting any cleaning operation.

Dry scrubbing with a wire flue brush sized to fit your chimney should remove the creosote. If it's not a job you relish, consult the telephone book or Better Business Bureau for names of reliable, insured chimney sweeps to do the job, Schultz says.

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DPMP,TCO,1A,P2

NAGRO136

Page 2 of 2

news

MSC19A27p
Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

Nov. 15, 1984

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

IRRADIATED FOODS LIKELY TO BE ON AMERICAN MENUS SOON

Irradiated foods sound as if they would glow in the dark and do bizarre things to laboratory mice forced to eat them, but such is not the case, says Joanne Slavin, food and nutrition specialist with the University of Minnesota's Agricultural Extension Service.

She says exposing foods to radiation can prolong their shelf lives and destroy harmful microbes. The United States is one of the few industrial countries still banning irradiation of most foods. Currently, the Food and Drug Administration allows only irradiation of spices. It is looking at proposals that would allow irradiation of fresh fruits and vegetables.

Slavin says irradiated foods are common in Japan, Europe and many developing countries where food storage poses problems.

"America may have resisted this food treatment method partly out of unfounded fear and partly because, as the best-fed nation in the world, we could afford to wait while other countries don't have as much food to waste," she adds. Currently, one-fourth of the world's food is lost to pests and spoilage after harvest.

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Americans may fear irradiated foods because they don't understand the process, Slavin says. When food is exposed to low levels of gamma radiation, the microorganisms that cause spoilage are destroyed along with insects and parasites. At higher levels of radiation, such small targets as viruses are destroyed. Even highly perishable foods such as fresh meat will keep for weeks without refrigeration after exposure to fairly high radiation.

Irradiated food is unchanged by the process, according to Slavin. Tests show that none of the residual radioactivity is retained in the foods.

Other research has studied whether viruses and other organisms that survived irradiation were mutated into dangerous forms. Slavin says investigators have not found any evidence of such changes. Irradiation is used in a limited way to kill germs in food for astronauts and people with suppressed immune systems. It is also one method of sterilizing hospital supplies such as syringes and surgical instruments.

Slavin predicts economics will determine how soon irradiation catches on among food processors and handlers. "Once the safety issue is put aside, consumer acceptance is likely to hinge on price," she concludes. "Irradiated food will sell if it is cheaper than non-irradiated food. But until enough food is irradiated to make a big difference in shelf life and spoilage percentages, the price difference isn't likely to be big."

#

news

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

Nov. 21, 1984

Source: Richard Hawkins
612/373-1145

Writer: Jack Sperbeck
612/373-0715

U OF M CENTER FOR FARM FINANCIAL MANAGEMENT ESTABLISHED

A Center for Farm Financial Management has been established at the University of Minnesota.

The mission of the center is to provide farm financial management education to farm families and those who serve them. It will facilitate the continuation and enhancement of the Minnesota Agricultural Extension Service's nationally recognized educational programs in farm financial planning and management.

The initial product of the center is FINPACK--the computerized farm financial planning and analysis materials developed and used by the Agricultural Extension Service at the University of Minnesota. The center will deliver educational services to farmers, farm lenders, educators and other interested groups through the extension service. Initially, these services will be available in Minnesota and other states in the north central region.

The center will also conduct research and development on concepts and methods needed for sound farm financial management.

"We invite the involvement of groups both inside and outside the university interested in research and development in this area,"

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says Richard Hawkins, director of the center.

Hawkins is a farm management economist at the University of Minnesota. He has been instrumental in developing and implementing educational programs in farm financial planning and management.

The Center for Farm Financial Management will operate as part of the university's Department of Agricultural and Applied Economics, Agricultural Extension Service and Agricultural Experiment Station.

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DPMP,1A,P2

NAGRO183

Page 2 of 2

news

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

Nov. 29, 1984

Source: Lee Schultz
612/373-0764

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

HOLIDAYS TAKE FIREPLACE SAFETY

Fireplaces lend cheeriness to the holiday season, and observing safety practices in using them will add to the enjoyment.

If there are holiday decorations on your mantel or the brick area of your chimney, be sure nothing flammable is near the fire or dangling toward it. A spark from the fireplace could hit and ignite these materials causing a fire, says Lee Schultz, assistant safety specialist with the University of Minnesota's Agricultural Extension Service.

If you are hosting a party and you plan to keep a fire going in the fireplace, it makes good sense to ask a good friend, one knowledgeable about fireplace fires, to be in charge of it during the party. Not a big job, but one that needs more than the divided attention of the party giver.

Here are other do's and don'ts Schultz offers:

- Don't use flammable liquids to start a fire.
- Keep a metal screen in front of the fireplace. Flying embers can start fires.

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--Don't use excessive amounts of paper to build a roaring fire in a fireplace. A too-hot fire can cause a chimney fire and damage the chimney if there is a buildup of creosote.

--Don't burn charcoal in the fireplace or in a charcoal broiler or hibachi inside the house. Burning charcoal gives off deadly amounts of carbon monoxide.

--Before you go to bed, be sure the fireplace fire is out. Never close the damper with hot ashes in the hearth; they can build up heat if the damper is closed and a fire could flare up and ignite the room while you sleep.

--If the fireplace has not been used for some time, have it and the chimney checked before using.

--Follow directions on the package if you are using manufactured logs. Don't break one apart to hurry the fire.

--Don't burn materials with toxic coating (treated or painted wood, plastics, etc.). Fumes given off could damage your health.

#

DPMP,1A,P2,TCO

NHEC0238

news

for County Agents

10-12-84
A37P
Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

December 1, 1984

COUNTY NEWS PACKET INDEX

<u>Stories in this packet:</u>	<u>Page number</u>
Shoe exchange offers unique service	C-9
Mending isn't high on list of favorite tasks	C-10
Home economists to assume public policy leadership	C-13
Follow kerosene heater safety rules	C-15
Know codes before buying kerosene heater	C-17

The color coding is green for consumer stories. Please remember that the monthly media packet is not mailed to weekly newspapers. This month it includes several stories on chainsaw safety. You are urged to give these and other stories in the monthly media packet to the weekly newspapers in your county or to use the information in your weekly newspaper columns or radio shows.

Also enclosed are public service announcements that you can use with local stations or as newspaper column fillers.

C- 1

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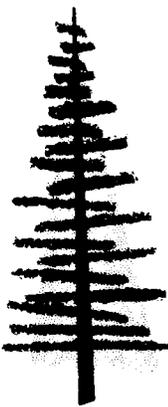
Agents and specialists: We sent out the following releases in weekly mailings from October 25 to November 15. If you would like to receive any copies, check the ones you'd like and send this sheet with your name and address to Marilyn Masterman, 433 Coffey Hall.

Fall is good time to get started on boat safety for next year
Brush up on snowblower safety before the snow falls
Ram exposure dictates years sheep production
Ram exposure affects success of years production programs
Reconsider advisability of January lambing
Listen closely to weather reports
Heed weather reports to cope safely with winter storms
Law seeks good relations between farmers, nonfarm neighbors
U of M study finds adult day care generally helps families
Latest edition of pork industry handbook available
Computer bulletin board helps with swine problems
Growing mushrooms: it might be for you
Traffic accident projections: gloomy
For a warm, safe winter, keep chimney in good shape
How safety belts protect
Keep chimney free of creosote
Home improvement program reaches half million Minnesotans
Publications help homeowners worried about mortgage foreclosure
Foreclosure moratorium act extended
Observe rules for safe operation of ATV's ORV's
3-wheelers must be registered after Jan. 1, 1985
Debark elm firewood to stop spread of Dutch elm disease
Roll-bars to be standard equipment on more tractors
U of M freshman from Glencoe wins \$400 4-H scholarship
Snowblower safety
Get a jump on boat safety this fall
Irradiated foods likely to be on American news soon
Estimated costs for swine buildings
Heat exchangers in swine units
Pruning is a good winter activity
U of M cattle feeder days to be held in December
Help others 'dump' stress
Communicate: talk, but listen
Guard confidences revealed in times of stress
Communicating can be wordless
In strong families, children have role in decisionmaking
No time to enjoy family activities
To manage family stress, it helps to know
Support of friends is vital in times of crisis

clipart



December 1984



National 4-H Council
7100 Connecticut Avenue
Chevy Chase, Maryland 20815

These ads are good through
July 1985

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for
YOUTH



for
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National 4-H Council
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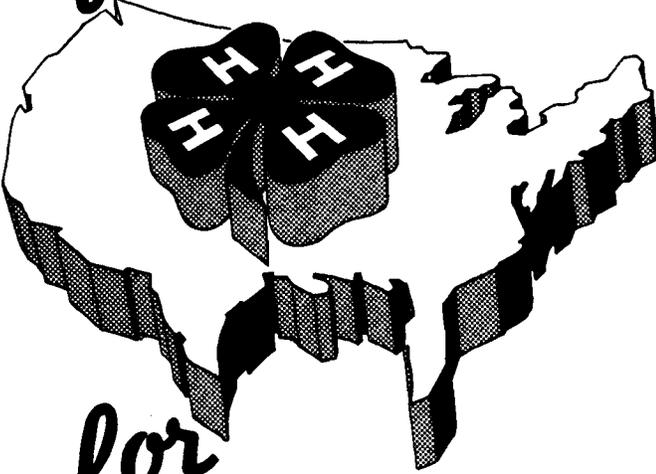
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for **YOUTH**



for
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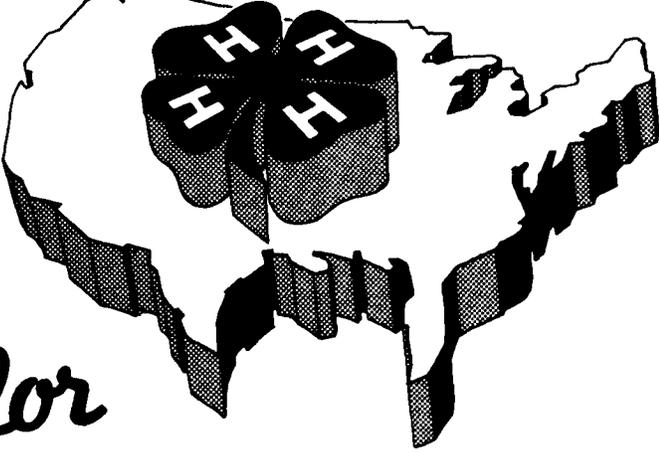
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for
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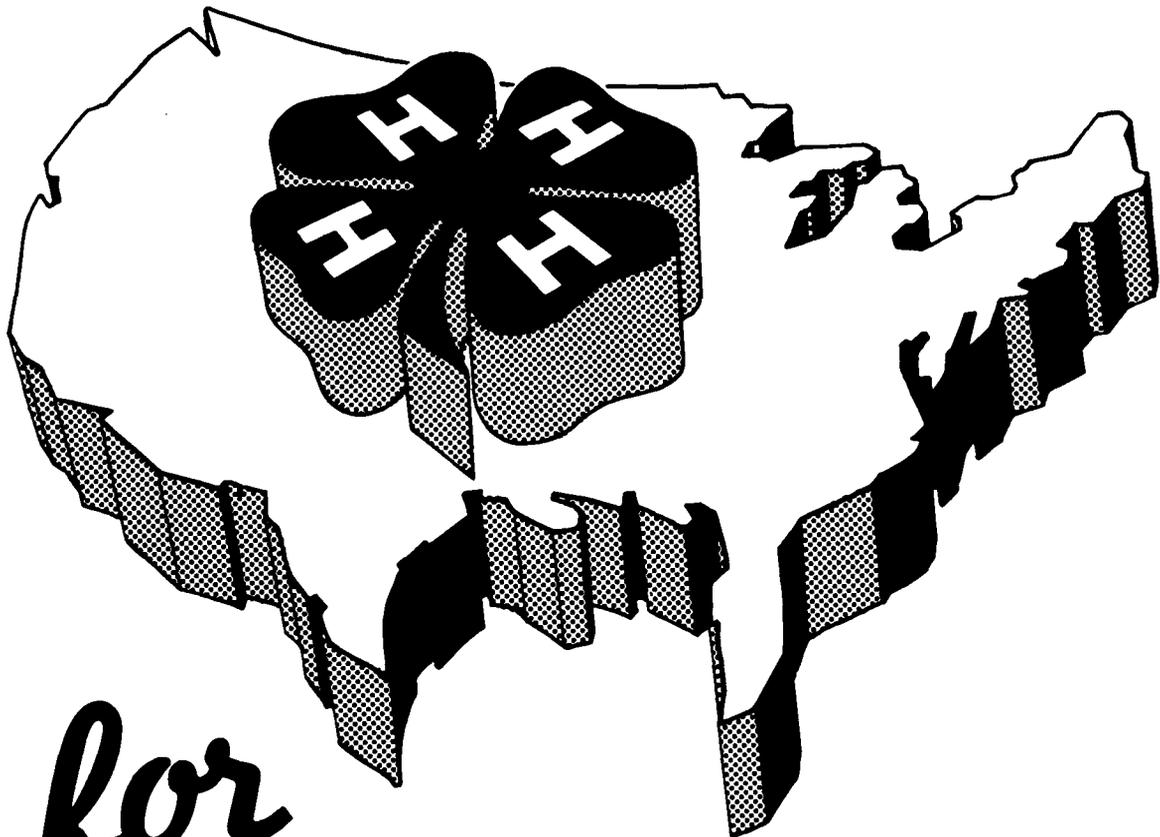


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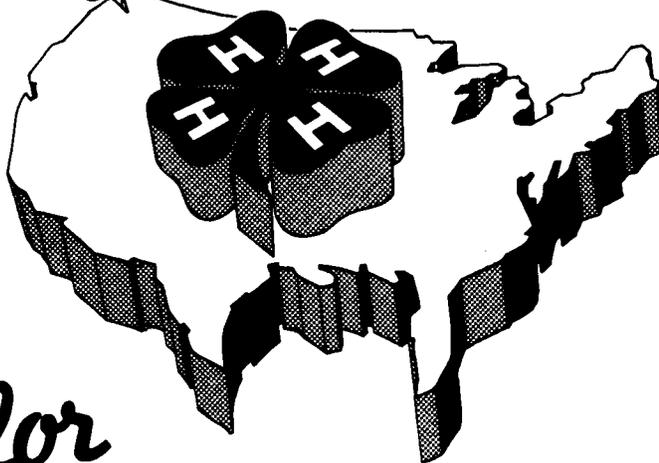
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for
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EQUESTRIAN SKILLS

CONTACT YOUR COUNTY
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for
**EQUESTRIAN
SKILLS**

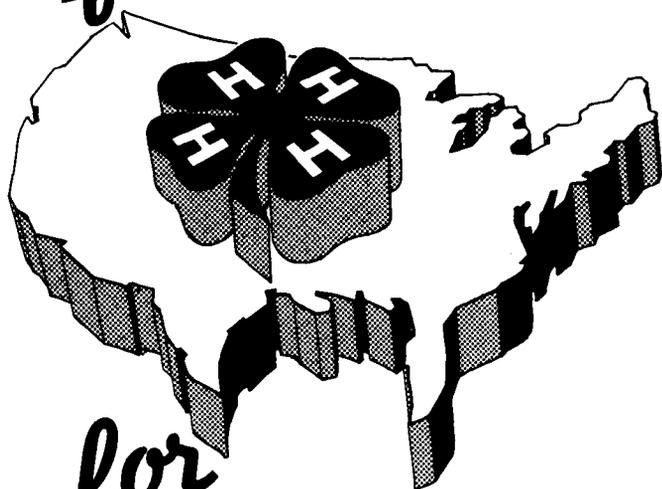
CONTACT YOUR COUNTY
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National 4-H Council
7100 Connecticut Avenue
Chevy Chase, Maryland 20815

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July 1985

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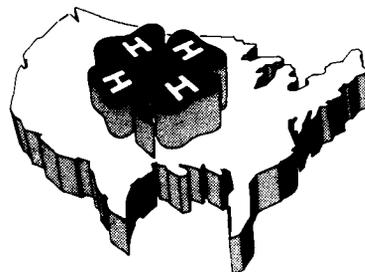


for
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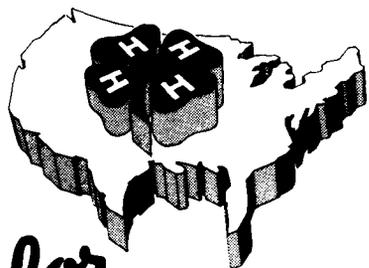
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for **AMERICA**

CONTACT YOUR COUNTY
EXTENSION OFFICE

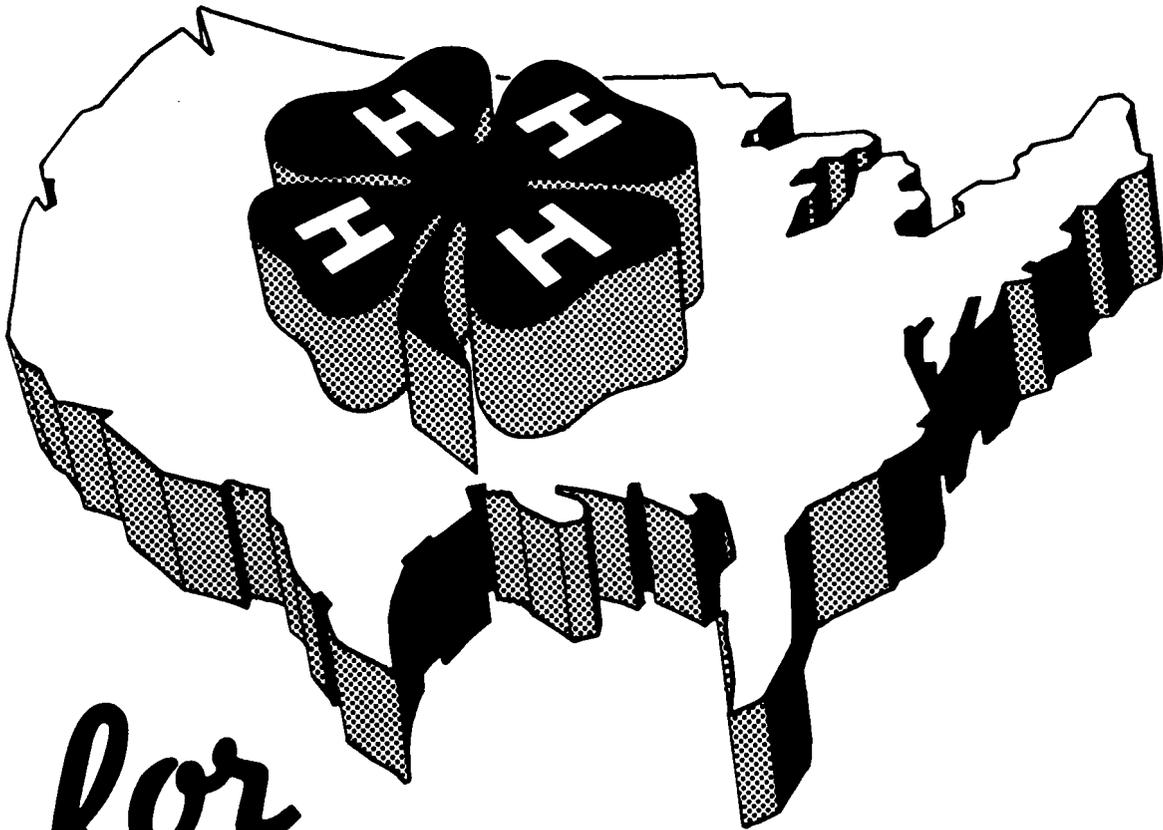


National 4-H Council
7100 Connecticut Avenue
Chevy Chase, Maryland 20815

These ads are good through
July 1985

4-H

for **YOUTH**



for

EQUESTRIAN SKILLS

CONTACT YOUR COUNTY EXTENSION OFFICE

news

for County Agents

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

Dec. 1, 1984

Source: Sherri Johnson
612/376-1540

Writer: Deedee Nagy
612/373-1781

SHOE EXCHANGE OFFERS UNIQUE SERVICE

The National Odd Shoe Exchange is a nonprofit service for people who need different shoe sizes because of birth defects, polio, injury, amputation or illness. According to Sherri Johnson, textiles and clothing specialist with the University of Minnesota's Agricultural Extension Service, the service maintains computerized membership files so that a shoe match can be made quickly from among its more than 14,000 members.

She adds that persons using the service can be matched according to size, age and taste in shoe styles. The exchange puts members in touch with one another and also receives mismatched shoes from shoe stores nationwide.

For further information about the exchange or its newsletter, contact the National Odd Shoe Exchange, R.R. 4, Indianola, IA 50125.

#

CP,4HE,P2,TCO

NHEC0144

C- 9

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

news

for County Agents

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

Dec. 1, 1984

Source: Sherri Johnson
612/376-1540

Writer: Deedee Nagy
612/373-1781

MENDING ISN'T HIGH ON LIST OF FAVORITE TASKS

If you're haunted by a mending basket overflowing with skirts to be hemmed and coats needing buttons, you have lots of company. Sherri Johnson, textiles and clothing specialist with the University of Minnesota's Agricultural Extension Service, says a survey by the Singer Company shows that nearly 44 percent of us procrastinate before getting around to fixing clothing in need of repair.

The survey also revealed that less than half of family mending is done by wives or other family members. The remainder is entrusted to a cleaning establishment or to household help.

Despite a willingness to put off mending tasks, more than 90 percent of those surveyed said they feel sloppy, uncomfortable and self-conscious about wearing clothing in need of repairs.

Nearly two-thirds said they felt either good or industrious about mending their own clothing while about 20 percent said they felt clumsy and ineffective when faced with a mending project.

When asked to rate mending along with other household chores, respondents rated washing dishes and carrying out garbage ahead of mending in their list of agreeable duties. "Some of those surveyed said they would even rather throw out damaged clothing than mend it," Johnson adds. "However, clothing repair ranked ahead of wearing damaged clothing, washing windows and cleaning bathrooms."

Replacing buttons topped the list of most common mending tasks. Coats and shirts were the garments most often awaiting that kind of mending. Garment holes that require mending most often resulted from falls or snags, the survey revealed. Wear and tear and cigarette burns were also commonly blamed, but moths were the least likely cause and listed for only about 8 percent of holes in clothing.

And are men coming on strong in mending? Johnson says that of those surveyed, about half said that the men in their households mend their own clothing without complaint.

County Agricultural Extension Service offices have a series of folders on simple mending techniques: "How to Fix a Torn Loose Pocket" (HE-F0-1299), "How to Fix Torn Buttonholes" (HE-F0-1296), "How to Make a New Hem" (HE-F0-1301), "How to Patch

Knees in Pants" (HE-F0-1298), "How to Replace a Broken Fly Front Zipper" (HE-F0-1305), "How to Replace a Jacket Zipper" (HE-F0-1300), "How to Replace Elastic in Skirts or Pants" (HE-F0-1303), and "How to Replace Torn Off Buttons" (HE-F0-1297).

Copies are also available from the Distribution Center, 3 Coffey Hall, University of Minnesota, St. Paul, MN 55108 for 20 cents each, with a \$1 minimum order. Checks should be made payable to the University of Minnesota.

#

CP,4HE,P2,TCO

nhec0145

news

for County Agents

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

Dec. 1, 1984

Source: Shirley Baugher
612/373-1232
Writer: Deedee Nagy
612/373-1781

HOME ECONOMISTS TO ASSUME PUBLIC POLICY LEADERSHIP

Expect to see home economists in the lead as citizens become better informed about local government and more involved in setting public policy. Shirley Baugher, assistant director of home economics for the University of Minnesota's Agricultural Extension Service, thinks that home economics is a uniquely useful background for community leaders to have.

"The emphasis for home economists is on quality of life for individuals and families. That concern generalizes very logically to a concern about community life and the policies within government," Baugher says. "The leadership training that extension home study group members receive is just one example of how extension home economists are helping to prepare citizens to take a more active role in local government."

In addition, government leaders and agencies will turn to persons with home economics training for answers to questions about how new developments or trends will affect individuals and families, predicts Baugher.

She adds that people are becoming less satisfied with "big government" and are attempting to participate locally where they can take an effective stand on issues that concern them. Baugher believes this move toward more participatory government is encouraging.

Public policy training in home economics extension programs as well as new efforts to work with existing community agencies and policy makers will propel home economists to the forefront of policy setting and interpreting, concludes Baugher.

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CP,4HE,P2

NHEC0070

news

for County Agents

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

Dec. 1, 1984

Source: Lee Schultz
612/373-0764
Editor: Mary Kay O'Hearn
612/373-1786

FOLLOW KEROSENE HEATER SAFETY RULES

If you are a new owner of a kerosene heater and plan to use it this winter, there are some precautions to take and safety rules to remember, according to the U.S. Consumer Products Safety Commission (CPSC).

Lee Schultz, assistant safety specialist with the University of Minnesota's Agricultural Extension Service, encourages users of kerosene heaters to become familiar with the following CPSC safety rules:

--Only use water-clear 1-K kerosene as heater fuel. NEVER USE GASOLINE.

--Place the heater at least three feet from combustible materials.

--Use the heater only in rooms open to the rest of the house.

--Don't use the heater in areas where flammable vapors are present, such as around gasoline and some paints and solvents.

--Set the wick height according to manufacturer's directions. Never turn the wick down low because it may produce very high internal heater temperatures which could be a fire hazard.

--Don't let children operate or refuel heaters.

--Don't leave an operating heater unattended. Never have the heater turned on when you sleep.

--Don't move, service or refuel the heater while it is operating or still hot.

--Refuel the heater outdoors away from flammable materials.

--Store kerosene away from any living areas--if possible outdoors in a well-marked container and out of reach of children.

--If anyone has asthma or breathing problems, consult a physician before attempting to use a kerosene heater.

Schultz says the CPSC encourages use of its hotline, toll free 1-800-638-CPSC, for any additional information. A teletype writer number for the hearing impaired is 1-800-638-8270.

#

CP,P2,1A

NHECO197

news

for County Agents

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

Dec. 1, 1984

Source: Lee Schultz
612/373-0764

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

KNOW CODES BEFORE BUYING KEROSENE HEATER

If you are thinking about purchasing a kerosene heater for winter use, check state and local building codes and fire ordinances where you live to be sure you can use them.

The U.S. Consumer Products Safety Commission (CPSC) cautions that their sale or use in some communities may be illegal.

"Heaters manufactured after March 15, 1984, have some additional safety features not necessarily present on heaters which were made before that date," says Lee Schultz, an assistant safety specialist with the University of Minnesota's Agricultural Extension Service, according to information from the CPSC.

Newer models have improved guards or grills that reduce risk of accidental contact burns. There is also a manual shutoff device which allows for quick shutting down during emergency situations such as a high flaming in the wick/burner area of the heater. There are cautionary labels that stress use of water-clear 1-K kerosenes as the ONLY fuel for the heaters and NEVER gasoline. Schultz says to be sure the heater has been

tested and listed by a nationally recognized testing laboratory and is correctly sized for the area you plan to be heating.

Ask for a wick-stop mechanism, an important safety feature, which prevents the wick from retracting to a hazardously low setting. When a wick is turned down low, it may produce very high internal heater temperatures which could pose a fire hazard.

If you already own a kerosene heater and plan to use it again this heating season, CPSC recommends the following:

- * Be sure to rinse the tank and reservoir with water-clear 1-K kerosene ONLY, especially if the heater is dirty or was stored with fuel in it. NEVER rinse with water. Don't use old kerosene. Return the kerosene used to rinse the heater and any old kerosene to a service station for disposal.

- * Inspect the wick mechanism and emergency shutoff device to be sure both are operating correctly.

- * Inspect the wick for tar deposits. If the wick has hard, crusty deposits, it needs to be cleaned or replaced to prevent possible flare-up. (Follow manufacturer's instructions for cleaning or replacing the wick.)

- * Replace the ignition glow plug if the filament is broken or badly deformed. Replace batteries if necessary.

- * Check the burner chimney for any carbon deposits and carefully remove any deposits with a rag or brush. Replace damaged or broken chimney parts--such as wire coils, wire domes or glass collars.

* Check with your dealer for the location of the nearest authorized service center if you need to consult trained personnel on any other problems with your kerosene heater.

Additional information, Schultz says, can be obtained by calling the CPSC's toll-free hotline at 1-800-638-CPSC. A teletype number for the hearing impaired is 1-800-638-8270.

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cp,P2,1A

nhec0196

Dec. 1, 1984

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

DO YOU PUT OFF MENDING? YOU HAVE LOTS OF COMPANY

Announcer: MENDING CLOTHING IS A DISAGREEABLE TASK TO A LOT OF
PEOPLE. SURVEYS SHOW THAT NEARLY HALF OF US
PROCRASTINATE BEFORE DOING SUCH SIMPLE REPAIR
PROJECTS AS REPLACING BUTTONS OR MENDING HOLES.
DESPITE THIS, 90 PERCENT OF THOSE POLLED SAID THEY
FEEL UNCOMFORTABLE AND SELF-CONSCIOUS ABOUT WEARING
CLOTHING THAT NEEDS REPAIRS. CONTACT YOUR LOCAL
COUNTY AGRICULTURAL EXTENSION SERVICE OFFICE FOR A
HELPFUL SERIES OF FOLDERS ON SIMPLE MENDING
TECHNIQUES.

#

cp

nhec0153

Any questions?

Call Deedee Nagy (612/373-1781)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

C-20

Dec. 1, 1984

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

LET CHILDREN SHARE IN FAMILY DECISION-MAKING

Announcer: CHILDREN LEARN TO MAKE DECISIONS BY BEING INVOLVED
IN FAMILY DECISION-MAKING FROM AN EARLY AGE.
YOUNGSTERS ARE MORE LIKELY TO COOPERATE ON HOUSEHOLD
CHORES IF THEY HAVE SOME CHOICES AND CAN SEE THE
IMPORTANCE OF EVERYONE'S COOPERATION. A FAMILY
COUNCIL THAT MEETS REGULARLY AND VALUES ALL MEMBERS'
IDEAS CAN BE A USEFUL FORUM FOR IDEAS, COMPLAINTS
AND COMPLIMENTS. THIS MESSAGE IS BROUGHT TO YOU BY
THE AGRICULTURAL EXTENSION SERVICE OF THE UNIVERSITY
OF MINNESOTA.

#

cp

nhec0155

Any questions?

Call Deedee Nagy (612/373-1781)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

C-21

Dec. 1, 1984

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

NUTRIENT INTERACTIONS CAN CAUSE PROBLEMS FOR SOME

Announcer: EATING A WELL BALANCED, VARIED DIET IS THE BEST WAY
TO GET NEEDED NUTRIENTS IN THE RIGHT AMOUNTS. IF
YOU FOLLOW FAD DIETS OR CONSUME LARGE DOSES OF
VITAMINS OR MINERALS, YOU MAY RISK HAVING NUTRIENTS
INTERACT AND PRODUCE UNWANTED RESULTS. FOR EXAMPLE,
HIGH-FIBER DIETS CAN INTERFERE WITH THE BODY'S
ABSORPTION OF SOME MINERALS. THIS MESSAGE FOR YOUR
HEALTH IS BROUGHT TO YOU BY THE AGRICULTURAL
EXTENSION SERVICE OF THE UNIVERSITY OF MINNESOTA.

#

cp

nhec0156

Any questions?

Call Deedee Nagy (612/373-1781)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

Dec. 1, 1984

PUBLIC SERVICE ANNOUNCEMENT (10 seconds)
For immediate release

4-H TEACHES SEWING SKILLS

Announcer: IN 4-H, YOU CAN LEARN HOW TO BE A FASHION PLATE!

DESIGNING CLOTHES, SELECTING MATERIALS AND MAKING IT

YOURSELF--THAT'S WHAT MINNESOTA 4-H HAS FOR YOU.

CONTACT THE _____ COUNTY EXTENSION

OFFICE FOR INFORMATION ABOUT 4-H. COME SEW WITH US.

#

cp

n4-h0173

Any questions?
Call Hank Drews (612/373-1250)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

Dec. 1, 1984

PUBLIC SERVICE ANNOUNCEMENT (10 seconds)
For immediate release

HELP 4-H'ERS LEARN TO SEW

Announcer: YOUNG PEOPLE HAVE A SPECIAL STYLE ABOUT THEM. YOU
CAN HELP THEM LEARN ABOUT CLOTHING DESIGN AND
CONSTRUCTION AS A VOLUNTEER 4-H LEADER. SHARE YOUR
EXPERTISE--VOLUNTEER THROUGH YOUR COUNTY EXTENSION
OFFICE.

#

cp

n4-h0174

Any questions?
Call Hank Drews (612/373-1250)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

Dec. 1, 1984

PUBLIC SERVICE ANNOUNCEMENT (10 seconds)
For immediate release

4-H TEACHES YOUTH HOW TO BE HEALTHY

Announcer: IF YOU'RE BETWEEN THE AGES OF 9 AND 19, NOW'S THE
TIME TO START LIVING A HEALTHY LIFE...AND MINNESOTA
4-H CAN TEACH YOU HOW. CONTACT YOUR LOCAL COUNTY
EXTENSION OFFICE TO LEARN THROUGH 4-H HOW SPECIAL
YOUR BODY IS.

#

cp

n4-h0175

Any questions?
Call Hank Drews (612/373-1250)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

Dec. 1, 1984

PUBLIC SERVICE ANNOUNCEMENT (10 seconds)
For immediate release

VOLUNTEER TO TEACH 4-H'ERS TO LIVE HEALTHY LIVES

Announcer: TEACHING YOUNG PEOPLE TO LIVE HEALTHY LIVES. YOU
CAN BE PART OF THAT EXPERIENCE AS A VOLUNTEER 4-H
LEADER. GET INTO 4-H AND HELP BUILD A BETTER
TOMORROW. FOR INFORMATION, CONTACT THE
_____ COUNTY EXTENSION OFFICE.

#

cp

N4-H0176

Any questions?
Call Hank Drews (612/373-1250)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

Dec. 1, 1984

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

4-H BAKING PROJECT TEACHES MORE THAN USEFUL SKILLS

Announcer: IN THE 4-H BAKING PROJECT, THERE'S MORE TO LEARN
THAN JUST HOW TO KNEAD DOUGH. YOU'LL FIND OUT ABOUT
DIFFERENT FLOURS, BAKING METHODS, BREADS FROM
VARIOUS COUNTRIES, AND HOW TO TEACH OTHERS WHAT
YOU'VE LEARNED. THAT'S THE WAY 4-H IS--TEACHING YOU
TO BE THE BEST YOU CAN BE, WHILE GIVING YOU THE
CHANCE TO HELP OTHERS DEVELOP LIFE-LONG SKILLS. IN
4-H, YOU'LL HAVE FUN WHILE YOU EXPAND YOUR KNOWLEDGE
AND CAPABILITIES. SO, WHY NOT GET INVOLVED? CALL
YOUR LOCAL COUNTY EXTENSION OFFICE. GET INTO 4-H.

#

cp

N4-H0177

Any questions?
Call Hank Drews (612/373-1250)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

Dec. 1, 1984

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

VOLUNTEER LEADERS TEACH 4-H'ERS MORE THAN JUST BAKING

Announcer: REMEMBER WHEN YOU WERE YOUNG AND JUST LEARNING TO
BAKE? THERE ARE MANY 4-H'ERS WHO ARE EAGER TO LEARN
THE SKILLS YOU ALMOST TAKE FOR GRANTED NOW. BAKING
BREADS--TRYING NEW RECIPES, LEARNING ABOUT DIFFERENT
INGREDIENTS, COMPARING NUTRITION STANDARDS--IT'S ALL
PART OF MINNESOTA 4-H. VOLUNTEER LEADERS DO MORE
THAN TEACH 4-H'ERS BAKING SKILLS. THEY HELP THEM
DEVELOP CONFIDENCE IN THEMSELVES--A SENSE OF
RESPONSIBILITY AND COMMUNITY. SO, GET INVOLVED
WITH THE FUTURE. CONTACT YOUR LOCAL COUNTY
EXTENSION OFFICE AND BE A 4-H VOLUNTEER LEADER.

#

cp

n4-h0178

Any questions?
Call Hank Drews (612/373-1250)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

C-28

Dec. 1, 1984

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

LEARN TO SEW YOUR OWN CLOTHES IN 4-H

Announcer: WHEN YOU'RE A TEENAGER, YOU CAN NEVER HAVE TOO MANY
CLOTHES. BUT MONEY'S ALWAYS A PROBLEM. 4-H CAN
HELP YOU! IN THE CLOTHING PROJECT, YOU CAN LEARN
HOW TO MAKE YOUR OWN CLOTHES--FROM SHORTS AND TOPS
TO TUXEDOS AND PROM DRESSES. 4-H CAN TEACH YOU
ABOUT FABRICS, COLORS, PATTERNS, HOW TO MAKE THOSE
SPECIAL DECORATIVE TOUCHES--AND YOU'LL HAVE A GREAT
TIME LEARNING! SO START LOOKING YOUR BEST--AND DO
IT YOURSELF, IN 4-H. CALL THE _____
COUNTY EXTENSION OFFICE TODAY. GET INTO 4-H.

#

cp

n4-h0179

Any questions?
Call Hank Drews (612/373-1250)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

Dec. 1, 1984

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

CONSIDER FELLING FACTORS FIRST

Announcer: THERE ARE MANY FACTORS TO CONSIDER BEFORE YOU MAKE

THE FIRST CUT IN A TREE WITH YOUR CHAINSAW. THE

_____ COUNTY EXTENSION OFFICE ADVISES

YOU TO ESTIMATE THE DIAMETER OF THE TREE FIRST. IF

THE DIAMETER IS MORE THAN DOUBLE THE LENGTH OF YOUR

CHAINSAW BAR, CALL AN EXPERT IN TO CUT DOWN THE

TREE. POSTPONE FELLING TREES ON VERY WINDY DAYS AND

DO NOT TRY TO CUT DOWN TREES THAT HAVE SUBSTANTIAL

ROT UNLESS YOU HAVE EXPERIENCED HELPERS.

#

cp

npsa0198

Any questions?

Call Anne Lewis (612/373-1976)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

Dec. 1, 1984

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

CHECK CHAINSAW OFTEN FOR SAFETY, EFFICIENCY

Announcer: GIVE YOUR CHAINSAW A SAFETY CHECK EACH TIME BEFORE

YOU USE IT TO KEEP IT WORKING SAFELY AND

EFFICIENTLY. THE UNIVERSITY OF MINNESOTA'S

_____ COUNTY EXTENSION OFFICE

CAUTIONS YOU TO MAKE SURE THE CHAIN IS SHARP AND

WELL-LUBRICATED AND HAS THE PROPER TENSION. THE OIL

PORT AND THE AIR CLEANER SHOULD BE KEPT CLEAN, AND

THE IDLE SHOULD BE SET CORRECTLY SO THAT THE CHAIN

DOESN'T TURN WHEN THE ENGINE IDLES.

#

cp

npsa0199

Any questions?

Call Anne Lewis (612/373-1976)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

Dec. 1, 1984

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

CHOOSE A CHAINSAW THAT HAS SAFETY FEATURES

Announcer: IF YOU PLAN TO BUY A CHAINSAW, CONSIDER ONE WITH A
SAFETY-TIPPED BAR. THE _____ COUNTY
EXTENSION OFFICE SAYS THIS SAFETY FEATURE LESSENS
THE CHANCES OF KICKBACK. OTHER SAFETY FEATURES TO
LOOK FOR ARE CHAIN BRAKES AND CATCHERS AND BROAD
TRIGGER GUARDS. IF YOU HAVE A SAW WITHOUT A CHAIN
BRAKE, CONSIDER INSTALLING ONE TO PREVENT INJURY.
LOOK ALSO FOR SAWS WITH HANDLES MOUNTED IN RUBBER.
THEY ARE LESS APT TO VIBRATE EXCESSIVELY.

#

cp

npsa0200

Any questions?

Call Anne Lewis (612/373-1976)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

Dec. 1, 1984

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

FOLLOW CHAINSAW SAFETY GUIDELINES

Announcer: CHAINSAWS CAN BE SAFE AND EFFICIENT TOOLS IF THEY

ARE USED PROPERLY. THE UNIVERSITY OF MINNESOTA'S

_____ COUNTY EXTENSION OFFICE URGES

YOU TO READ THE OWNER'S MANUAL TO LEARN HOW TO KEEP

YOUR SAW IN GOOD CONDITION. LEARN THE PROPER

OPERATING PROCEDURE FROM AN EXPERIENCED CHAINSAW

USER. PRACTICE ON SMALL TREES UNTIL YOU LEARN HOW

TO CONTROL THE SAW, AND NEVER WORK ALONE WITH A

CHAINSAW.

#

cp

npsa0201

Any questions?

Call Anne Lewis (612/373-1976)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

C-33

Dec. 1, 1984

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

RIGHT EQUIPMENT, CLOTHING REDUCES SEVERITY OF CHAINSAW INJURIES

Announcer: YOU CAN REDUCE THE SEVERITY OF POSSIBLE CHAINSAW
INJURIES IF YOU WEAR PROTECTIVE EQUIPMENT AND THE
RIGHT CLOTHES. THE _____ COUNTY EXTENSION
OFFICE SAYS A HARD HAT IS THE MOST IMPORTANT PIECE
OF PROTECTIVE EQUIPMENT. CHAINSAW OPERATORS ALSO
NEED AN EYE SHIELD OR SAFETY GLASSES AND EARPLUGS.
WEAR A HEAVY, LONG-SLEEVED SHIRT, STURDY WORK BOOTS,
LEATHER GLOVES AND LEG CHAPS DESIGNED TO STOP OR
SLOW A SAW'S CHAIN IF IT STRIKES YOUR LEG.

#

cp

npsa0202

Any questions?

Call Anne Lewis (612/373-1976)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

news

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

December 1, 1984

MEDIA NEWS PACKET INDEX

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Specialists, researchers: 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.

M- 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.

Dec. 1, 1984

Source: Joanne Slavin
612/376-8748

Writer: Deedee Nagy
612/373-1781

NUTRIENT INTERACTIONS CAN CAUSE PROBLEMS FOR SOME

Foods are complex chemicals that can interact with one another and may cause problems for persons whose diets aren't well balanced and varied.

Joanne Slavin, food and nutrition specialist with the University of Minnesota's Agricultural Extension Service, cites a recently published summary by the Institute of Food Technologists (IFT) that suggests persons at risk from the interaction of nutrients include:

- * Those who habitually eat unbalanced diets -- food faddists, dieters, those unintentionally consuming unbalanced diets.

- * Persons on long-term medication, particularly the elderly.

- * Those who chronically self-medicate by consuming large doses of vitamins, minerals or other supplements.

* Alcohol and drug abusers.

* Persons in a period of increased nutrient requirements -- pregnant women, nursing mothers, children in rapid growth stages.

Nutrient interaction effects how the body absorbs and uses the nutrients it needs. Slavin adds, "Nutrient interactions may be of little consequence as long as an individual consumes a well balanced, varied diet that fulfills all the requirements for essential nutrients in appropriate amounts, but many people don't."

She says, for example, that high fiber diets can reduce the absorption of minerals, particularly zinc. But diets with too much zinc run the risk of causing copper deficiency anemia and can interfere with the absorption of calcium.

Similarly, a person's protein intake influences absorption, retention and use of nutrients, particularly minerals. Calcium metabolism is one function affected by protein intake. Even small increases in dietary protein increase urinary calcium excretion in healthy men, Slavin adds. This could contribute with age to the incidence of osteoporosis (weakening of the bone).

Many nutrient interactions are beneficial, the IFT summary points out. For example, the presence of ascorbic acid (vitamin C) increases the absorption of non-heme (not from meat) iron. Similarly, vitamin D is a requirement for the absorption of calcium.

Slavin concludes that to benefit most from nutrient interactions, persons should eat well balanced, varied diets that provide the needed nutrients in recommended amounts.

#

mp,4HE

nhec0152

Dec. 1, 1984

Source: Cheryl Nelson
612/376-1536

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

SILK GARMENTS CAN PALE IN FACE OF HOLIDAYS

The holidays present numerous opportunities for dressing up. For many people, that may mean a chance to wear a special silk blouse, evening dress, scarf or tie. Silk can contribute much to an occasion, but it may also lose its color in several ways.

"One of these is bleeding of water-soluble dyes," says Cheryl Nelson, textiles and clothing specialist with the University of Minnesota's Agricultural Extension Service. Bleeding may occur when the underarm area of a silk garment becomes wet with perspiration. Spilled food or beverages can also cause this color loss. Water and water-based chemicals necessary to take out such stains will also remove the dye.

"There is no way to determine at the point of purchase whether a dye will bleed," Nelson says. "Follow manufacturer's instructions for cleaning. If washing is advised but produces a serious color loss, the garment should be returned to the store where purchased."

Alcoholic beverages, or perfumes and deodorants which contain alcohol, cause some dyes used on silk to bleed. "Allow perfume and deodorant to dry thoroughly before dressing and remove beverage stains as soon as possible to avoid permanent color loss," Nelson advises. "Remember, blot, don't rub spots, then have the garment dry-cleaned if necessary."

Brightly colored silks may fade when exposed to light--either natural or artificial. Exposure to light also can yellow and weaken silk so closet storage should always be away from direct light.

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mp,4HE

nhec0180

Dec. 1, 1984

Source: Lee Schultz
612/373-0764
Editor: Mary Kay O'Hearn
612/373-1786

CHECK FIREPLACE-POWERED WATER HEATERS

Fireplace-powered water heaters should have immediate safety checks to prevent possible explosion, according to the U.S. Consumer Products Safety Commission's (CPSC) consumer product safety alert.

Lee Schultz, assistant safety specialist with the University of Minnesota's Agricultural Extension Service, says the information he received states "some fireplace-powered water heaters can explode if the water boils into steam and the pressure is not released."

These devices are made of tubular steel or steel plate and resemble a fireplace grate. Logs are placed and ignited on this grate and the fireplace fire either supplements furnace heat or replaces it entirely. Plumbing connects the unit to the water heating system of the home.

According to the safety alert, at least 13 explosions have been associated with failure of the safety devices in the past seven years. Seven serious injuries and substantial property

damage were reported and one death occurred. The first alert about this hazard was issued in November 1982.

CPSC says these heaters should be checked by a qualified, licensed plumber to make sure that they have a safety valve in the proper location with the appropriate pressure rating and flow capacity. If there isn't a safety valve, have one installed with pressure rating and flow capacity suitable for any type fire.

Slowing or stopping the flow of water through the unit (this can result from circulator pump failure, electrical power failure or frozen pipes) may result in water in the unit boiling into steam. Unless the unit has an adequate pressure relief device that is properly installed, the build-up of pressure can cause an explosion.

Schultz quotes CPSC as saying the safety valve should be installed in the outlet piping as near to the unit as possible without risking damage due to overheating. The unit should also have a burst disk, fusible plug, or blowout plug as a back-up to the safety valve should it fail. Installation of the safety valve should be oriented according to the valve manufacturer's recommendation to avoid safety valve clogging.

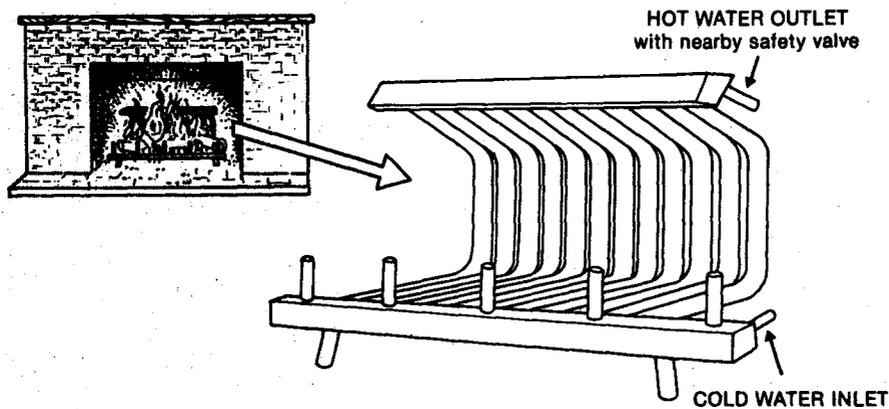
It is wise to check the safety valve periodically by triggering it to be sure it will relieve pressure. Installation, CPSC recommends, should be checked with caution by a qualified, licensed plumber to avoid hot water scalding.

Call the commission's toll-free hotline at 1-800-638-CPSC to report a hazard with a fireplace-powered water heater, says Schultz.

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nhec0195



Some fireplace-powered water heaters can explode if the water boils into steam and the pressure is not released. Consumers should have their fireplace-powered water heaters checked by a qualified, licensed plumber to make sure that they have a safety valve in the proper location with the appropriate pressure rating and flow capacity.

Dec. 1, 1984

Source: Scott Reed
218/879-4528
Writer: Anne Lewis
612/373-1976

CHOOSE A CHAINSAW WITH SAFETY FEATURES

Chainsaws are a boon to those who do woodcutting, whether on a small or large scale, but these tools can also be dangerous. Forest resources specialist Scott Reed advises chainsaw operators to buy saws with built-in safety features and to maintain these safety features to minimize their chances of injury. Reed, who is with the University of Minnesota's Agricultural Extension Service, cautions that chainsaw users must also follow safety precautions when using the saw.

Owners should read the chainsaw's manual to find out what they must do to keep the saw in good repair. Most saws now have a chain brake, which is designed to stop the chain before it strikes the operator. In the event of a kickback, the brake is activated when it comes into contact with the operator's hand, wrist or arm. This brake should be periodically checked and adjusted if needed to make sure it will work properly.

If you are buying a chainsaw for the first time, Reed advises to consider one that has a safety-tipped bar. This will stop the tip from contacting anything and is aimed at preventing kickback. The chainsaw with this safety feature is not as versatile as one without it, Reed says, but it will provide extra safety for inexperienced operators.

It's also a good idea to buy a saw with a broad trigger guard and chain catcher to protect the operator if the chain breaks or jumps from the bar against the user's right arm.

Newer saws have handles mounted in rubber. These are much more vibration-free than the older models, which sometimes vibrated so much that they contributed to blood vessel deficiencies in operators over a long period of time.

Reed advises operators to wear protective clothing and headgear, and to keep the saw in good operating condition.

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MP,4F

ncrd0192

news

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

Dec. 1, 1984

Source: Scott Reed
218/879-4528
Writer: Anne Lewis
612/373-1976

CHECK CHAINSAW BEFORE EACH USE TO PREVENT ACCIDENTS

"Check your chainsaw carefully each time before you use it to make sure it will operate safely. Many chainsaw accidents could be prevented if users would run through a safety check," says forest resources specialist Scott Reed. Reed is with the University of Minnesota's Agricultural Extension Service.

Inspecting the chain is the most important and most exacting part of a safety check, but the chain is the part of the saw most often neglected, Reed says. The chain needs to be kept sharp and there are several sharpening techniques that will give good results, but users must know which technique their chain needs, Reed cautions. "Consult your owner's manual to determine the proper size file and tooth angles for your saw," he advises.

The chain should also have the proper tension to aid in efficient cutting and longer chain life, and to lessen the chance of the chain jumping from the bar. The right tension for a saw

with a hard nosed bar should result in one-sixteenth to one-eighth inch of space between the bottom of the bar and the tie straps between the teeth. Proper tension on a saw with a bar that has a roller or sprocket nose should be slightly tighter, but not tight enough to cause binding when the chain is pulled around the bar with a gloved hand.

"Make sure the chain is getting proper lubrication," Reed says. "A well-lubricated chain will run cooler, more efficiently, and is less likely to jump from the bar and injure the operator." Lubrication is provided by a mechanism in the saw housing. When the chain is off, examine the oil port and clean it if necessary.

The air cleaner of the chainsaw also needs regular maintenance. A thumbnut on top of the housing usually permits access to the cleaner. Take it out and clear it thoroughly of small collected debris. Never use gasoline or other solvent to clean it because flammable residue could explode if ignited by the muffler or electrical system.

The muffler needs to be checked to be sure it is in good condition. An overheated muffler can cause fires if it comes in contact with gasoline or dry forest tinder.

Also, Reed says, the idle and/or clutch adjustment must be set in such a way that the chain won't turn when the engine idles.

In addition to making this safety check before using chainsaws, Reed urges operators to wear protective clothing and headgear and to follow recommended safety procedures.

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mp,4F

ncrd0189

Dec. 1, 1984

Source: Scott Reed
218/879-4528
Writer: Anne Lewis
612/373-1976

PROTECTIVE CLOTHING REDUCES CHANCE OF SEVERE CHAINSAW INJURIES

Chainsaw operators can minimize their chances of being severely injured in a chainsaw accident if they wear special protective clothing and headgear.

"Although most deaths involving chainsaw use occur when trees or limbs fall on users, most injuries are from contact with moving chains. Consequently, operators should be sure to wear personal protective equipment," cautions forest resources specialist Scott Reed. Reed is with the University of Minnesota's Agricultural Extension Service.

"Basic protection starts with a hard hat specially designed for woodcutting. Many have attached ear muffs and a screenshield to protect eyes from flying debris. Inexpensive ear plugs can be used instead of ear muffs to protect ears from the high noise level. Safety glasses can be substituted for a screenshield, but the lack of air circulation behind the lenses often causes fogging during exertion," says Reed.

Chainsaw users should wear sturdy work boots, preferably with steel-reinforced toes; leather gloves; heavy, long-sleeved workshirts; and leg chaps. The chaps should be made of materials designed to protect operators from chainsaw damage. Two common chap materials are ballistic nylon and Kevlar, which are both designed to slow or stop the chain if it strikes a leg, thus allowing a safety margin of increased reaction time.

"Never operate a chainsaw if you're mentally or physically tired," Reed warns, "and be sure the saw is in good repair and that you follow recommended safety procedures, both for the saw use and for cutting trees."

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MP,4F

NCRD0190

Dec. 1, 1984

Source: Scott Reed
218/879-4528
Writer: Anne Lewis
612/373-1976

FOLLOW CHAINSAW GUIDELINES FOR MORE EFFICIENCY, FEWER ACCIDENTS

Since more and more people are using chainsaws for woodcutting, it is important that they know how to use these tools efficiently and safely, according to forest safety specialist Scott Reed. Reed is with the University of Minnesota's Agricultural Extension Service.

"Chainsaw operators must keep the saws in good condition, use proper operating procedures, know the factors that must be considered before cutting a tree and, above all, have a positive approach to preventing accidents," Reed says.

Keep your saw cutting at peak efficiency by sharpening it often and, if it has a chain brake, by testing and adjusting the brake regularly. Read the owner's manual to note any special attention your saw requires.

Saws are designed to be run at full throttle. Always accelerate the engine before beginning a cut. To control the

saw, make sure you keep your balance; shift your position instead of overreaching and avoid reaching above shoulder height.

Lessen the impact of a kickback by keeping your left hand in the correct position, with the thumb wrapped around the handlebar to give you a more secure grasp. Watch the saw tip or "kickback zone" as you saw, as this is where the cutting teeth can take too big a bite and kick the saw's power upward toward you. The saw might also kick back if the tip strikes a rock or debris.

If you haven't used a chainsaw much, Reed suggests that you learn and practice the basic felling cuts on smaller trees. Don't go out alone, in case you should need emergency help, and avoid using the chainsaw if you are mentally or physically fatigued. For difficult or dangerous felling jobs, have an experienced helper or hire a professional woodcutter.

If you do fell the tree yourself, there are many factors you should consider before you make the first cut, Reed cautions. "Consider which way the tree leans, how its branches are distributed, whether you have a clear work area and an escape route, whether you have enough space to fell the tree, where your buddy is, what cutting technique to use, whether the tree has rot, what the wind speed and direction are, and whether there are any power lines or other hazards, such as dead trees or branches, overhead."

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MP,4F

NCRD0194

Dec. 1, 1984

Source: Scott Reed
218/879-4528
Writer: Anne Lewis
612/373-1976

CONSIDER MANY FACTORS BEFORE YOU BEGIN TO FELL A TREE

There are many factors to consider before you make the first cut in a tree with a chainsaw, according to forest resources specialist Scott Reed. Reed, who is with the University of Minnesota's Agricultural Extension Service, says the following factors may help you decide how or even if you should fell a tree.

First, Reed advises, estimate the diameter of the tree. If it is more than double the length of your chainsaw bar, don't try to fell it. Leave it to specialists who know the best cutting techniques.

Check trees you plan to cut for signs of rot, including loose bark, fine particles at the base of the tree or large holes in the trunk at any height. Trees usually rot from the center, leaving a shell of sound wood. It is potentially dangerous to fell trees with substantial rot.

Delay felling on very windy days. Wind can affect felling direction, especially on trees with large crowns.

Felling direction is also influenced by the tree's lean and crown distribution and by the terrain. Check each tree for lean before you choose a felling direction. A slight lean is best to allow you to determine the direction the tree should fall. Avoid cutting trees with a severe lean, because the tree may fall too quickly, splitting at the base and becoming what woodcutters call a "barber chair." These barber chairs often fly upwards, striking the cutter with terrific force.

Check the tree crown for large limbs, snow accumulations and other items that can pull the tree in one direction. Inspect the terrain around trees you want to cut for slope and other factors that can affect direction of fall. Clear brush from around the base of the tree before you start cutting and be sure that you leave an escape route for yourself.

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NCRD0191

Dec. 1, 1984

Source: Scott Reed
218/879-4528
Writer: Anne Lewis
612/373-1976

PRECISION IS IMPORTANT IN FELLING TREES

Before you make the first cut in a tree with your chainsaw, make sure you know the correct felling techniques, recommends forest resources specialist Scott Reed. Reed, who is with the University of Minnesota's Agricultural Extension Service, says the two basic cuts, the undercut and the backcut, are still the basic cuts used in cutting trees down.

The undercut is a wedge-shaped piece of the trunk, which is cut out of the tree on the side to which the tree will fall. Only one-fourth to one-third of the tree's diameter should be removed with the undercut, Reed cautions. The backcut, made from the opposite side and after the undercut, is what makes the tree fall.

"The undercut has usually been made by first sawing the lower, horizontal face and then sawing the upper face down to meet it, but there's a newer way to do undercuts. The newer

style uses angled top and bottom faces which together form a 90-degree angle. This is preferable because the faces of the cut don't close until the tree is on the ground, giving you a longer period of control over the tree's fall. Both cuts have to meet precisely, however. If one cut travels too far into the trunk, cut the other just deep enough to meet the first cut.

"Make the horizontal backcut on the tree's opposite side, about two inches above the 'v' of the undercut. But stop about two inches before you reach the undercut. This leaves a hinge of wood that will help guide the direction of the fall," Reed advises.

If you're cutting a large tree, you might want to use a wedge, made of wood or plastic. Wedges are driven into the backcut behind the saw to force the tree in the desired direction.

When a tree starts to fall, retreat diagonally from the tree, away from the direction of the fall. You should predetermine an escape route but watch the tree to make sure it is falling the way you intended it to.

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NCRD0193

Dec. 13, 1984

Source: Deborah Brown
612/376-7574
Writer: Deedee Nagy
612/373-1781

TIPS FOR DECKING YOUR HALLS WITH HOLIDAY GREENERY

Many of us will be bundling up soon for a trek to the nearest garden center or corner Christmas tree lot. Be sure the tree or greenery you buy for holiday decorating is as fresh as possible, suggests Deb Brown, horticulturist with the University of Minnesota's Agricultural Extension Service.

She recommends checking the condition of the needles first, stroking them gently to see if they stay firmly in place. Thump the tree's stump on the ground to check for falling needles. Examine the stump itself. If it's still moist, the tree is fresh. Also, if the temperature is above 32 degrees F, bend a needle. A fresh tree's needles will spring back when bent gently, but a dry tree's needles will snap in two.

If you plan to wait a few days between buying your tree and setting it up, Brown suggests keeping it outdoors in a shady place, protected from drying wind and sunlight. When you first bring the tree indoors, cut an inch or two off the bottom of the trunk.

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Brown advises against additives that are supposed to keep trees fresh. "Plain water is as good as anything," she says. "Just be sure the container is always full."

After the holidays, Brown suggests setting the tree outside to serve as a bird feeder. If you used strings of cranberries and popcorn for decoration, leave them on and treat the birds.

Or, if you prefer, cut the tree up and use the branches as protection for evergreen shrubbery that is prone to winter burn. Brown recommends sticking the branches upright in the snow on the south or southwest side of yews and junipers to shelter them from the warming rays of the sun.

Brown adds that no one should feel bad about using a real tree for Christmas. "Christmas trees are grown on tree farms that are on marginal land that isn't usable for much else," she says. "Trees are a renewable crop, just like peas and corn. An artificial tree can never capture the beauty and fragrance of the real thing."

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DPMP,P2,SN,TCO

NHEC0257

Dec. 13, 1984

Source: Deborah Brown
612/376-7574
Writer: Deedee Nagy
612/373-1781

LET FLOWERING BULBS BRIGHTEN THE HOLIDAYS

Even that person on your holiday list who has everything would probably enjoy watching a flowering bulb work its magic. Deborah Brown, horticulturist with the University of Minnesota's Agricultural Extension Service, says bulbs make good gifts because, "Flowers in winter are always a pleasure. Watching them develop from bulbs makes them that much more enjoyable."

Among the best bets for holiday beauty are Paperwhite narcissus or Soleil d'Or, its golden cousin. Brown says these are available at many garden centers and nurseries and only need to be rooted in containers of pebbles and water for several weeks before their blooms fill the house with fragrance.

Pre-cooled hyacinths can be handled the same way, according to Brown. Or they will bloom also if grown in special hyacinth glasses with the roots trailing in water.

Amaryllis bulbs are more expensive, but they can bloom year after year while narcissus and hyacinth bulbs flower well only once when grown indoors. Brown says amaryllis flowers look like Easter lilies, but they come in white and a wide range of reds, corals, pinks and bicolors.

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Amaryllis bulbs may be purchased loose or preplanted. Brown says they need ample moisture and a sunny spot to begin growing. The shoot that grows from the bulb elongates to 16 or 18 inches before it opens to reveal four buds, each of which will become a beautiful flower, eight or more inches in diameter.

Brown adds, "Any occasion can be more festive with a gift of a flowering bulb. Your thoughtfulness will be appreciated when the gift is first received, and the pleasure will increase when the bulbs burst into bloom."

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

Dec. 13, 1984

Source: Carl Vogt
612/373-0720
Editor: Mary Kay O'Hearn
612/373-1786

WATERING KEEPS YULE TREE FROM BECOMING FIRE HAZARD

Water is still the best way to keep a natural Christmas tree from being a fire hazard in the home, according to Carl Vogt, forest resources specialist with the University of Minnesota's Agricultural Extension Service.

"If moisture is kept in the stand holding the tree, its branches and needles will be no more flammable than a damp leaf," Vogt explains, adding that trees really soak up water if they are fresh when purchased.

Misunderstandings have arisen concerning tests in which fresh trees were treated with flame retardant. It was wrongly concluded that the treatment was effective. In actuality, the trees were flame resistant because of their natural water content.

Vogt says Christmas trees cannot absorb flame retardant solutions that are used for fabrics and paper products. Simple solutions such as water-dissolved borax, diammonium phosphate and ammonium phosphate are completely useless.

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Vogt recommends keeping plenty of water in the tree stand and checking it daily. This, he says, is the best fire retardant for yule trees.

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DPMP,P2,SN,TCO

NHEC0268

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

MSC
9A27P

Dec. 20, 1984

Source: Leland Schultz
612/373-0764
Editor: Sam Brungardt
612/376-8182

WINTER CAMPING CAN BE FUN WITH RIGHT ATTITUDE, GEAR, SITE

Camping experiences don't have to end when the temperature drops and the snow flies. Winter camping can be a safe and enjoyable experience if one has a positive attitude, the right clothing and equipment, a good campsite and one stays warm, says Lee Schultz, a safety specialist. Schultz is with the University of Minnesota's Agricultural Extension Service.

He says, "If you think you'd like to try winter camping, cultivate a positive mental attitude about winter. Learn to savor its unique aspects. Enjoy activities such as skiing, snowshoeing and ice skating and incorporate them into your camping plans."

Schultz says proper clothing for winter camping includes wool pants and shirt, long underwear of wool or polypropylene, inner socks and heavy wool outer socks. (Wool is preferred to most other materials because it retains body heat even when wet.) Other recommended clothing includes insulated boots, a pair of gaiters, a down or fiberfill coat, stocking cap, scarf, heavy mittens or gloves, and raingear. Schultz also recommends taking along an extra pair of socks and underwear. All clothes should

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be wrapped in sealable plastic bags.

Winter camping gear should include a nylon tent with a waterproof fly or a strong tarp for shelter, and insulated ground pads and a sleeping bag that will keep a person warm at 0 degrees F. Also needed will be a stove, cooking kit and utensils, sunglasses, map, compass, flashlight with extra alkaline batteries, toilet articles, candles, line and plastic bags to keep everything dry.

"Choose your campsite carefully," Schultz advises. "If the snow is more than a foot deep, you may need snowshoes or skis to reach your site. If you are a novice, don't try to hike or ski in. Select a level site for your tent and vestibule. Place the tent in a protected position with no dead trees or branches overhead.

"Practice minimum-impact camping. That means taking out everything you brought in, burying human wastes and burning toilet paper."

Keeping warm is the chief concern. Schultz says, "Put on dry underwear when you reach the camp. If you feel cold, put on additional clothes and move around to warm up. Stand or sit on insulated pads rather than on the ground, and have plenty of hot food and drinks."

To sleep snugly, a camper should put one or two pads under the sleeping bag and any extra pads under the upper part of the body. Fluffing up the sleeping bag redistributes the materials and warms a person. It also helps to wear dry socks, underwear and a stocking cap for sleeping.

"Be aware of frostbite," Schultz cautions. "If any area of your body feels numb, warm it by careful contact with a warm surface or by immersing it in water that's 102 to 108 degrees F."

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University of Minnesota
St. Paul, Minnesota 55108

MSC
9A27P

Dec. 20, 1984

Source: Patrick J. Borich
612/373-1223

Writer: Jack Sperbeck
612/373-0715

U OF M ANNOUNCES SUPPORT PROJECT FOR FARM FAMILIES

An intensive program to help farm families with financial planning, stress management and support is being developed by the University of Minnesota's Agricultural Extension Service.

The program, called Project Support, will be coordinated by the Extension office in each Minnesota county. Community networks will be organized to offer support to farm families, according to Patrick J. Borich, dean and director of the university's Agricultural Extension Service.

"We've had training on stress management, farm family financial management and community networking support for all of our agents," Borich said.

The program's short-term goals are to help farm families in two categories:

1. For families that have recently left farming or will do so shortly, help will be offered in the transition to non-farming careers and coping with stress associated with leaving farming.

2. Help will also be available for families who need help analyzing their short-term financial situation. Some of these families will be able to continue farming if they receive

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financial planning assistance.

A third group--families who will continue to farm--are slated for longer term help with farm financial planning. "The goal is to help these families remain financially healthy in the future," Borich said.

The farm financial crisis is widespread in Minnesota. When the farm business is not going well, the entire family experiences stress and needs support in communication and coping skills. "Family members need to know where they can turn for support within the community," Borich said. "That's where the community networks can help."

Examples of organizations that will be involved in the program include agricultural lenders, farm organizations, ministerial and county medical associations, mental health services, job service agencies, and adult vocational agriculture instructors.

"Our agriculture, home economics and 4-H youth development agents will be trained to function as teams to work with farm families," Borich said. "Project Support is intended to respond quickly and with care to those who request help."

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