

news

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

January 1, 1985

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

news

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

Jan. 1, 1985

Source: Paul Hasbargen
(612)373-1145

Writer: Jennifer Obst
(612)373-1579

DAIRY SUPPORT PRICE IS UNLIKELY TO CHANGE MUCH IN NEAR FUTURE

Dairy farmers are facing considerable uncertainty right now, waiting for the other shoe to drop when the Paid Dairy Diversion Program expires on March 31, 1985. A 50-cent-per-hundredweight cut in the support price is likely in April, says Paul Hasbargen, agricultural economist with the University of Minnesota's Agricultural Extension Service. He is optimistic, however, that increased milk consumption and decreased milk production will stave off a second decrease in July.

If the milk surplus is not reduced sufficiently by the end of March, the Secretary of Agriculture has authority to reduce the support price 50 cents per hundredweight. Then, three months later, on July 1, the secretary can make an additional 50-cent cut in the support price if the surplus continues.

"Right now, I expect the effective milk price next year will be the same as this year," Hasbargen says. "That's because on April 1, when the price support is likely to go down 50 cents, the 50-cent assessment will be discontinued, so dairy farmers

will really be in the same place they are now. I have a feeling the July cut will not happen, especially considering the current poor state of the farm economy."

Both milk production and the number of milk cows have been declining. Accumulated production from January through July was 2 percent below the same period a year ago, according to Robert Cropp, agricultural marketing specialist at the University of Wisconsin-Platteville. Milk production for 1984 will likely total about 136 billion pounds, 3 percent less than in 1983.

Milk consumption, meanwhile, has been increasing. Milk sales from January through June were 5.4 percent higher than a year ago, Cropp points out. Hasbargen believes this increase might be partly related to decreased beef and pork sales. He says, "We have not seen demand for red meat increase coming out of the recession as usually happens. Demand for pork and beef has been flat and I wonder if some of that demand hasn't been shifted to milk products."

He also thinks the 15-cent assessment for promotion and advertising of dairy products will impact dairy consumption favorably: "I'm optimistic for the short term--for 1985--that milk consumption will stay at current high levels or even increase slightly, and that milk production will remain stable."

Looking to the next five years, Hasbargen believes that total milk production isn't going to change much, but production per cow will increase and the number of producing cows will decrease. "We'll probably lose one-quarter of our herds in Minnesota--many

of the smaller, 15- to 20-cow herds. So there are going to be some significant changes in dairying in Minnesota," he says.

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nagr0280

news

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

Jan. 1, 1985

Source: Paul Hasbargen
(612)373-1145

Writer: Jennifer Obst
(612)373-1759

ABOLISHING DAIRY PRICE SUPPORTS IS NOT NEW IDEA

Recent administration suggestions to abolish the dairy price support program is not a new idea, says Paul Hasbargen, agricultural economist with the University of Minnesota's Agricultural Extension Service. He says a sharply lower price support was one option considered during the last debate on dairy policies, and it was rejected in favor of the current Paid Diversion Program. And, he points out, "lowering the price support \$1 or \$2 would have the same effect as dropping price supports altogether."

If this were done, he says marginal producers--those deeply in debt and those nearing retirement--would get discouraged and quit.

Hasbargen believes that if a diversion program is to be continued, it should be set up within the next three months. "There are two favorable things to be said about continuing the current program. First, it is self-financing; and second, it is voluntary, which farmers prefer," he says.

One way to deal with continued excess production under the program, Hasbargen says, would be to increase the assessment from 50 cents to \$1 per hundredweight--or whatever amount would be needed--to cover the cost of any government purchases.

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Jan. 1, 1985

Source: Phillip K. Harein
612/373-1705
Writer: Mary Kay O'Hearn
612/373-1786

FAMILIAR FOODS MIGHT CHANGE IF FUMIGANTS ARE BANNED

Some fumigants used to kill insects in grain cause cancer and birth defects in laboratory animals, according to the Environmental Protection Agency (EPA). But how do these laboratory animal health problems relate to humans? Is it necessary to stop using grain fumigants?

No one seems to know the answer. "It's been a fiasco trying to determine the correct answer and we are still struggling with it," says Phillip K. Harein, entomologist with the University of Minnesota's Agricultural Extension Service and Agricultural Experiment Station.

Harein says EPA first questioned the safety of ethylene dibromide (EDB), a grain fumigant, in 1980. Although the agency issued a call-in for data on EDB in 1981 (in effect saying, "continue to market EDB, but provide data on its tolerance level in humans"), it did not receive the data needed to prove the safeness of the fumigant. EPA cancelled EDB in 1983, and chemical companies went out of business. In 1984, EPA issued a

second call-in so it could reconsider its cancellation of EDB, but companies wouldn't go along with the costs of collecting and providing the data that was needed to possibly exonerate the fumigant.

EDB has fallen by the wayside. Carbon tetrachloride, a fumigant used for more than 50 years because of its low toxicity and because it prevents fumigant mixtures from exploding, is also under surveillance for its effect on humans. It's too early to tell if its safeness will be proven, but one thing is clear: if companies do the expensive testing needed to discover the effects of a fumigant, it's bound to be reflected in higher food prices.

If fumigants are discontinued, the insect infestation level in our foods can be expected to increase. Food standards may also have to be changed.

Flour was bleached originally to more easily sort out insect fragments. Will the public accept flour of another color that masks these contaminants, or will it accept more than 50 insect fragments per 100 grams of flour (the current Food and Drug Administration standard)?

This might be the trade-off for not using fumigants that EPA says may be damaging the health of those who apply them to grain as well as those who eat products made from fumigated grain.

Is irradiation the answer to ridding grain of vermin?

"To my knowledge," Harein says, "there is just one stored grain irradiation facility in the United States and that's an experimental model at the USDA Stored Grain Laboratory in

Savannah, Georgia." He adds that irradiation is not expensive to use, but the initial installation is very costly.

And, would flour labeled "irradiated" (meaning treated with gamma rays) scare the public?

While a million-dollar system can irradiate grain, disinfecting the machinery and equipment in the milling or processing plant is another matter. When EDB was used (it's no longer legally on the market), once-a-month spot fumigation penetrated the cracks and crevices in flour mills--something other methods couldn't accomplish--for a mere \$150.

In the 1920s, heat was used in mills to kill insects. Later, pesticides were used. Today, some food processors use concentrated heat instead of liquid fumigants in their plants. Other possibilities being looked at by industry are microwave treatments and insect-proof packaging.

Harein says a proposed EPA label improvement for fumigants would restrict application to commercial applicators. This would prove costly for Minnesota, where an estimated 5 percent (worth \$300 million) of every grain harvest is lost annually to insects, despite farmers' use of fumigants.

The bottom line seems to be, either the public will have to be re-educated to accept more contaminants in food or food costs will increase as researchers and industry discover new ways to keep out contaminants.

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news

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

Jan. 1, 1985

Source: Lee Schultz
612/373-0764

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

TAKE STEPS TO PREVENT FROSTBITE DURING COLD WEATHER

Frostbite is a freezing of body tissue. It can result from exposure to very cold temperatures and often affects children.

"To prevent frostbite, pay close attention to winter weather reports and don't remain outside for extended periods in cold temperatures or when the wind is high," says Lee Schultz, safety specialist with the University of Minnesota's Agricultural Extension Service.

Schultz advises to wear mittens rather than gloves, if one must be outside in the cold, because fingers together in mittens tend to conserve hand warmth. Dress in layers, because several layers are warmer than one. Wool retains heat better than other materials when it is wet. Keep the head, mouth and ears covered, and wear heavy socks and boots.

Check on children often when they are playing outside. Bring them inside at the first sign of numbness. Frostbite can produce either white or blue-tinted skin. Never rub frostbitten areas

with snow or ice. Gradual warming is the best treatment. If frostbite is severe, Schultz says it is important to see a doctor.

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news

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

Jan. 1, 1985

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

ELDERS SHOULD BE AWARE OF HYPOTHERMIA DANGER

Infants and elders are particularly susceptible to hypothermia, a state of abnormally low internal body temperature. Hypothermia is caused by exposure to cold, and it can occur either inside or outdoors.

"Temperatures do not have to be below freezing for hypothermia to happen. Anyone whose body temperature is 95 degrees Fahrenheit or less is hypothermic," explains Lee Schultz, safety specialist with the University of Minnesota's Agricultural Extension Service.

Hypothermia claims many lives each year. Afflicted persons often don't realize what is happening as they become confused and disoriented. Most hypothermia deaths, especially among elderly persons, result from exposure to cool indoor temperatures rather than extreme cold outdoors. Faced with costly heating bills, many elders find it difficult to keep themselves or their homes warm in cold weather. They may not realize they are becoming

cold and their bodies may not adjust well to the temperature change.

Persons with poor diets or malnutrition, other illnesses, limited physical activity, and those using alcohol or some types of prescription drugs (such as antidepressants, sedatives and tranquilizers) run a high risk of developing hypothermia. Many deaths begin with hypothermia although another disease is ultimately listed as the cause. Check with your doctor, Schultz advises, to see whether you are on medication that affects your body temperature.

Hypothermia means body heat is lost primarily through the skin and breathing. The body conserves heat by narrowing the blood vessels in the skin, which reduces the flow of warm blood near the body's surface. As this happens, more heat is released from the body's "inner core," lowering the body's internal temperature.

"Hypothermia is not easy to recognize because as the body temperature drops, memory is affected and logical thinking becomes impossible," Schultz says. "The afflicted person becomes too confused to recognize the problem or the danger and doesn't ask for help. Many victims simply die at home because their condition is seen merely as disorientation.

"If heating bills are difficult to pay, inquire about government assistance or contact your power company to ask about financial help," Schultz urges.

Hypothermia can begin in one's sleep. Schultz says to be sure to sleep warmly at night. Make sure night clothing is kept dry. And, don't go to bed with wet hair.

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mp,4he,tco

nhec0283

Jan. 1, 1985

Source: Lee Schultz
612/373-0764

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

CHECK TRAILER WHEN TRANSPORTING SNOWMOBILE

You may be loading your snowmobile on a trailer to use it on distant trails or take it to another town or state for a special event. "You'll want to keep the trailer checked out periodically, too," reminds Lee Schultz, assistant safety specialist with the University of Minnesota's Agricultural Extension Service.

He offers these tips on transporting a snowmobile:

--Be sure the wheels, axles and frame are in good condition.

--Be careful when you place the machine on the trailer. An inexpensive hand-winch and tilt trailer is the easiest and safest method. Be sure the trailer hitch is securely fastened and safety chains are attached to the car.

--Fasten the machine tightly at both ends. Bar arrangements in front, clasp and chain in rear, provide secure anchoring.

--Secure a bright cover over each snowmobile to increase visibility.

--Check the car and trailer taillights, signal lights and
brakes.

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University of Minnesota
St. Paul, Minnesota 55108

Jan. 1, 1985

Source: Lee Schultz
612/373-0764

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

DRIVER GOVERNS SNOWMOBILE SAFETY

No matter how safely a snowmobile may have been engineered, it's only as safe as the person who drives it.

Snowmobile safety begins with a knowledge of federal, state, county and local laws governing snowmobiles in the area you plan to snowmobile, says Lee Schultz, assistant safety specialist with the University of Minnesota's Agricultural Extension Service.

"This safety continues with a thorough knowledge of your machine, how it operates, how to maintain it and how to ride it safely under any condition," he points out. "Read the owner's manual first and always carry your snowmobile registration certificate with you."

More and more marked snowmobile trails are being developed throughout the Snowbelt. Know where they are, how to use them and obtain and obey the rules of the trail, Schultz advises.

Check out all pre-start procedures. Shift the handlebars to check steering and periodically check steering connections. Check the skis for proper alignment. Check the track; clear it of ice and snow if necessary.

Depress and release the throttle and brake levers several times to be sure both are operating freely. Check the headlights and taillights. Check battery fluid level on electrically started machines. Inspect the drive belt for wear and tear.

Carry your manual and emergency equipment with you when snowmobiling. This should include tools, a spare drive belt and spark plugs, extra headlamp and taillight bulbs, a light fuse for electric starts, throttle cable and housing, starting rope and an extra ignition key.

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news

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Jan. 1, 1985

Source: Lee Schultz
612/373-0764

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

SAFE SNOWMOBILER DOESN'T SHOW OFF, TAKE CHANCES

Tailgating or showing off with speed or tricks shouldn't happen with any motorized vehicle and that includes snowmobiles.

The result can be injury to people and damage to machines, says Lee Schultz, assistant safety specialist with the University of Minnesota's Agricultural Extension Service.

"Always check out ice thickness before attempting to ride on a frozen lake or river. It's the underside of the ice you need to know about, the part you can't see from topside," he stresses. Breaking through the ice could mean you become a fatality. If you are not familiar with the area where you are snowmobiling, check with a local authority (police or sheriff) about ice thickness or other hazards you might not know about (such as open water on a lake or river that results from warm water flowing in from shore).

Use your snowmobile on snowmobile trails, not on ski hills.

If you get stuck, keep your hands and feet away from the track or moving parts. Stand to one side, squeeze the throttle lightly, lift the rear grab handle and walk out the machine. If the throttle freezes open, keep calm, push the engine kill button or turn off the ignition switch and bring the machine to a safe stop.

When snowmobiling, don't wear long scarves or other loose-fitting apparel which can become caught in moving parts and cause injury or death.

Never mix liquor with snowmobiling and don't drive on the road. In Minnesota, persons 14 to 18 years old must have a snowmobile safety certificate to make a direct crossing of a street or highway at any time. These may be obtained after snowmobile training and education programs conducted by the Department of Natural Resources' Snowmobile Safety Coordinator.

Adopt the buddy system--trail with another snowmobiler. It is protection for both of you.

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nagr0267

news

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Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

Jan. 1, 1985

Source: Lee Schultz
612/373-0764

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

EXTENDED SNOWMOBILE TRIPS TAKE ADEQUATE PREPARATION

Camping trips and extended safaris by snowmobile can be great fun if ample preparation and precautions are taken beforehand.

Always tell someone your destination and expected return time, advises Lee Schultz, assistant safety specialist with the University of Minnesota's Agricultural Extension Service.

Check your snowmobile carefully before taking off. "Be sure to take along all the recommended emergency equipment plus safety and first aid supplies and extra fuel, food, cooking and sleeping gear," says Schultz.

A tow-sled could come in handy for such trips, but be sure to use a rigid hitch tow-bar, NOT a rope, to pull the sled. Rigid hitches prevent tailend collisions and provide control of the sled.

Use extra caution in unknown areas. Be alert for barbed wire fences or guy wires. Watch for snow-hidden stumps, rocks and other partially concealed obstacles which can cause an abrupt

stop and possible injury. Be on the lookout for fallen branches.
Low-hanging branches are frequently the cause of neck and head
injuries.

"Be especially careful between 6 and 10 p.m.," Schultz urges.
"Studies show that's when most fatal snowmobiling accidents
occur."

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mp,4os

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news

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

Jan. 1, 1985

Source: Deborah Brown
612/376-7574

Writer: Deedee Nagy
612/373-1781

'TIS NOT THE SEASON FOR HOUSEPLANTS TO BE JOLLY

The short, cloudy days of a Minnesota winter may not bother you, but your houseplants hate them. Deborah Brown, horticulturist with the University of Minnesota's Agricultural Extension Service, says reduced light can send houseplants into a decline from which they may never fully recover.

"Plants that don't get enough light in winter aren't able to produce much food for growth and are forced to live off stored energy reserves," Brown says. "In trying to survive until spring, they may lose leaves, put out weak, spindly shoots or simply give up."

Plants are affected by the intensity, duration and quality of light they receive. In the winter, the sun is low in the sky so its intensity is diminished and summer's 16 hours of daylight have shortened to a mere 8 hours. Frequent clouds deprive plants of even more light.

To compensate for this loss of light, move your houseplants to sunnier windows or closer to the window if they are several feet away, Brown suggests. "Be careful not to let leaves contact the cold glass, however. This will result in rippled, distorted or yellowed leaves," she says.

Because they produce the blue light plants need, fluorescent tubes are useful supplements for natural daylight. Incandescent bulbs are deficient in blue light, and they give off unwanted heat. Even incandescent spotlights with silvered glass to deflect the heat produce spindlier plants than fluorescent lights.

Brown recommends placing fluorescent lights about a foot from plants and turning them on so the plants receive a total of 12 to 16 hours of light daily. Most plants need at least 6 hours of darkness at night to grow normally.

If you decide to invest in supplemental lights, Brown recommends cool white fluorescent tubes or a combination of cool white and warm or natural daylight tubes. Next spring, the lights can be used to start bedding plants from seed.

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mp,4he,4h

nhec0259

Jan. 1, 1985

Source: Deborah Brown
612/376-7574

Writer: Deedee Nagy
612/373-1781

COOL, ENERGY-SAVING HOMES: BOON TO HOUSEPLANTS

Household temperatures that have you reaching for a sweater by day and a quilt at night are good for houseplants, according to Deborah Brown, horticulturist with the University of Minnesota's Agricultural Extension Service. She says that daytime temperatures between 65 and 70 degrees F and nighttime temperatures about 5 to 10 degrees cooler are recommended for houseplants. However, temperatures below 55 degrees can damage nearly any plant.

"Cooler temperatures slow down all a plant's metabolic processes so less food is needed for maintenance," Brown says. "A plant in a warm room with low light will draw heavily on its stored energy reserves, often using more food than it can make. This will result in dropping leaves. That same plant in a 60- to 65-degree room will have its energy needs in better balance with the amount of food it produces from the light available."

An added benefit is that plants need to be watered less frequently in a cooler room. You can also wait until mid-March or early April to fertilize them because usually little growth takes place in the reduced light of winter. Brown adds, "It's best to fertilize only when plants are growing actively."

Among the plants particularly well suited to cool temperatures are Norfolk Island pine, English ivy, Sansevieria and cactus. African violets are among the plants that do best in warmer growing conditions.

"No plant will thrive near a doorway where it receives cold, icy blasts of air, nor will leaves remain healthy if pressed against cold window panes," Brown concludes. "At night, pull the shades or draw the drapes to protect plants from cold windows. Also, containers should not rest directly on tile or vinyl-covered floors because they conduct cold more readily than does carpeting."

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nhec0260

Jan. 1, 1985

Source: Cheryl Nelson
612/376-1536

Writer: Deedee Nagy
612/373-1781

FIBER LOSS PLAGUES SOME STRIPED, PLAID FABRICS

A recent rash of problems with some plaid and striped fabrics is due to a manufacturer's defect and consumers should return damaged garments for an adjustment. This is the advice of Cheryl Nelson, textiles and clothing specialist with the University of Minnesota's Agricultural Extension Service.

Nelson explains that the defective fabrics show fiber loss that follows the color pattern of the material. Red and blue yarns seem particularly susceptible to weakening and premature signs of wear. Men's shirts and women's blouses have been the cause of most complaints with most holes and weak spots occurring in sleeves and other areas that get heavy wear.

"The problem has not been limited to one manufacturer and there is no way to distinguish garments with the potential for problems when buying or laundering them," Nelson says. Yarns of certain colors are apparently weakened in the dyeing process and once weakened, they are subject to rapid deterioration from normal wearing and laundering.

Nelson adds that textile scientists with the International Fabricare Institute are working with manufacturers to solve the problem. Until they find a solution, however, consumers should be alert for problems and should return damaged goods to the retailers from whom they purchased them.

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news

for County Agents

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

January 1, 1985

COUNTY NEWS PACKET INDEX

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The color coding is blue for agriculture stories and green for consumer stories. Please remember that the monthly media packet is not mailed to weekly newspapers. 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

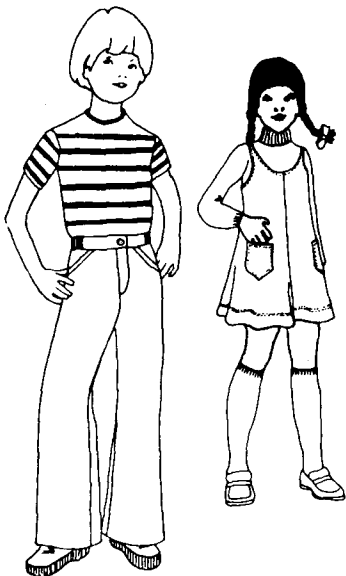
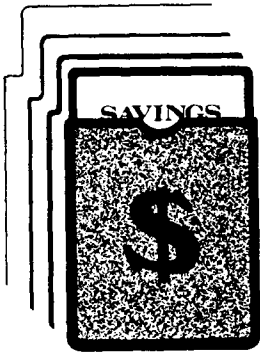
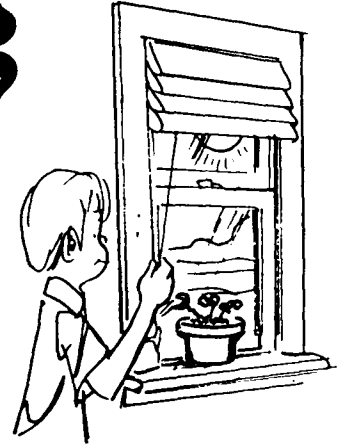
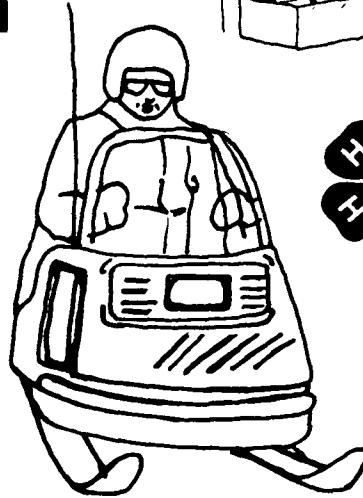
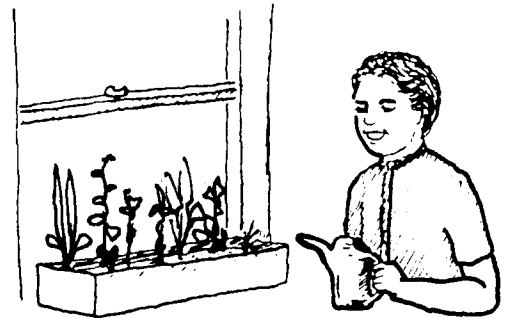
University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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 November 21 to December 13. 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.

U of M Center for Farm Financial Management established
Proper feeding strategies can reduce sheep production costs
Faribault dairy farmer receives 4-H alumni award
Marshall student wins national 4-H leadership
Slayton woman wins national 4-H food nutrition scholarship
Ada woman wins national 4-H citizenship scholarship
Worthington youth wins national 4-H citizenship scholarship
Chatfield youth wins national 4-H safety scholarship
Minnesota 4-H'ers attend National 4-H Congress in Chicago
Sherburn 4-H'er wins trip for her home management project work
Northfield 4-H'er wins trip for fashion revue achievements
Vesta 4-H'er wins trip for his work in electric project
4-H conservation project work wins Alexandria youth trip
Olivia 4-H'er wins trip for work in entomology project
Norwood 4-H'er wins Chicago trip for work in health project
Maple Grove 4-H'er wins trip for work in swine project
Grove City 4-H'er wins trip for her work in vet science project
Lamberton 4-H'er wins Chicago trip for her sheep project work
Wood science project nets Rosemount 4-H'er trip to Chicago
4-H horse project wins Spring Valley woman trip to Chicago
Worthington 4-H'er wins trip for achievement in public speaking
Dakota County gardener's 4-H work nets him trip to Chicago
Nerstrand 4-H'er wins trip for work in forestry project
Beef project achievements wins Ada 4-H'er trip to Chicago
Kenyon youth wins Chicago trip for 4-H dairy project
Ada youth wins Chicago trip for achievements in 4-H
Montevideo 4-H'er wins trip for work in clothing project
Rochester 4-H'er wins trip for achievements in bicycle project
Butterfield 4-H'er wins trip for dairy foods project work
Truman man wins trip to National 4-H Congress
Photography work wins Wabasso 4-H'er Chicago trip
Barnum 4-H'er wins trip for work in petroleum power project
Adrian 4-H'er wins Chicago trip for forestry project work
Kenyon 4-H'er wins Chicago trip for work in dairy project
Grasston 4-H'er wins trip for food preservation work
Cokato 4-H'er wins trip for her breadmaking prowess
Well-ventilated barns promote animal health
Holidays take fireplace safety
U of M, corn growers will sponsor Feb. 19 corn conference
Extension home economics advisory committee formed
Accidents make spending decisions for you
Keep holiday decorations away from the fireplace
Assign fireplace "duty" during holiday parties
Do's and Don'ts for safe fireplace fires
Don't dress kids too warmly for school
Don't trade a snowy roof for an electrical shock
Be cautious when using portable heaters
Let flowering bulbs brighten the holidays
Tips for decking your halls with holiday greenery
Watering keeps yule tree from becoming fire hazard
Pick up the phone for free holiday advice
Call Teletip for free advice on winter-related subjects

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JANUARY 1985



news

for County Agents

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

Jan. 1, 1985

Source: James G. Linn
612/373-1014

Writer: Jennifer Obst
612/373-1579

KNOW HOW MUCH YOUR COWS ARE EATING

The only way to know if your dairy cows are getting the required amount of nutrients is to know how much they are eating, says James G. Linn, dairy specialist with the University of Minnesota's Agricultural Extension Service.

"Weigh forages and grains once per month and use feed test dry matter information to determine dry matter intakes," he says. "Changes in moisture contents of grain can have a significant impact on dry matter amounts supposedly being fed."

Nutrient requirements of cows are expressed in two ways: as a percentage of the total ration or as absolute amounts.

"However, cows require absolute amounts of nutrients per day, and not percentages," Linn says. "Rations may look balanced from a percentage standpoint but if cows are not eating enough of the ration to satisfy their absolute requirements, production will drop to the level of absolute nutrient intake."

Take, for example, two cows fed a 16 percent crude protein ration. If cow A consumes 40 pounds of dry matter, she will consume enough crude protein to support 60 pounds of milk; whereas if cow B consumes 45 pounds of dry matter, she will consume enough crude protein to support 70 pounds of milk, Linn explains.

Linn says, "The key factor with high-producing cows is they all have good appetites. Encourage high dry matter intake by feeding a balanced ration containing high-quality forages and grains. Know how much cows are consuming and balance rations accordingly."

More information on dairy nutrition and how to maintain a competitive edge in dairying is available in the 1984-1985 Minnesota Dairy Report, AG-BU-2235, published by the Minnesota Agricultural Extension Service. Copies are available for \$1.50 from the Distribution Center, 3 Coffey Hall, 1420 Eckles Ave., University of Minnesota, St. Paul, MN 55108, or contact your local county extension office.

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news

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Jan. 1, 1985

Source: James G. Linn
(612)373-1014
Writer: Jennifer Obst
(612)373-1579

NUTRITIONAL SYSTEM CAN BE KEY TO SURVIVAL IN DAIRYING

"During these times of tight economic margins in the dairy business, nutrition and feeding may be the key to survival," says James G. Linn, dairy specialist for the University of Minnesota's Agricultural Extension Service.

Linn says the most important factor in nutrition is forages. Approximately two-thirds of the total dry matter fed to cows during the year comes from forages. Therefore, harvesting the most nutrients per acre and retaining them through good storage methods is a key factor in minimizing feed costs.

Linn says legumes are better than grasses or corn silage for maximizing forage intake and meeting the nutrient requirements of high-producing cows. However, tremendous variations exist in forage quality, both within and across plant species.

"High-quality legume forages start with being cut early. Legume forage grades of 1 (18 percent crude protein, 33 percent acid detergent fiber and 43 percent neutral detergent fiber) are better goals to shoot for," he says.

"Research at the University of Minnesota's West Central Experiment Station at Morris indicated that harvesting and storing methods have a major effect on forage quality and the quantity needed," Linn says. "Haylage was shown to preserve the greatest amount of dry matter and nutrients. Some haying methods reduced forage quality and required 30 percent more acreage to achieve the same feedable dry matter as haylage. However, improvements in hay-making techniques and the use of hay drying agents and preservatives may result in similar recovery and retention of nutrients as haylage."

The heart of the nutritional system is blending of ration ingredients. Only when the nutrients contained in the ingredients match animal nutrient requirements will the ration be balanced and high milk production with the most efficient nutrient use and economical production occur, he says. "No single feed ingredient, additive or magical potion will substitute for a balanced ration," Linn says.

"Knowing the composition of the feeds used in the ration is a must. Without feed analysis information, all ration balancing or analyzing is only guesswork and may or may not be relevant. Forages should be tested for dry matter, crude protein, acid detergent fiber, neutral detergent fiber, calcium and phosphorous. Haylages, and possibly high-moisture hay and corn silages, should be tested for heat damage when indications are it has occurred. High-moisture grains should be monitored frequently for moisture content and should be tested at least

once per year for crude protein, fiber and possibly phosphorous content," Linn says.

More information on dairy nutrition and how to maintain a competitive edge in dairying can be found in the 1984-1985 Minnesota Dairy Report, AG-BU-2235, published by the Minnesota Agricultural Extension Service. Copies can be obtained for \$1.50 from the Distribution Center, 3 Coffey Hall, 1420 Eckles Ave., University of Minnesota, St. Paul, MN 55108, or from a county extension office.

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cp,4d

nagr0279

news

for County Agents

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

Jan. 1, 1985

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

CLEAN COATED FABRICS CAREFULLY

Coated fabrics provide us with garments that are wind-resistant, water-repellent and have other desirable characteristics. However, according to Cheryl Nelson, textiles and clothing specialist with the University of Minnesota's Agricultural Extension Service, such coated fabrics require special care in cleaning.

She urges consumers to follow the care instructions carefully for each garment. Dry cleaning can be particularly harmful for some coated fabrics. While this should be noted on the garment's care label, some manufacturers neglect to warn against dry cleaning.

Fabrics coated with acrylic, rubber, urethane or vinyl finishes may not respond to the care procedures that are normally expected for the type of fabric underneath the coating, Nelson adds.

With some commonly used care procedures, a loss or separation of the coating may occur in cleaning, and this may appear as a stain. Finishes also may deteriorate with wear.

Dry cleaning solvents or home stain removers can cause a fabric coating to feel sticky or greasy, separate, peel, stiffen or blister. In quilted fabric, the loss of coating may let the filling material show through. Deterioration of the coating can result in a feeling of limpness or a loss of color vibrancy.

The Federal Trade Commission holds clothing manufacturers responsible for making a garment's finish or coating resistant to damage if the consumer follows the suggested care and cleaning procedures. This resistance to damage is supposed to last for the garment's lifetime.

Nelson adds that coatings should be able to withstand recommended care methods without separating, self-sticking or losing body or color. But once a coated garment is damaged by abusive cleaning methods, there generally is no way to restore it.

"This is why it's so important to read special care instructions provided by garment manufacturers and follow those recommendations faithfully," she concludes.

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cp,4he

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news

for County Agents

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

Jan. 1, 1985

Source: Cheryl Nelson
612/376-1536

Writer: Deedee Nagy
612/373-1781

YARN AND SEAM SLIPPAGE MAY BE FAULT OF FABRIC MANUFACTURER

If yarns in a garment or piece of fabric seem to shift or slide in relation to one another, you may have a yarn or seam slippage problem. Cheryl Nelson, textiles and clothing specialist with the University of Minnesota's Agricultural Extension Service, says slippage can occur at seam lines or in areas of heavy wear, folding or strain.

She says the condition, which may not be noticeable until the garment is washed or dry-cleaned, is really a problem of faulty manufacture, not mishandling in cleaning. Among the fabrics most subject to slippage are satins, jacquard weaves, crepes, novelty ribs and twill weaves.

To test a fabric for its slippage potential, Nelson suggests putting your thumbnails together and stretching the fabric lightly over them. With your index fingers, pull the fabric in opposite directions over your nails. If the fabric is likely to develop slippage problems, the yarns will separate or shift under this strain.

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She adds that fabric manufacturers are working to eliminate the problem. Among their options are adding more twist to the yarns used or selecting a sizing treatment that will not be disturbed by wear or cleaning. Garment manufacturers can help by specifying adequate seam depths and using enough machine stitches per inch to stabilize the yarns.

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cp,4he

nhec0277

news

for County Agents

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

Jan. 1, 1985

Source: Deborah Brown
612/376-7574

Writer: Deedee Nagy
612/373-1781

HOUSEPLANTS ARE HAPPY IN COOL HOMES

Household temperatures that have you reaching for a sweater by day and a quilt at night are good for houseplants, according to Deborah Brown, horticulturist with the University of Minnesota's Agricultural Extension Service. Daytime temperatures between 65 and 70 degrees F and nighttime temperatures about 5 to 10 degrees cooler are recommended for houseplants. However, temperatures below 55 degrees can damage nearly any plant.

Cooler temperatures slow down all of a plant's metabolic processes so less food is needed for maintenance. A plant in a warm room with low light will draw heavily on its stored energy reserves, often using more food than it can make. This will result in dropping leaves. That same plant in a 60- to 65-degree room will have its energy needs in better balance with the amount of food it produces from the light available.

An added benefit is that plants need to be watered less frequently in a cooler room. You can also wait until mid-March or early April to fertilize them because usually little growth

Page 1 of 2

C-13

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takes place in the reduced light of winter. It's best to fertilize only when plants are growing actively.

Among the plants particularly well suited to cool temperatures are Norfolk Island pine, English ivy, Sansevieria and cactus. African violets are among the plants that do best in warmer growing conditions.

No plant will thrive near a doorway where it receives cold, icy blasts of air, nor will leaves remain healthy if pressed against cold window panes. At night, pull the shades or draw the drapes to protect plants from cold windows. Also, containers should not rest directly on tile or vinyl-covered floors because they conduct cold more readily than does carpeting.

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nhec0261

news

for County Agents

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

Jan. 1, 1985

Source: Deborah Brown
612/376-7574

Writer: Deedee Nagy
612/373-1781

ADDITIONAL LIGHT STAVES OFF WINTER BLAHS FOR HOUSEPLANTS

The short, cloudy days of a Minnesota winter may not bother you, but your houseplants hate them. Deborah Brown, horticulturist with the University of Minnesota's Agricultural Extension Service, says reduced light can send houseplants into a decline from which they may never fully recover.

Plants that don't get enough light in winter aren't able to produce much food for growth and are forced to live off stored energy reserves. In trying to survive until spring, they may lose leaves, put out weak, spindly shoots or simply give up.

Plants are affected by the intensity, duration and quality of light they receive. In the winter, the sun is low in the sky so its intensity is diminished and summer's 16 hours of daylight have shortened to a mere 8 hours. Frequent clouds deprive plants of even more light.

To compensate for this, move your houseplants to sunnier windows or closer to the window if they are several feet away. Be careful not to let leaves contact the cold glass, however; this will result in rippled, distorted or yellowed leaves.

Page 1 of 2

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Because they produce the blue light plants need, fluorescent tubes are useful supplements for natural daylight. Incandescent bulbs are deficient in blue light, and they give off unwanted heat. Even incandescent spotlights with silvered glass to deflect the heat produce spindlier plants than fluorescent lights.

Brown recommends placing fluorescent lights about a foot from plants and turning them on so the plants receive a total of 12 to 16 hours of light daily. Most plants need at least 6 hours of darkness at night to grow normally.

If you decide to invest in supplemental lights, Brown recommends cool white fluorescent tubes or a combination of cool white and warm or natural daylight tubes. Next spring, the lights can be used to start bedding plants from seed.

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nhec0262

Jan. 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

FAMILY-OWNED BUSINESSES CAN BE PARTICULARLY STRESSFUL

Announcer: SOME 90 PERCENT OF AMERICA'S BUSINESSES ARE FAMILY OWNED AND OPERATED, BUT ADDING BLOOD TIES TO BUSINESS RELATIONSHIPS CAN MAKE LIFE STRESSFUL ON AND OFF THE JOB. FAMILY BUSINESS MEMBERS SHOULD WORK TO KEEP COMMUNICATION OPEN WITH OTHER FAMILY MEMBERS AND TO HAVE ACTIVITIES AND IDENTITIES OUTSIDE OF THE BUSINESS. THIS MESSAGE IS BROUGHT TO YOU BY THE UNIVERSITY OF MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.

#

cp

npsa0250

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

Jan. 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

COATED FABRICS REQUIRE SPECIAL CARE

Announcer: SPECIALLY APPLIED COATINGS CAN MAKE FABRICS WATER
REPELLENT AND WIND RESISTANT, BUT THESE COATINGS
REQUIRE SPECIAL CARE. DRY CLEANING CAN BE
PARTICULARLY HARMFUL TO SOME COATED FABRICS, AND
THIS IS ALWAYS NOTED ON THE GARMENT'S CARE LABEL.
FOLLOW LAUNDERING INSTRUCTIONS CAREFULLY BECAUSE
THERE IS NO WAY TO RESTORE A GARMENT THAT HAS BEEN
DAMAGED BY THE WRONG CLEANING METHOD. THIS MESSAGE
IS BROUGHT TO YOU BY THE _____ COUNTY
EXTENSION OFFICE.

#

cp

npsa0252

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

Jan. 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

COOL, ENERGY-SAVING HOMES ARE GOOD FOR HOUSEPLANTS

Announcer: LOWERED THERMOSTAT SETTINGS ARE A BOON TO MORE THAN

YOUR FUEL BILL. MOST HOUSEPLANTS DO WELL AT

DAYTIME TEMPERATURES BETWEEN 65 AND 75 DEGREES

FAHRENHEIT WITH NIGHTTIME TEMPERATURES 5 TO 10

DEGREES COOLER. HOWEVER, KEEP PLANTS OUT OF DRAFTS

FROM DOORS OR POORLY FITTING WINDOWS. PLANTS ALSO

NEED LESS WATER AT LOWER TEMPERATURES. THIS

INFORMATION IS BROUGHT TO YOU BY THE UNIVERSITY OF

MINNESOTA'S _____ COUNTY EXTENSION OFFICE.

#

cp

npsa0255

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

Jan. 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

SHORT WINTER DAYS POSE PROBLEMS FOR HOUSEPLANTS

Announcer: ALMOST ALL HOUSEPLANTS LOVE SUNLIGHT, SO THE SHORT,
CLOUDY DAYS OF A MINNESOTA WINTER CAN HARM THEM. IF
YOU HAVE HOUSEPLANTS IN NORTH WINDOWS OR SEVERAL
FEET AWAY FROM A WINDOW, MOVE THEM TO SUNNIER SPOTS
FOR THE WINTER. EXPOSING PLANTS TO FLUORESCENT
LIGHTS PLACED ABOUT A FOOT FROM THE LEAVES FOR 12 TO
16 HOURS A DAY ALSO HELPS PLANTS GET OVER THE WINTER
BLAHS. THIS MESSAGE IS A SERVICE OF THE UNIVERSITY
OF MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.

#

cp

npsa0256

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

Jan. 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

TAKE PRECAUTIONS TO AVOID HYPOTHERMIA

Announcer: HYPOTHERMIA IS THE CONDITION THAT EXISTS WHEN A

PERSON'S INTERNAL BODY TEMPERATURE IS ABNORMALLY LOW

BECAUSE OF EXPOSURE TO COLD. THE ELDERLY ARE AMONG

THOSE MOST SUSCEPTIBLE TO HYPOTHERMIA, WHICH CAN

RESULT IN DEATH. TO GUARD AGAINST HYPOTHERMIA, KEEP

WARM ENOUGH. IF YOU CAN'T DO THAT BECAUSE PAYING

HEATING BILLS IS A PROBLEM, ASK ABOUT GOVERNMENT AND

POWER COMPANY FINANCIAL HELPS. CONSULT A DOCTOR TO

FIND OUT IF ANY OF THE MEDICATIONS YOU TAKE AFFECT

BODY HEAT. THIS CAUTION COMES FROM THE _____

COUNTY EXTENSION OFFICE.

#

cp

NPSA0284

Any questions?
Call: Mary Kay O'Hearn (612/373-1786)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

C-21

Jan. 10, 1985

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

DISCARDED REFRIGERATORS CAN BE DEADLY TRAPS FOR CHILDREN

Abandoned refrigerators can be deadly traps for youngsters. Lee Schultz, safety specialist with the University of Minnesota's Agricultural Extension Service, has some suggestions on how to child-proof them.

He says, "The U.S. Consumer Product Safety Commission (CPSC) recorded 96 children's deaths since 1973 caused by suffocation resulting from entrapment in old refrigerators. Children in the three- and four-year-old group have been the most vulnerable. There were eight deaths from refrigerator entrapment in 1983, which indicates that a lot of the old refrigerators are still standing around."

The Refrigerator Safety Act was passed in 1956. A mechanism (usually a magnetic latch), which allows the door to be opened from the inside in the event of accidental entrapment, has been required on all refrigerators manufactured since Oct. 30, 1958, when the law went into effect. It is easy to identify refrigerators manufactured before that date because they will not have this mechanism. These are the ones that are potentially hazardous to children, who may climb inside abandoned or carelessly stored refrigerators to hide during play and then

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aren't discovered in time to save their lives.

Schultz says two youngsters, ages three and four, died in New Jersey early in 1984 after crawling into an old model refrigerator that had a door with a self-latching mechanism. It had been stored in an unused garage.

"The surest way to 'child-proof' these old discarded refrigerators is to remove the door completely," says Schultz. "This often can be done with just a screwdriver. A second alternative is to remove or disable the latch completely so the door will no longer lock when closed. A wooden block screwed to the door to keep it from closing is another possible deterrent. Leaving the shelves inside the refrigerator also discourages children from climbing inside."

It is unlawful in many states to discard old refrigerators without first removing the door. In Minnesota, it has been a misdemeanor since 1963. The statute refers to refrigerators or other containers large enough to entrap children.

According to the CPSC, old electric refrigerators aren't the only hazards for children. One three-year-old's death was attributed to suffocation in a self-locking ice refrigerator in a camper. So an ice box, too, which cannot be opened from the inside, is a suffocation hazard to small children.

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news

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

MSC
9A27P

Jan. 14, 1985

Source: Joanne Slavin
612/376-8748

Writer: Deedee Nagy
612/373-1781

NO LINK FOUND BETWEEN FOOD DYES, HYPERACTIVITY IN ANIMALS

Despite eating large daily doses of food dyes, rats in a recent New Jersey study showed no behavioral changes or abnormalities in their brains or other organs. Joanne Slavin, food and nutrition specialist with the University of Minnesota's Agricultural Extension Service, says that despite this finding, controversy is likely to continue over whether food dyes change brain chemistry and behavior in humans.

She adds that food dyes have come under fire because some investigators suspect a link between them and impaired learning and hyperactive behavior in children. Although this research at Rutgers University failed to confirm any such link, Slavin emphasizes, "Rats and humans are, after all, entirely different species."

Different species absorb and metabolize chemicals differently, Slavin says. "The central nervous system effects of food dyes can vary from one type of creature to another," she suggests. "And age--both of the rats used and of humans eating the dyes--may play a role that we don't yet understand."

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The Rutgers scientists fed various levels of all seven approved food, drug and cosmetic dyes to adult rats. Initially, rats fed the highest doses of the dyes were less active than other rats, but this effect wore off as did their suppressed appetites, which affected the animals' weights in the early weeks of the experiment.

After about a month on the feeding programs, the rats' brains and body tissues were studied. The levels of several important brain chemicals were normal and so was the level of vitamin B6, which the investigators thought might be affected by the dye-loaded diets. And, none of the animals' other organs appeared abnormal.

Slavin stresses that despite this study and others like it, the subject of food dyes and their effects on behavior remains controversial and unresolved. "Clearly, further research is needed to answer the many questions that remain about the safety of food dyes," she concludes.

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news

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

Jan. 17, 1985

Source: Joanne Slavin
612/376-8748

Writer: Deedee Nagy
612/373-1781

STUDENTS KNOW MORE ABOUT NUTRITION BUT DON'T NECESSARILY EAT WELL

Today's college students know more about nutrition than students of several years ago, but they aren't necessarily eating better because of it. Joanne Slavin, food and nutrition specialist with the University of Minnesota's Agricultural Extension Service, reports that a New Mexico study shows that most college students know which foods they should eat for well-balanced diets, but often they do not choose those foods for their own meals.

"When young people leave home, they tend to drink more soft drinks and coffee and eat more candy and hamburgers," Slavin reports. "They drink less milk and eat fewer sandwiches, ice cream and fruit. Less than one-fourth of the students drink milk twice a day or more often and another one-fourth drink it less than three times a week."

Despite this, many of the students said they choose high-protein foods for health purposes and more reported taking vitamin supplements than reported doing so in similar surveys done in 1966 and 1976.

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Slavin says teens and young adults are probably similar to the general population. "Most of us are deluged with nutritional information, but we respond to only part of it or we generally fail to get the whole picture," she adds.

She says, for example, that the youths surveyed were critical of foods with sugar or salt and often claimed to avoid them completely. "Yet, in moderation, both sugar and salt can be parts of a balanced diet."

Peer pressure also plays a part in food choices of young people. This pressure may be playing a role at increasingly young ages, Slavin suggests. Youths are eating more food outside the home at younger ages, and with both parents employed in so many families, young people are choosing the foods they want at home, too.

Slavin says nutrition educators working with young people need to stress good breakfast-eating patterns, selection of snacks that provide nutrients and the consumption of adequate amounts of milk for all age groups.

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news

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

MSC
GA27P

Jan. 17, 1985

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

CAR COLOR PLAYS IMPORTANT ROLE IN SAFETY

How important is the color of your car?

The safest color is one that makes your vehicle highly visible under various lighting, weather and traffic conditions, says Lee Schultz, assistant safety specialist with the University of Minnesota's Agricultural Extension Service, quoting the National Safety Council.

No single color is best for all conditions. But the lighter and brighter the color, the more easily a car can be seen. Reflection is the most important visibility factor under most conditions.

A German auto company ran a series of tests to find out which auto colors stand out against sunlight, fog, twilight, snow, dusty roads and even green countryside. It found that white was usually best for visibility. However, a totally white car can be hard to see against snow, fog, or during a hazy morning or evening. A different color top or some highly distinguishable markings might be desirable along with the white background.

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Bright yellow or bright orange ranked second where there was heavy snow or sunstruck white sand. Dark yellow and light gray were third. Light blue, light brown, light green and bright red came in fourth. Dark tones of gray, red, blue, brown and black are difficult to see under adverse conditions. Dark green was considered the least visible car color.

Schultz says the safety council considers color important in preventing accidents. Motorists should consider it when buying or repainting a car.

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CEO,P2,TCO

NAGRO340

news

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

MSC
9A27P

Jan 17, 1985

Source: Dave Pace
612/373-1083

Writer: Hank Drews
612/373-1250

LEADER OF MINNESOTA'S 4-H AEROSPACE PROGRAM RETIRES

Stan Meinen, extension specialist in 4-H youth development, has announced his retirement from the University of Minnesota's Agricultural Extension Service after nearly 24 years of service.

Meinen was responsible for the 4-H camping program and the 4-H aerospace program in Minnesota. He managed the 4-H Department at the Minnesota State Fair for several years, and assisted in 4-H volunteer staff development. He also coordinated trips to Washington, D.C., for the National 4-H Leader Forum and the 4-H Citizenship Washington Focus.

Meinen is an avid flyer whose enthusiasm for airplanes encouraged youngsters in all parts of Minnesota to explore the wonders of flight. He wrote written books and teaching materials for 4-H projects in rocketry and model airplanes, and he judged 4-H aerospace projects at many county fairs.

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CEO,1A,P2,4Y

Page 1 of 1

N4-H0341

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news

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

MSC
9A27P

Jan. 17, 1985

Source: Sherrie Wagner
612/373-1083

Writer: Hank Drews
612/373-1250

NEW BIKE REGISTRATION SYSTEM CALLED 'BEST \$6 SECURITY SYSTEM'

If you like to bike, you now have more reason to register your bicycle. The Bike Registration Bill, which passed the Minnesota legislature in 1984, provides for use of registration fees for statewide bicycle programs such as new trails and safety training.

The registration system established by the bill has been called "the best \$6 security system available" because owners of registered bikes that become lost or stolen can be found in three ways: by the bike's license number, by its serial number or by the owner's name and birth date. This makes the system superior to even the owner-etched "Operation I.D." method of property identification.

Registration is valuable in case of an accident. If a child is involved in an accident but is unconscious or too seriously injured to talk (and kids very seldom carry identification), the bicycle registration system enables police to get the name and address of the bike's owner in less than 60 seconds.

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Fewer than 200,000 of the 2.5 million bikes in Minnesota are now registered. Many, including police, transportation and recreational people, teachers and county extension agents, bike and 4-H clubs, bicycle shop owners, and civic groups, see the value of registering bikes and are working to increase registrations.

To register a bicycle, one needs to know its brand name, serial number and number of speeds; the owner's name, address and birthdate; the \$6 registration fee and some proof of purchase (if available).

Some nonprofit organizations, such as the Minnesota Coalition of Bicyclists and the American Youth Hostels, can register bicycles and keep a portion of the fee for local programs. For information about where to register a bike, call your local police department, motor vehicle deputy registrar or bicycle shop.

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CEO,P2,4Y,TCO

N4-H0338

news

MSC 19 A 270
Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

Jan. 24, 1985

Source: Dottie Goss
612/373-0914
Editor: Sam Brungardt
612/376-8182

SYSTEMATIC APPROACH SIMPLIFIES INCOME TAX PREPARATION

By allowing more preparation time, you can save money and frustration and avoid the mad dash to meet the mid-April deadline for filing your federal income tax return, says Dottie Goss, family resource management specialist with the University of Minnesota's Agricultural Extension Service.

Start by gathering all the appropriate tax forms, withholding statements (W-2's) from every employer for whom you worked last year, and your financial records.

If you haven't received your tax forms in the mail, you can get them at banks and post offices as well as from the Internal Revenue Service (IRS). If you don't have all your W-2's, notify your employer. W-2's are supposed to be mailed to you by the end of January. You'll need the tax forms and W-2's to complete your return, but you can start without them.

Ideally, preparing for income taxes is a year-round activity; receipts and records for deductible items need to be collected throughout the year. But if you haven't done this, begin organizing materials for your tax return by the end of February.

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First, look over your income statements--your W-2's, interest and dividend statements and other income statements. Look over last year's tax return and check this year's tax instructions to get an idea of additional forms and records you'll need to complete your return.

You can get a copy of a free booklet, "Your Federal Income Tax," from any local IRS office. This is a good guide on how to prepare your tax return that also lists other publications and forms you may need. However, it tells only the IRS position on income, exemptions, deductions and the like. Commercial tax guides may provide this information and explain what policies have been challenged successfully in the courts.

If you have questions that the tax guides don't seem to answer, you can get help from the IRS. Consulting by telephone is more efficient and reliable than other forms of IRS help such as walk-in assistance or having the IRS compute your tax. When you seek assistance from the IRS, expect to wait some because many others may be asking for free help, too.

Free tax help is also available from VITA (Volunteer Tax Assistance) volunteers, who may be found in some government buildings and shopping centers. They're there mainly to help older taxpayers, but often they assist people of any age.

Older people can get a free government publication, "Protecting Older Americans Against Overpayment of Income Taxes," by writing to Rita Coleman, House Select Committee on Aging, 712 House Annex 1, Washington, D.C. 20515.

To avoid an audit, make sure you have proper documentation for all deductions. Include copies of documentation and explanations for anything unusual about your return.

Finally, if you're still unsure about how to do your taxes or you have a complex tax situation, it may be best to get professional help.

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news

MSC19A270
Agricultural Extension Service
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University of Minnesota
St. Paul, Minnesota 55108

February 1, 1985

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.

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news

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

Feb. 1, 1985

Source: Jerry Fruin
612/376-3563
Writer: Mary Kay O'Hearn
612/373-1786

MINNESOTA LEGISLATURE EXPECTED TO EXAMINE TRUCKING REGULATIONS

Expect to see the Minnesota Legislature grapple with truck weight and size regulations on Minnesota roads, a matter Jerry Fruin calls "second in complexity only to the state property tax."

Fruin, a marketing-transportation specialist with the University of Minnesota's Agricultural Extension Service, says, "No one can give all the regulations on Minnesota roads in one sitting." There are seasonal changes on the tonnage that can be hauled as well as regulations on axle configurations. Someone hauling through the state might have to change routes four times during the year to keep off some roads, such as those posted for lighter loads during spring breakup.

Fruin says the Department of Transportation will propose some simplification in all this to the legislature. He expects it will lean toward liberalization of the weight loads. He says, "Taxes on the interstate and primary state system (the 10-ton roads) are high enough to provide for maintenance of those roads

although problems may develop on older segments which were not designed for modern loads. It will be the county roads (some 7-ton) and the township roads (5-ton) which may suffer most, along with some of the 9-ton roads where there is pressure to overload to make hauling more cost effective."

In Minnesota, agricultural and forestry products provide 80 percent of the tonnage on the highways, and about half of the agricultural tonnage moving on the Mississippi River is delivered to the waterway by truck.

"In a typical year," says Fruin, "Minnesota's total agricultural exports are about 75 percent as large as Canada's and larger than Argentina's." The state's largest incoming commodity is coal, but it generally travels by rail and barge, not truck. In-state truck deliveries, not just exports, keep the state's highways busy.

Fairly typical of any recent year is 1982. Minnesota's agricultural and forestry sectors produced more than 50 million tons. Nearly all of this traveled the local road system, some of it more than once, some was transferred to rail or barge after truck hauls ranging from a few to over 300 miles. Some commodities were processed and shipped again: sugarbeets as sugar, lumber as waferboard, wheat as flour.

The most important commodity hauled on Minnesota roads is corn, 21 million tons of it. Some 20 percent of the state's corn crop is fed on the farm where it's grown, but the rest is sold as

cash grain. More than 10 million of the 21 million tons leaves the state and is exported. Much of this and large tonnages of other commodities move over county and township roads, not the interstates or the 4,000 miles of 10-ton roads.

"We depend heavily on export markets in Minnesota, yet agricultural exports basically peaked in 1981 and have increased little since then," Fruin says. Low population growth and concern over diet in the U.S. means production can't increase much unless more is exported. Minnesota's agricultural production may very well be stable or even decline for a few years, he adds.

Forecasts of future volumes are really guesstimates that depend heavily on assumptions about world food demand, domestic farm policies, and the strength of the dollar.

Fruin describes Minnesota as a "swing state", far removed from the ocean but shipping to the Gulf or Pacific Northwest or out the Great Lakes, depending on where the market is strongest.

Having fewer, if healthier rail lines, presents a mixed bag for the state's transportation future. Railroads can compete better for the long hauls, taking some of the heavy trucks off the roads. But the first move from farm to rural factory (corn and soybean processors, for example) to the railhead will be longer and could be on county or township roads rather than the primary road system. The increase in train-loading grain subterminals around the state points this out. These draw from a

much larger radius than did elevators 8 or 10 years ago. As truck traffic on the primary road system is reduced in these ways, it is likely that the volume may increase on the secondary road system going to the subterminals.

Concludes Fruin, "We really don't want to build roads that will last forever for at least two reasons: The extra costs wouldn't pass a benefit-cost test and roads aren't needed forever. Products, markets and technology will change, making many roads as locationally obsolete as the branch rail lines that are being abandoned. New materials or vehicles in use in 50 years may make present roadways as obsolete as the 19th Century wooden turnpikes would be today."

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ncrd0347

Feb. 1, 1985

Source: Dottie Goss
612/373-0914
Editor: Sam Brungardt
612/376-8182

GOOD THINGS TO KNOW IN CHOOSING A TAX PREPARER

If you're not sure how to do your taxes or you have a complex tax situation, you may decide you need the help of a professional tax preparer. Dottie Goss, family resource management specialist with the University of Minnesota's Agricultural Extension Service, suggests asking several tax preparers these questions to find the one that best suits your needs:

1. "What is your training or experience in preparing tax returns?" You may need someone with specialized experience. For example, retired people, owners of small businesses, professionals, and people with much income from sources other than salaries, wages and tips may benefit from using a preparer with experience in those areas. However, a specialist may charge more.

2. "How do you check for accuracy?" Does a second person doublecheck the return? Do they review it for arithmetic errors only or do they also check for misinterpretations of tax laws?

3. "About how much will preparing my taxes cost? How is the fee determined?"

4. "Where can you be reached later in the year if I need help with an audit?"

5. "Can you represent me if the IRS audits my return? What would you charge?"

Be aware of things that tax preparers should or should not do:

--They should go through a checklist of deductions to see if any apply to you.

--They should not guarantee you a refund before completing your return.

--They should not suggest that you claim nonexistent deductions or commit any other improprieties.

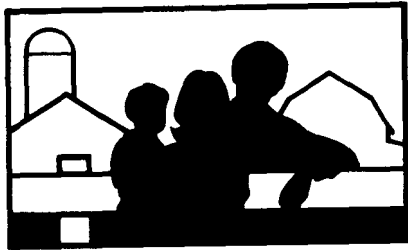
--They should not ask you to sign a blank return or one done in pencil.

After your return is prepared, check it to make sure all information is correct. You are liable for any additional tax, interest or penalty even though you hired someone else to prepare your return. This is true even if you have a guarantee that the preparer will pay any interest or penalty assessed as a result of his work.

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Project Support

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

Feb. 1, 1985

Source: Earl Fuller
612/373-1145

Writer: Jack Sperbeck
612/373-0715

MANAGE FARM-RELATED STRESS

Agriculture promises to remain highly unpredictable, extremely demanding and stressful.

There are no quick, easy ways to deal with stress, but you can try to manage it. "It's important to remember that you only live once," says Earl Fuller, farm management economist with the University of Minnesota's Agricultural Extension Service.

For example, Fuller says it may be advantageous to have some "overcapacity" in machinery to get planting and harvesting done fast. This can improve chances of profits.

The excess machinery capacity could reduce stress and weather risk by helping you get the crop planted and harvested fast. But remember that you're still assuming some weather risk. "If the weather won't cooperate during planting and harvesting, don't let the stress ruin your life," Fuller advises. "You have to accept these risks as part of doing business."

"It's especially important to share critical decisions with one's spouse," Fuller says.

Professionals who work with farm families list these steps to help manage stress:

--Keep physically healthy. Get adequate rest, eat properly and get regular physicals from the family physician.

--Avoid medication unless it's prescribed by a doctor.

--Seek professional help from clergy, physicians or mental health workers if personal problems get out of control.

--Take a vacation. Getting away from the farm--or the problem--for even a few days can help you see things in a new light. You may even come home with some solutions.

--Share your problems with your "adversaries." Avoiding the banker or feed dealer when payments are due just adds stress. A meaningful talk may lead to solutions for both parties.

--Set realistic goals. Unrealistic goals can lead to failure. Continued failures cause high stress levels and depression.

--Develop good relationships with neighbors. There are advantages to losing a bit of independence and gaining some good friends.

--Make a plan to enjoy farm life. Build an out-of-the-way picnic area or develop a wildlife area on marginal land for the family's enjoyment. Stock the pond with fish or take time to enjoy hunting.

--Eliminate hazards from homes and farms. Faulty equipment, unshielded hazards and careless use of tools can lead to high-stress situations.

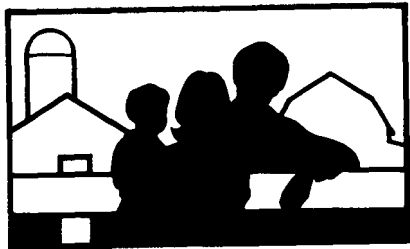
--Use caution when borrowing money. Weigh the advantages of each major investment in comparison with the long-range financial, physical and mental burdens it will place on the family.

--Use professionals to help you make farm business decisions. Use people like county agents, vocational agriculture instructors and other professionals as sounding boards for your ideas.

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Project Support

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University of Minnesota
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Feb. 1, 1985

Source: Ron Pitzer
612/376-3851
Writer: Mary Kay O'Hearn
612/373-1786

COMMUNICATE: TALK, BUT LISTEN

One characteristic that distinguishes strong families from families less able to cope is that family members communicate easily and well.

"If family members are to keep in touch with what each other is doing so that needs can be met, some of this significant interaction (called communication) must take place," says Ron Pitzer, family life specialist with the University of Minnesota's Agricultural Extension Service.

He quotes family therapist Virginia Satir who said: "Once a human being has arrived on this earth, communication is the largest single factor determining what kinds of relationships he makes with others and what happens to him in the world about him."

Communication needs to be frequent, open, clear and direct, Pitzer says. He adds, "There is an amazingly small amount of communicative sharing in most families." One researcher found the average husband and wife talk with each other only about 27

minutes a week. Other studies say that the average mother actively communicates with her children less than 1 hour a day; the average father, 10 to 15 minutes.

One way to improve these communication skills, says Pitzer, is by listening. "Yet most of us don't listen as well as we should. We come at it with preconceived judgments to distort our receiving and we always interpret what is said based on our beliefs, values and experiences. And that interpretation could be incorrect."

Pitzer offers several suggestions for better listening: be interested, listen sensitively, for meanings; hear the speaker out without interruption before responding; watch for feelings, both yours and theirs, be aware how beliefs filter and even distort what you hear; read nonverbal as well as verbal language; listen actively, get feedback.

In the strong families, Pitzer says, members listened pretty well most of the time. And the same family members did a good job of making their wishes known. A frequent family problem is not making wishes known and then getting miffed when what is wanted isn't forthcoming.

Strong families had some disagreement and conflict, which is one form of communication. Although they had disagreements and differences, they did demonstrate less conflict than other families and they could resolve almost all conflict within the family. There didn't appear to be long-term conflicts which made

for chronic resentments. Focus was on resolving issues without bogging down in fault-finding or blaming. There was recognition that rarely is fault deserved by just one person or just one side.

"Finding more time to talk is one way to improve family communication--even if it means turning off the TV for an hour or so," Pitzer says. "Instead of having the car radio blare, spend some time just talking while traveling, even if it's only during short trips to the grocery." Pitzer suggests talking about communication in the family, how it could be better, how to get every member of the family willing to express himself.

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Feb. 1, 1985

Source: Cheryl Nelson
612/376-1536

Writer: Deedee Nagy
612/373-1781

DOWN CAN KEEP YOUR TEMPERATURE UP DESPITE WINTER'S WORST

For everyone but retailers, there's still a lot of winter left. While they are eager to make room for spring merchandise, you may be able to find appealing prices on downfilled outerwear for the remainder of this season and future winters.

According to Cheryl Nelson, textiles and clothing specialist with the University of Minnesota's Agricultural Extension Service, down is the most weight-efficient insulating material for winter outer garments. "A high quality down- and feather-filled garment can be a wise investment because it can provide many years of wearing comfort," she adds.

Under Federal Trade Commission rules, a garment labeled 100 percent down can contain 80 percent down and 20 percent feathers. A garment labeled 80 percent down can have as little as 60 percent down, with the rest made up of feathers and small stems.

When you buy a down-filled garment, Nelson suggests checking for the following:

--Is the outer fabric labeled "downproof?" This means that the weave is tight enough to prevent feather barbs from penetrating. In some cases, special finishes are applied to prevent puncture by small feathers.

--Are the seams well sewn with closely spaced stitching?

--Is the down full and even in the quilted channels? The fabric should be quilted in both directions to hold the down in place.

--Does the garment have a fuzzy appearance or show signs of feathers poking through the fabric? This leakage will be accentuated in wear and cleaning.

--Does the garment fit comfortably but not too snugly? Check, too, for how easily the closures work and for handy features such as a hook for hanging and pocket snaps or zippers.

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Feb. 1, 1985

Source: Joanne Slavin
612/376-8748

Writer: Deedee Nagy
612/373-1781

KNOWING YOUR FATS CAN HELP YOUR CHOICES BE HEALTHY ONES

Fats have become four-letter words in the vocabularies of some dieters and health-conscious consumers, but this shouldn't necessarily be the case. That's the opinion of Joanne Slavin, food and nutrition specialist with the University of Minnesota's Agricultural Extension Service.

She says that in moderation, fats are an important part of a balanced diet. Making wise choices among the many margarines, oils, and dressings available can be tricky, however.

Most consumers would do well to limit the amount of visible fat--fat added to food in preparation or serving--from their diets. In addition, consumers are generally advised to increase the ratio of polyunsaturated to saturated fats in the diet. Because differentiating between the two kinds of fat puzzles many people, Slavin offers these tips:

--Fats and oils that are solid at room temperature contain more saturated fat than those that are liquid. Liquid fats and oils made from vegetable sources have the lowest levels of saturated fats, the fats most often linked to heart disease.

--If your physician has restricted your cholesterol intake, reduce your consumption of animal fats such as lard and butter.

--Become a label reader. Oils from a single source, labeled as 100 percent soybean, corn, safflower or sunflower oil, have a higher ratio of polyunsaturated to saturated fatty acids and are generally considered healthier choices. Products labeled simply "vegetable oil" or "vegetable margarine" can contain a combination of oils, including palm and coconut oils which are heavy suppliers of saturated fats. Look for the mention of lard or palm and coconut oil on the ingredient list for processed foods too.

--"Diet" margarine contains approximately 60 percent fat compared to 80 percent for regular margarine. This reduces its calories by about 20 percent. Water or nonfat dry milk has usually been added to replace some of the fat in these spreads.

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news

for County Agents

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

February 1, 1985

COUNTY NEWS PACKET INDEX

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The color coding is blue for stories that are most likely to be used by Agriculture agents, green for Home Economics agents, yellow for 4-H agents, and gold for Community and Natural Resource Development agents. Stories that should be especially useful for Project Support efforts in your county are on special Project Support letterhead.

Please remember that we do not mail the monthly media packet to weekly newspapers. You are urged to give the stories in the monthly media packet to the weekly newspapers in your county or to use the information in your newspaper columns or radio shows.

Also enclosed are public service announcements that you can give to local stations or use as fillers in your columns and newsletters.

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 December 20 to January 17. 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.

Winter camping can be fun with right attitude, gear, site
U OF M announces support project for farm families
Follow three rules and use common sense to store leftovers safely
Steps being taken so farmers use alachlor safely
Communicating can be wordless
To manage family stress, it helps to know who's in, who's out
Interest rates are "market price"
Higher prices, lower interest rates might not solve farm problem
Take winter walking seriously
U of M ag engineer is named outstanding young educator
U OF M Sheep and Lamb Feeders Day will be Feb. 7 at Morris
Adult leader association to be created at 4-H forum
Innovations in milking equipment can help in mastitis control
Crop prices, quotas affect land prices
There's no single way to value farm assets
Use balanced coping strategy to deal with stress
No link found between food dyes, hyperactivity in animals
Students know more about nutrition but don't necessarily eat well
Scientists look at spring wheat's tolerance to wild oat herbicide
New bike registration system called, 'best \$6 security system'
Car color plays important role in safety
Leader of Minnesota's 4-H aerospace program retires
Carver County 4-H programs win national honors
Corn and soybean conference set for Feb. 19
Help others 'dump' stress
No time to enjoy family activities?
Milk price influences replacement dairy cow prices
Cuts in farm programs alone won't solve budget problems
New farm bill could be market oriented
Starter fertilizer can cut phosphate, potash costs in half
Larger farmers, grain producers favor repeat of PIK program
Study shows federal all-risk crop insurance needs explaining
Study shows farmers want present FHA loan policy to continue
Minnesota, Texas farmers like present dairy price-support program
Farmers willing to take price support cuts for balanced budget
Study registers farmers' views on trade policies



Project Support

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

Feb. 1, 1985

Sources: Jean W. Bauer
612/373-0913
Kathy Mangum
612/373-5168
Writer: Deedee Nagy
612/373-1781

GETTING CONTROL OF SPENDING STARTS WITH A PLAN

Imagine if you were suddenly faced with an income that was one-half or one-third of what you normally have. Would you know how to regroup? What bills would you pay? What would you tell your other creditors?

Kathy Mangum, assistant consumer information specialist with the University of Minnesota's Agricultural Extension Service, says this dilemma has faced many families in the past several years. In fact, sudden loss of income and the need for short-term financial help from community resources is common.

She advises persons in that situation to think carefully about their long-established spending habits. "Reorganize your life around a new set of priorities, reflecting what is most and least important for today and for the future," she says.

Begin, she suggests, by looking carefully and realistically at your new situation. Make a list including the current value of each marketable item you own, things that could be sold to help pay bills for a while. Next, calculate how much you have in reserve from savings, life insurance cash value or other investments.

Then, make a second list of everything you owe. Include all creditors, total balances due, interest rates, due dates and other pertinent details.

The next step in regaining control of your finances is to draw up a plan, discuss it with your family and stick to it.

Mangum says some of the elements of such a plan should:

- Identify your basic needs and put some priorities on the most and least important needs of all household members.

- Reduce all personal household spending to basic needs and stop using credit except for emergencies.

- Prepare a written budget and establish priorities for paying bills. Renegotiate new repayment terms with creditors whenever possible.

- Tap community resources such as unemployment insurance, food stamps, consumer credit counseling agencies and job placement services.

Mangum stresses the importance of open, honest communication both within and outside the family. "It's not easy to discuss your financial circumstances with your family or with outsiders,

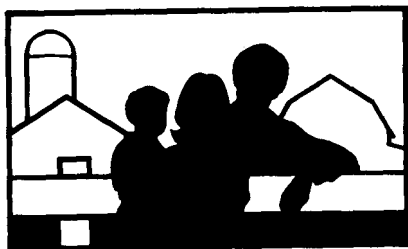
but the sooner you do, the more control you will have over your situation," she concludes.

She and Jean W. Bauer, extension family resource management specialist, are authors of a helpful publication, "Living Resourcefully With Reduced Income," that outlines steps to take when faced with a major financial setback. It is available at county extension service offices or from the Distribution Center, 3 Coffey Hall, University of Minnesota, St. Paul, MN 55108. Request publication HE-BU-2475D. Cost is 50 cents. The Distribution Center's minimum order is \$1, and checks should be made payable to the University of Minnesota.

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Project Support

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University of Minnesota
St. Paul, Minnesota 55108

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Source: Dottie Goss
612/373-0914

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

IT'S NOT EASY, BUT THERE ARE WAYS TO MAKE DO WITH FEWER DOLLARS

It's hard to know where you're going without knowing your starting point. This applies to living on less money as well as to travel.

"Learning to live with lowered income is never easy, but it begins with analyzing your current situation," says Dottie Goss, family resource management specialist with the University of Minnesota's Agricultural Extension Service. "Recognize whether the situation is temporary or long term. If it's temporary, you might delay purchases or payments and use credit to deal with the cash flow problem. But if the situation is going to last more than a month or so, it will take definite changes in lifestyle."

She adds that one must consider losses in benefits, such as health and medical insurance, as well as the dollar income lost if reduced income is a result of being unemployed.

Begin, Goss advises, by listing how you use your money. List all bills, current and past due. These may include the rent or house payment, utilities (heat, water, telephone) and groceries.

Make a tentative plan of how to deal with each bill--whether you will pay it in full or make a partial payment. Talk with creditors to arrive at mutually acceptable arrangements if you must make partial or delayed payments. Creditors want to avoid bankruptcies, and they will likely go along with you if you have a plan for paying them what you owe.

"You might look at expenditures in three categories: necessity, important only if there's enough money, and not essential until there is more money," Goss suggests.

Changes in lifestyle can help, too. Instead of eating out, entertain with potluck meals. Discover free entertainment, such as public parks and museums. Save by buying generic merchandise. Check out books from the library or read magazines there instead of buying them. Look for opportunities in used merchandise rather than buying new clothing, furniture and gifts. Try barter and cost-sharing, such as carpooling. You may have to temporarily do without hot showers, comfortable room temperatures (wear more clothing), new clothing, replacement appliances, purchased haircuts, gifts and paid recreation.

"Would it be useful to clean the attic, garage or basement and sell or trade what you don't need or won't want in the future?" Goss asks. "Don't part with items that you'd consider a great financial or emotional loss. And, perhaps you could let extra garage space after you've cleared out the garage."

Consider moving your financial assets to a location where they would draw better returns.

Look at part-time work opportunities in your community as a way of earning extra income.

Call public (such as the county extension office) and private agencies to discover which helping services are available in your community and about the eligibility requirements.

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news

for County Agents

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Feb. 1, 1985

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

LEARNING TO MAKE CHOICES HELPS CHILDREN HANDLE MONEY

Helping children make choices is a good way to begin teaching them to handle money, according to Dottie Goss, family resource management specialist with the University of Minnesota's Agricultural Extension Service.

She suggests that preschoolers can begin learning about money as soon as they are past the stage of putting small objects in their mouths. Playing with a few coins will help a young child notice differences in size and color. Playing store with empty boxes and cans helps them decide between items and practice paying for them.

As a first lesson in consumer skills, Goss suggests giving young children a few coins to take to the store to buy a small toy. "Allow plenty of time to compare two or three suitable items and to talk about each one," she says. "Once a decision is reached, praise the child for being decisive even if you feel the toy he or she selected was not the best choice."

Similarly, preschoolers can choose food in a restaurant if their choices are limited to two or three menu items.

By about age seven or eight, children are usually ready for an allowance to cover regular needs and spending money. Learning to live within this allowance forces them to make choices. Goss suggests that parents may want to discuss "needs" versus "wants" before their children make the first shopping trip with allowance in hand. When clothing is on the shopping list, talk with your son or daughter about styles, colors, price, quality and upkeep. In the store, take time to help the child comparison shop, but don't replace misspent money, she advises.

She also suggests talking with children about the commercials they see on television. "Help them sort out fact from fiction. Sometimes it's best to ask children questions about something they see advertised and let them decide if it's really something they want to spend money on," Goss says.

Grocery shopping offers another opportunity for children to learn about money. Children as young as six can find coupon items and can learn about the choices you make in buying a week's groceries. Do you save money with coupons? Is the generic brand acceptable or do you want a national brand of some food? Which brand of detergent or head of lettuce will you buy and why?

Consumer skills take time to learn so don't expect mastery in one lesson. Repeat the experiences often and structure them so there is a good chance for your child to succeed. And, above

all, be liberal in praising your child's progress and wise
decisions, Goss concludes.

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news

for County Agents

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

Feb. 1, 1985

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

CLEANING DOWN-FILLED GARMENTS IS A GOOD MID-WINTER PROJECT

By February, slush, salt and dirt manage to make any winter coat look shabby. And grime can actually interfere with a garment's insulating properties and make it less warm. If you have been battling the wind chill factor in a down-filled coat or vest, this may be a good time for a mid-season cleanup, suggests Cheryl Nelson, textiles and clothing specialist with the University of Minnesota's Agricultural Extension Service.

She says many down garments can be washed, but dry-cleaning is also a very satisfactory way to clean them and some clothing manufacturers recommend this. Professional cleaning is also recommended if you wish to have the garment treated for water-repellency.

If the care instructions on your down clothing suggest washing, Nelson offers these tips:

--Wash down-filled garments separately from other items.

--Allow plenty of space in the washer and dryer when washing these garments.

--Rinse down thoroughly. Detergent left in a garment causes streaks and dark areas and loss of water repellency.

--Dryer temperature should not exceed 140 degrees F. You may need to put the garment through two or more drying cycles, but do not air dry. Some manufacturers suggest placing several clean tennis balls or shoes in the dryer to fluff the down as it dries.

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news

for County Agents

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

Feb. 1, 1985

Source: Juanita Reed
612/373-1083

Writer: Hank Drews
612/373-1250

MARKET WOOL CLASSES ARE ADDED TO MINNESOTA 4-H SHEEP SHOW

For the first time in 1985, 4-H members showing sheep at the Minnesota State Fair will have an opportunity to exhibit in the 4-H Market Wool Show, according to Juanita J. Reed, 4-H Youth development specialist with the University of Minnesota's Agricultural Extension Service.

Members may enter in one of the following four classes:

1. Staple Fine and 1/2 (60's, 62's, 64's and up)
2. 3/4 and 1/4 Blood Combing (56's, 58's and up)
3. Low 1/4 Blood Combing, common and braid (36's through 50's)
4. Black and Grey Fleece for hand spinning

Wool fleece must come from sheep representative of the exhibitor's individual or family flock, bred and owned by the exhibitor or his family. Fleeces must be no less than 12 nor more than 13 months' growth.

Minnesota Wool Growers will assist in judging the contest and will provide premium awards.

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n4-h0351

Feb. 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (10 seconds)
For immediate release

YOUNG VETERINARIANS CAN GET A START IN 4-H

Announcer: IF YOU'VE ALWAYS WANTED TO BE A VET, WHY NOT START
WITH THE BASICS...IN THE 4-H VETERINARY SCIENCE
PROGRAM! IT'S A GREAT WAY TO EXPLORE A CAREER.
CALL THE _____ COUNTY EXTENSION OFFICE TODAY.

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Any questions?

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

Feb. 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

LEARN TO USE ENERGY WISELY IN 4-H

Announcer: USING ENERGY WISELY AND WELL IS SOMETHING 4-H'ERS
LEARN TO DO TODAY, AND THROUGHOUT THEIR LIVES.
WHETHER IT'S LAWNMOWERS, TRACTORS OR FARM EQUIPMENT
IN THE PETROLEUM POWER PROGRAM, OR THE ELECTRIC
ENERGY PROGRAM--4-H MEMBERS ARE LEARNING TO BE WISE
AND CREATIVE IN THEIR ENERGY USE. THE BEST PART OF
ALL THIS IS THAT THEY'RE HAVING A GOOD TIME, TOO.
COME, MEET NEW FRIENDS AND LEARN NEW SKILLS TO USE
THROUGHOUT YOUR LIFE. CALL THE _____
COUNTY EXTENSION OFFICE TODAY. BE THE BEST YOU CAN
BE...GET INTO 4-H.

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dpmp

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

C-17

Feb. 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

IN 4-H, IT CAN BE FUN TO EAT RIGHT

Announcer: HUNGRY? IN 4-H, YOU CAN LEARN ABOUT FOOD AND
NUTRITION AND HOW MUCH FUN IT CAN BE TO EAT RIGHT.
FROM LEARNING ABOUT BASIC FOOD GROUPS TO FINDING
EASY WAYS TO FIX DELICIOUS MEALS, 4-H CAN TEACH YOU
HOW TO MAKE THE MOST OF EVERY MEAL AND SNACK. AND
YOU'LL HAVE A CHANCE TO SHARE YOUR NEW KNOWLEDGE BY
GIVING DEMONSTRATIONS AND HELPING YOUNGER 4-H'ERS
WITH THEIR PROJECTS. 4-H CAN HELP YOU BE A STRONGER
PERSON, A BETTER LEADER, AND A MORE SELF-CONFIDENT
YOUNG ADULT. CALL THE _____ COUNTY
EXTENSION OFFICE TODAY...AND GET INTO 4-H.

#

dpmp

npsa0316

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

C-18

Feb. 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (10 seconds)
For immediate release

4-H HELPS SOLVE THE WHAT-TO-WEAR DILEMMA

Announcer: SO YOU DON'T HAVE A THING TO WEAR? IN THE 4-H
CLOTHING PROGRAM, YOU CAN DESIGN AND MAKE YOUR OWN
CLOTHES...AND SAVE MONEY. SO GET INTO THE WORLD OF
FASHION...START SEWING, IN 4-H!

#

dpmp

npsa0317

Any questions?

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

Feb. 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

PASS ON THAT LIVESTOCK EXPERIENCE

Announcer: YOU'VE BEEN IN LIVESTOCK PRODUCTION ALL YOUR LIFE,
AND A LOT OF WHAT YOU'VE LEARNED HAS COME THE HARD
WAY--THROUGH EXPERIENCE. NOW, AS A VOLUNTEER 4-H
LEADER, YOU CAN PASS YOUR KNOWLEDGE AND EXPERIENCES
ALONG TO YOUNG PEOPLE INTERESTED IN BEEF, SHEEP, AND
SWINE PRODUCTION. AS A VOLUNTEER LEADER, YOU'LL
TEACH 4-H'ERS SKILLS THEY WILL USE THROUGHOUT THEIR
LIVES, AND YOU'LL HAVE THE TIME OF YOUR LIFE DOING
IT. CALL THE _____ COUNTY EXTENSION OFFICE IN
_____ TODAY. HELP YOUNG PEOPLE GROW, IN 4-H.

#

dpmp

npsa0318

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

Feb. 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (20 seconds)
For immediate release

JOIN 4-H IF THERE'S A CAR IN YOUR FUTURE

Announcer: IF THERE'S A CAR IN YOUR FUTURE, 4-H SHOULD BE

THERE TOO. IN 4-H, YOU CAN LEARN ALL ABOUT

AUTOMOBILE CARE, MAINTENANCE AND SAFETY. TO LEARN

MORE ABOUT BECOMING A 4-H MEMBER, TELEPHONE THE

UNIVERSITY OF MINNESOTA'S _____

COUNTY EXTENSION OFFICE IN _____ AT ____

_____ - _____ TODAY.

#

dpmp

npsa0319

Any questions?

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

Feb. 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (10 seconds)
For immediate release

HELP YOUNG PEOPLE LEARN TO RESPECT, CARE FOR AUTOS, THEMSELVES

Announcer: TEACHING YOUNG PEOPLE TO RESPECT AND CARE FOR
AUTOMOBILES HELPS THEM RESPECT AND CARE FOR
THEMSELVES. YOU CAN HELP. CALL YOUR COUNTY
EXTENSION OFFICE...BE A VOLUNTEER 4-H LEADER.

#

dpmp

npsa0320

Any questions?

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

Feb. 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (30) seconds)
For immediate release

FATS ARE IMPORTANT PART OF A BALANCED DIET

Announcer: MANY HEALTH-CONSCIOUS AMERICANS SHUN FATS, BUT THEY

ARE IMPORTANT TO A WELL-BALANCED DIET. INSTEAD OF

AVOIDING THEM, TRY INSTEAD TO CHANGE THE KINDS OF

FAT IN THE FOODS YOU EAT. FATS THAT ARE SOLID AT

ROOM TEMPERATURE AND PALM AND COCONUT OIL CONTAIN

HIGHER LEVELS OF SATURATED FATS, THE ONES MOST OFTEN

LINKED TO HEART DISEASE. IF CHOLESTEROL IS A

CONCERN, READ LABELS AND AVOID FOODS CONTAINING LARD

OR OTHER ANIMAL FATS. THIS MESSAGE IS A SERVICE OF

THE _____ COUNTY OFFICE OF THE UNIVERSITY

OF MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.

#

cp

npsa0327

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

C-23

Feb. 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

GIVING KIDS CHOICES HELPS SHARPEN THEIR CONSUMER SKILLS

Announcer: CHILDREN AS YOUNG AS PRESCHOOLERS CAN BEGIN TO

LEARN ABOUT MANAGING MONEY WHEN THEY FIRST SPEND

THEIR OWN FOR A SMALL TOY OR TREAT. LATER, PARENTS

CAN HELP CHILDREN LEARN TO MAKE WISE CHOICES IN

SPENDING THEIR ALLOWANCES BY DISCUSSING 'NEEDS'

VERSUS 'WANTS' BEFORE THEY MAKE THAT FIRST TRIP TO

THE STORE. THEY CAN TALK WITH THEM ALSO ABOUT

ADVERTISING CLAIMS AND HOW TO DECIDE BETWEEN SIMILAR

ITEMS. THIS MESSAGE IS A SERVICE OF THE UNIVERSITY

OF MINNESOTA'S _____ COUNTY EXTENSION

OFFICE.

#

cp

npsa0357

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

C-24

February 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

WASH DOWNFILLED GARMENTS TO KEEP THEM LOOKING THEIR BEST

Announcer: BY THIS LATE IN THE WINTER, YOUR DOWNFILLED COAT OR
VEST MAY BE SOILED. MOST DOWN GARMENTS CAN BE
WASHED, BUT DON'T WASH THEM WITH OTHER CLOTHING AND
ALLOW PLENTY OF SPACE IN BOTH THE WASHER AND DRYER.
RINSE DOWN CLOTHING THOROUGHLY BECAUSE DETERGENT CAN
LIMIT A GARMENT'S INSULATING ABILITIES. ADDING
CLEAN TENNIS BALLS TO THE DRYER WILL FLUFF THE DOWN
AS IT DRIES. THIS MESSAGE IS A SERVICE OF THE
_____ COUNTY OFFICE OF THE UNIVERSITY
OF MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.

#

cp

npsa0358

Any questions?

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

C-25

Feb. 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

LATE WINTER IS A GOOD TIME TO BUY DOWNFILLED GARMENTS

Announcer: DOWNFILLED GARMENTS PROVIDE LIGHTWEIGHT WARMTH THAT
HELPS MANY MINNESOTANS GET THROUGH HARSH WINTERS.
WITH MANY DOWN COATS, JACKETS AND VESTS NOW ON SALE,
CLOTHING EXPERTS SUGGEST BUYERS LOOK FOR GARMENTS
WHOSE OUTER FABRIC IS LABELED 'DOWNPROOF.' CHECK
ALSO FOR CLOSELY SPACED STITCHING ON THE SEAMS AND
FULL, EVEN POUCHES OF DOWN THROUGHOUT THE GARMENT.
THIS MESSAGE IS A SERVICE OF THE _____
COUNTY OFFICE OF THE UNIVERSITY OF MINNESOTA'S
AGRICULTURAL EXTENSION SERVICE.

#

CP

NPSA0359

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

Feb. 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

IF YOU FACE A FINANCIAL SETBACK, CONSIDER CHANGING OLD HABITS

Announcer: IF YOUR INCOME IS ABOUT TO DROP SEVERELY, IT MAY BE
TIME TO REORGANIZE YOUR SPENDING. CONSIDER REDUCING
ALL HOUSEHOLD SPENDING TO BASIC NEEDS AND LIMITING
CREDIT SPENDING TO EMERGENCIES. PREPARE A WRITTEN
BUDGET AND SET PRIORITIES FOR PAYING BILLS. SOME
CREDITORS MAY PERMIT NEW REPAYMENT TERMS IF YOU
CONTACT THEM EARLY AND SHOW A SINCERE CONCERN ABOUT
MEETING YOUR OBLIGATIONS. THIS MESSAGE IS A SERVICE
OF THE _____ COUNTY OFFICE OF THE UNIVERSITY
OF MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.

#

cp

npsa0360

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

Feb. 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

LOOK FOR HELP IN YOUR COMMUNITY IF YOU HAVE TO LIVE ON LESS

Announcer: LEARNING TO LIVE ON LESS INCOME IS NEVER EASY, BUT
YOU CAN START TO DO SO BY ANALYZING YOUR CURRENT
SITUATION. RECOGNIZE WHETHER TEMPORARY OR LONG-TERM
SPENDING CUTBACKS WILL BE NEEDED. LIST WHAT YOU NOW
OWE. TALK WITH CREDITORS ABOUT MAKING PARTIAL OR
DELAYED PAYMENTS ON MUTUALLY ACCEPTABLE TERMS.
CREDITORS WANT TO AVOID BANKRUPTCIES. CALL PUBLIC
AGENCIES SUCH AS THE _____ COUNTY EXTENSION
OFFICE AND PRIVATE AGENCIES TO DISCOVER WHAT HELPING
SERVICES ARE AVAILABLE IN YOUR COMMUNITY.

#

CEO

NPSA0362

Any questions?
Call Mary Kay O'Hearn (612/373-1786)
Communication Resources
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108

news

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

MSC
9A27P

Feb. 7, 1985

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

ASTHMATICS SHOULD BE ALERT FOR SULFITES IN RESTAURANT FOOD

The National Restaurant Association and the American College of Allergists have joined forces to alert asthmatics who are hypersensitive to sulfiting agents on how to avoid dangerous reactions from some restaurant foods.

Joanne Slavin, food science and nutrition specialist with the University of Minnesota's Agricultural Extension Service, says most restaurants have stopped using the agents on the recommendation of the restaurant association. They had been used on some dried and fresh fruits and vegetables to prevent browning and other deterioration during food preparation and storage. The agents have been tentatively linked to allergic reactions ranging from breathing difficulties to four reported deaths among asthma sufferers who are hypersensitive to them.

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

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Slavin says despite the discontinued use of most foods containing sulfiting agents, they may still be present at some restaurants. Asthmatics with a known sensitivity should ask restaurant managers whether sulfiting agents have been used on any menu items they plan to order.

"If you fail to get a satisfactory answer, order only fresh meat, chicken, eggs or cheese items," Slavin advises. "These foods never contain sulfites."

She adds that the American College of Allergists is distributing warning leaflets to its physician members, who will alert sulfite-sensitive patients, and to the more than 10,000 National Restaurant Association members who represent approximately 100,000 food service operations.

#

CEO,P2,4HE,FB2

NHEC0380

news

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

Feb. 7, 1985

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

MSC
9 A27P

SOCIAL SECURITY PICTURE IS COMPLEX FOR FARM FAMILIES

For wage earners, Social Security deductions are just a fact of life. For self-employed farm operators, however, the picture is one of higher basic Social Security tax rates balanced against shelters for farm income, according to Dottie Goss, family resource management specialist with the University of Minnesota's Agricultural Extension Service.

She adds that this is changing rapidly, so self-employed persons in all lines of work need to be alert to changing tax provisions. Until now, wage earners have paid less in social security contributions but have been entitled to greater benefits from the system because of the mandatory contributions employers made on their behalf. Self-employed persons have paid into the system at a higher rate than wage earners but they have received lower benefit payments because they had no employer contributing for them.

New laws will change this gradually, but with the changes will come higher tax burdens for farm operators as well as a complicated system of tax shelters for off-farm earnings and labor contributions by a spouse.

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Goss explains that farmers who work part-time for wages pay Social Security taxes on those off-farm earnings and thus shelter a portion of their farm earnings from taxation at the higher self-employment rate. In many cases, however, they still end up contributing more to the system than persons less dependent on income from self-employment. Some of this will even out upon retirement when such persons are able to draw higher benefits because of their increased contributions to the system.

She adds that several changes in the tax structure are now being considered that could benefit farm women who have no off-farm income. One is a proposal for "earnings sharing" that would consider farm income shared equally and thus taxed equally for both partners. This would result in higher benefits upon retirement.

A system for "homemaker credit" is also being studied. This would allow full-time homemakers credit for work done in the home even though it was unsalaried. Should such a proposal be adopted, its effects upon retirement would vary with each family's circumstances, but it would help women who become disabled or whose marriages dissolve before their husbands retire.

Goss says changes are happening quickly in the area of Social Security taxation and farm families should watch for changes that could benefit them and their own set of circumstances.

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news

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

MSC
9A27P

Feb. 7, 1985

Source: Edward Blonz
612/376-3401

Writer: Deedee Nagy
612/373-1781

FOOD SCIENCE, NUTRITION EXTENSION SPECIALIST JOINS U OF M STAFF

Edward R. Blonz, who holds a Ph.D. in nutrition from the University of California-Davis, has joined the Agricultural Extension Service at the University of Minnesota as an assistant professor and specialist in food science and nutrition.

He comes to Minnesota with a background in research and teaching in such areas as obesity, nutrition through the life cycle and medical aspects of nutrition. His master's degree program, also completed at the University of California-Davis, included Sea Grant research for the Institute of Marine Resources at Davis.

Blonz, a native of Illinois, received his undergraduate degree from the University of Wisconsin. His position at the University of Minnesota was formerly held by Isabel Wolf, who now works for the U.S. Department of Agriculture in Washington, D.C.

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CEO,P2,4HE

NHEC0379

Page 1 of 1

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Feb. 7, 1985

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

CONSUMERS ARE URGED TO CHECK CONTROLS ON LP GAS APPLIANCES

If you have an LP (liquid petroleum) gas furnace, heater or water heater in your home or business, Lee Schultz hopes you are aware of the importance of checking some safety aspects with your LP dealer or Honeywell, Inc. Schultz is a safety specialist with the University of Minnesota's Agricultural Extension Service.

The U.S. Consumer Protection Safety Commission urges consumers to contact their LP supplier or Honeywell, the manufacturer, about on-off gas controls known as the V8280 family and model V5130 water heater controls. This pertains only to controls for LP gas appliances; it has nothing to do with natural gas appliances. The commission adds that consumers should NOT attempt to repair controls.

Honeywell has placed ads nationwide telling LP gas users that an explosion or fire may result from a stuck-down or damaged control knob. The damaged valve could allow raw gas to flow into a home and an explosion or fire could result. "For your own and

Page 1 of 2

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your family's safety, please check your appliance now," the ad urges. "If you have any questions about safety on any other Honeywell gas control, write to Honeywell Consumer Affairs, LP Gas Notice, 1885 Douglas Dr., Golden Valley, MN 55422." Damaged units will be replaced free.

#

CEO,1A,P2,4HE,TCO

NAGRO381

Feb. 21, 1985

Source: Mark Ascerno
612/373-1059

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

INSECTS CAN POP UP IN WINTER

If that box of cereal has been in the cupboard since last fall and a cold winter morning inspires hot, cooked cereal, check the cereal for insects before you cook it.

That's the advice of Mark Ascerno, an entomologist with the University of Minnesota's Agricultural Extension Service.

"Insects aren't usually thought about in winter," he says. "But in late fall, pantry-infesting insects move indoors. Then, there is a lag of several weeks before they are noticed in something like cereal."

Food products that have sat on shelves five to eight weeks are especially susceptible to infestation by insects.

Infestation is not always related to age of food; what matters is how food is stored. Containers made of glass, metal or heavy plastic with tight-fitting lids are generally safe from insects.

Often, insects are in food when it is purchased. "At the time of purchase," says Ascerno, "examine foods such as cornmeal,

coarse cereals and macaroni to be sure they are insect free.

Look at the packaging date to establish freshness. Don't shake the package before looking through it (by pouring it into a large bowl) because adult insects are normally found on the surface and may be missed if they are mixed with the product. If the food is infested, return to the store and exchange it for an insect-free package. If it's not, place the contents in a tight container."

Remember to check dry dog and cat food and feed for caged and wild birds for insects. Occasionally, flour and carpet beetles survive and reproduce in vacuum cleaner bags. Be sure your vacuum is emptied at least every 30 days.

Heavily infested food should be wrapped in plastic and put in the garbage. Lightly infested food can be disinfested with a heat or cold treatment. Cake mixes and spices should be exposed to 0 degree F temperatures for three days (seven days for larger packages). Usually, refrigerator temperatures are not low enough to kill all insect stages; they do, however, increase the insects' developmental time. Heat treat dried fruits by placing them in a cheesecloth bag and dipping in boiling water for about six seconds. These treatments are a good idea for any susceptible foods that have been around 60 days even if they do not appear infested, says Ascerno.

The best way to prevent the problem is to use flour-based foods within three to five weeks of purchase. Flour beetles and meal moths are most apt to be problems with these foods.

Frequent cupboard checking and cleaning is also recommended.

More information is available in a fact sheet called "Pantry Pests". It is available from county extension offices or from the Distribution Center, 3 Coffey Hall, University of Minnesota, St. Paul, MN 55108. Ask for it by name and item number, AG-FS-1000.

#

4HE,P2,TCO

NHEC0404

news

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

MSC
9A27P

Feb. 21, 1985

Source: Edward Blonz
612/376-3401

Writer: Deedee Nagy
612/373-1781

BEWARE HERBALIFE DIET PLAN: IN LONG TERM, IT COULD MAKE YOU SICK

The weight loss claims for Herbalife diet products sound too good to be true, and that's probably an accurate assessment, according to Edward Blonz, food and nutrition specialist with the University of Minnesota's Agricultural Extension Service.

He warns that relying on diet products such as those in the Herbalife line is not a wise way to lose weight. If followed for a long time, the diet's high level of vitamin supplementation, caffeine content and long list of unproven ingredients has the potential to cause health problems for the dieter.

The method of marketing these diet formulas may also contribute to their riskiness. Blonz says Herbalife supplements are sold through distributors who can build their profits and work their way up the organization by recruiting others to become distributors. He says, "Because there is no direct control over what the distributors, who sometimes call themselves counselors, can say, there is always the possibility that claims might be overstated in the interest of sales."

Page 1 of 3

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In addition, he adds, these people seldom have formal nutrition training and probably would not screen potential users for possible dangers. The Herbalife diet plan has a vitamin B6 content that is 75 times greater than the recommended daily level. Blonz adds that persons taking medication for Parkinson's disease could have the effects of that drug completely reversed by such a high vitamin B6 consumption. Other reports indicate that nursing mothers might inhibit their secretion of breast milk by consuming such high vitamin B6 levels, according to Blonz. Even healthy persons might suffer if they consumed the highly vitamin-supplemented products for a long period and then quit abruptly.

Blonz says the Herbalife diet plan typically consists of many separate products including a powdered, milk shake type of drink to be mixed with milk or juice, along with other capsules and tablets. One Herbalife product, sold as NRG, has caffeine as its active ingredient. Another capsule contains linseed oil, sometimes used as a laxative for horses and other large animals. Herbal laxatives and diuretics are also incorporated into another Herbalife formula.

"These types of ingredients might account for an initial rapid weight loss. Such losses can be deceptive because they are probably due to the temporary loss of body water as opposed to any loss of body fat," Blonz says.

The milk shake type meal replacement drinks, which are available from a number of manufacturers, are not harmful for most people, but Blonz says they are an expensive way to cut calories. "One could probably mix some sweetener, vegetable oil, a vitamin-mineral pill and a little flavoring with non-fat milk and come very close to duplicating the nutrient content of the Herbalife milk shake at a much lower cost," he adds.

Blonz further cautions that such diets would only be nutritionally adequate if eaten along with carefully chosen meals containing complementary nutrients and bulk. He adds that it's potentially dangerous for anyone to self-administer a diet of less than 1,000 calories a day because below that level it is very difficult to provide a baseline amount of all recommended nutrients.

He concludes that smart dieters would be better off to avoid such diet products altogether. "These might take some weight off in the short term, but such weight loss is usually regained and the 'yo yo' pattern of gains and losses is detrimental," he adds. "Successful weight loss involves not only taking weight off, but adopting a life style which helps keep it off. This means restructuring one's daily diet and regular level of physical activity."

#

news

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

Feb. 14, 1985

Source: Irene Ott
612/373-1232
Writer: Deedee Nagy
612/373-1781

VOLUNTEERS ARE ELIGIBLE FOR SOME TAX DEDUCTIONS

If you volunteer your time and skills for community service, you may be able to be rewarded with more than a warm glow and an appreciation certificate. If you keep good records on your expenses, you may have some deductions coming at income tax time, says Irene Ott, home economics program leader with the University of Minnesota's Agricultural Extension Service.

She says out-of-pocket expenses incurred during volunteer work are deductible on your 1984 tax return. These include travel expenses, parking, meals and lodging. Currently, the federal tax deduction allowed for volunteer mileage is 9 cents per mile, but this will increase to 12 cents per mile on next year's (1985) tax forms.

Ott adds that it's important to save receipts if you plan to claim deductions. If you don't have receipts for gasoline or mileage, the IRS will accept diaries and logs as records of your

Page 1 of 2

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volunteer expenses. Such expenses are claimed as charitable contributions. Currently, you can deduct 25 percent of your first \$300 in charitable contributions if you use the federal short form for filing your tax. When you fill out the 1985 form a year from now, this limit will be raised to half of all charitable gifts up to a maximum of half of your adjusted gross income.

Volunteers can also count the value of items donated in the course of volunteer work. This includes supplies or equipment given to an organization, but not loaned items. Also ineligible are deductions for child care needed while volunteering and the market value of your time.

Ott stresses that all volunteers should keep good records and should stay up to date on tax regulations because some details of tax law change from year to year.

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CEO,1A,P2

NHEC0388

news

MSC 19A07P
Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

March 1, 1985

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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March 1, 1985

Source: Leland Hardman
612/373-1181

Writer: Sam Brungardt
612/376-8182

NEW RACETRACK COULD BOLSTER DEMAND FOR OAT GRAIN, STRAW

Oat growers from Minnesota and other Upper Midwest states have another incentive to strive for highest quality and yield: the establishment of a racetrack at Shakopee, Minn., in the Minneapolis-St. Paul metropolitan area.

Says agronomy specialist Lee Hardman, who is with the University of Minnesota's Agricultural Extension Service, "We're reminding growers to manage to produce the highest quality oats, to plan for a crop that will sell at the maximum price--for milling or for horse feed."

Millers and people who feed horses look for many of the same things when they buy oats: good bushel weight (indicating well-filled kernels), good protein level, light-colored kernels and few contaminants.

Hardman says establishment of the racetrack should strengthen
the market for high-quality oat grain and straw.

#

mp, tco

nagr0420

news

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

March 1, 1985

Source: Lew Hendricks
612/373-1211

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

ALL CORDS OF WOOD ARE NOT EQUAL

A cord of wood is a cord of wood, you may think, but that's not necessarily true.

For one thing, not all woods have the same density and heating "power" says Lew Hendricks, forest products specialist with the University of Minnesota's Agricultural Extension Service. The higher a wood's density, the higher its heating value, he explains. Oak, for example, has more heating power than basswood of equal moisture content because its density (weight per unit of volume) is greater.

Wood that has been air-dried or seasoned and properly stored outside has a moisture content of 15 to 25 percent. In contrast, water may account for as much as 80 percent of the weight of green, newly cut wood.

"It's best to season firewood at least six to nine months, if not a year, before trying to use it," says Hendricks. "The best seasoning takes place when a woodpile is stacked to provide air circulation. Or, it's possible to season a cord of wood in six

to eight weeks with a simple solar firewood drier. If time isn't a factor, it might be a good idea to buy wet, green wood for less this spring and season it yourself."

Minnesota law states that a firewood cord of wood shall occupy 110 cubic feet when cut into firewood lengths (16 to 22 inches) and neatly stacked. If the logs are split, the firewood cord shall occupy 120 cubic feet. Contrary to popular notion, a "pulpwood cord" (which is 8 feet by 4 feet by 4 feet and occupies 128 cubic feet) does not yield a full cord of firewood when cut to length and split; there is about a 25 percent volume loss during the conversion.

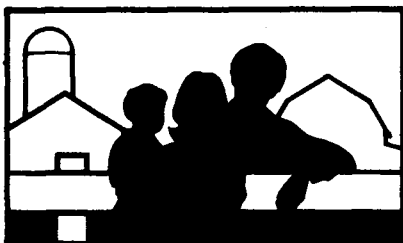
Firewood is also purchased in units smaller than a cord. The terms face cord, rick, fireplace cord, stovewood cord and shortwood cord are frequently used, sometimes interchangeably, to refer to some fraction of a cord. At least two terms--rick and fireplace cord--commonly refer to one-third of a cord. However, these terms are not legally recognized, Hendricks explains, because they have varying definitions and are misunderstood. If a portion of a cord is purchased, the volume in cubic feet should be determined by multiplying the stack measurements. For example, the volume of a third of a cord of sawed firewood should be 36 cubic feet (.33 x 110 cubic feet); a third of a cord of sawed and split firewood should be 40 cubic feet (.33 x 120 cubic feet).

Hendricks says that Minnesota's denser woods such as beech, hickory, black locust, sugar maple, apple and oak are rated best for heating. That's why one can expect to pay more for those woods than for basswood, aspen (which isn't a good choice because it explodes and throws out many embers), soft maple and pine.

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mp,tco

ncrd0422



Project Support

March 1, 1985

Source: Jean W. Bauer
612/373-0909
Kathy Mangum
612/373-5168
Writer: Deedee Nagy
612/373-1781

IF DEBTS BECOME IMPOSSIBLE, BANKRUPTCY MAY BE ONLY OPTION

It's not a pleasant thought, but if lost income has made your debts insurmountable, you may need to consider bankruptcy. Kathy Mangum, assistant consumer information specialist with the University of Minnesota's Agricultural Extension Service, says you needn't be completely broke to file a bankruptcy petition. You could be burdened with only one major debt but have little hope of being able to repay it.

She adds that although a lawyer isn't necessary to file for bankruptcy, a person in that position might want to seek legal advice. A lawyer could explain any exemptions and the two methods of declaring bankruptcy, Chapter 7 bankruptcy for those who have no current source of income and Chapter 13 for those with an income source.

Basically, under Chapter 7 bankruptcy, some of your assets and all of your debts are turned over to the court, which then sells your assets and pays your creditors as fully as the money permits. Some personal property including furniture, appliances and home equity is exempt from the liquidation, Mangum says.

Upon declaring bankruptcy, most of your debts are erased and legally, your financial slate is wiped clean. Information about that bankruptcy becomes part of your credit record, however, and your access to credit in the future may be limited. Some debts will not be discharged through bankruptcy. These include alimony and child support, claims for punitive damages for malicious acts and student loans.

Chapter 13 bankruptcy is an adjustment of debt for those with some income. It offers the person a chance to pay back debts over an extended period of three to five years. It protects the debtor against wage garnishment and collectors and allows the person to retain all property. It allows the bankrupt person the satisfaction of paying creditors even though the timetable for repayment is lengthened, according to Mangum.

As in straight bankruptcy (Chapter 7), certain debts cannot be discharged under Chapter 13 bankruptcy. These include alimony and child support and some other debts whose payment schedule is longer than the repayment plan under Chapter 13.

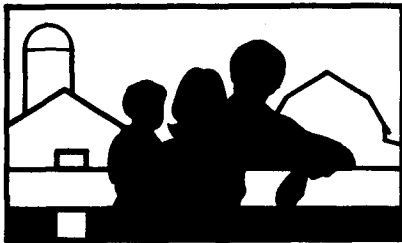
Mangum adds, "Coping with the hardships of reduced or non-existent income is never easy and there are no easy answers or quick cures. Whatever solution you arrive at, remember that you are the same person as before. Only your cash flow has stopped, and this makes some adapting and regrouping necessary as you look to the future."

Mangum and Jean W. Bauer, extension family resource management specialist, are authors of a helpful publication, "Living Resourcefully With Reduced Income," that outlines steps to take when faced with a major financial setback. It is available at local county extension service offices or from the Distribution Center, 3 Coffey Hall, University of Minnesota, St. Paul, MN 55108. Request publication HE-BU-2475. Cost is 50 cents, and the Distribution Center's minimum order is \$1.

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nhec0432



Project Support

March 1, 1985

Source: Ron Pitzer
612/376-3851
Writer: Jack Sperbeck
612/373-0715

TIPS FOR DEALING WITH STRESS

Here are some tips on recognizing and dealing with stress from Ron Pitzer, family life specialist with the University of Minnesota's Agricultural Extension Service:

--There are early stress warning signals that mean someone may be "running on empty." These include persistent fatigue or aches and pains, feeling tired on rising in the morning, loss of efficiency, loss of enthusiasm, feelings of isolation, and a tendency to withdraw and not share problems with another person.

--A California study showed that people could be expected to live longer if they had these four connections: spouse, church membership, good friends and community involvement. All stress studies show a need to talk problems out with someone, whether it be a family member or an old crony.

--Working hours must be kept in order. There are times when everyone has to work long hours to get the job done, but keep this statistic in mind: 7 of 10 people in coronary units had been working 60 hours or more a week before their attack. You

need to consider how much time to allocate to work and plan ways to break away from it before it becomes too stressful.

--Preventing stress and burnout means keeping a sense of humor about the job plus a wholesome detachment from the job in nonworking hours. This can be hard if the family home and workplace are one and the same--as they may be for a farm family.

It's good advice to restrict farm business to one room rather than having the entire living space double as a business space. An even better option is to have an office in one of the outbuildings rather than in the home.

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NHEC0170



Project Support

March 1, 1985

Source: Ron Pitzer
612/376-3851
Writer: Jack Sperbeck
612/373-0715

EFFECTIVE COMMUNICATION CAN REDUCE STRESS

Communication can be an easy way to cut down on stress. Bad communication and false assumptions about what the other person is saying are the roots of many problems between people, says Ron Pitzer, family life specialist with the University of Minnesota's Agricultural Extension Service.

Communication takes two steps: observing what the other person says and does, and interpreting what it means. "The second step is always there," Pitzer says. "Often the interpretation is treated as the fact. We need to be humble enough to realize that we could be wrong."

"If my interpretation is close to what the other person wanted to say, there won't be much of a problem. But if I'm wrong, unpleasant situations can easily develop. For example, if I see that you are looking pale and seem to be shaking, I conclude that you are nervous and treat you in that way.

However, it could be that you have the flu. In that case, I would not be giving you what you need."

The other side of the coin is that other people can't always know what you are thinking. It's important to make your needs and expectations known to other people.

Remember that the interpretation step is always present. Check assumptions before you act on them. "It takes just a few seconds to ask if what you understood was what the other person meant to tell you. Taking that time can prevent many unpleasant and stressful situations," Pitzer says.

The best part about improving communication with other people is that it **can** be relatively easy. Pitzer says, "It takes little time and effort to confirm our assumptions with other people. No higher level skills are required and it can easily correct a lot of stress."

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NHEC0169

news

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

March 1, 1985

Source: Ron Pitzer
612/376-3851
Writer: Sam Brungardt
612/376-8182

PARENTS CAN HELP CHILDREN DEAL WITH PAIN OF SEPARATION, DIVORCE

Each year, about 1 million children in the United States experience the shock of their parents' becoming separated or divorced. If you are a parent who is about to be separated or divorced, one of your primary challenges is to help your children understand and deal with their loss, says Ron Pitzer, family life specialist with the University of Minnesota's Agricultural Extension Service. This is difficult, he adds, because you must do this at a time when you yourself feel most insecure.

Pitzer says children react differently to the separation of their parents, depending on their characteristics, including age and sex. In general, they will feel angry, sorrowful, guilty or defenseless.

"Children of different ages will react in certain ways," he says. "Young children may regress to infantile behavior, including the need for thumbsucking and a security blanket. Older children may show grief and a sense of rejection. They may be angry at the parent whom they believe to be at fault, and they

may react with behavioral problems at home and at school.

Teenagers may worry about their own ability to have a successful marriage."

Pitzer says parents often make the mistake of not telling their children about an impending divorce. Most often, the topic is simply not discussed. The child is left guessing and wondering, and his or her imagination may be more frightening than reality. He advises, "Tell your children what has happened without burdening them with too many details. Everyone involved must acknowledge that a lot is changing, but children also need to be reassured that they are still loved and that their parents are still parents."

Pitzer offers these suggestions for helping children deal with separation:

Children need to understand what the divorce or separation means, what the family structure will be like, and what changes they can expect in their living arrangements and daily routines. They must also understand that divorce is not temporary.

Children need to understand that they will continue to be cared for in the present and into the future.

Children need to believe that their relationship with each parent will endure, that neither parent will abandon them, and that both parents will continue to love them.

Children need to understand the reasons for the separation or divorce, that they did not cause it, and that they cannot mend the relationship between their parents.

Finally, children need the assurance that they are not expected to take sides for or against either parent.

"Remember," Pitzer says, "it's important to talk with your children to explain what is happening now and for the future and to help them feel as loved and secure as possible."

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nhec0411

March 1, 1985

Source: Wanda Olson
612/373-0913
Harold Alexander
612/373-0931
Delores Ginthner
612/373-1035
Writer: Deedee Nagy
612/373-1781

LOCATION OF HOME COMPUTER DESERVES CAREFUL CONSIDERATION

Computers are finding their way into more and more homes, but if the space set aside for a computer isn't right, both the computer and those who use it may suffer.

One needs to consider the machine's operating conditions and the operator's comfort in planning a home workspace for a computer. Three University of Minnesota experts offer some suggestions for potential home computer users. They are Wanda Olson and Harold Alexander, household equipment and interior design specialists with the Agricultural Extension Service, and Delores Ginthner, assistant professor of design, housing and apparel.

Olson says that computers, printers and display screens or television sets wired into a system must operate on a 110 to 120 volt, 15-amp circuit. The computer should never be on the same

circuit as motorized equipment such as a refrigerator, freezer or air conditioner. Plugging a computer system into a voltage surge suppressor will prevent pulses of power that can damage the computer or the stored information. Household motors that switch on and off, lightning strikes and electrostatic discharges can cause power surges.

Airborne dust or grease and very high or low temperatures can also cause problems for a computer. Olson adds that low humidity and certain kinds of carpeting contribute to a build-up of static electricity. Humidifiers help to control humidity. Anti-static mats help remove static build-up.

Alexander says the best place for a computer is where it can accommodate all potential users without disturbing or limiting the activities of other family members. "Family rooms and kitchens are common locations, but a computer and its storage disks need protection from dust and grease," he says.

"Protective covers are useful and a good kitchen exhaust system is a must. Remember, too, that computers are fairly quiet, but printers are not."

If several family members will use the computer, consider investing in adjustable furniture to bring the keyboard and display screen to a comfortable level for everyone. A good keyboard height for many adults is 27 inches, which is lower than most desks.

Good lighting will help prevent eyestrain from computer use. Ginthner and Alexander suggest having the same amount of light as is needed for most other kinds of desk work. This may call for a desk lamp, which is best positioned to the side of the display screen and over any printed pages from which the user is typing. If a room light or a window reflects off the screen, move the screen or tilt it to prevent this, they advise.

"Computer equipment should be covered by insurance so check your personal property policy," Olson says. "You may need a special provision if the computer system is worth more than a set amount. Also, some policies will not cover damage from power surges such as lightning strikes."

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NHEC0391

news

for County Agents

MBC 12/27/85
Agricultural Extension Service
Communication Resources
University of Minnesota
St. Paul, Minnesota 55108

March 1, 1985

COUNTY NEWS PACKET INDEX

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Parents who are separating owe children special consideration ..	C-15
Firewood needs proper treatment	C-18

The color coding is blue for stories that are most likely to be used by Agriculture agents, green for Home Economics agents, yellow for 4-H agents, and gold for Community and Natural Resource Development agents. Stories that should be especially useful for Project Support efforts in your county are on special Project Support letterhead.

Please remember that we do not mail the monthly media packet to weekly newspapers. You are urged to give the stories in the monthly media packet to the weekly newspapers in your county or to use the information in your newspaper columns or radio shows.

Also enclosed are public service announcements that you can give to local stations or use as fillers in your columns and newsletters.

C- 1

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

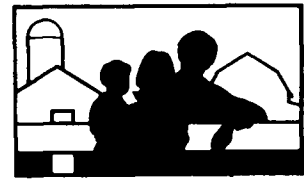
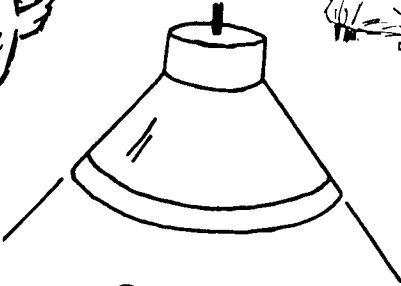
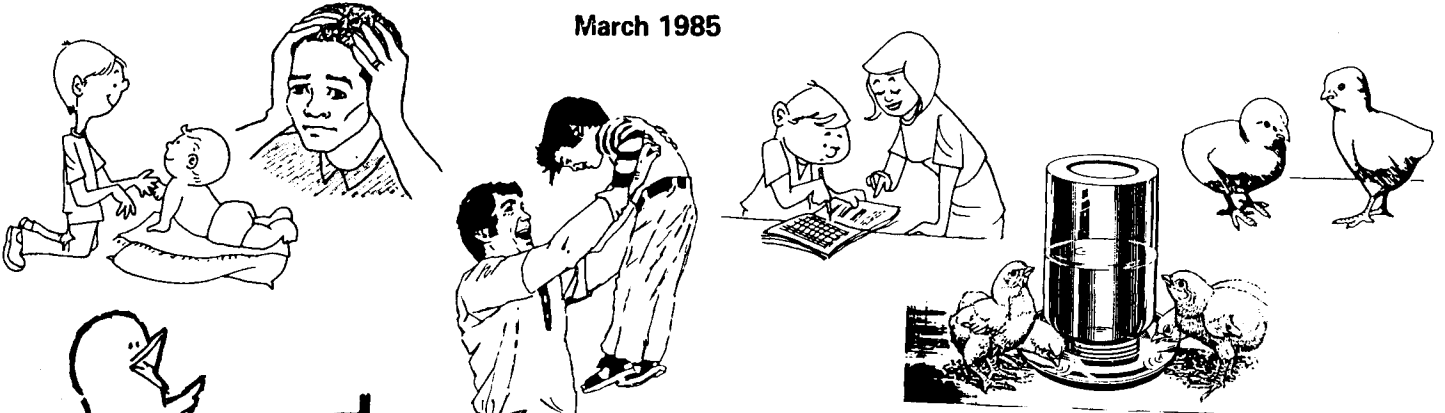
The University of Minnesota, including the Agricultural Extension Service, is committed to the policy that all persons shall have equal access to its programs, facilities, and employment without regard to race, religion, color, sex, national origin, handicap, age or veteran status.

Agents and specialists: We sent out the following releases in weekly mailings from January 24 to February 14. 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.

Systematic approach simplifies income tax preparation
Teletip offers free advice on home energy conservation
What are the best yielding corn hybrids?
Save money by calculating the cost of fertilizer nutrients
In strong families, children have role in decisionmaking
Support of friends is vital in times of crisis
Try to manage all farming risks
Priority-setting is a must when one is faced with many bills
University of Minnesota allocates \$258,000 for Project Support
Teletip gives free advice on money-related topics
Social Security picture is complex for farm families
Food Science, nutrition extension specialist joins U of M staff
Asthmatics should be alert for sulfites in restaurant food
Consumers are urged to check controls of LP gas appliances
Plant pathologist urges common sense in dealing with scab
Defining situation is key factor in dealing with stress
Cows need adequate nutrition before as well as after calving
There's help available if debts are getting best of you
Guard confidences revealed in time of stress
Adults who work with kids can help stressed families
University of Minnesota releases high-protein oat
Warroad woman to play role in encouraging volunteerism for 4-H
Volunteers are eligible for some tax deductions
Symposium will deal with mosquito control issues
Reduce chilling to reduce piglet deaths
Cold-stressed sows need more energy to produce heavier pigs
There are many ways to cope with stress
Anticipate stress to help cope with it
Call Teletip for free advice on coping with less income
Stress from work can lead to family troubles
Fat in sow feed can save baby pigs
Readjusting after traumatic loss takes time
Saving more pigs increases profits

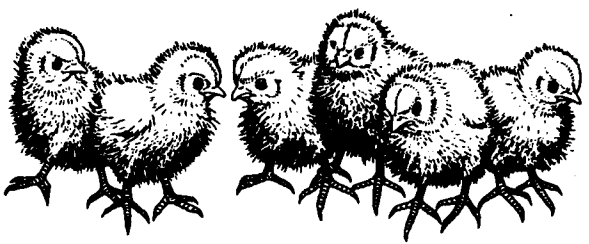
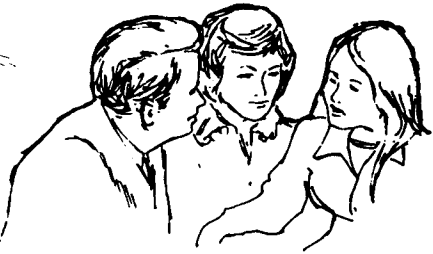
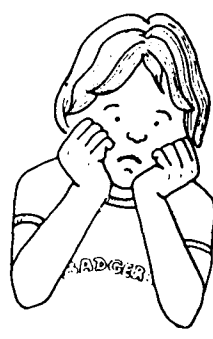
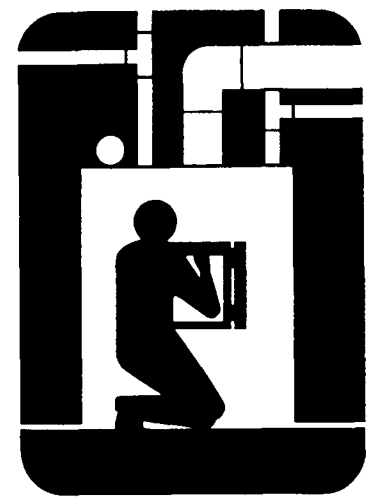
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March 1985



Project Support

Safety Corner



Home Heating

Although cold winter winds are blowing across most of the Nation, we can stay warm, thanks to modern heating equipment. Here are guidelines for low-cost safe use:

- Follow manufacturer's directions in operating and servicing heating equipment.
- Inspect and clean chimneys and flues. Avoid creosote buildup in your chimney.
- Keep portable heaters away from combustibles where they won't tip over. Use only heavy-duty extension cords with electric heaters.
- Own and know how to use fire extinguishers. Have smoke detectors. Develop and practice a fire escape plan.

news

for County Agents

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

March 1, 1985

Source: Phillip K. Harein
612/373-1705
Editor: Mary Kay O'Hearn
612/373-1786

ON-FARM GRAIN FUMIGATION PRACTICES ARE CHANGING

The days of farmers themselves applying liquid grain fumigants to grain stored on their farms may be drawing to a close.

But there are alternatives, including hiring a certified fumigator, says Phillip K. Harein, entomologist with the University of Minnesota's Agricultural Extension Service. He says of the 10 percent of Minnesota farmers who store grain and use fumigants: "Certainly, Minnesota farmers will need to alter their stored grain fumigation plans in 1985."

It's admittedly a switch from the last 30 years, when liquid carbon tetrachloride-carbon disulfide grain fumigants have been readily available at rather low cost for application to insect-infested stored grain. "These 80:20 formulations were often used to stop an infestation when preventive methods were inadequate," Harein says. "There were no concerns, as there are today, about fumigant residues because none was found with the

techniques available when these pesticides were approved for registration."

Harein says alternative ways to prevent infestations include:

--Store grain in tight storage facilities equipped with proper aeration.

--Don't mix old grain with new grain in storage. Clean out old grain from storage areas before putting in the new crop.

--Spray the bin with a residual insecticide after removing the old grain.

--Apply one of the new residual insecticides (Actellic or Reldan) to the grain as it goes into storage. They will remain effective throughout the following year. Malathion fails to last this long.

--Store grain dry and cool it uniformly as soon as possible to 50 degrees F or lower after it goes into storage.

--Monitor grain temperature and inspect the grain every one to two weeks.

--When all else fails, farmers can still fumigate with phosphine (sold primarily as Phostoxin or Gastoxin in Minnesota). They can also hire a commercial fumigator to apply chloropicrin or methyl bromide.

More strict regulations--the government's label improvement program--has stopped production of the 80:20 carbon tetrachloride-carbon disulfide formulation, Harein says. The

Environmental Protection Agency (EPA) is asking that 80:20 formulations be taken off the market by 1986. This appears largely for legal purposes because the current supplies of 80:20 will be depleted by mid-1985.

Herein says likely reasons why the chemical companies decided to stop producing the 80:20 formulation include:

--EPA requested extensive tests to reevaluate safety of the chemicals when applied to stored grain.

--Laboratory studies turned up new data showing laboratory animals had evidences of cancer after carbon tetrachloride exposure.

--Documented findings of carbon tetrachloride residues in cereal products made from 80:20-fumigated grain.

--Concern of food processors that customer complaints would initiate lawsuits and decrease sales.

For more information, obtain two fact sheets from your local county extension office: "Preventing Stored-Grain Insect Infestations" (AG-FS-0997) and "Fumigating Stored Grain" (AG-FS-1034).

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news

for County Agents

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

March 1, 1985

Source: Melvin Hamre
612/373-0894

Editor: Sam Brungardt
612/376-8182

GET READY FOR CHICKS BEFORE THEY ARRIVE

If you will be getting a few chicks this spring, you need to properly prepare your facilities before the chicks arrive, says Melvin Hamre, poultry specialist with the University of Minnesota's Agricultural Extension Service. By being prepared, you may enjoy improved flock performance and more economical production.

Remove all litter from the previous flock and completely clean the house and all equipment. Good sanitation and having the building vacant for a time between flocks helps reduce poultry disease problems.

Check to see that feeders, waterers and brooding equipment are in good condition and operating properly.

Cover the floor with 3 to 4 inches of good litter material.

Surround the brooding area with a brooder guard of corrugated cardboard or other solid material to conserve heat, deflect drafts and confine the chicks to the heated area.

Have an adequate heat source to provide warmth to the chicks.
Remember, you must have more adequate housing and provide more
heat with earlier brooding.

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news

for County Agents

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

March 1, 1985

Source: Melvin Hamre
612/373-0894

Editor: Sam Brungardt
612/376-8182

WHAT TO DO WHEN THE CHICKS ARRIVE

Small poultry flock owners should have the brooding environment ready when their chicks arrive, says Melvin Hamre, poultry specialist with the University of Minnesota's Agricultural Extension Service.

Those using hover brooders should have the temperature adjusted so that it's 90 to 95 degrees F at the level of the chicks around the edge of the hover. If infrared heat lamps are used, be sure to use enough to heat a floor area large enough for the number of chicks you will be getting. Some producers experience problems with chilled chicks by not having enough lamps when brooding during cold weather.

Chicks should look alert and be active when they arrive. Notify the supplier if it appears that they were delayed en route or mishandled.

It's a good practice to dip each chick's beak in water as it is put down in the brooding area. At the start, put out some feed on box lids or on egg case filler flats so that the chicks find the feed more readily. Feed a commercial chick starter mash to provide proper nutrition.

Getting chicks off to a good start can lead to a flock that's more productive and one that produces more economically.

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nagr0424

news

for County Agents

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

March 1, 1985

Source: Judith Mason
217/333-5300

Editor: Sam Brungardt
612/376-8182

SELECTING A KITTEN

The joy of getting a new kitten can be dampened if it develops health problems soon after you get it. That's why one should select a kitten for more than its color or breed.

Look for a kitten that's alert and playful. Avoid any that have a discharge from their eyes or nose or are sneezing or coughing. A pot belly, rough coat or diarrhea may also indicate problems. Debris in the ears or fleas may not be serious problems, but something will have to be done about them.

Some decisions need to be made before one chooses a kitten. People are more likely to have problems with allergies if the kitten is long haired. Also, long-haired cats need to be brushed often, if not daily.

Ideally, a kitten will be eight to nine weeks old when you adopt it. But don't rule out adopting an older cat, which may suit your situation better. If you have children, a kitten might

become frightened by their constant attentions. If you're elderly, you might prefer the maturity of an adult cat.

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nagr0413

news

for County Agents

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

March 1, 1985

Source: Judith Mason
217/333-5300

Editor: Sam Brungardt
612/376-8182

CARING FOR A NEW KITTEN

If you are the proud owner of a new kitten, try to find out if its mother was vaccinated. If she wasn't, the kitten will not have any immunity against a variety of diseases and should be vaccinated as soon as possible.

Take the kitten to a veterinarian within a day or two after you get it. He will give it a thorough physical examination, examine its feces to determine whether deworming is needed and set up a schedule for immunizations. If your new pet has a skin disease, ear mites, parasites or other problem, prompt treatment will prevent this from becoming a serious health threat.

When you first get the kitten, feed it the same food it has been getting, then gradually wean it onto commercial kitten feed. The food can be moistened with water if the kitten prefers it that way. Make sure fresh water is always available. Milk is unnecessary for a weaned kitten's growth if it's receiving a

kitten diet. In fact, some kittens and cats do not tolerate milk well and may develop diarrhea from it.

Litter training is instinctual in most kittens. An "outdoor" kitten may need to be introduced to the litter box, but as long as the box is cleaned regularly, most cats have no problem adjusting to its use.

Kittens may injure themselves or get into mischief when left unattended. Initially, it's best to confine a new kitten to one room when you're gone to avoid accidents. Make sure it has food, water, litter and a place to sleep.

If you already have pets, introduce the new kitten gradually. At first, leave it in a room by itself. After the animals have grown used to each other by smelling under the door, you can introduce them to each other in the same room. Make sure you're always present when they're together until you're certain there will be no problems. This process may take several weeks.

Your new pet will need an annual check-up and vaccinations. More frequent trips to a veterinarian may be necessary if it develops problems.

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news

for County Agents

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

March 1, 1985

Source: Ron Pitzer
612/376-3851
Writer: Sam Brungardt
612/376-8182

PARENTS WHO ARE SEPARATING OWE CHILDREN SPECIAL CONSIDERATION

If you are a parent who is about to be separated or divorced, one of your main challenges is to help your children understand and deal with their loss. Ron Pitzer, family life specialist with the University of Minnesota's Agricultural Extension Service, says this is difficult because you must do this at a time when you yourself feel most insecure.

Children react differently to separation of their parents. They may feel angry, sorrowful, guilty or defenseless. Young children may regress to infantile behavior, including the need for thumbsucking and a security blanket. Older children may show grief and a sense of rejection. They may be angry at the parent whom they believe to be at fault, and they may have behavioral problems at home and at school. Teenagers may worry about their own ability to have a successful marriage.

Parents often make the mistake of not telling their children about an impending divorce. Most often, the topic is simply not discussed. The child is left guessing, and what he or she imagines may be more frightening than reality. Parents should tell their children what has happened without burdening them with too many details. Everyone involved must acknowledge that a lot is changing, but the children need to be reassured that they are still loved and that their parents are still parents.

Pitzer suggests these ways to help children deal with separation:

Children need to understand what the divorce or separation means, what the family structure will be like, and what changes they can expect in their living arrangements and daily routines. They must also understand that divorce is not temporary.

Children need to understand that they will continue to be cared for.

Children need to believe that their relationship with each parent will endure, that neither parent will abandon them, and that both parents will continue to love them.

Children need to understand the reasons for the separation or divorce, that they did not cause it, and that they cannot mend the relationship between their parents.

Finally, children need the assurance that they are not expected to take sides for or against either parent.

Remember, it's important to talk with your children to explain what is happening now and in the future and to help them feel as loved and secure as possible.

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nhec0407

news

for County Agents

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

March 1, 1985

Source: Lew Hendricks
612/373-1211

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

FIREWOOD NEEDS PROPER TREATMENT

If trees are being removed from your yard, you might want to consider keeping the wood for use in a fireplace.

"It's important to stack the wood off the ground, leave spaces for air circulation and cover the top of the pile with plastic or something that will repel rain," says Lew Hendricks, forest products specialist with the University of Minnesota's Agricultural Extension Service.

Decay organisms and carpenter ants enter a woodpile quickly if the wood is allowed to come in contact with the soil. Rotten wood loses much of its heating value. Once carpenter ants enter the woodpile, they are just a step away from causing problems in the building when the wood is brought inside to burn, says Hendricks.

Hendricks cautions against spraying a woodpile with an insecticide because toxic fumes may be produced when chemically treated wood is burned. Wood treated with a preservative should not be burned for the same reason.

"Red oak and elm make good firewood," he says, "but several important steps are necessary to prevent infecting nearby healthy trees." In some communities, one must check with tree inspectors before using such wood. State regulations require that elm and red oak firewood be burned by April. If it is stored between April 1 and Sept. 15, it must be debarked to prevent the beetles that cause Dutch elm disease and oak wilt from reproducing.

There is another alternative for storing red oak (but not elm). If a red oak wilts after July 1 and is cut into firewood during winter, it may be kept the following summer if the wood is kept securely wrapped in 4-mil plastic from April 15 to July 1. If summer months are used for drying, it is essential that elm and red oak firewood be debarked to conform with state regulations. "Bark can be removed with a drawknife or spud and lots of hard work," Hendricks says.

#

cp,TCO

ncrd0421

March 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (10 seconds)
For immediate release

EXPLORE 4-H

Announcer: IN 4-H, YOU CAN EXPLORE ALL KINDS OF THINGS TO DO
AND LEARN ABOUT. YOU'LL MEET NEW FRIENDS AND
CONTRIBUTE TO YOUR COMMUNITY. JOIN THE FUN. JOIN
4-H. CALL YOUR LOCAL COUNTY EXTENSION OFFICE TODAY.

#

cp

npsa0408

Any questions?

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

March 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

SHARE YOUR SAFETY KNOWLEDGE, EXPERIENCE WITH YOUTH

Announcer: ADULTS HAVE SO MUCH KNOWLEDGE, SO MUCH EXPERIENCE
TO PASS ALONG TO YOUNG PEOPLE. ONE IMPORTANT THING
IS TO TEACH YOUNG PEOPLE TO LIVE THEIR LIVES SAFELY.
AS A VOLUNTEER 4-H LEADER, YOU CAN INSTILL YOUR
KNOWLEDGE AND EXPERIENCES IN RELATING LIFE SKILLS TO
YOUNG PEOPLE. TEACHING THEM TO BE SAFE--AT HOME, AT
PLAY, IN SCHOOL OR ON THE JOB--MAY BE THE MOST
IMPORTANT THING THEY EVER LEARN. CALL YOUR COUNTY
EXTENSION OFFICE TODAY...HELP YOUNG PEOPLE PREPARE
FOR SAFE, HAPPY LIVES...AS A VOLUNTEER 4-H LEADER.

#

cp

npsa0409

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

March 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

ARE YOU ARTICULATE? PASS IT ON

Announcer: AS A VOLUNTEER 4-H LEADER, YOU HAVE THE OPPORTUNITY
TO TEACH YOUNG PEOPLE HOW TO COMMUNICATE IN MODERN
SOCIETY. IN THE 4-H PUBLIC SPEAKING PROGRAM, YOU
CAN GUIDE THEM THROUGH ONE-ON-ONE COMMUNICATIONS AS
WELL AS SPEECH MAKING SKILLS. IN THE 4-H
PHOTOGRAPHY PROGRAM, YOU'LL SEE THE WORLD'S BEAUTY
THROUGH A YOUNG PERSON'S EYES. HELP YOUNG PEOPLE
LEARN TO COMMUNICATE--BE A VOLUNTEER 4-H LEADER.
CALL YOUR LOCAL COUNTY EXTENSION OFFICE TODAY.
YOU'LL BE TOUCHED AT WHAT YOU SEE AND HEAR...IN 4-H.

#

cp

npsa0410

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

March 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

SOME SIMPLE EXERCISES CAN EASE TENSION

Announcer: ARE YOUR DAYS CONSUMED BY WORRIES?--WORRIES ABOUT
PRICES, ABOUT PAYING YOUR BILLS OR ABOUT YOUR
FAMILY? YOUR HEAD ACHES, YOUR BACK AND NECK ARE
TENSE, AND YOUR STOMACH IS IN KNOTS. SOME SIMPLE
EXERCISES CAN HELP. TRY THESE: IN THE CAR, GRAB
THE STEERING WHEEL, HOLD TIGHT FOR THIRTY SECONDS,
AND THEN RELAX AND LET GO. OR AT HOME WHEN YOU FEEL
TENSE, TAKE DEEP BREATHS AND STRETCH FOR A FEW
SECONDS. THIS MESSAGE IS BROUGHT TO YOU BY THE
_____ COUNTY OFFICE OF THE UNIVERSITY OF
MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.

#

CP

NPSA0425

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

C-23

March 1, 1985

PUBLIC SERVICE ANNOUNCEMENT (30 seconds)
For immediate release

LISTEN TO YOUR BODY WHEN LIFE IS STRESSFUL

Announcer: LAST NIGHT YOU COLLAPSED INTO BED AND YOU ARE STILL
TIRE D THIS MORNING AFTER SEVEN HOURS OF SLEEP. YOUR
BODY CAN WITHSTAND STRESS BY CALLING ON WILL POWER,
BUT AFTER A WHILE IT PROTESTS. BODY MOVEMENTS
BECOME AWKWARD; MENTAL CONFUSION AND UNSTABLE
EMOTIONS EMERGE. LISTEN TO YOUR BODY. TAKE MORE
BREAKS, EAT MEALS MORE LEISURELY AND PARTICIPATE IN
RECREATION. THIS MESSAGE IS BROUGHT TO YOU BY THE
_____ COUNTY OFFICE OF THE UNIVERSITY OF
MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.

#

cp

npsa0427

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

news

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

March 7, 1985

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

SAFETY COMMISSION WARNS OWNERS OF OIL-WOOD FURNACES

The U.S. Consumer Product Safety Commission is warning owners of combination oil-wood furnaces made by Itasca Manufacturing, Inc. of Menahga, Minn., of possible carbon monoxide hazard in their operation.

Lee Schultz, safety specialist with the University of Minnesota's Agricultural Extension Service, says the safety alert involves units sold as the Itasco Duo Model W0330 and Home Duo Model W0320. Weld failure could allow carbon monoxide to escape and be drawn into the home, the safety alert says. Carbon monoxide can cause headaches, nausea, and lead to death. No injuries are known to have occurred.

Some 12,000 of the units have been produced and sold since 1972. The model number is found on a metal plate attached to the unit. Over 100 complaints associated with cracks in the welds of the furnace had been reported to the firm, which is now filing for bankruptcy and is unable to correct the flaws.

Page 1 of 2

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Schultz suggests that owners of either of these models contact a professional heating installer to inspect the units for cracks, particularly at the top of the heat exchanger and around the firebox.

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CEO,1A,P2,TCO

NHECO473

March 7, 1985

Source: Lee Schultz
612/373-0764

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

POISON PREVENTION WEEK BRIEFS

Children Act Fast...So Do Poisons. That's the national theme of Poison Prevention Week, March 17-23, according to Lee Schultz, safety specialist with the University of Minnesota's Agricultural Extension Service. Sixty percent of all poisonings reported to Minnesota Poison Centers involve children under age five and most are around age two. The first six months of 1984 were dominated by calls about medications, chemicals in household products and plants (especially mushrooms).

* * * * *

It's dangerous to use cups or soft-drink bottles to hold paint thinner, turpentine or gasoline, says Lee Schultz, safety specialist with the University of Minnesota's Agricultural Extension Service. Schultz, in calling attention to March 17-23, Poison Prevention Week, says, "Several fatalities have been reported when lighter fluid intended for outdoor barbecue fires has been poured into such containers and subsequently swallowed."

* * * * *

Page 1 of 3

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March 17-23 is Poison Prevention Week, a time to renew acquaintance with the Minnesota Poison Control System's toll-free statewide number, 1-800-222-1222, and its Twin Cities area number, 221-2113. Telephone stickers with this information are available by sending a stamped, self-addressed envelope to Minnesota Poison Control System, St. Paul Ramsey Medical Center, 640 Jackson St., St. Paul, MN 55101, says Lee Schultz, safety specialist with the University of Minnesota's Agricultural Extension Service.

* * * * *

Though Poison Prevention Week comes once a year--this year it's March 17-23--getting the word out about poison prevention is a year-long effort for Minnesota Poison Control System, says Lee Schultz, safety specialist with the University of Minnesota's Agricultural Extension Service. For any group interested in sponsoring a local poison awareness program, the Minnesota Poison Control Education Department is ready year-round. Write Minnesota Poison Control System, St. Paul Ramsey Medical Center, 640 Jackson St., St. Paul, MN 55101 or phone the system at (612) 221-3096.

* * * * *

Miniature batteries (the kind used in watches, calculators, cameras and hearing aids) may not seem like poisons, but if swallowed, they can cause internal chemical burns if they become lodged in the esophagus or intestinal tract. Often they will

pass through the person without a problem. If a miniature battery is swallowed, contact your poison center, your physician or the National Button Battery Ingestion hotline at (202) 625-3333. To prevent this from happening, keep batteries out of children's reach and throw away old batteries, securely wrapped, after they have been removed from the appliance, suggests Lee Schultz, safety specialist with the University of Minnesota's Agricultural Extension Service, calling attention to Poison Prevention Week, March 17-23.

* * * * *

Syrup of ipecac (ip-e-kak) should be in every medicine cabinet (a 1-ounce bottle for each child or grandchild in the home). It is a nonprescription drug which can induce vomiting, but it should NEVER be given without first getting directions from a poison center or a physician. The Minnesota Poison Control System phone is answered 24 hours so there is no need for anyone to administer syrup of ipecac without first calling 221-2113 in the Twin Cities or toll-free statewide 1-800-222-1222, says Lee Schultz, safety specialist with the University of Minnesota's Agricultural Extension Service, noting that March 17-23 is Poison Prevention Week.

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CEO,1A,P2,TCO

NHECO472

March 7, 1985

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

KNOW DEADLINESS OF CARBON MONOXIDE

Deaths from carbon monoxide poisoning in Minnesota are twice the national rate and are not all due to accidental poisoning in motor vehicles, according to Lee Schultz, safety specialist with the University of Minnesota's Agricultural Extension Service.

Non-irritating, colorless, tasteless and odorless carbon monoxide is produced whenever organic materials are burned under conditions of incomplete combustion. The sneaky gas can cause permanent disabilities or death. Serious consequences can occur from both acute (one time) and chronic (recurring) exposures.

Although exhaust from any improperly maintained vehicle can pose serious hazards, the most common source of carbon monoxide is auto exhaust or exhaust vented into confined spaces. "The latter type buildup can come from gasoline-powered lawnmowers, charcoal grills, wood stoves, fireplaces, gas space heaters, kerosene or gas-powered camp lanterns, heaters, stoves and similar equipment," says Schultz. This is why proper ventilation and prevention of carbon monoxide buildup in confined areas is essential.

Page 1 of 3

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

To decrease the chances of being poisoned by carbon monoxide, the Minnesota Poison Control System calls the following points to public attention in advance of Poison Prevention Week, March 17-23:

--Provide adequate ventilation when using wood stoves and fireplaces. Be sure all flame-burning appliances are properly installed, adjusted and operated. Don't use ovens and gas ranges for heating.

--Don't operate gasoline-powered engines in confined spaces, such as garages or basements.

--Never burn charcoal inside a home, cabin, recreational vehicle or tent--whether in a grill or fireplace--for any reason.

--Have only a qualified technician install or convert fuel-burning equipment from one type fuel to another.

--Have wood-burning stoves and fireplace chimneys inspected and cleaned once a year.

--Read and heed manufacturer's instructions for installing and using of all fuel-burning equipment and appliances.

--Use only number 1 kerosenes in unvented kerosene heaters, provide proper ventilation by opening a window and keep the wick of the heater properly adjusted.

If someone has been exposed to carbon monoxide, immediately get them, others and yourself out of the area where the gas is concentrated. Drag an unconscious victim out of the contaminated area. If the victim is unconscious, check for pulse and breathing and begin cardiac pulmonary resuscitation (CPR) if this is necessary and you are trained in this rescue technique. It is important to get help. If the victim has symptoms or is unconscious, he should be brought by ambulance to an emergency room where the carbon monoxide blood levels can be checked and monitored for appropriate treatment. Correct the carbon monoxide problem before allowing anyone back into the contaminated environments.

Schultz says Minnesota's theme for Poison Prevention Week is concentrated on carbon monoxide hazards. To perform any emergency actions needed in poisonings of any kind, keep the phone numbers of the Minnesota Poison Control System (a 24-hour service) near your phone. Toll-free statewide it's 1-800-222-1222 and in the Twin Cities, 221-2113.

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CEO,1A,P2

NAGRO471

March 7, 1985

Source: Joanne Slavin
612/376-8748

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

PICK YOUR EXERCISE WISELY

Exercise means different things to different people, but it's usually classified muscular, coordination or aerobic.

"Most of the benefits of exercise are associated with aerobics," explains Joanne Slavin, nutrition specialist with the University of Minnesota's Agricultural Extension Service. She says muscular exercise is any type that builds muscular mass, such as weightlifting and bodybuilding. Coordination activities include games of skill such as golf, bowling and archery. Aerobic exercise includes walking, running, swimming or any exercise that is strenuous and sustained.

"Aerobic exercise demands large quantities of oxygen for prolonged periods and forces the body to improve those systems responsible for oxygen transportation," she says.

Before beginning any type of exercise program, have a stress test and a complete medical exam, Slavin advises. The stress test is especially important if you are over 30 and haven't been active recently. Most hospitals have exercise physiology laboratories or cardiac rehabilitation centers for stress tests. "Get the all-clear before thinking of joining an aerobics group or exercising," Slavin says. "Then make a 6-week commitment to

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the program you choose (preferably it will be one you can continue for a lifetime) and then evaluate it. Don't just try it for a week, then decide to quit."

For aerobics to be beneficial, the exercise must reach your target heart rate. This is the minimum rate at which your heart should be beating to get the most beneficial conditioning for your system. Target heart rate can be determined mathematically. Subtract your age from 220, then multiply the remainder by 0.7 and then again by 0.8. Suppose you are 30; your target zone would be between 133 and 152 heart beats per minute:

$$220 - 30 = 190 \times 0.7 = 133$$

$$220 - 30 = 190 \times 0.8 = 152$$

To be effective, you should exercise hard enough to go from a resting rate into the target area for at least 30 minutes three times a week. Always include a warm-up (3 to 5 minutes of stretching exercise) and a cooldown (5 minutes during which you decrease your pace and help yourself cool down) as you start and finish an aerobic exercise.

"Select an activity you enjoy. You might find it more fun to exercise with a group. Running is good, but runners are prone to injury. Walking can be done by anyone, but the rate must be fast enough to do some good. Swimming, bicycling, cross country skiing are all good aerobic exercises. But do choose an activity you can be comfortable with for a lifetime," Slavin concludes.

#

March 14, 1985

Source: Sherri Wagner
612/376-1369
Writer: Sharon Farsht
612/376-8017

REGISTRATION OF BICYCLES IS RECOMMENDED

Why spend \$6 to register your bicycle with the Minnesota bike registration system? Three important reasons are cited by Sherri Wagner, Minnesota community bicycle safety coordinator and 4-H youth development specialist with the University of Minnesota.

Lost or stolen bicycles that are registered are much more likely to be returned to their owners if they are recovered, Wagner says. Registration can be checked in three ways: license number, serial number or owner's name and birthdate. Thieves may be less willing to steal a bicycle displaying a registration sticker since it can be identified, Wagner adds.

Also, registration is a way of identifying accident victims. Many bicyclists, especially children, carry no identification. It takes less than 30 seconds to identify the owner of a registered bike, and that time can be vital.

Finally, thanks to the bike registration bill passed by the Minnesota legislature in 1984, money from bicycle registration

Page 1 of 2

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

can be used for development of community bike safety programs and educational materials, bike lanes, parking facilities, maps, safety enforcement training and in other ways that directly benefit bicyclists.

Wagner is helping coordinate a bike registration campaign that begins April 1 and continues through Minnesota Bike Week, May 5-11. Call her at (612) 376-1369 or call your local police department or bike shop for more information on registration.

For more information on bicycling in Minnesota, call 297-1838 in the Twin Cities or 1-800-652-9747 outside the metro area.

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CEO,P2,4Y,TCO

N4-H0459

MSC
9A27P

March 21, 1985

Source: Margo Tyler
301/656-9000
Writer: Hank Drews
612/373-1250

MINNESOTA 4-H PHOTOGRAPHY PROGRAM GETS GRANT FROM KODAK

Kodak is giving a \$1,000 grant to implement innovative 4-H photography programs in Minnesota. The state is one of 17 states receiving such grants from the Rochester, N.Y., company, a long-time sponsor of youth photography programs.

Proposals for the grants came from a photography program development symposium sponsored by Kodak at the National 4-H Center. Staff members from 43 states attended. The University of Minnesota's Agricultural Extension Service was represented by Dave Pace, extension youth development specialist, and Dean Bartsch, state 4-H photography coordinator.

With the goal of strengthening adult project leadership, Minnesota will hold district seminars at which photography leaders can benefit from experiential learning, share ideas for successful project meetings and learn new photographic skills.

A traveling 4-H photography exhibit comprised of photographs selected at the state fair will be developed. There are also plans to establish a video unit within the photography project.

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CEO,P2,4Y

Page 1 of 1

N4-H0531

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news

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

MSC
9A27P

March 21, 1985

Source: Sherri Kangas
612/376-1539
Writer: Deedee Nagy
612/373-1781

CONSUMERS SHOULD BEWARE OF CUSTOMIZED GARMENT FITTING PROGRAMS

Large women often have trouble sewing garments that will fit properly. Because of this frustration, many are investing their time and money on custom fit systems that claim to incorporate a person's measurements into basic, multi-use patterns for such wardrobe essentials as pants, dresses and jackets.

Sherri Kangas, textiles and clothing researcher at the University of Minnesota, says that many of these home sewers invest sums approaching \$100 as well as many hours in hopes of solving their fitting problems. Few, however, are ever able to make the poorly planned and tested patterns work well for them.

Kangas and other University researchers tested two of the most popular individual fit programs, the Dusan system and the Vogue method, and found a number of flaws with them.

Page 1 of 2

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Although advertised as being usable for beginning sewers, the custom fitting instructions were difficult to follow and poorly organized. The patterns included few illustrations to guide the novice and, in general, overlooked important body measurements that would have made the finished garments comfortable and nicely fit to the person's figure. For example, test garments sewed using one system were particularly ill-fitting through the back, upper arm and bodice for one research participant. The instructions were also confusing and assumed a higher level of sewing and fitting skill than most consumers would have, according to Kangas.

She adds that preliminary tests on a computer-assisted custom fitting system are beginning at the University and it is hoped that this system will offer more practical advice and sensible options for a person with a problem figure.

"Until this becomes available, consumers should approach custom fitting systems cautiously," Kansas suggests. "They typically are expensive and more likely to produce frustration and wasted effort than they are to produce satisfactory garments."

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CEO,P2,4HE,TCO

NHEC0463

news

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

March 28, 1985

Source: R. Byrne
612/373-1083
Writer: Hank Drews
612/373-1250

REIMBURSEMENT UNIMPORTANT TO MOST VOLUNTEER 4-H LEADERS

Surveys conclude that people volunteer for youth work to provide a good experience for their kids and other children.

On the theory that reimbursement of expenses might increase volunteerism among adult leaders, 4-H polled 600 people from both the volunteer staff and the paid staff in Minnesota. What they found was surprising. While one in five of the respondents felt that reimbursement would increase motivation, the overwhelming majority (82 percent) will continue to give leadership whether or not it costs them to "volunteer for 4-H." Seventy-one percent of the volunteers said reimbursement "makes little or no difference."

Responses from both groups show similar motives. Of 14 statements describing why they volunteer for 4-H, the top three choices were: (88%) have children in 4-H and want to provide a growing-up experience for them, (86%) enjoy working with children and youth and (82%) opportunity for achievement and new challenges.

People simply want to know that they have done a good job and made an important contribution.

CEO,P2,TCO

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N4-H0551

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news

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

March 28, 1985

Source: Andrea Burney
202/656-9000
Writer: Hank Drews
612/373-1250

KELLOGG FOUNDATION GIVES 4-H PROGRAMS LARGEST GIFT EVER

The W. K. Kellogg Foundation has funded a five-year 4-H program called "Volunteers for the Future" aimed at increasing volunteer effectiveness nationwide. The amount of the grant, \$2,753,000, is the largest private sector gift in the history of 4-H.

Dr. Gary King, a program director for the Kellogg Foundation said, "The W. K. Kellogg Foundation believes that 4-H is vigorous and successful because of the volunteers who make the program work. This grant will play a critical role in ensuring that 4-H will remain strong and serve even more young people in the years to come."

The Volunteers for the Future program will help mobilize the 4-H efforts of the Agricultural Extension Service. By organizing and managing a stonger volunteer leadership base, 4-H will be able to expand its educational programs and make them available to more youth.

Currently, 620,000 volunteers serve nearly five million 4-H youth throughout the United States.

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CEO,1A,P2

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N4-H0552

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March 28, 1985

Source: Stephen Cooke
612/373-1093

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

AG ECONOMISTS PROVIDE INFORMATION FOR DEBATE ON 1985 FARM BILL

As Congress starts to hammer out the 1985 farm bill, agricultural economists with the Agricultural Experiment Stations of the University of Minnesota and other Land Grant universities are busily working out information for legislators' use.

The Office of Technology Assessment, a research unit of Congress set up to gather technical expertise when considering problems such as the farm bill, called on the agricultural economists for help.

One of the assignments is looking at the Farm Belt to see how federal policies and proposals can affect farms of varying sizes. Corn, soybean, wheat, rice and cotton farms in the major production areas of the country are being examined, according to research associate Stephen Cooke, one of those from the University of Minnesota who are collecting and analyzing data.

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The corn farms under study are in Iowa, Illinois, Nebraska and Indiana, the soybean farms are in Illinois, Iowa, Ohio and Mississippi, and the wheat farms are in Kansas, North Dakota, Montana and Washington. The rice farms are in California, Texas, Mississippi and Arkansas, and the cotton farms are in Alabama, California, Mississippi and Texas.

Sheafs of data are being processed by computers with the help of a budget generator developed at Oklahoma State University and a policy simulator being used at Texas A & M University. Among the agricultural economists involved in different phases of the program at the Unviersity of Minnesota in addition to Cooke are Agricultural Experiment Station researchers W. B. Sundquist and Boyd Buxton.

Information the researchers send to Washington, D.C., and the Office of Technology Assessment will indicate survival probabilities, debt structures, net farm income and farm growth for various size farm units. This will provide independently derived economic analyses that can be used in the congressional deliberations on the 1985 farm bill.

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1A,P2

NAGRO546

news

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

MSC
GA27P

March 28, 1985

Source: Earl Fuller
612/373-1145
Writer: Jack Sperbeck
612/373-0715

U OF M FINANCIAL PLANNING PACKAGE HELPS FARMERS SURVIVE

A new computer analysis called "Finpack" (for Financial Package) takes the guesswork out of farm financial planning.

Finpack was developed by farm management specialists with the University of Minnesota's Agricultural Extension Service. It requires a trained specialist to work with the computer and help farmers interpret the results.

Finpack is helping farmers in Minnesota and several other states. It's being used by Land Grant university Extension Services in Illinois, Iowa, Kansas, Missouri, Nebraska and Wisconsin as well as in Minnesota. Private lenders and Farmers Home Administration officers in Minnesota use it to help evaluate loan requests.

Finpack can take some of the fear out of farm financial planning, says Earl Fuller, farm management economist with the

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University of Minnesota's Agricultural Extension Service.

Farmers don't have to be computer experts to use Finpack.

Trained extension people and lenders use the computer and help interpret the information.

The program uses "real" numbers from individual farms. This can help farmers take an objective look at several planning options in a non-panic environment. "If farmers can make changes now, 70 percent will survive" in farming, says Tim Hooper, an Iowa State University extension aide who uses Finpack with farm clients.

Some lenders have granted loans based on Finpack analyses, and Hooper predicts that Finpack will be useful as a routine management tool long after the present farm financial crisis is over.

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1A,P2,4D,4FC,4L

NAGR0544

news

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

MSC
6A27P

March 28, 1985

Source: William Freitag
612/376-3535

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

VOLUNTEERS ABOUND IN MINNESOTA COMMUNITIES

When the fire alarm sounds, you may see all sorts of doors fly open on main street as volunteer fire department members run for the fire station.

Fire departments are institutions so "taken for granted" that you may not connect the one in your community with this year's National Volunteerism Week, April 22-28.

But in Minnesota's 800 fire departments, there are something like 1,850 paid fire personnel and 15,000 volunteers, according to the Fire Information Research and Education Center. The center, which is part of the University of Minnesota's Agricultural Extension Service and Continuing Education and Extension, says some 750 departments are completely volunteer units, others are either paid employees or a mixture of paid and volunteer firefighters.

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Perhaps volunteers ride with your local police or sheriff's department on weekends. Maybe you call them "auxiliary," another name for assistance or supplemental support personnel. Whatever, they are volunteers. While larger communities may raise taxes to fight fires and to provide ambulance and other emergency services, smaller communities often rely on volunteers to provide these services.

If you look around your community, you will probably see many people doing equally important volunteer work, whether it is with youth organizations or at a local nursing home, church or school. In fact, there are probably so many volunteers--taken for granted--that no one has ever stopped to add them or the volunteer hours they contribute up.

Most communities could not function at the level they do without volunteers. Progress in some would come to a halt without them. Take time to thank a volunteer whom you know during National Volunteerism Week and consider how you, too, can make a positive contribution to your community as a volunteer.

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CEO,1A,P2

NEXT0548

news

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

MSC
9A27P

March 28, 1985

Source: Jane P. McKinnon
612/373-1759

Editor: Deedee Nagy
612/373-1781

MINNESOTA MASTER GARDENER PROGRAM IS A BLOOMING SUCCESS

When you see a beautiful flower garden in a community park or notice a garden information booth at a shopping mall or farmers' market, chances are some of Minnesota's hundreds of master gardeners have been at work.

Master gardeners' work in communities statewide has improved the skills of amateur gardeners and the yields of their gardens. Such work has also benefited master gardeners themselves, by giving them new knowledge and a feeling of accomplishment. As gardening's popularity has grown, the University of Minnesota's Agricultural Extension Service responded with this program to train expert gardeners who serve as neighborhood resource people.

Through the program, extension staff train volunteers who already know a lot about gardening and who will be able to return to their neighborhoods and answer most gardening questions after a minimal amount of training.

This training consists of about 48 hours of classroom instruction, covering a wide variety of subjects geared to Minnesota gardening. Most instruction is given by university extension faculty.

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

To become a certified master gardener, about 50 hours of volunteer work is required. Gardeners must be recertified each year; update training sessions are held periodically.

Master gardening began in Minnesota as a pilot program in 1977. Participants were first selected from the Twin Cities area; however, the program has since expanded to include volunteers from all parts of the state. More than 775 master gardeners have participated in the program since it began. According to Jane P. McKinnon, extension horticulturist at the University of Minnesota's Agricultural Extension Service, "More than 50,000 people have been helped on an individual basis."

The program is adapted to local needs and publicized by county extension staff. This county staff involvement fosters a close working relationship between agents and volunteer gardeners.

Among projects that master gardeners have undertaken are community beautification efforts; plant and insect information clinics at garden centers, libraries and shopping centers; newspaper columns on gardening; work with 4-H clubs and senior citizens' centers and hundreds of hours of individual counseling with homeowners seeking answers to their yard and garden questions. And it's not just the amateur gardeners who benefit. As with any volunteer effort, the master gardeners gain knowledge and the esteem of others through their work.

A handicapped master gardener from Wright County, for example, has worked with retirement center residents in his community. There they do gardening in special raised gardening beds that allow the retirement center residents, even those who are wheelchair-bound, to participate. The master gardener has said, "It's neat to share what I know about gardening with those who are also interested. It's a thrill to see how the gardens turn out."

Another volunteer who has worked extensively in teaching school children about growing things and the joys of gardening said, "I appreciate very much what (the) specialists from the university have made available to us who love horticulture. I see diseases, viruses and insect problems on the increase and it scares me!"

According to McKinnon, the Master Gardener program is becoming an important resource for the home gardener as well as an expansion of extension's educational services. "The program here is strong," explains McKinnon. "We have many master gardeners from the early training years still active in the program."

Volunteer Recognition Week, April 22-28, is a time to say "thank you" to master gardeners and other volunteers.

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CEO,P2,TCO,4H

NAGRO549

news

Agricultural Extension Service
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University of Minnesota
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March 28, 1985

Source: Greg Hutchins
612/373-1083

Writer: Hank Drews
612/373-1250

WHAT ARE EXTENSION VOLUNTEERS WORTH?

Communities would have to pay more than \$4.5 billion a year nationally to replace the services provided by volunteers working with the Agricultural Extension Service. A recent University of Wisconsin study figured that the dollar value of volunteer time is more than five times greater than the entire extension budget.

County extension agents work with volunteers in all 50 states. "This is our first indication nationally of the full scope of volunteer activity and the monetary value of time donated," said Sara Steele, the professor evaluating the study. In 1983, approximately one in 80 Americans volunteered with the extension service. During that one year, almost 3 million people spent more than 71 million days volunteering. That amounts to 51 days for every day of assistance given by an extension staff member.

The study found that more than 2.8 million volunteers help to disseminate information on agriculture, home economics and community or youth development from USDA or land-grant universities.

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news

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Source: Tom Reis
612/376-9829
Gordon Stobb
218/829-1879

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

VOLUNTEERING TAKES IMAGINATION

Volunteering takes many shapes and forms; for the imaginative volunteer, those shapes and forms seem to know no bounds. Two instances of volunteering that involved the University of Minnesota's Agricultural Extension Service surface as reminders of National Volunteer Recognition Week, April 22-28.

Say "volunteer" and Tom Reis, project director of the Minnesota Agricultural Enterprise for New Americans (MAENA), thinks of Charles Waterfield. A student at the university's Humphrey Institute, Waterfield is preparing to work in economic development in Third World countries. MAENA is extension's educational farming program outside Farmington, Minn., for Southeast Asians now making their homes in Minnesota.

"One of the requirements for graduation in my program," Waterfield explains, "is a three-month internship participating in an international development project." His chance to do that without leaving Minnesota came in 1984, when he heard about the Farmington program and became a volunteer.

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He hoed and harvested, working closely with Roger Sitkin, who heads the program's agricultural production. Waterfield also worked in the processing shed where vegetables were graded and packed and learned much about on-the-job tractor and truck repairs. Despite a language barrier, communication happened during work and at noon lunch.

It must have been a mutually good experience because the farming project is hoping to attract another Humphrey Institute volunteer this summer.

Before graduation this June, Waterfield is applying to agencies and private organizations doing work in Third World countries. Both he and his wife, Sue, speak Spanish so they are especially interested in development programs in Spanish-speaking areas of the world.

In a very different scene, Gordon Stobb, area agent with the university's Agricultural Extension Service, who is located in Brainerd, points to the Minnesota Community Improvement Program (extension has an assisting role in this state planning agency program). One of the major volunteer groups is the Governor's Design Team, chaired by Lisa Winkelmann. Many small volunteer teams are composed of practicing architects, artists, urban designers and landscape architects who become involved as volunteers when communities invite them to brainstorm and help suggest ways to redesign a main business street, for instance. In its two years of existence, teams have been involved in designs for Dassel, Delano, Prior Lake, Biwabik, Atwater and for Payne and Arcade Avenue (in St. Paul).

Volunteers on the team spend two days with the interested groups giving the situation a fresh-eyed look that's not possible for those living there. Part of it, Winkelmann says, is "deciding what to focus on and what not to focus on." A broad base of community support is enlisted for the design to work best. This means involving local artists, service organizations--everyone in the community interested. The volunteer team comes up with a booklet, usually for the community to mull over and make decisions. Winona, Pine Island and Redwood Falls are on the 1985 list for volunteer team visits. "We like to keep some flexibility in the teams so that we can respond quickly if the need arises," Winkelmann says. Talents of those in the volunteer pool are matched with specific needs in the community's request. "Yes, we are getting lots of applications," Winkelmann says of areas wanting to tap volunteers' perspectives.

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CEO,P2,TCO

NCRD0550

news

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Source: Kathy Mangum
612/373-5168

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

VOLUNTEERISM BUILDS CREDENTIALS

One reason for becoming a volunteer is to learn new skills that may convert to paid employment. That's what state and national readings indicate as April 22-28, National Volunteer Recognition Week, approaches.

The resume that lists experience somehow seems to have an edge and at least receives a longer look.

That's the experience of Susan (Mrs. Emery) Davis of Grand Rapids, whose year and a half of volunteer service after training as an extension budget consultant with the University of Minnesota's Agricultural Extension Service became a one-year paid position in February 1985.

Davis is a financial management educator and nearly half her time is spent training six professionals (four women and two men) who will be doing this type of volunteering in addition to their regular jobs. They will be residents of the Grand Rapids area who have some experience with the financial management problems that occur when people are newly unemployed.

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"You have to believe in the steps being taken (to help people)," says Davis, who is very comfortable with the extension program. It's really a concerted community effort because referrals often come to her from other agencies. Seeing the "before" and "after" pictures is a reward for her.

When she was one of two volunteer extension budget consultants in Itasca County (she answered an ad for volunteers and received training), Davis said families who came often considered it "the end of the road." Some may have been faced with foreclosure, perhaps two to six months behind in payments. Financial stress becomes abject discouragement and often causes one parent to leave home and family for a time. She has seen families, after finding solutions to financial barriers, get back together and be able to function as a family unit again.

Davis was a legal secretary before moving to Grand Rapids nearly 10 years ago. Her husband and children, ages 8 and 4, were very supportive when she was a volunteer and continue to be. They knew the crisis phone calls at home were important and understood when training as a volunteer meant some evenings away at meetings.

She admits to "a thirst for more education" as she comments on that training. As a volunteer, when she would request more information from the university, "Kathy Mangum would always respond." (Mangum supervised the training of extension budget consultants in four northeastern Minnesota counties.)

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