

# EXTENOVATIONS

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F O R A L L O F E X T E N S I O N

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## Rural revitalization requires new agenda

### Minnesota and Wisconsin host three-day session

"A New Agenda for Rural America" was the focus of the conference put on cooperatively by Minnesota's and Wisconsin's extension services. The three-day session at the St. Paul Hotel drew more than 250 participants from throughout the U.S. and included such well known speakers as Robert Reich of Harvard University, Daryl Hobbs of the University of Missouri, former Secretary of Agriculture Bob Berglund, Senator Dave Durenberger and College of Home Economics professors from Minnesota, Paul Rosenblatt and Pauline Boss.

spectives on economics, public policy and rural life. She emphasized that the conference attempted to examine what's happening in rural America, stressing that the economic problems in agriculture are not strictly farm issues. Because economic problems affect rural communities, schools, businesses and families, they are of much wider concern than many people realize.

Ayse Somersan, state program leader for CNRD with Wisconsin extension, co-chaired the conference with Baugher. Co-sponsoring organizations were the Farm Foundation and the North Central Regional Center for Rural Development. ■

According to conference co-chair Shirley Baugher, the theme for the conference comes from the national extension emphasis on rural revitalization. The speakers were selected for their broad per-

—Deedee Nagy



Photo by Don Breneman

Paul Rosenblatt, Family Social Science professor, reported on his research among economically hard-hit farm families forced to leave their farms or cut back on their operations. Other speakers at the "New Agenda for Rural America" conference included Dave Durenberger, Harvard professor Robert Reich, University of Missouri professor Daryl Hobbs, former Secretary of Agriculture Bob Berglund and Pauline Boss of the university's Family Social Science department.



Co-chairs of the "New Agenda for Rural America" conference Shirley Baugher, left, and Ayse Somersan, state program leader for community, natural resource and economic development at the University of Wisconsin, confer with Pat Borich on some conference materials. The three-day conference was partly in response to the emphasis on revitalizing rural America initiated by the extension service of the U.S. Department of Agriculture.

## Home-based guest business workshop draws a crowd

The Community and Natural Resource Development (CNRD) program hit on a hot topic when it decided to offer a workshop on starting home-based guest businesses last December.

"It's really nice to have a risk-taker for a boss," says Barbara Koth, area extension agent-tourism development. "I thought about that a lot because there were only 18 people signed up just two weeks before the workshop. I was thinking, 'I have a several-thousand-dollar bust here.' But John (Sem) said, 'We'll try it. I don't know how many we'll get to attend. Perhaps we'll only introduce the idea. And, if it turns out to be a flop, that's okay.'"

"Maybe everybody feels that way when they begin a new programming effort, but his saying, 'Your future doesn't depend on the success of this workshop, and we give you credit for trying something new and for responding to what you're hearing in the industry,' was comforting."

Koth and Sem, state program leader in CNRD's community economic development effort, did, however, have a good idea that interest was keen in bed-and-breakfast (B&B) and farm home vacation businesses. Larry Simonson, extension specialist in tourist services, had received 60 requests for information after an article about home-based guest businesses in *The Farmer* listed him as a resource. A study funded by the Governor's Council on Rural Development had indicated considerable interest in B&Bs and farm vacation businesses also.

Koth was relieved—and surprised—to see 107 register for the workshop, which was held at Camp Courage, near Annandale. Within a couple of weeks, 32 more persons had called, wanting information on starting a home-based guest business. So, CNRD will offer five follow-up workshops this winter throughout the state and another full-blown workshop on starting home-based guest businesses in extension's Northeast District.

Minnesota seems to be catching up on a trend that's been evident for some time in Europe and on the East and West Coasts. According to Chad Dawson, tourism specialist with New York Sea Grant Extension, California is the state with the most B&Bs—more than 4,300. In contrast, the industry is in its infancy in the Heartland: Minnesota had only 35 licensed

B&Bs at the time of the workshop; Wisconsin, 33; Iowa, 25; the Dakotas, 15 each. Dawson said 75 percent of all B&Bs have been operating less than three years. And, he predicts the number of B&Bs will increase tenfold in the next three years.

How did the December workshop come together? The effort involved people from state and local government and private industry as well as from the University of Minnesota.

One challenge was to get suitable educational materials. Illinois and Indiana had cooperatively put together a publication on issues involved in starting up a B&B, but it was geared to larger, historic inns that are primary businesses. What was needed

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**B&Bs: Getting the facts cools some on the idea of starting one, but others see opportunity. Page 2.**

**Even in a country where "just about any food can grow," inadequate storage can mean problems. Page 3.**

**Instant access to information prompts users to get acquainted with 'friendly' computer system. Page 3.**

**Now entering its second year, the telecommunications development center takes stock of its accomplishments and gears up for more high tech projects. Page 4.**



Photo by Don Breneman

Steve and Debra Niedfeldt of Preston pick up some advice on operating a B&B from Nancy Charlson and Chad Dawson at the Home-Based Guest Business conference extension sponsored at Camp Courage Dec. 3 and 4. The Niedfeldts recently purchased an 1869 jail in Preston and plan to convert it into a B&B.

## Home-based guest business workshop draws a crowd

continued from page 1

was material suitable for a part-time business.

Harold Alexander, interior design and furnishing specialist; Catherine Huebner and Dorothy Rosemeier, area extension agents—small business and economic development; Wanda Olson, household equipment specialist; Claudia Parliament, extension economist—agribusiness; Paul Rosenblatt, family social scientist; Larry Simonson, tourism services specialist; and Koth herself filled the void with the handouts they prepared for the workshop.

Koth also tapped resources from outside the university for the workshop. Lt. Gov. Marlene Johnson reaffirmed the state's commitment to tourism development. Others who spoke were people already in the B&B business; lawyer Richard Cox; tourism specialist Chad Dawson; Colleen Illg of the Minnesota Office of Tourism; hospitality consultant

Jane Preston; New Ulm city manager Richard Salvati; Charles Schneider of the Minnesota Department of Health; Hugh Strawn of the Minnesota Insurance Information Center; and Janice Thomson, consultant to the Minnesota Extension Service. Workshop participants also had the opportunity to dine at, and inspect, a historic B&B, the Thayer Hotel at Annandale.

Koth says marketing the workshop was difficult. There was no one way to reach the diverse clientele who might be interested in starting home-based guest businesses. Koth says she has many persons to thank for marketing the program, but she gives special effort to the CNRD personnel assigned to Project Support and many county and area agents.

Through the work of CNRD and the Minnesota Extension Service, much enterprise is taking shape: B&Bs, farm vacation businesses, fee-based hunting on private land, the retailing of handmade and homegrown products to tourists, and helping communities "professionalize" festivals and events. It's a way for extension to give Minnesotans whose welfare depends on a thriving tourism industry a hand. ■

—Sam Brungardt

## B & Bs: Getting the cold, hard facts

B&Bs can serve several important roles in tourism. They can offer unique lodging experiences. They can provide lodging for overflow traffic during peak tourist seasons. They can give communities a way to handle large crowds during special events. And, they can fill the lodging void in areas that can't support larger inns, hotels or motels.

Imagination seems the only limit to what a B&B can be. There are B&B apartments on Manhattan, fly-in B&Bs in the mountainous West and B&B houseboats on Cape Cod.

CNRD's first home-based guest business workshop was sobering for some participants, encouraging for others. At first blush, getting into the B&B or farm home vacation business seems easy. That is, until one learns about state and local codes and regulations, possible zoning hassles, and the need for costly insurance and possibly building modifications.

Leona Thompson of Milan is one of the workshop participants who no longer plan to start a home-based guest business. She said, "I was considering starting a B&B but there are too many rules and regulations governing B&Bs and it's quite expensive to get one going. We're getting on in years and to invest that much in something that might last only a short while just isn't worth it."

Thompson added that she did get a lot out of the workshop. In fact, she has since given a class on starting a home-based guest business through the local school district's community education program.

While Gloria Aasness of Campbell has decided not to start up a B&B because she has no off-street parking and because of the \$2,000-per-year insurance premium she'd incur, she has found that people need capable "sitters" to mind their B&Bs when they're away from home. Aasness intends to pursue this.

Others who attended the workshop seemed undeterred. Pat Hardy of Pequot Lakes said, "We'll be purchasing a new house in an area that's zoned commercially as soon as we sell our old one. We now live on a lake, and the neighbors weren't enthusiastic about the increased



Photo by Sam Brungardt

A lunch following the December workshop on starting a home-based guest business gave attendees a chance to observe the food service aspect of the Thayer Hotel, a historic B&B in Annandale.

traffic that a B&B would mean. We've already got the permit to operate a B&B in the new house. We live in a real tourist area, and that's probably why the zoning board was probably much more receptive to the idea."

For some, what they learned meant a change of plans. Tom Kiernan of Minneapolis said, "We've just bought a farm. We were thinking of getting into the farm home stay business. Since learning how labor intensive a B&B can be, we'll probably not be starting up one. Maybe we'll fix up the cottage that's on the farm so we don't have to sacrifice our privacy."

Still others attended the workshop to make connections and to see what they may have done right—and wrong. Margaret Chapin of Dodge Center said, "I found that we'd done quite a few things right. I'm already licensed and in the B&B business. I had a few guests this fall, the overflow from the Grand Old Mansion in Mantorville. I'm real anxious to go ahead with my B&B and I hope it will be a busy season next summer."

But most who attended the workshop are still undecided about getting into a home-based guest business.

Ann Hovda of Maynard was typical. She said, "It's going to be a

lot tougher (to get into business) than I thought. Regulations, you know. I'm not planning on going into a B&B this year, maybe later. It takes a lot of preparing, you just can't do it overnight. Putting in the \$1,500 system that will bring our large, old farmhouse up to fire code is the biggest obstacle right now." ■

—Sam Brungardt

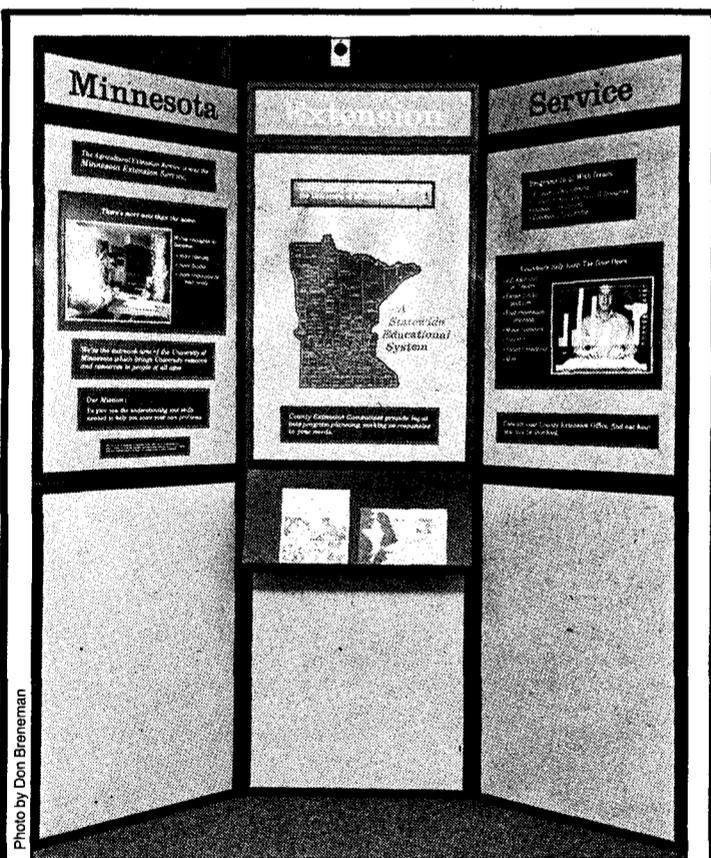


Photo by Don Breneman

### Exhibit shows extension highlights

An exhibit featuring extension's new name and mission has been developed by Communication Resources for use at statewide events. Several smaller table top versions of the same exhibit are being developed for county use. The smaller exhibits will be shipped via UPS.



Photo by Don Breneman

### Conference examines program policy

Sheryl Nefstad collects statements about extension program policy from County Extension Committee members attending the "Putting Focus on People Into Action," conference in Minneapolis, January 14. The conference, attended by 168 County Extension Committee members and 100 extension staff, was designed to involve county partners in issue focus program planning.

## In brief

**Larry Swenson**, Becker County, was selected as an Outstanding Young Man of America for 1986 by the Outstanding Young Men of America Organization. He was cited for "outstanding professional achievement, superior leadership ability, and exceptional service to the community."

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**Jerry Miller**, assistant director, Agriculture, was selected as a Fellow by the Weed Science Society of America. The award, the highest honor the society bestows, is being presented at the annual awards banquet in February in St. Louis, Missouri.

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**Brian Richert**, Brown County 4-H'er, received the 4-H Presidential Tray at the National 4-H Congress in December. Brian is the son of Don and Joan Richert, who chairs the Brown County Extension Committee and serves on the Minnesota Extension Citizens' Advisory Committee.

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**Rich Reeder**, Communication Resources, received a Golden Eagle certificate for "New Seeds in a New Land," a documentary he produced regarding the resettlement of Southeast Asian refugees in Minnesota (the "Hmong project"). The award is the highest given by the Council on International Nontheatrical Events in Washington, D.C.

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**Dale Hicks**, extension agronomist, received the 1986 Agronomic Extension Education Award from the American Society of Agronomy at its annual meeting in December.

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# Extension specialists advise East Africans in Rwanda

Rwanda, a country the size of Maryland or about one-eighth that of Minnesota, is the object of international focus for several extension specialists who are part of an international agriculture program. The program was begun by the University of Minnesota's College of Agriculture in 1983 and is coming to a close in early 1987.

The extension specialists are Leland Hardman, agronomist; Vance Morey and Harold Cloud, agricultural engineers; and Dick Meronuck, plant pathologist. These four have worked stints of weeks or months in Rwanda, East Africa.

Dry edible beans of Rwanda grow in a climate likened to Hawaii and are as much a staple there as rice is in China. Postharvest beans are subject to insect and fungal problems and become more difficult to cook, says Florence V. Dunkel, an entomologist who coordinates the Rwanda project for the Office of International Agricultural Programs at the university. The local crop storage cooperative research project focuses on crop storage and is part of an agreement between the U.S. Agency for International Development, the University of Minnesota and the government of Rwanda.

At the onset of the project, farmers were surveyed on the types of beans they were growing, on storage facilities and production knowledge.

"Just about any food crop in the world can grow in Rwanda," Hardman says, "and there are two

harvests of beans and one of sorghum per year."

Hardman recently finished a color picture catalog including 300 seed types. The catalog can be used in implementing grading standards because it describes seed color, pattern, size and use. Reference vials containing seed of each seed type will be kept at the National Research Institute of Rwanda and government research centers. The grading system assists in decisions on whether beans are suitable for short- or long-term storage. A system of marketing standards also was developed.

The catalog is written in French, the official language, (although farmers speak Kinyarwanda) and English.

The project may be unique in that its steering committee members insist that everyone going to Rwanda be acquainted with French. University faculty have taken noontime French classes on the St. Paul campus, whereas others who were unable to attend the campus classes have had intensive courses just before leaving for Rwanda. As Morey puts it, "None of us 'knows' the language, but we have varying degrees of familiarity with it, which is useful."

Dunkel makes one or two trips per year to Rwanda, staying for a month each time, and completed her sixth trip in November. She mentions that *Phaseolus vulgaris* L., or edible beans, have been grown in Rwanda for probably 400 years.

On their trips to Rwanda, Cloud and Morey have been concerned with storage facilities for the beans. Cloud visited existing storage facilities in Rwanda and suggested storage methods for both government and cooperative facilities. Morey looked at new designs and alternatives for grain drying. He also worked with storages at the cooperative and government warehouse management levels and with underground storage. Marketing standards were developed and include measuring moisture content, as well as damage and foreign material in the beans.

"Rwanda has grain and bean storage problems like any other country," Meronuck says. He worked with the Rwandan staff in developing grain storage laboratory procedures, sterile techniques and identifying storage pathogens. He also has had two of the staff from Rwanda in his University of Minnesota laboratory for intensive training in grain storage pathogens.

Brochures describing the program, one written in French and the other in English, mention that Rwanda is reaching the carrying capacity of its land and that dry edible beans are the main source of protein and calories. Beans stored for a long time under certain environmental conditions become more difficult to prepare and take more fuel to cook. In a country that depends on a scarce supply of wood for cooking fuel, this is a real problem. Proper long-term storage of beans allows for price stabilization programs and insures that reserve supplies are available in the event of major

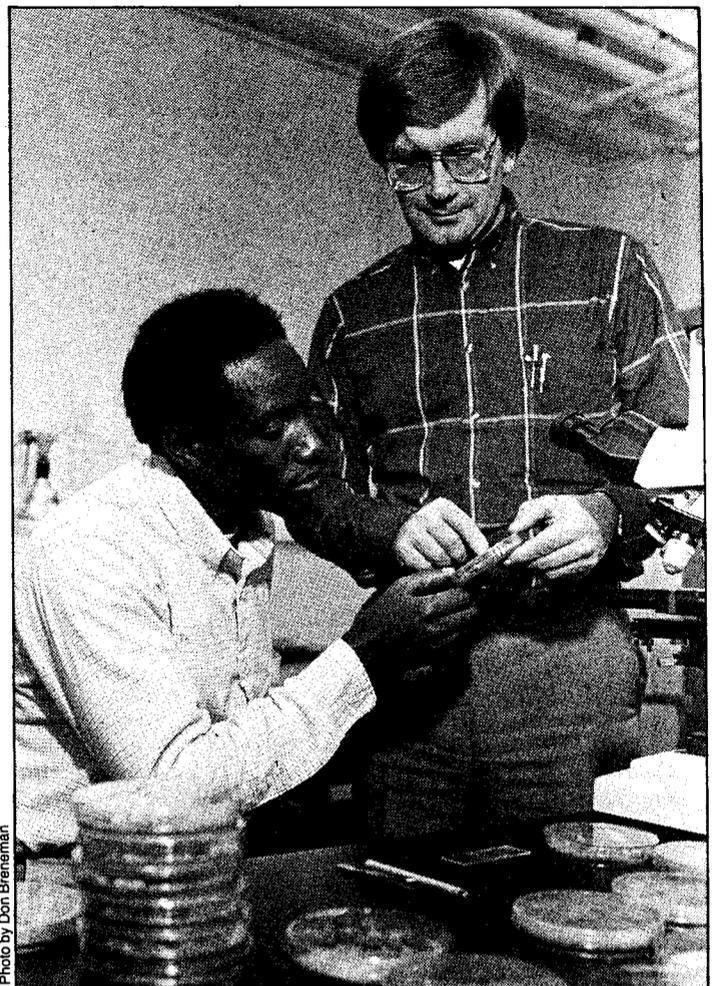


Photo by Don Breneman

Evaresto Munyarushoka, counterpart resident scientist with the Government of Rwanda, worked in the laboratory here last fall with Richard Meronuck, extension plant pathologist. They are looking at cultured Rwandan beans to determine the number and kinds of fungi.

food shortages.

The project's goals are to improve storage management procedures, develop methods to lengthen storage time for beans and establish food and seed quality laboratories to support storage management efforts in Rwanda.

US-AID has accepted a funding preproposal for the study of in-

secticidal plants used by Rwandan farmers during storage. FICAH, a U.S. foundation of wholesale food merchants, gave Rwanda \$100,000 for one year to develop extension postharvest management programs with cooperatives throughout Rwanda. Minnesota expertise there may continue. ■

—Mary Kay O'Hearn

# When EXTEND-U computers 'talk,' extension benefits

"For a good time, call 624-9202."

No, that's not exactly the kind of graffiti you would find scrawled on a Coffey Hall wall, but for extension computers and the people who put them through their paces, it's a number that yields exciting possibilities.

The EXTEND-U computer bulletin board has been in operation for nearly a year and each month's usage figures eclipse

those of the previous month. When county, area and campus offices call 624-9202 via their computers, they have instant access to about 50 pieces of information. Available information items include the latest communications from the director's office, news releases, newsletters and bulletins.

According to Carol Scipioni and Tom Ehlen of CIS, the beauty of the EXTEND-U system is its com-

patibility with the IBM-PCs that are the most widely used computers for extension offices statewide. For example, material put on the central EXTEND-U computer can be transferred (downloaded) to disks in county offices. The material can then be edited and the items rearranged to meet their needs for teaching materials, news releases, subject matter files or communications within the organization.

Currently, about 300 users hold identification numbers that permit them to use the system; logs for a typical month show about 1,000 "accesses." Among the most popular items that users take off the computer system are *MES Weekly*, the newsletter from Director Pat Borich's office that goes on the system each Friday and typically is downloaded to 100 or more users. Other high demand pieces of information include the *Family/Human Development Monthly* packet, which is put together by family life specialists Ron Pitzer and Sue Meyers, *Yard and Garden* newsletter compiled by specialists in horticulture, and the *Food Preservation Newsletter* compiled by Houston County agent Naomi Fruechte and specialist Bill Schafer. Because copies of these materials are never printed and mailed to county offices, users can obtain them only through EXTEND-U. Ehlen and Scipioni say this is a powerful incentive for offices to use the system regularly and become

comfortable with it.

"There has been a very deliberate effort to make this computer system a 'friendly' and easy-to-use one," Scipioni says. "All our regional computer training for about the past eight months has emphasized EXTEND-U so counties are well acquainted with it now, thanks largely to Paul Larson's and Jan Zielke's training efforts. At the same time, we've been working hard with specialists and program areas to encourage the development of materials specifically for the system."

She adds that counties have been quick to pick up on EXTEND-U and most find it easier to use than the former EXTEND system, which used a mainframe computer in the St. Paul Computer Center as the host. Having an IBM-PC as the host computer and having it housed in the CIS offices makes it easier for EXTEND personnel to support and maintain the system. A popular "chat" option on EXTEND-U allows users to communicate on-line with systems operators Debbie Madison or Joyce Wurzl, who often can "talk" them through a problem or answer a question about use of the system.

The initiation of WATS lines for counties to call in to EXTEND-U has spurred its use, according to Scipioni and Ehlen. At present, there are two WATS lines and two local lines coming into the central computer and more can

be added as demand requires.

Also ahead for EXTEND-U is a daily electronic mail pool. Almost like an electronic post office, this will allow the computer to accumulate messages and items such as newsletters that the office asked to receive. These individual "packages" of electronic information can then be sent from the central computer to the county office computer, most likely at night when the computers aren't being used for other things. A few offices whose phone lines go through a courthouse switchboard would still need to dial in to campus to receive their electronic mail. The messages, however, would be pooled and ready when the call came through, thus eliminating the need to pick out each individual piece of information that the county wished to receive that day.

The mail pool is being tested now in several counties and is expected to be ready in spring. Also in the planning, counties will be able to communicate directly with one another electronically, allowing them to share materials and information easily and quickly. Programmers Larry Cable and Bob Hursh are working on the software to permit this access for counties and are also responsible for much of the other programming and technical support needed to make the system work. ■

—Deedee Nagy



Photo by Don Breneman

Debbie Madison, foreground, is one of the system operators for the EXTEND-U system and may be the person you have taped messages to if you have had trouble on the system and have turned to the "chat" option for help. Behind her are Carol Scipioni and Tom Ehlen who have been largely responsible for getting the new computer network running smoothly and offering a wide assortment of information to extension users.

## Telecommunications Development Center

## Strong identity one of many second year goals

Early last year, Marcia Hyatt answered the phone at the Telecommunications Development Center and was asked what the procedure was for getting new phones installed. The caller had obviously confused the Telecommunications Development Center with the Telecommunications Center, the university's complex new telephone system.

This ambiguous identity of the Telecommunications Development Center (TDC) is just one of several challenges the center faces as it enters its second year. Other challenges include clarification of mission, objectives and goals, achieving self-sufficiency at the end of five years, and getting settled in permanent headquarters.

The TDC was created within the Institute of Agriculture, Forestry and Home Economics in 1985 from a \$1.9 million grant from the Kellogg Foundation. Through a system of competitive grants, the TDC encourages faculty and staff to incorporate new and emerging technologies—i.e., computers, video, etc.—in delivering extension programs. The Kellogg grant is budgeted over a five-year period, at which time the center must gain self-sufficiency. The center's staff is currently housed on the second and fourth floors of Coffey Hall on the St. Paul campus. In March, the staff will be consolidated in headquarters at 43 Classroom Office Building.

Hyatt, who joined the TDC in 1985, is a telecommunication specialist and has responsibility for faculty and staff development, and for awareness of technologies and issues. She was joined in 1986 by Pat Kovel-Jarboe as TDC director, Bruce Theriault as marketing director, and Kathy Scheffler as assistant administrator. Kovel-Jarboe holds responsibilities for organizational and fiscal matters, and for external rela-

tions. Theriault will develop the marketing and public relations plans for the center, as well as strategies for specific product marketing and fundraising. Scheffler is responsible for the day-to-day administration of the TDC, and also serves in the project management function. In January, graduate student Paul Lee joined the TDC staff as a market research assistant.

Kovel-Jarboe says the TDC will encourage faculty use of new technologies for delivering education through three approaches: 1) by providing staff development and training in new technologies, 2) as a resource base in identification and use of new technologies and 3) by providing grants as incentives for faculty to devote their time and energy to use new technologies.

The TDC can be critical to the success of extension's mission of outreach education. As extension faculty and staff become more proficient in the use of new technologies, educational materials can be delivered quickly across many miles.

To help develop strategies for accomplishing its mission, the TDC named an advisory committee representing both the public and private sectors.

Eight projects were funded by the TDC in 1986, and two have been completed. The completed projects include: How to Select and Work with a Lawyer, a collaborative effort between the Law School and CNRD which produced a broadcast television and radio show targeted for rural families, and Teens in Distress Follow-up via Teleconference, a cooperative effort of 4-H, Home Economics, OSP, the Medical School, and the State Board of Vocational Education-Family Consumer Education which produced a satellite video confer-



## Week-long workshop features videodisc technology

The chance to learn more about interactive videodisc technology in education brought, from left, Mel Baughman, Ann Mylander and Tom Zurcher along with 13 others together for a week-long workshop recently. Nationally known videodisc expert Rod Daynes of San Diego conducted the workshop, which was sponsored by the Telecommunications Development Center, Communication Resources and Computer Information Systems. Future workshops on the topic are being planned to acquaint more people with the videodisc's potential.

ence on teen stress, depression and suicide.

The remaining six projects funded in 1986 include: Developing Telecommunication Linkages for Microcomputer Aided Instruction for Natural Resource Professionals, Program Delivery Systems for Animal Production Technology, Hennepin/Ramsey Home Volunteer Consumer Information Service, Northeast Minnesota Telecommunications Network, Pesticide Applicator Training (PAT) Interactive Video,

and a grant to examine how stress affects families.

The TDC expects to award another 6-12 grants in 1987. The awards are expected to be announced by mid-February. The center received over 50 letters of interest in late 1986, and 19 proposals were received by the January 16 deadline.

With more than a dozen projects funded by 1987, with a clearer mission, and with permanent physical space, the TDC will be-

gin to more visibly fulfill the elements of the Kellogg Foundation grant.

Concerning the name Telecommunications Development Center, the staff is now considering alternatives. Suggestions are welcome. They can be sent to: Telecommunications Development Center, 433 Coffey Hall, 1420 Eckles Ave., St. Paul, MN 55108. ■

—Paul Lee

## Live interactive broadcasts allow viewers to see and question

Money from a Telecommunications Development Center (TDC) grant has enabled three counties and several local community education departments to produce a series on stress for cable TV broadcast.

The innovation that helped secure TDC funding is that the programs are broadcast live from Buffalo High School's cable TV studio while audiences in two interactive TV classrooms view the Buffalo panel as well as the other

viewing sites via TV monitors wired into Rite Cable. Viewers at Rockford and Big Lake high schools can also see and question the panelists as well as persons at the other sites. Subscribers to Rite Cable can view the programs in

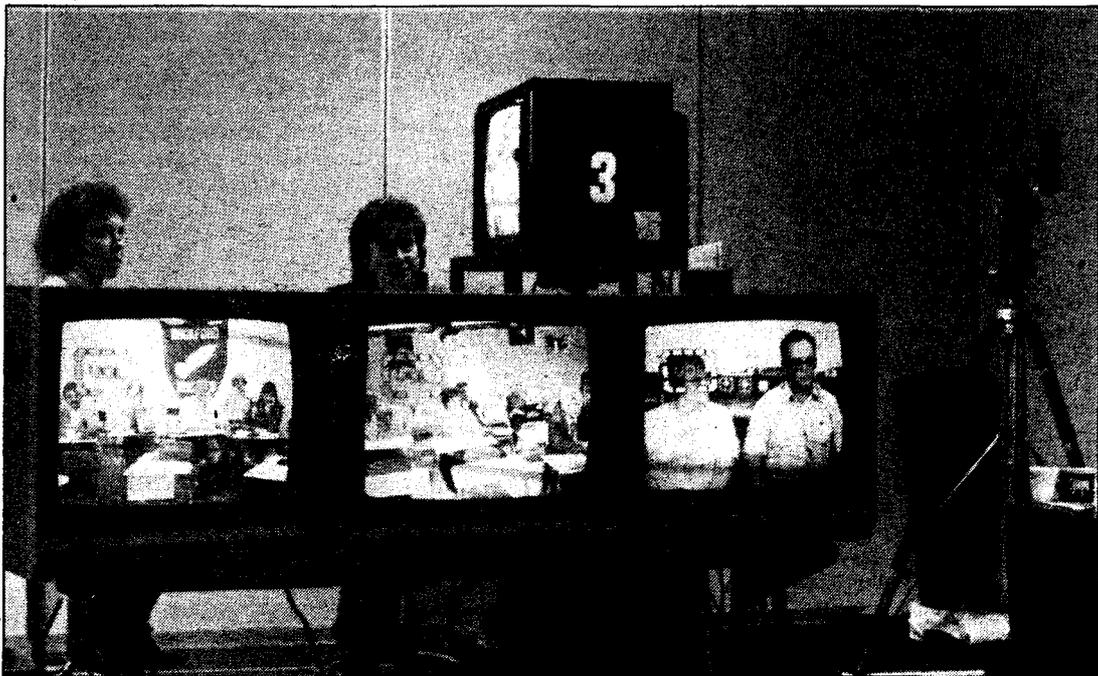
their homes, missing only the interactive feature that viewers in the classroom sites have. Viewers at home have the option, however, of calling in questions to the library in Buffalo, which then passes them on to the panelists while the program is going on.

port to the effort are in Elk River, Monticello, Buffalo, Big Lake and Rockford.

Although full-scale evaluation will come after the series is completed, Tralle says informal feedback from viewers and on-site audience members has been favorable. About 100 viewer guides were distributed prior to the first program and Tralle expects more requests for later sessions. Rite Cable has about 3,000 subscribers so the potential audience for the series is large. She adds that there has been considerable publicity about the series through local newspapers, and extension and community education outlets.

The whole experience of applying for the \$15,000 TDC grant and then working with agents and community education offices has been productive, Tralle notes. The TDC money, in part, paid the salary of project coordinator Deb Shellum, a former county extension agent who handled many of the details on this multifaceted program. Tralle adds that TDC staff specialist Marcia Hyatt was a valuable source of information about the technology involved in the effort. ■

—Deedee Nagy



Monitors in Buffalo High School's cable TV studio show Rockford and Big Lake audiences.

According to Minnell Tralle, Sherburne County extension agent, the series of four 1 1/2-hour programs is offered in October, November, January and February. Once the series is completed, tapes of the sessions will be edited into cassettes that can be used again for extension and school programs and through library loans. Home viewers may request a viewer's guide and collection of extension publications on stress to augment the material presented. The October session was an introduction to stress and the panel included Pauline Boss of the University's Department of Family Social Science. Future topics will be farm family stress, parenting stress and teen stress. Family life specialist Ron Pitzer will be among the panelists for those sessions.

The cooperating county offices are in Sherburne, Wright and Hennepin Counties. Community education offices that gave sup-