Drain Commission needed permits to do the
construction. Farmers and landowners along the Philp
drain in Huron County were fed up with poor drainage and ditches that overflowed onto their farmland every time there was a heavy rainfall. In 1988, landowners began the process for drainage improvement by submitting the necessary petitions for such action to Huron County Drain Commissi-
oner Vern Rounds. Four years and $1.5 million dollars later in efforts to improve a drain originally established in 1896, Rounds says the project and the wishes of landowners are threatened. The drain improvement has been locked in a bitter controversy between the Huron County Drain Commission, the Department of Natural Resources (DNR) and now the Environmental Protection Agency (EPA).

The controversy stems from an additional seven-mile extension of the Philp drain to improve gradient and flow of the drain. The EPA and the DNR contend that under existing regulations and their interpretation of the Clean Water Act and the Federal Inland Lakes and Stream Act, the Huron County Drain Commission needed permits to do the extension.

The county Drain Commission, on the other hand, contends that under their interpreta-
tion of the law, the extension is nothing more than maintenance of an existing drain that doesn't require permits, according to Rounds. The Huron County Circuit Court agreed with the county's interpretation of the law, blocking two unsuccessful attempts by the DNR in 1991 to have the project halted. The DNR appealed the first decision to the Court of Appeals, which upheld the Circuit Court's decision. A second appeal regarding the need for permits under the Wetlands Protection Act and the Inland Lakes and Streams Act is pending. Michigan Farm Bureau's board of directors approved the filing of a lawsuit which would support the Circuit Court's ruling that the per-
mits were not needed.

"The State Court of Appeals will be ad-
dressing the question of environmental pro-
tection versus the right to, and need for, agricultural drainage," explained MFB President Jack Laurie. "The decision they put forth could have statewide implications for Michigan agriculture, and the MFB is at the heart of the controversy and threatens a $1.5 million project and a 4-year process to improve the drain."

favor, the project could continue as origi-
nally planned, end of discussion. Not so!

Most recently, administrative orders issued by the EPA, April 23, 1992, cite violations of the Clean Water Act and require that the county submit plans within 30 days "to restore wetlands and the streamlined to its original condition and contours."

Plastic Agricultural Pesticide Container Recycling in Michigan

What do you do with those empty pesti-
cide containers? That same question is asked repeatedly across Michigan, as pro-
ducers try to find a home for an estimated 600,000 empty pesticide containers. Na-
tionally, it's estimated that 46 million one and 2-1/2 gallon containers find their way into landfills or are burned annually.

Thanks to the joint efforts of Grower Ser-
vice Corporation, the Michigan Department of Agriculture, Michigan Agricultural Busi-
ness Association, and 16 independent agri-
cultural supply dealers, this dilemma is one step closer to being resolved during the sum-

Grower Service will be sponsoring a one-
day pilot Plastic Pesticide Container Re-
cycling program at 16 locations, in cooper-
ating with MDA inspectors who will be on site to verify the containers are clean enough to be allowed into the recycling program. Michigan is one of several states implementing the pilot program this year as part of a National Agricultural Chemical Association program.

According to Gregg Vicary, regulatory ser-
vice coordinator at Grower Service, most Michigan farmers either burn the empty containers, which is no longer a legal op-
tion under the Clean Air Act, or they send the containers to local landfills. Vicary says the landfill option is growing less and less likely, referring to a Traverse City landfill that no longer accepts empty pesticide con-
tainers.

"Some landfills are saying 'we'll take the empty containers, but you have to sign a piece of paper that says you deposited them here and if we ever have to remediate this place for any reason, you'll be part of the problem,'" explained Vicary. "Grower Ser-
vive is taking a pilot approach this year - the mechanisms are in place, but we need to start at the base level."

In a nutshell, farmers can turn in clean, one and 2-1/2 gallon containers at one of the 16 sites free of charge. The containers will be inspected and, if deemed cleaned properly by the MDA inspector, will be sent to the Grower Service grinder located on site for grinding. Once the containers are ground and packaged, they will be transported to a plant in St. Louis Mo. for further refinement and manufacturing of pellets. The pellets will be used to manufacture chemical cont-
tainers again. The program will be limited to agricultural chemical containers only.

Vicary explained that the recycling pro-
cgram is open to all Michigan farmers, but that some simple guidelines must be met; most importantly the containers must be clean. "Every container will be inspected by the MDA inspector," said Vicary.

See "Phlp Drain" page 9

1992 Flower Day a Hit!

Over 200,000 people were in atten-
dance at perhaps the most colorful farm market event in the state, during the 1992 Flower Day One at Detroit's Eastern Market on May 17, according to Jim Ackron, president of the Metro Detroit Flower Growers Association, sponsor of the event.

This was the 26th annual Flower Day, according to Ackron, who is also presi-
dent of the Wayne County Farm Bu-
reau. Approximately 100 Detroit area growers participate in the market event, selling everything from flowers to shrubs and even cactus.

Ackron says that people primarily from the Detroit area attend the show, some-
times to just look, but oftentimes fall victim to impulse buying once they see the plants and the colors.

See "Container Recycling" page 10
Michigan's Dairy Pool In Jeopardy - Farmers Can Expect Price Impact in July Unless Issues Resolved

Citing what it called growing inequities in the milk pooling system, Independent Cooperative Milk Producers Association's (ICMPA) board of directors announced May 19 that it will be withdrawing from the Producers Equalization Committee (PEC), effective June 1. The membership consists of the Michigan Milk Producers Association, National Farmers Organization and the ICMPA.

The PEC, representing approximately 90 percent of Michigan's dairy farmers, had been involved in ongoing negotiations to create a state marketing order. Those negotiations prompted discussion regarding changes to the PEC that ICMPA said were needed because of changes in markets and milk supplies within the state of Michigan.

In a press release issued May 22, following a special meeting of its board of directors, Michigan Milk Producers Association (MMPA) expressed disappointment in the ICMPA's decision to withdraw from the PEC, which basically means an end to the pool.

An environmental group recently complained that the USDA was lax in its enforcement of the conservation provisions of the farm bill, but Richards defended his agency's strategy in implementing the law.

Credit Measure to Favor Beginning Farmers

The House Agriculture Subcommittee on Conservation, Credit and Rural Development has approved legislation to target more Farm Credit System loans to beginning farmers. The legislation would help first-time borrowers with no more than five years' previous farming experience.

The bill would impose a 15-year limit on the length of time any farmer could participate in Farm Credit System operating loan programs. The proposal could face a vote of the full Agriculture Committee in early June. If approved, the bill would make limited operational changes in the Farm Credit System, and establish some new procedures for lending by the Farm Credit System.
Pesticide Recordkeeping

MFB Position
Farm Bureau is studying the proposed recordkeeping requirements and will submit comments to USDA. Farm Bureau will oppose unnecessarily strict and expensive recordkeeping requirements.

MFB Contact
Al Almy, Ext. 2040

Legal Services Reauthorization Act

MFB Position
Farm Bureau opposed H.R. 2099 and supported the Stenhorn-McCollum amendments.

MFB Contact
Al Almy, Ext. 2040

Global Warming

MFB Position
Farm Bureau is opposed to the proposal. A recent Department of Commerce study indicates that the Waxman legislation, which will soon be considered by the House, could lead to requirements for higher Corporate Average Fuel Economy (CAFE) standards and major constraints on energy use.

MFB Contact
Al Almy, Ext. 2040

In the May 13 Federal Register, USDA published a notice seeking public comments on the pesticide recordkeeping requirements authorized by the 1990 farm bill. The information to be required of persons who use restricted use pesticides will include the following:

- Address and size of treated area.
- Target pest and crop or stored crop treated.
- Brand or product name, formulation and EPA registration number.
- Total amount and rate of application.
- Day, month and year of application.
- Applicator’s name, address and certification number (if available).

Written comments must be received by USDA on or before Aug. 10, 1992, and should be sent to Mr. Alan Pote, Marketing and Science Division Agricultural Marketing Service USDA Room 3064-S P.O. Box 96456 Washington, D.C. 20090-6456

Inheritance Tax

MFB Position
Farm Bureau’s position is "not support" and views the proposal as softer than a specific "oppose". Because the bill does provide a limited measure of relief for estate taxes, Farm Bureau will continue to work to obtain full repeal of the Michigan Inheritance Tax as directed by policy. This activity is not anticipated until next session.

MFB Contact
Ron Nelson, Ext. 2043

No-Fault Automobile Insurance

MFB Position
Farm Bureau strongly opposes Senate Bill 692 (H-3) and continues to support reform measures which will result in real cost savings for Michigan drivers. MFB opposes S.B. 692 (H-3) because it would subsidize urban drivers, force companies to open offices in urban areas, increase government involvement in private business, increase costs for rural and suburban drivers, and force rate reductions without reducing underlying costs.

MFB Contact
Dancy Cypher, Ext. 2048

Michigan’s No-Fault Automobile Insurance issue remains unresolved. A house Democrat automobile insurance package, S.B. 691 (H-1), which forced rate reductions without offsetting reforms, was vetoed by Gov. Engler on March 3.

On May 13, Senate Democrats attempted to override the governor’s veto but fell far short of the two-thirds majority (26 votes) needed. House Republicans have not been able to get enough support from the House Democrat majority to override their no-fault reform package adopted.

On May 14, House Democrats again substituted their automobile insurance package, this time into S.B. 692 (H-3). Even though the bill is almost identical to the S.B. 691 (H-1) package and is headed for certain veto, it passed out of the House by a 58-36 vote. The Democrat substitute to S.B. 692 (H-3) contains a 15 percent forced rate reduction but does not reduce underlying costs.

If enacted, this legislation will likely be taken to court, costing Michigan taxpayers millions. The same issue continues to be battled in California’s Proposition 103, where after many years, drivers have not seen a reduction in automobile insurance premiums.

US-23 Highway Bypass

MFB Position
Farm Bureau supports the long bypass alternative which connects US-23 from I-75, south of Stannish to the M-65/US-23 junction, near Almera.

MFB Contact
Dancy Cypher, Ext. 2048

Northeast Michigan’s US-23 Highway north of Bay City has, for many years, been recognized as needing improvement. The present highway alignment is not able to safely accommodate the large volume of vehicles which travel it.

The Michigan Department of Transportation (MDOT) issued a US-23 Environmental Impact Statement (EIS) report in late March, which examined three alternatives:

1) Long bypass south of Stannish connecting at M-65 near Almera.
2) Short bypass around the city of Stannish.
3) Widening present US-23 corridor through Stannish.

The department is expected to select an improvement alternative by the end of June 1992 and will accept public comments through mid June.

Improved highway access is critical to Northeast Michigan’s economic future and has been supported by Gov. Engler.
### Michigan Farm News

**May 30, 1992**

---

**Weather**

Unreasonably dry since mid-April allowed spring planting and other fieldwork to progress at a rapid pace statewide. However, extended dryness hindered germination establishment of recently planted crops as topsoil moisture levels fell to abnormally low levels.

Precipitation during the last 30 days was generally below normal across the state except for central and southeast sections. Temperatures began the period below normal but finished above normal, with the resulting 30-day mean temperatures generally somewhat close to the long-term averages. The exception for average temperatures was across the Upper Peninsula and northern lower Michigan, where frequent sunny days led to relatively warm maximum temperatures and above normal mean temperatures.

The latest 30-day forecast from the National Weather Service calls for above normal temperatures over the entire state. Precipitation is expected to average near normal statewide.

---

**Crop Updates - Planting on Schedule, Moisture Concerns Grow**

**Michigan**

Asparagus - Corn planting was progressing rapidly, with 66 percent planted as of May 19, compared to 50 percent last year. Barley was below average. The 70 percent average for soybean planting has been 20 percent complete, on track with the 5-year average.

Sugar beet acreage was reported 98 percent complete, well ahead of last year’s 72 percent figure, and even ahead of the 5-year average of 96 percent. Potato plantings continued to lag behind normal, with 70 percent planted compared to 60 percent on average. Wheat was rated 15 percent excellent, 50 percent good, 25 percent fair, 10 percent poor to very poor.

**Indiana**

Michigan Agricultural Statistics Service reports corn 89 percent planted, compared with 79 percent last year and 76 percent on average. Beans were rated 6 percent excellent, 51 percent good, 40 percent fair, and 3 percent poor.

Soybeans were 51 percent planted, compared with 48 percent last year and 40 percent on average. The crop was 3 percent emerged compared to 23 percent last year and the average 20 percent.

Wheat was rated 13 percent excellent, 17 percent good, 48 percent fair, 28 percent poor, and 6 percent very poor. Pastures were rated 84 percent of normal compared with 96 percent last year.

Topsoil moisture was rated 32 percent short, 65 percent adequate and 3 percent surplus. Subsoil moisture was rated 28 percent short, 71 percent adequate and 1 percent surplus.

**Illinois**

Soybean planting was 66 percent complete, well ahead of last year’s 46 percent and the average 49 percent. Word is, however, that soybean planting has ground to a halt as farmers wait for moisture to assure germination. Soil moisture supplies were 54 percent short, and 46 percent adequate.

Wheat was rated 43 percent good, 35 percent fair, 12 percent poor, and 10 percent very poor. The crop was 48 percent emerged, compared to the average 59 percent.

Topsoil moisture was rated 32 percent short, 65 percent adequate and 3 percent surplus. Subsoil moisture was rated 28 percent short, 71 percent adequate and 1 percent surplus.

**Iowa**

Iowa’s Agricultural Statistics Service reports that corn planting was nearly complete, but they need moisture to get the crop off to a good start. Corn was 53 percent emerged, compared with 21 percent last year, and 45 percent on average. The crop is rated 15 percent excellent, 67 percent good, 17 percent fair, and 1 percent poor.

Soybean planting was 63 percent complete, well ahead of 1991’s 13 percent and 33 percent on average. Soybeans were 10 percent emerged compared with 1 percent last year, and 5 percent on average.

Winter wheat was rated 2 percent excellent, 27 percent good, 41 percent fair, 24 percent poor and 6 percent very poor.

Topsoil moisture was rated 79 percent short, and 21 percent adequate. Subsoil moisture was rated 1 percent short, and 99 percent adequate.

---

**WATERSTOVES**

The safest, most efficient wood heat system on the market, the TAYLOR WATERSTOVES delivers kilowatt's outside and heats your home and 100 percent of household hot water...IL listed

Thermostatic control 12 to 24 hour burn times.

---

**Michigan and Major Commodity Area**

**Extended Weather Outlook**

<table>
<thead>
<tr>
<th>Michigan</th>
<th>A</th>
<th>N</th>
<th>A</th>
<th>N</th>
<th>A</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>W. Corn Belt</td>
<td>A</td>
<td>N</td>
<td>A</td>
<td>N</td>
<td>A</td>
<td>N</td>
</tr>
<tr>
<td>E. Corn Belt</td>
<td>A</td>
<td>N</td>
<td>A</td>
<td>N</td>
<td>A</td>
<td>N</td>
</tr>
<tr>
<td>Wint. Wheat Belt</td>
<td>A</td>
<td>N</td>
<td>A</td>
<td>N</td>
<td>A</td>
<td>N</td>
</tr>
<tr>
<td>Spr. Wheat Belt</td>
<td>A</td>
<td>N</td>
<td>A</td>
<td>N</td>
<td>A</td>
<td>N</td>
</tr>
<tr>
<td>Pic. NW Wheat</td>
<td>N</td>
<td>N/A</td>
<td>A</td>
<td>N</td>
<td>A</td>
<td>N</td>
</tr>
<tr>
<td>Del.</td>
<td>A</td>
<td>N</td>
<td>A</td>
<td>N</td>
<td>A</td>
<td>N</td>
</tr>
<tr>
<td>Southeast</td>
<td>N</td>
<td>N/A</td>
<td>A</td>
<td>N</td>
<td>A</td>
<td>N</td>
</tr>
<tr>
<td>San Joaquin</td>
<td>N/A</td>
<td>A</td>
<td>N</td>
<td>A</td>
<td>N</td>
<td>A</td>
</tr>
</tbody>
</table>

---

**Temperature Growing Degree Days**

<table>
<thead>
<tr>
<th>Location</th>
<th>Temperature (°F)</th>
<th>Precipitation (in)</th>
</tr>
</thead>
<tbody>
<tr>
<td>South Bend</td>
<td>54.8</td>
<td>0.6</td>
</tr>
<tr>
<td>Traverse City</td>
<td>51.9</td>
<td>0.8</td>
</tr>
<tr>
<td>Juneau</td>
<td>54.3</td>
<td>0.9</td>
</tr>
<tr>
<td>Green Bay</td>
<td>52.6</td>
<td>1.0</td>
</tr>
<tr>
<td>Saginaw</td>
<td>52.0</td>
<td>1.0</td>
</tr>
<tr>
<td>Marquette</td>
<td>55.0</td>
<td>1.2</td>
</tr>
<tr>
<td>Iron</td>
<td>53.9</td>
<td>1.2</td>
</tr>
<tr>
<td>Escanaba</td>
<td>54.7</td>
<td>1.2</td>
</tr>
<tr>
<td>Michigamia</td>
<td>53.1</td>
<td>1.2</td>
</tr>
<tr>
<td>Manistique</td>
<td>53.9</td>
<td>1.2</td>
</tr>
<tr>
<td>Houghton</td>
<td>55.5</td>
<td>1.2</td>
</tr>
<tr>
<td>Marquette</td>
<td>55.1</td>
<td>1.2</td>
</tr>
<tr>
<td>Iron</td>
<td>53.8</td>
<td>1.2</td>
</tr>
<tr>
<td>Escanaba</td>
<td>55.0</td>
<td>1.2</td>
</tr>
<tr>
<td>Muskegon</td>
<td>55.0</td>
<td>1.2</td>
</tr>
<tr>
<td>Bad Axe</td>
<td>54.0</td>
<td>1.2</td>
</tr>
</tbody>
</table>

---

**Observation of normal growing degree days totals are accumulated from March 1.Normals are based on district averages.**

---

**30-Day Outlook, Warmer Than Normal With Average Rainfall**

<table>
<thead>
<tr>
<th>Michigan Weather Summary</th>
<th>Temperature (°F)</th>
<th>Precipitation (in)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alpena</td>
<td>48.2</td>
<td>1.6</td>
</tr>
<tr>
<td>Bad Axe</td>
<td>50.3</td>
<td>0.1</td>
</tr>
<tr>
<td>Detroit</td>
<td>56.6</td>
<td>1.8</td>
</tr>
<tr>
<td>Escanaba</td>
<td>44.0</td>
<td>0.8</td>
</tr>
<tr>
<td>Flint</td>
<td>53.6</td>
<td>1.7</td>
</tr>
<tr>
<td>Grand Rapids</td>
<td>53.5</td>
<td>1.6</td>
</tr>
<tr>
<td>Houghton</td>
<td>47.5</td>
<td>3.8</td>
</tr>
<tr>
<td>Houghton Lake</td>
<td>50.4</td>
<td>1.9</td>
</tr>
<tr>
<td>Jackson</td>
<td>53.4</td>
<td>0.0</td>
</tr>
<tr>
<td>Lansing</td>
<td>53.2</td>
<td>0.7</td>
</tr>
<tr>
<td>Marquette</td>
<td>50.4</td>
<td>2.7</td>
</tr>
<tr>
<td>Muskegon</td>
<td>51.7</td>
<td>0.5</td>
</tr>
<tr>
<td>Pellston</td>
<td>60.1</td>
<td>3.7</td>
</tr>
<tr>
<td>Saginaw</td>
<td>52.6</td>
<td>1.0</td>
</tr>
<tr>
<td>Sault Ste. Marie</td>
<td>46.4</td>
<td>2.7</td>
</tr>
<tr>
<td>South Bend</td>
<td>54.6</td>
<td>0.8</td>
</tr>
<tr>
<td>Traverse City</td>
<td>51.9</td>
<td>0.1</td>
</tr>
<tr>
<td>Vestaburg</td>
<td>51.6</td>
<td>1.6</td>
</tr>
</tbody>
</table>

---

**Topsoil moisture was rated 28 percent short, 71 percent adequate and 1 percent surplus.**

---

**We are the best!**

---

**AMADAS**

Suffolk, VA (804) 339-0231

"Thermal Gas Mechanical or Hydromatic Drives"
Tips for Managing Alfalfa Weevils This Spring

Doug Landis and Mike Haas, Entomology Dept., MSU

The alfalfa weevil is a major alfalfa pest in Michigan. While both adult and immature snails feed on alfalfa foliage, immature weevils (larvae or grubs) cause the most damage.

Description of Life Stages

Young larvae are cream to yellowish-green colored, legless, and have a cylindrical, "winkled" body. As the larvae grow, they turn green and leave a white stripe down the middle of the back. The head is shiny black. Full grown larvae are 1/4- to 5/8-inch long.

Clover leaf weevil larvae resemble alfalfa weevil larvae, but have a brown head and are much larger when mature. Newly-emerged weevils are gray to light brown, about 3/16-inch long, and have a broad dark band down the middle of the back which darkens as they age. Their mouthparts are in the form of a long, slender "snout."

Life Cycle

Alfalfa weevils overwinter as adults in planted debris in and around alfalfa fields. They become active on the first warm days of spring, feeding and laying eggs in alfalfa sizes. Larvae pass through four growth stages (instars), feeding for a period of three to four weeks.

Populations take about 10 days, after which the adults emerge and feed before seeking a sheltered location to spend a summer hibernation period. Adult weevils become active again in the fall and some egg laying may take place in the extreme southern counties of Michigan.

Damage

Adults feed on stems and leaves of alfalfa, producing round or elongated holes in leaves. Larvae feed on the leaf buds and terminal growing areas. Pinholes in upper leaves are an early indication of larval feeding. Warm areas such as south facing slopes may show this type of damage first.

Older larvae feed on expanded leaves, sometimes leaving only the veins which gives the leaves a skeletonized appearance. Adults and larvae can also cause serious damage to alfalfa regrowth after the first cutting. This can be recognized as a failure of the alfalfa to "green up" due to weevils feeding on the developing crown buds.

Detection

Routine inspections of fields are the best way to determine if weevils are threatening the crop. Make observations early in the season by looking for the adult insect and signs of feeding damage. Later, just prior to the bud stage, alfalfa should be monitored closely for the presence of larvae and their damage.

Survey five randomly selected areas of the field, staying away from field edges and unusual areas not representative of the overall field. Check the tops and upper leaves of 20 plants for grubs and their damage. Continue to check every few days. A threshold has been reached if the field will not be cut for a week or more and 25 percent (25 out of 100) or more of the plants have feeding damage while grubs are present.

Population

Management Options

Biological Control

Probably the greatest reduction in alfalfa weevil numbers is due to "Microctonus aethiopoides," a small wasp which lays its eggs (oviposits) in the adult weevil. The egg hatches and the wasp larvae become sterile and are eventually killed. Two other wasps, "Bathyplectes anurus" and "B. circulicollis," also oviposit in alfalfa weevil larvae. Infected larvae feed for a shorter time, resulting in less damage than from uninfected larvae. The wasp larva feeds on the weevil larva's internal organs, killing it. Predators of alfalfa weevil larvae include species of lady beetles, nabids and spiders. A fungal pathogen of alfalfa weevil larvae also reduces weevil populations.

Cultural Control

Timely cutting is the key to alfalfa weevil management. Cutting is recommended if the crop is in the early bud stage or beyond when a weevil threshold has been reached. Cutting at early- to mid-bud stage (flower buds) will reduce alfalfa weevil populations and prevent serious feeding damage. Cutting too early, before the bud stage, does little to reduce weevil numbers and may result in extensive weevil damage to the second crop. Timely cutting augments the biological control agents and provides disease control of alfalfa larva.

Chemical Control

An insecticide application may be necessary if a threshold has been reached and the field cannot be cut for a week or more. Special care should be taken to avoid exposing bees to insecticides if the field is in bloom. Hay that has already been badly damaged should be cut as soon as possible without spraying.

Check fields until the regrowth from the first cutting is well established (about 6" tall). An insecticide application may be necessary if the field is not regrowing and grubs are readily found feeding on the stubble. Stable applications are recommended only if warranted for weevil control, not as a potato leafhopper prevention.

Reprinted from MSU's CAT Alert
Market Outlook

Dr. Jim Hilker, Dept. of Agricultural Economics, Michigan State University

Corn

As you can see in Table 1, "Hilker's Guess" for the 1992-93 corn marketing year has been replaced by the first USDA estimate/guess for the 1992-93 year. The USDA Corn Supply/Demand Balance Sheet Report released May 11 also made some minor changes in their projections for the 1991-92 marketing year. They raised projected corn exports 25 million bushels, which lowered projected ending stocks a like amount. While a 1.1 billion bushel carryover is sufficient given a normal crop this year, it is tight enough that weather scares will still make the market jump. Consider moving most of your remaining old corn near term rallies.

As you can see, USDA projected some increase in feed and FSI use, but held their export estimate to the same level as this year. They used the planting intentions released earlier and a trend yield in their projections. If their estimates are on target, ending stocks will increase over a half billion bushels and the ending stocks to use ratio will increase to a plentiful 20.8 percent. Given these numbers, the USDA projects a price range with a mean of $2.10 per bushel for the crop in the ground.

As stated earlier, there's potential for much higher prices if we have poor weather, due to relatively tight stocks. However, the odds are much greater that prices this fall will be considerably lower than what you can price new crop corn for now. Consider pricing some of your 1992 corn crop on rallied prices.

Wheat

On May 11, the USDA released its first crop production estimate for the 1992 winter wheat crop which was very close to expectations at 1,618 billion bushels. The 1992 projected average yield for the U.S. was 37.3 bushels per acre compared to the 1991 winter wheat yield of 34.8. Although winter wheat planted acres was about the same as last year, harvested acres are expected to be up 4 million acres.

Michigan's projected yield was 50 bushels per acre, much higher than last year's 43, but considerably less than the 60 recorded in 1985. The Michigan estimate of harvested acres, now indicating for August through December expected yields, are projected 1992-93 yields for 92-93 as well. Total supplies will be down, but will be offset by lower wheat feeding. The USDA is projecting wheat prices will average about $3.35 per bushel for the 92-93 marketing year.

As seen in Table 2, the USDA is projecting fairly tight wheat stocks for 92-93 as well. Total supplies will be down, but will be offset by lower wheat feeding. The USDA is projecting wheat prices will average about $3.35 per bushel for the 92-93 marketing year.

At this point, new crop futures are not expected to have a crop over 70 million bushels. They also made some upward changes to the 1991-92 year which ends May 31, lowering 91-92 exports 50 million bushels as placements fell off. Although this increased 91-92 ending stocks from 366 to 421 million bushels, the stock situation would still be considered fairly tight.

Soybeans

USDA's supply/demand report for soybeans was probably the biggest surprise of the May 11 reports. They increased projected 1991-92 soybean exports 10 million bushels, which tightened ending stocks to 14.6 percent of use. But the biggest surprise to me was their 1992-93 U.S. projected exports.

At 650 million, it would only be 0.1 million less than this year with South America projected to have a crop over 70 million bushels larger. If the USDA projections are correct, this would leave us with an ending stocks to use ratio of a tight 11.9 percent as seen in Table 3.

The USDA has projected an average annual price for 1992-93 soybeans based on the béli numbers of $5.75 per bushel. I agree with the expected price, but would argue their numbers would bring the average price to $6.

Cattle

Look back for the Cattle-on-Feed Report released May 22. Indications were that placements and marketings would be light.

Give light marketings in April and part of May, heavier weights than a year ago, and tension this Memorial Day, we would expect to prices to drop off so keep very current on ready cattle. Year-to-date cattle slaughter is down 1.7 percent compared to the same period in 1991. However, average carcass weights have been about the same percent higher.

Hogs

Prices are higher than expected, recent slaughter levels are lower than expected, and the corn crop went into the ground in a timely fashion. These are not indications that hog producers will be cutting back their breeding herds. This would indicate that hog slaughter will be above year ago levels through most, if not all, of 1993.

The puzzle to me is: where are all those feeder cattle that the January inventory report indicated there were? Placements continue to be below last year. If we do not see them soon, it would indicate to me that production will not be up in the second half of the year as expected and that would mean stronger prices than the futures market is now indicating for August through December. In other words, there doesn't seem to be any forward pricing opportunities at this time.

The market seems to be current given carcass weights, even though slaughter numbers are a little below expectations. And I would suggest you keep current as well. The futures for the second half of the year are near my expectation or slightly above. Watch for rallies to consider some forward pricing on your August through December expected production.
Time and again you've heard that along with good eating habits regular exercise burns calories, lowers blood cholesterol, strengthens bones, reduces blood pressure, and even appears to decrease the risk of developing diabetes and certain forms of cancer. But those aren't the only reasons to make physical activity part of your usual "diet" for health. Surveys have shown that compared to sedentary people, dedicated exercisers report feeling more relaxed and self-confident. They also experience heightened creativity and better moods and are more willing to eat healthfully and/or quit smoking.

Given all the benefits, it's no wonder consumer demand for exercise equipment has grown by leaps and bounds over the last decade, creating annual sales of nearly $2 billion. The types of exercise equipment have grown, too, expanding the number of exercise choices available. Whereas physical activity once meant running, swimming, or biking, today it includes such options as hopping on a motorized stair-climbing machine, reaping the benefits of cross-country skiing year-round on a Nordic Track, and working out with any number of celebrities in your home by popping a video into the VCR. But as the options grow, so does confusion about what kind of exercise is best and how much is necessary to accomplish various fitness goals. The hands-on exercise "prescription" that follows will help you work out a program suited to both your budget (you don't need a fortune to keep in shape) and your goal, whether you're 17 or 70, it's to burn calories, build muscles, keep your heart and blood vessels healthy, reduce blood pressure, and even alleviate symptoms and certain forms of cancer. But those are only slightly while your risk of suffering injuries from a workout. For those reasons, the best workout for most people is something on the order of every other day.

When it comes to the duration of an aerobic workout, the College of Sports Medicine advises 20 to 60 minutes, depending on the intensity of the exercise. Consider that for the purpose of building endurance for a specific physical activity, 20 to 30 minutes of jogging brings about the same results as 40 to 50 minutes of fast walking.

Many people don't believe that. They think walking, even briskly for long distances can never be as effective as jogging. But contrary to popular belief, working out at a low or moderate intensity for say, 40 minutes to an hour is generally preferable to exercising hard for just 20 minutes to a half hour. That's because while both approaches allow you to become more fit, the slower one leaves you less likely to suffer an injury. Intense exercises like jogging often include movements such as jumping or pounding the pavement, thereby increasing the trauma to muscles and joints such as knees and ankles. Whatever exercise you choose, warm up first. Five minutes of slow walking and five minutes of stretching will suffice. At the end of a workout, cool down by slowing the pace of whatever you have been doing for five to 10 minutes; don't stop abruptly.

Another reason to opt for low- to moderate-intensity exercises is that people tend to stick with them better over the long run. Those who try to perform an activity at the highest intensity possible may be working at a pace that is too strenuous, thereby setting themselves up for exhaustion and discouragement.

TO CHECK WHETHER YOU HAVE REACHED YOUR TARGET RANGE DURING OR IMMEDIATELY AFTER EXERCISE, FIND A POINT ON YOUR BODY WHERE YOU CAN FEEL THE PULSE fast enough to ensure that the heart will become exhausted within too short a time and/or put you in the danger zone.

**RATING THE AEROBIC WORKOUTS**

The list that follows compares some of the most popular aerobic exercises in terms of the number of calories they burn, the muscles they exercise, the equipment they require, and other characteristics to help you choose the workout suitable for your needs. As you go over it, bear in mind that you don't need to exercise at a pace that forces your heart to pump beyond its usual capacity. One way to determine whether you're working out enough is to check whether your heart is beating within the target heart rate range — fast enough to ensure that the activity pushes the heart muscle to the point of improving its fitness but not so fast that the heart will become exhausted within too short a time and/or put you in the danger zone.

**WHY DOESN'T TAKE AS BIG A CHUNK OF TIME AS MANY PEOPLE THINK?**

Consider that some activities can increase blood pressure significantly, thereby potentially putting an exerciser who has heart disease or hypertension should check with a physician before embarking on an exercise program, as should any man aged 40 or older and any women at or above age 50. A Health and Wellness Publication of Michigan Farm Bureau

---

**GUIDE TO DESIGNING A FITNESS PLAN**

Time and again you've heard that along with good eating habits regular exercise burns calories, lowers blood cholesterol, strengthens bones, reduces blood pressure, and even appears to decrease the risk of developing diabetes and certain forms of cancer. But those aren't the only reasons to make physical activity part of your usual "diet" for health. Surveys have shown that compared to sedentary people, dedicated exercisers report feeling more relaxed and self-confident. They also experience heightened creativity and better moods and are more willing to eat healthfully and/or quit smoking.

Given all the benefits, it's no wonder consumer demand for exercise equipment has grown by leaps and bounds over the last decade, creating annual sales of nearly $2 billion. The types of exercise equipment have grown, too, expanding the number of exercise choices available. Whereas physical activity once meant running, swimming, or biking, today it includes such options as hopping on a motorized stair-climbing machine, reaping the benefits of cross-country skiing year-round on a Nordic Track, and working out with any number of celebrities in your home by popping a video into the VCR. But as the options grow, so does confusion about what kind of exercise is best and how much is necessary to accomplish various fitness goals. The hands-on exercise "prescription" that follows will help you work out a program suited to both your budget (you don't need a fortune to keep in shape) and your goal, whether you're 17 or 70, it's to burn calories, build muscles, keep your heart and blood vessels healthy, reduce blood pressure, and even alleviate symptoms and certain forms of cancer. But those are only slightly while your risk of suffering injuries from a workout. For those reasons, the best workout for most people is something on the order of every other day.

When it comes to the duration of a aerobic workout, the College of Sports Medicine advises 20 to 60 minutes, depending on the intensity of the exercise. Consider that for the purpose of building endurance for a specific physical activity, 20 to 30 minutes of jogging brings about the same results as 40 to 50 minutes of fast walking.

Many people don't believe that. They think walking, even briskly for long distances can never be as effective as jogging. But contrary to popular belief, working out at a low or moderate intensity for say, 40 minutes to an hour is generally preferable to exercising hard for just 20 minutes to a half hour. That's because while both approaches allow you to become more fit, the slower one leaves you less likely to suffer an injury. Intense exercises like jogging often include movements such as jumping or pounding the pavement, thereby increasing the trauma to muscles and joints such as knees and ankles. Whatever exercise you choose, warm up first. Five minutes of slow walking and five minutes of stretching will suffice. At the end of a workout, cool down by slowing the pace of whatever you have been doing for five to 10 minutes; don't stop abruptly.

Another reason to opt for low- to moderate-intensity exercises is that people tend to stick with them better over the long run. Those who try to perform an activity at the highest intensity possible may be working at a pace that is too strenuous, thereby setting themselves up for exhaustion and discouragement.

To check whether you have reached your target range during or immediately after exercise, find a point on your body where you can feel the pulse fast enough to ensure that the heart will become exhausted within too short a time and/or put you in the danger zone.

Keep in mind that maximum heart rate, and therefore the target heart rate range, decreases with increasing age. It can also vary by 25 beats a minute or more even among people of the same age, depending on factors such as weight or current fitness level. For a precise measure, check with a doctor who can give you an exercise test. You may also want to check with a doctor if you have not engaged in vigorous exercise for a long time. It can be dangerous to jump suddenly into a fitness program without a physical examination. Consider that some activities can increase blood pressure significantly, thereby potentially putting an exerciser who has heart disease or hypertension should check with a physician before embarking on an exercise program, as should any man aged 40 or older and any women at or above age 50.

**RATING THE AEROBIC WORKOUTS**

The list that follows compares some of the most popular aerobic exercises in terms of the number of calories they burn, the muscles they exercise, the equipment they require, and other characteristics to help you choose the workout suitable for your needs. As you go over it, bear in mind that you don't need to choose one exercise and stick with it day after day, week after week. A more healthful method for both your body and your mind may be to vary your routine by alternating several different activities. That approach, known as cross training, not only lessens the risk of injuries that can result from repeating the same movements session after session but also prevents the boredom that often causes people to give up on their fitness program.

For caloric burn, the first number is for a 130-pound female; the second, a 170-pound male. These represent only a round estimate of calories burned and may vary considerably, depending on factors such as pace, initial fitness level and age.
AERobic DANCING

Calories burned in 30 minutes: 183,237

Body or leg exercises: all major muscle groups
Equipped needed: good pair of sneakers

Advantages: Good for aerobics and endurance training. Beginners can start slowly and progress at a comfortable pace.

Special considerations: Participants should wear comfortable clothes and shoes and be aware of their surroundings.

SWIMMING

Calories burned in 30 minutes: 213,279

Body parts exercised: all major muscle groups
Equipped needed: pool

Advantages: Low impact on joints, good for people with arthritis, and can be done in the pool.

Special considerations: Participants should follow the pool rules and be aware of their surroundings.

CYCLING

Calories burned in 30 minutes: 163,237

Body parts exercised: legs and buttocks
Equipped needed: stationary or outdoor bicycle

Advantages: Good for people who want to improve their cardiovascular fitness and lose weight.

Special considerations: Participants should wear proper safety gear and be aware of their surroundings.

STAIR-ClimBING

Calories burned in 30 minutes: 193,279

Body parts exercised: legs, buttocks
Equipped needed: stairs or a stair-climbing machine

Advantages: Good for people who want to improve their cardiovascular fitness and lose weight.

Special considerations: Participants should wear proper safety gear and be aware of their surroundings.

STAIR-ClimBING

Calories burned in 30 minutes: 213,279

Body parts exercised: legs, buttocks
Equipped needed: stairs or a stair-climbing machine

Advantages: Good for people who want to improve their cardiovascular fitness and lose weight.

Special considerations: Participants should wear proper safety gear and be aware of their surroundings.

BOLTS

TO MANY, SPRING SIGNIFIES RELIEF AFTER A LONG WINTER. BUT WARMER AIR TEMPERATURES ALSO BRING THUNDERSTORMS — AND LIGHTNING.

Although statistics for lightning fatalities are usually cited only to emphasize the remoteness of other dangers (for example, the United States a person is less apt to die from rabies than from a lightning strike), the fact is that each year in this country, electrical storms kill 300 to 500 people and injure several thousand more. Many of the victims are struck while waiting under a tree for a storm to pass. Others are golfing, participating in water sports, working on or near heavy equipment, using household appliances, or just talking on the telephone.

Thunderstorms are most likely to develop on hot, humid days. A good indicator of electrical activity in the area is uncharacteristic static during a radio broadcast. In the event of a storm, several simple precautions can minimize risk:

- Take shelter, if possible, inside a building or car, and close the windows and doors. Keep away from water and gas pipes, fireplaces, stoves, radiators, electrical appliances, and telephones.
- Postpone washing the dishes or taking a shower or bath.
- If outdoors, don’t take refuge under any tall, isolated object such as a tent or a tree (although standing under group of trees is better than being in the open).
- Put down any object that might conduct electricity: umbrella.
Pushing a wheelbarrow carries a special risk. With a heavy load, the wheelbarrow may abruptly shift to one side, jerking your arms and twisting your back. Use a wheelbarrow for light loads only. For heavy loads, use a dolly and push the load.

Don't bend from the waist to lift. Instead, lift by using your legs to raise the object and your body. If the object is too heavy, don't lift it by yourself. A bag of leaves may be heavier than you think.

When raking, don't bend and twist your torso. Keep your back straight and use your arms and legs in a smooth, coordinated rocking motion. As you move the rake forward for leaves or grass clippings, shift your body weight to your front foot. As you pull the rake back, shift weight to your back foot.

Low back strain often occurs from excessive bending, stretching or twisting abruptly.

Proper storage for safe food

Properly handled, food is safe and delicious, but when its left out in the open, food can be a problem in food making. Bacteria found in the air, on surfaces and even in the food itself can cause off-flavors and odors and, at their worst, produce toxins that attack the human digestive system.

Bacterial growth is kept in check by proper handling, which includes sanitation and recommended heating and cooling rates. In addition to temperature, acidity, sugar content, moisture content and other factors can also affect food quality. It is because bacterial growth best between 45 degrees Fahrenheit to 145 degrees Fahrenheit that food should be cooled quickly.

"There is no 'safe' length of time for cooked or refrigerated to be left at room temperature," says Wendy Wellnitz, an independent food consultant. "This is why it's a good idea to cool leftovers properly soon after a meal is finished.

"Basically, you want to cool food as fast as you can so it spends the shortest possible time in this temperature zone," explains Wellnitz. "The reverse is also true. When thawing food, you want to thaw it in the refrigerator. If you thaw it at room temperature, the center may still be frozen while the surface has reached room temperature and is subject to bacterial growth."

This table contains guidelines for proper storage of certain foods in your refrigerator. Similar and more complete information is available from county Cooperative Extension Service (CES) offices. Comprehensive cookbooks often contain such storage data, too.

<table>
<thead>
<tr>
<th>Recommended guidelines for refrigerator storage</th>
</tr>
</thead>
<tbody>
<tr>
<td>The temperature should be set at 37 to 40 degrees Fahrenheit. Store foods in containers with tight-fitting lids or in plastic bags. Remove foods from the refrigerator only when you are ready to cook or serve them.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Foods</th>
<th>Length of time at 37 degrees Fahrenheit</th>
</tr>
</thead>
<tbody>
<tr>
<td>DAIRY</td>
<td></td>
</tr>
<tr>
<td>Hard cheese</td>
<td>4 weeks</td>
</tr>
<tr>
<td>Silced cheese</td>
<td>2 weeks</td>
</tr>
<tr>
<td>Cheese spread</td>
<td>2 weeks</td>
</tr>
<tr>
<td>Yogurt</td>
<td>2 weeks</td>
</tr>
<tr>
<td>Milk (pasteurized)</td>
<td>1 week</td>
</tr>
<tr>
<td>EGGS</td>
<td></td>
</tr>
<tr>
<td>FATS, OILS</td>
<td>2-3 weeks</td>
</tr>
<tr>
<td>Butter</td>
<td>1-2 weeks</td>
</tr>
<tr>
<td>Margarine</td>
<td>1 month</td>
</tr>
<tr>
<td>MEATS</td>
<td></td>
</tr>
<tr>
<td>Chops/steaks/roasts</td>
<td>2 to 3 days</td>
</tr>
<tr>
<td>Ground or variety meats</td>
<td>1 to 2 days</td>
</tr>
<tr>
<td>Luncheon meats (opened)</td>
<td>5 days</td>
</tr>
<tr>
<td>POULTRY</td>
<td></td>
</tr>
<tr>
<td>FISH/SEAFOOD</td>
<td></td>
</tr>
</tbody>
</table>

Source: Cooperative Extension Service, Michigan State University

* Dairy products are labeled with "freshness, pull or sell by" date. This date refers to the last day the food should be sold. The date allows for a reasonable length of time during which the food should be used.

STRETCH THOSE MUSCLES

Whether you're in shape or not always start with gentle arm and leg stretches. Stretching warms up your muscles and increases flexibility. Take a break every 15 or 20 minutes to repeat the muscle stretching.

AVOID FATIGUE

If you're tired before you begin, don't start at all. If you get tired while working, stop and rest. Fatigue puts you at greater risk of accident and injury, so it's important to take an occasional rest break during your work.

FIND THE PROPER TOOL

Lightweight tools with long handles generally are best. They help you avoid fatigue and bending motions that encourage back strain.

USE CORRECT TECHNIQUE

When raking, don't bend and twist your torso. Keep your back straight and use your arms and legs in a smooth, coordinated rocking motion. As you move the rake forward for leaves or grass clippings, shift your body weight to your front foot. As you pull the rake back, shift weight to your back foot.

Low back strain often occurs from excessive bending, stretching or twisting abruptly.

LIFT WITH YOUR LEGS

Don't bend from the waist to lift. Instead, lift by using your legs to raise the object and your body. If the object is too heavy, don't lift it by yourself. A bag of leaves may be heavier than you think.

BE WISE AROUND WHEELBARROWS

Pushing a wheelbarrow carries a special risk. With a heavy load, the wheelbarrow may abruptly shift to one side, jerking your arms and twisting your back.

Use a wheelbarrow for light loads only. For heavy loads, use a dolly and push the load.
While some factors pose a major threat to both sexes, they affect women differently and call for different health management. But women have a unique option — estrogen replacement therapy (ERT) — that may help. First, let’s take a look at these common risk factors and their impact on heart disease in women.

**HIGH BLOOD PRESSURE.**
Hypertension may be the most significant risk factor for heart disease in both sexes. But women appear to tolerate hypertension better than men. When researchers compared men and women with similar blood pressures, they found that the risk of stroke, coronary disease, congestive heart failure, and sudden death from heart stoppage was significantly lower among women.

**HIGH CHOLESTEROL.**
An elevated total cholesterol level is often less worrisome in women than in men. That’s because the female hormone estrogen tends to keep high-density lipoprotein (HDL) cholesterol, the “good” kind, higher in women than men until several years after menopause. And some evidence suggests that for women, unlike men, the risk of coronary disease is determined much more by HDL than by LDL (low-density lipoprotein) cholesterol levels.

**TRIGLYCERIDES.**
The role of these fats in coronary disease remains controversial. However, in women, some evidence does suggest that high triglyceride levels may indeed be a risk factor for the disease.

**OBESITY.**
Research results indicate that obesity is an even more important coronary risk factor in women than in men. A recent health study of more than 120,000 female nurses showed that being even as little as five to fourteen percent overweight significantly raises the risk of heart attack. But the coronary hazards stemming from extra pounds may depend considerably on how those pounds are distributed. Abdominal fat, which men are especially likely to gain, seems to pose a greater risk than fat on the hips and legs.

**DIABETES.**
High blood sugar leads to hardening of the arteries in both sexes. But diabetes is more common in women and seems to be worse for a woman’s heart. Diabetes increases the death rate from cardiovascular causes (such as stroke and heart attack) up to six times in women, compared with two times in men.

**SMOKING.**
In both women and men, smoking sharply increases the risk of heart attack by making the blood more likely to clot, constricting the arteries, and reducing the oxygen supply to the heart. In addition, smoking magnifies the impact of other risk factors. However, the habit seems to be more dangerous for a woman’s heart. It deprives her natural protection by blunting the effect of estrogen and lowering HDL cholesterol. Fortunately, the coronary risks from smoking disappear within a few years after a person stops.

**ADVANCED AGE.**
After the typical age of menopause, women’s risk of coronary disease rises sharply, by about age 70, women are as likely as men to get the disease.

Both sexes have two other major risk factors: family history of coronary disease, and excessive alcohol consumption. There is no reason to suspect that those risks affect women any differently than they affect men.

**Unique Risks.**
These risks affect women only:

**ORAL CONTRACEPTIVES.**
Normal levels of estrogen appear to protect the heart by boosting HDL cholesterol, dilating blood vessels, and possibly removing fat deposits from the artery walls. But the high estrogen levels in the birth-control pills used in the 1970s increased blood pressure and made the blood more likely to clot. Those pills raised the risk of coronary disease threefold, although that risk decreased once a woman went off the pill.

Today’s lower dose pills are certainly safer, though there’s not yet enough evidence to say they’re entirely safe. Studies of the older pills showed the greatest risk for women over 35, especially smokers. Those women — as well as any others at high risk for coronary disease — should probably not take oral contraceptives until more evidence is in. Those who do take the pill should have their blood pressure as well as their cholesterol and triglyceride levels checked regularly.

**SURGICALLY INDUCED MENopause.**
Removing the ovaries before the usual age of menopause raises the risk of coronary disease by as much as eight times.

**What to do.**
For now the usual advice still applies to both sexes. Avoid smoking, eat a low-fat diet, maintain a healthy weight, and exercise regularly. If you have hypertension or diabetes, take steps to control the disorder.

**ESTROGEN REPLACEMENT THERAPY OPTION.**
In postmenopausal women at high risk of coronary disease, estrogen therapy may cut that risk by as much as 50 percent. But since hormone therapy has a number of possible risks and benefits, a woman considering the treatment needs to discuss the pros and cons thoroughly with her physician.


Coffee drinkers, take heart

There's a new job in the 30-year-old debate over whether drinking coffee increases the risk of heart disease. The latest evidence comes from a study of 100 men at the Johns Hopkins Medical Institutions in Baltimore suggesting that coffee prepared with a filter in an automatic coffee machine is "safe."

Some earlier research indicated that coffee might raise blood cholesterol, thereby raising the risk for cardiovascular problems. But the bulk of that research was conducted in Scandinavia, where coffee is traditionally boiled in water without passing through a filter first. In the United States, where filters are the norm, it appears to be a different story.

Not that drinking filtered coffee doesn't affect blood cholesterol. Cholesterol levels did tend to rise slightly in those Johns Hopkins subjects who drank four six-ounce cups of filtered coffee everyday for two months, unlike the cholesterol levels of men who drank, for example, no coffee or only two cups of coffee daily. But the increases in the heavier coffee drinkers were in "good" HDL cholesterol that helps clear the blood carrying arteries of "gunk" as well as in "bad" LDL cholesterol that clogs blood vessels, so that any damage the "bad" cholesterol may have done was, in effect, canceled out. Specifically, say the researchers, the slight rise in LDL cholesterol could have been expected to increase the risk of heart disease by nine percent. But the gains in HDL cholesterol reduced the risk by about the same amount.

What it all boils down to is that people who drink several cups of filtered coffee each day needn't worry about the brew's effect on their blood cholesterol levels. The process of filtering seems to remove the yet unidentified cholesterol-raising culprit.

Farm Employers: Beware of Employee Payroll Deduction Complications

If you're a farm employer, with additional payroll deductions above and beyond the typical tax deductions, a recent Michigan Department of Labor interpretation of the Wage and Fringe Benefits Act may change the way you take care of wage items such as rent, utilities, security deposits, loan repayments, and other such deductions not required by law.

In a recent court ruling (Gainey Transportation Services, Inc. v. Duffy), the Michigan Court of Appeals ruled that the Wages and Benefits Act requires a separate written consent by the employee for each paycheck from which a deduction is made, instead of just one consent form at the beginning of employment. The decision has been appealed to the Michigan Supreme Court for further action.

The recent court decision stems from a case of an employee, Lonnie Duffy, who was employed by Gainey Transportation, starting in March of 1988 as an over the road truck driver. At the beginning of his employment, Mr. Duffy signed a written consent form authorizing weekly paycheck deductions for future damage caused by his negligence.

Between May and July, 1988, Duffy was involved in four accidents, resulting in damages to Gainey trucks totaling $1,235.06. Following each accident, Duffy was fired for refusing to sign a consent form for deductions.

Following his discharge, Duffy filed a complaint with the Michigan Department of Labor, which determined that the written authorization was not valid and issued a ruling stating that Gainey had illegally deducted the wages from Duffy's paycheck.

According to Michigan Farm Bureau specialist Howard Kelly, Section 7 of the Wages and Benefits Act provides that "a deduction for the benefit of the employer shall require the written consent of the employee for each wage payment subject to the deduction."

"The legal issue that isn't resolved, and will cause, problems is: when is a deduction for the benefit of the employer and when is it for the benefit of the employee?" questions Kelly. "The court has ruled that deductions for the benefit of the employer may not be made without a signed consent form from the employee for each paycheck."

Kelly cautioned that an employer cannot force an employee to sign a consent form for deductions, nor can an employee be fired for refusing to sign a consent form for deductions.

"The Michigan Migrant Legal Assistance Program has indicated they feel most deductions are for the benefit of the employer, not the employee, including deductions such as loan repayments," said Kelly. "This is another example of bureaucratic, regulatory overkill that only serves as a disincentive to farmers for hiring employees, and is increasingly leading them to convert to non-labor intensive crops or to find mechanical means of farming the same crop. Both the farmer and worker are losing when this happens."

Michigan Farm Bureau
FREE BIC PEN
Return this coupon with any order and receive a Free Bic Pen compliments of Feld Prescription Service. Call 1-800-728-3353 for instructions on how to order. Offer expires June 30, 1992.

Michigan Farm Bureau
FREE CATALOG
Simply call Feld at 1-800-228-3353 and receive your catalog detailing savings on over 5000 health care items. Included will be a $3 coupon good on your first prescription order.

Most Commonly Prescribed Prescription Medications

<table>
<thead>
<tr>
<th>Product Name</th>
<th>Strength</th>
<th>Quantity</th>
<th>Brand</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calan Tabs</td>
<td>80 mg</td>
<td>100's</td>
<td>E.S.S.</td>
<td>36.75 12.95</td>
</tr>
<tr>
<td>Clonidine Tabs</td>
<td>150 mg</td>
<td>100's</td>
<td>E.S.S.</td>
<td>73.50 19.50</td>
</tr>
<tr>
<td>Coumadin Tabs</td>
<td>2 mg</td>
<td>100's</td>
<td>E.S.S.</td>
<td>39.95 9.95</td>
</tr>
<tr>
<td>Cortisone Tabs</td>
<td>10 mg</td>
<td>100's</td>
<td>E.S.S.</td>
<td>65.75</td>
</tr>
<tr>
<td>E.S.S. Tabs</td>
<td>400 mg</td>
<td>100's</td>
<td>E.S.S.</td>
<td>19.95 15.25</td>
</tr>
<tr>
<td>Enteric LA Tabs</td>
<td>40 mg</td>
<td>100's</td>
<td>E.S.S.</td>
<td>37.75 9.95</td>
</tr>
<tr>
<td>Eryc Caps</td>
<td>250 mg</td>
<td>100's</td>
<td>E.S.S.</td>
<td>28.50 16.95</td>
</tr>
<tr>
<td>Flexeril Tabs</td>
<td>10 mg</td>
<td>100's</td>
<td>E.S.S.</td>
<td>74.25 80.95</td>
</tr>
<tr>
<td>Inderal Tabs</td>
<td>10 mg</td>
<td>100's</td>
<td>E.S.S.</td>
<td>20.75 5.95</td>
</tr>
<tr>
<td>Isoptin Tabs</td>
<td>80 mg</td>
<td>100's</td>
<td>E.S.S.</td>
<td>37.25 12.95</td>
</tr>
<tr>
<td>Lanoxin Tabs</td>
<td>120 mg</td>
<td>100's</td>
<td>E.S.S.</td>
<td>48.75 10.95</td>
</tr>
<tr>
<td>Lasix Tabs</td>
<td>20 mg</td>
<td>100's</td>
<td>E.S.S.</td>
<td>13.75 5.95</td>
</tr>
<tr>
<td>Maxidose Tablets</td>
<td>80 mg</td>
<td>100's</td>
<td>E.S.S.</td>
<td>28.50 11.95</td>
</tr>
<tr>
<td>Microzide Tablets</td>
<td>50 mg</td>
<td>100's</td>
<td>E.S.S.</td>
<td>55.95 10.95</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Product Name</th>
<th>Strength</th>
<th>Quantity</th>
<th>Brand</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Micro-K Extencaps 8 mgEq</td>
<td>100's</td>
<td>E.S.S.</td>
<td>12.50</td>
<td></td>
</tr>
<tr>
<td>Motrin Tabs</td>
<td>10 mg</td>
<td>100's</td>
<td>E.S.S.</td>
<td>13.50 7.95</td>
</tr>
<tr>
<td>Persantine Tabs</td>
<td>25 mg</td>
<td>100's</td>
<td>E.S.S.</td>
<td>25.95 5.95</td>
</tr>
<tr>
<td>Premarin Tabs</td>
<td>10 mg</td>
<td>100's</td>
<td>E.S.S.</td>
<td>46.75 16.95</td>
</tr>
<tr>
<td>Proventil Tabs</td>
<td>2 mg</td>
<td>100's</td>
<td>E.S.S.</td>
<td>30.75 10.95</td>
</tr>
<tr>
<td>Provera Tabs</td>
<td>10 mg</td>
<td>100's</td>
<td>E.S.S.</td>
<td>43.25 15.95</td>
</tr>
<tr>
<td>Slow-K Tabs</td>
<td>10 mg</td>
<td>100's</td>
<td>E.S.S.</td>
<td>46.75 16.95</td>
</tr>
<tr>
<td>Synthroid Tabs</td>
<td>0.025 mg</td>
<td>100's</td>
<td>E.S.S.</td>
<td>13.25 6.95</td>
</tr>
<tr>
<td>Theobromine Tablets</td>
<td>200 mg</td>
<td>100's</td>
<td>E.S.S.</td>
<td>29.95 13.95</td>
</tr>
</tbody>
</table>

All your non-prescription vitamin and pain relief products are also available at a savings!
Farm Safety Amendment
Awaiting Senate Okay

Michigan Farm Bureau is hoping for Senate Transportation Committee will soon approve a legislative amendment that permits a farm truck to use a flashing yellow light to warn motorists that the vehicle is towing a farm wagon or other implement of husbandry. Ron Nelson, legislative counsel for Michigan Farm Bureau, said current state law does not allow the use of rotating, flashing or other special lights, except four-way flashers, on most motor vehicles. "The amendment would legalize a practice that really creates safer motoring."

Nelson said Farm Bureau would like to have the amendment added to a bill currently being considered in the Senate Transportation Committee but that it will probably be fall before they can consider the measure," said Nelson.

The Michigan State Police have no objection to the flashing yellow light amendment, according to Nelson.

**Making Time For Farm Safety**

Do you have time for safety? It takes time to read and heed the information in operating manuals. It takes time to plan your work. It takes a few moments to replace that shield, or to turn the power off before you try to unclog a machine. And, as the old saying goes, time is money.

But how long would it take you to recover from an accident you could have avoided? How much time would you spend trying to compensate for the loss of a valued worker? How long would it take your family to recover from the loss of your life? What would be the cost of time under those circumstances?

Remember that time you spend properly training yourself and your workers will be returned to you - because you'll experience fewer errors, higher productivity, and reduced accident risk. If you pre-act, rather than react, to danger, if you do the necessary things ahead of time that can reduce or eliminate the risk of injury, you'll be making a valuable investment in the well-being of your farming operation.

Here are steps you can take:

- Make accident prevention a management goal. Unlike most other occupations, farming doesn't provide for a trained safety director to help you control accident risks. You must be your own safety director.
- Know how to prevent farming injuries and illnesses. Read and follow instructions in operator's manuals and on product labels. Read articles, booklets, and other safety- and health-related materials to help reduce the risk of injury and illness on your farm.
- Make it part of your routine to inspect all equipment and facilities for hazards - and to correct hazards without delay. Avoid or learn to live safely with hazards that can't be eliminated.
- Train employees and family workers to do things right and to take care of their safety and health - both on and off the job.

---

**Michigan Farm Network**

**Your Farm Can't Afford To Be Without It!**

Successful farmers know they can't afford to miss market news that can make or break their operation. That's why you'll hear Michigan Farm Radio Network on radios in more farm vehicles, kitchens, and barns of Michigan's most successful farmers. Since 1971, Michigan Farm Radio Network's only objective has been to serve Michigan's farm families. Through local stations, Michigan Farm Radio Network provides the latest in market analysis, weather and news to Farm Bureau families daily including:

- Chicago Board of Trade Analysis and Prices
- Michigan Cash Grain Analysis
- Grain Market News
- 11 Major Market and Michigan Cash Livestock Reports
- Chicago Mercantile Exchange Analysis and Prices
- Livestock Market News
- Michigan Ag Weather Forecasts
- Daily Market Reports for Potatoes, Fruit, Dry Beans
- State, Regional and National Agricultural News
- Weekly and Daily Dairy Market Reports
- Farm Classifieds

Michigan Farm Radio Network

29 Michigan Radio Stations provide their listeners with the latest in market analysis and news. Check with your local station for program times.

---

**From Farm Bureau Insurance**

- Be prepared for each activity. Know and respect your limitations. Stay fit and seek care for health problems. Add balance to your life by taking time to do things you enjoy.
- Do what it takes to protect children, the elderly and others in your care. For example, don't let kids ride on farm equipment - and only give them work suitable for their age and development.

---

**Immigration Reform and Control Act Deemed Discriminatory**

The General Accounting Office has concluded that as a result of the Immigration Reform and Control Act, widespread discrimination has resulted. Therefore, the U.S. Department of Justice has indicated it will increase enforcement of the civil rights and non-discrimination provisions of the law. Some suggestions for the employer hiring workers is to:

- Make the decision if the person is qualified first and offer the job, then complete the documentation process.
- Do NOT over-document. The employer must accept whatever documentation is offered if it has been accepted by the INS. The employer can not ask for additional or different forms of identification. It is not the employer's job to question the documents presented.

Using New I-9s Important

Old versions of 1-9s were to be discontinued November 1, however, an extension was granted through June 30, 1992. The new I-9s, like the old ones, must be copied.

There are two reasons for using the new 1-9s. First, the new form has twice as many acceptable documents for proving both identity and work authorization. If any of the new documents are presented and rejected because the employer is unsure they exist, it could be cause for a discrimination charge.

Second, an instruction sheet is now also required to be available to both the employer and the employee at time of hire. There is also a CERTIFICATION box for the employer to read and record the month, day and year that the employer began employment.

A new updated Handbook for Employers has information on the new employer requirements for complying with the law and avoiding a discrimination charge. This handbook was supposed to be sent to all employers, however, INS acknowledges they inadvertently failed to send them to farmers. Farmers are suggested that employers obtain a copy of this handbook.

Both the handbook, instructions and the I-9s may be obtained from the following address:

Superintendent of Documents
U.S. Government Printing Office
Washington, D.C. 20402
Michigan Farm News

Winn, Region Five EPA enforcement officer, said the owner of the property was convicted under the Clean Water Act, a section of the Federal Clean Water Act, for not having a permit to drain water to the Philp drain. The owner, the contractor, and the government having a permit to drain water to the Philp drain, the contractor and the government were challenged by the contractor and the government.

"EPA asserts that a vast majority of the project work that took place on the Philp drain was a formerly maintained drainage ditch. Our bottom line is that there very well may be discussions with the contractor for the Philp drain project, and have had discussions with legal counsel for the Philp drain project to sit down and have a meeting," said Seidlein. "We can comply with the order or we can contest it."

According to Vern Rounds, the county had to spend nearly $35,000 in legal fees and another $15,000 in engineering consultation fees for testimony in the first three court cases, costing Huron County taxpayers $50,000. That figure doesn't include Huron County staff time and the costs of EPA and DNR staff time wasted on fighting this issue in the courts.

"We met with them for the first time in 1989; we dealt with them all during 1990; we had a contract letter in March of 1991 for the project; we sold $1.5 million in bonds in May of 1991; and then in June, we get the first letter from the DNR stating that we need a permit on the extension."

Currently, the contractor is putting the finishing touches to the Philp drainage bank's contour. Incidentally, one of the six major drains flowing into the Philp drain enters about 100 yards upstream from where this picture was taken.

"It's very odd and it's very unfortunate that we have to go through this," concluded Rounds. "Drainage is important here, especially for farmers - for that matter, good drainage is important to every living soul in the state of Michigan."

It pays to associate with Alamo.

Which of these three Alamo offers is best for you?

As a member of Alamo's Association Program, you can enjoy great benefits every time you rent from Alamo. You can start by using the attached certificate for a free upgrade or $5 to $10 off your next association weekly rental. You'll also receive unlimited mileage, daily and weekly rates and a $3000 maximum responsibility for car damage, loss of use or theft if CDW is declined. Plus, you can earn frequent Flyer miles with Alaska, Delta and United airlines. So you can see, it really does pay to associate with Alamo.

Michigan Farm News spoke with Gerald Winn, Region Five EPA enforcement officer in the Wetlands and Watershed Section, who is responsible for enforcing the EPA's administrative order. The following are comments from Winn on the Philp drain:

"When we found that the DNR would not be permitted, if you will, to require that a permit be issued for this project, EPA took a look at this and said, 'Well, wait a minute here, even if the state regulations don't apply according to the state courts, we still have the responsibility of making sure that federal laws and regulations are being applied.'

"EPA asserts that a vast majority of the work that took place on the Philp drain was not a formerly maintained drainage ditch. Our bottom line is that there very well may have been drainage problems that needed addressing, but we want to be sure drainage is accomplished through the most environmentally sensitive approach as practicable.

"What we're looking at, at this point, in time, is to get the county deputy drain commissioner in this case to apply for a permit and go through looking at what alternatives were available that could have accomplished the same purpose with a reduced cost both financially and environmentally."

"The state of Michigan has assumed the Section 404 program for the Federal Clean Water Act, and they run the program as an equivalent of the federal wetlands program. Michigan is the only state in the nation that has the 404 program administrated by the DNR. EPA is keeping an eye on the way that the state administers the federal wetlands programs."

"EPA retains the ability to comment on projects that are issued by the DNR, based on public notice. EPA also retains the ability to intervene in enforcement cases where the EPA finds that the state of Michigan is not taking an appropriate and timely action in an enforcement matter."
Follow the proper rinsing procedure to ensure your containers will pass a thorough inspection, both inside and out. Only absolutely clean containers will be accepted.

Remove all paper labels, any aluminum foil seals and container caps prior to bringing your containers to the inspection site. These materials are incompatible with #2 HPDE plastic and contaminate the recycled resin.

Containers will be inspected for evidence of pressure or triple rinse, must have no visible residue or staining and be reasonably dry. Store your clean containers in a secure, dry location until the collection date in your area. If inside storage isn’t available, try large yard leaf bags. Separate clear or opaque containers from colored if possible.

Michigan Department of Agriculture inspectors may be on hand to assist you in triple rinsing every container on the established collection day. Containers not passing inspection will be returned to the participant. Grower Service Corporation is providing the portable grinder at each site and is fulfilling the role of industry contractor by coordinating this pilot project.

These participating dealers have agreed to host one-day collections at their facility or at a designated local site.

"Container Recycling" - continued...

Remember to rinse containers immediately for best results. Always wear protective clothing while rinsing containers.

Blossom Queen Farm Tour
Southwest Michigan was filled with royalty on April 25 during the 9th annual Blossom Queen Farm Tour, sponsored by Berrien, Cass, and Van Buren county Farm Bureaus. The 25 Blossom Queens were given an opportunity to tour Southwest Michigan and learn more about the agricultural industry in the region.

This year’s tour included stops at the Southwest Michigan Research and Extension Center in Benton Harbor, Jim Miller Orchards in Coloma, Ledges Blueberry Farm in Paw Paw, and a stop at the Wayne High hog farm in Cassopolis. Below, Wendy Elley, Cass County Promotion and Education Committee chairperson, takes time at Wayne High’s hog farm to explain the elements of hog production.

Proper Rinsing of Agricultural Plastic Pesticide Containers
Rinse pesticide containers right after use. If you rinse containers immediately, you can easily remove leftover pesticide solutions. The longer you wait, the harder it will be to remove the pesticide solution that may dry inside the container. There are two ways to rinse pesticide containers, either by triple rinsing and/or by pressure rinsing.

Triple Rinsing
To triple rinse a container:
- Fill the container about 20 percent full with water.
- Replace the cap securely.
- Shake the contents to rinse all inside surfaces.
- Pour rinse water into spray tank and drain for at least 30 seconds.
- Repeat the above process two more times.

Pressure Rinsing
To pressure rinse a container:
- Use a special nozzle attached to a water hose.
- Puncheon the side of the container with the pointed nozzle.
- Hold the container upside down over the spray tank with the cap removed. Pressurized water cleans the inside while the rinsate flows into the tank.
- Rinse for 30 seconds or longer while rotating the nozzle.

Remember to rinse container immediately for best results. Always wear protective clothing while rinsing containers.
Widespread frustration over the length and expense of political campaigns probably peaked during the 1988 presidential race. In anticipation of President Reagan's retirement, dozens of hopeful Republican and Democratic candidates began jockeying for position as early as two years before the election. With constant media attention focused on the "front runner of the week," voters quickly grew weary of the entire process.

There has been much less pre-election buildup four years later. The apparent lack of fund-raising for a capital gains exclusion as part of the Democratic Party, was due in large part to President Bush's sky-high popularity rating after the Persian Gulf War. Few prominent Democratic candidates were willing to step forward and enter what seemed to be a sure losing race. But as the recession dragged through into 1992, President Bush appeared much more vulnerable and challengers belatedly stepped forward into battle.

On the congressional level, the 1992 reapportionment and the House check-writing scandal have led to unprecedented turnover in Congress. As a result, dozens of congressional candidates have filed for the primary and will begin vying for your attention and campaign contributions in the months to come.

Michigan Farm Bureau is deeply committed to improving our local, state and national electoral processes. That's why the organization this month is conducting, for the 29th consecutive year, the Young People's Citizenship Seminar. This nationally-recognized program instructs high school juniors and seniors on the value of participating in public life. During the week-long seminar, the young people organize and conduct mock political campaigns -- everything from filling out nominating petitions, to joining political parties, to voting for the candidates of their choice.

But Farm Bureau members, in their national policy, have also addressed concerns about the expense, and fairness, of real political campaigns.

Farm Bureau policy opposes the use of public funds and franking privileges in the financing of political campaigns, recommends efforts to shorten political campaigns and limit spending, and opposes elected public officials having political action committee commitments. Political incumbents have traditionally held a big advantage in most elections because they have name recognition and a proven track record. Farm Bureau's proposals would help level the playing field so worthy challengers would at least have a fighting chance.

Delegates to the 1991 MFB annual meeting also recommended shortening the election year by combining national caucuses and primaries into a one-day National Primary Election. The policy also suggested that campaigns not begin more than two months before the primary election.

American Farm Bureau Federation policy opposes proposals to make the popular vote the sole determinant of presidential elections. The policy favors retaining the Electoral College for presidential elections, but specifies that electors should be required to vote for the candidates on the ballots to which they were pledged. This policy may take on special interest this year if independent candidate Ross Perot garners enough votes so that no presidential candidate gets a majority of the popular vote.

MFB policy supports limiting terms of all state and federal elected officials to two consecutive terms or 12 consecutive years of office, whichever is greater. The policy also notes that a limitation on the terms of federal elected officials be uniform across the nation. A term limitation proposal will appear on the Michigan ballot November 3. Voters in several other states have already passed legislation which limits the number of years elected officials can serve.

Election reform will probably remain an important issue beyond this election campaign and into the future. Farm Bureau members have an important role to play in shaping the debate and ensuring that campaign procedures are fair to both challenger and incumbent.

Discussion Questions:
1) Would your group members be in favor of restrictions on the time allowed for political campaigns?
2) Should restrictions be placed on national, state and local campaigns, or just on the national level?
3) What can be done to put political campaigns on a "level playing field" for both the incumbent and challenger?
4) What do the members of your group feel is the biggest problem with our current political campaign structure?
5) What can members of your group do to become better informed about the candidates so they can cast an informed ballot in the election?

NOTE: Summer is an excellent time to get to know political candidates on a one-to-one basis by inviting them to your CAG meeting. And don't forget to invite the teens who participated in Farm Bureau's Young People's Citizen- ship Seminar (YPOS). They can provide enthusiastic reports about their mock political experiences.

Discussion Topic For June 1992 -- "Election Reform"
Food Guide Pyramid Replaces USDA's "Basic Four"

The "basic four" food groups, which have been used as a dietary guide since the 1950s, have been replaced by a new "food guide pyramid."

The pyramid was unveiled last week by U.S. Agriculture Secretary Edward Madigan. A year ago, a similar pyramid design generated controversy when it was introduced and quickly withdrawn by Madigan, who said he was "not convinced its message would be clear."

Some commodity groups and nutritionists objected to the pyramid last year because they felt certain products - particularly milk and meat - were unfavorably portrayed.

This year, more controversy centered around the cost of additional studies Madigan ordered - approximately $855,000 - than on the placement of the foods. But Madigan said that amount is only a fraction of the $320 million spent annually by USDA on nutrition education.

The study presented several graphics, including the pyramid, to 26 focus groups in four cities throughout the country. Two graphics emerged as the strongest from the testing - one was a revised version of the pyramid and the other was a bowl.

Madigan said the new pyramid is not meant to create the impression of good and bad foods.

"If the pyramid recommends fewer servings of one type of food than of another, that doesn't mean one food is less important than another," Madigan said. "All foods provide important nutrients. The trick is making lower-fat choices."

MSU Horticultural Research in Jeopardy

The recent suspension of federal funding for agricultural research has put four long-term MSU research projects at risk, according to Wayne Loescher, MSU Department of Horticulture chairperson.

At risk is $39,000 for celery disease resistance research, $94,000 for asparagus yield decline, $94,000 for apple storage quality, and another $283,000 for cherries and peach yield decline research.

The immediate effects of this financial loss is that 20 MSU researchers and technicians risk not getting paid for their work. Loescher predicts this will halt or fragment the research being conducted as technicians begin looking for work elsewhere.

The funds are being withheld because of an order from President Bush to Congress to revote on several budget items that he considers "pork barrel" spending. The funds in question had been approved earlier in previous budget packages, but they'll have to be approved again for the federal funds to be restored.

Congress has roughly 40 in-session days to deal with the fate of these research projects. Loescher says that agricultural research projects should not be considered pork barrel spending projects because the consumer and the environment are the ultimate beneficiaries of the research.