

MICHIGAN FARM NEWS



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Huron's Philp Drain - A Question of Environment or Control?

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 Commissioner 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 interpretation 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 *Amicus Curiae* which would support the Circuit Court's ruling that the permits were not needed.

"The State Court of Appeals will be addressing the question of environmental protection 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 board felt it was imperative that the Circuit Court's decision be upheld in the Court of Appeals."

The Huron County Drain Commission assumed that with three court rulings in their



This portion of the drain is part of the seven-mile extension of the Philp drain that 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 originally 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 streambed to its original condition and contours."

See "Philp Drain" page 9

Plastic Agricultural Pesticide Container Recycling in Michigan

What do you do with those empty pesticide containers? That same question is asked repeatedly across Michigan, as producers try to find a home for an estimated 600,000 empty pesticide containers. Nationally, 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 Service Corporation, the Michigan Department of Agriculture, Michigan Agricultural Business Association, and 16 independent agricultural supply dealers, this dilemma is one step closer to being resolved during the summer of 1992.

Grower Service will be sponsoring a one-day pilot Plastic Pesticide Container Re-

cycling program at 16 locations, in cooperation 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 services coordinator at Grower Service, most Michigan farmers either burn the empty containers, which is no longer a legal option 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 containers.

"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 Service 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 containers again. The program will be limited to agricultural chemical containers only.

Vicary explained that the recycling program 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

See "Container Recycling" page 10

1992 Flower Day a Hit!

Over 200,000 people were in attendance 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 president of the Wayne County Farm Bureau. 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, sometimes to just look, but oftentimes fall victim to impulse buying once they see the plants and the colors.



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In Brief...

Hearing Set For Dairy Pricing Issue

The USDA has announced it will hold a hearing June 15 on a proposed change in the way base prices are calculated for federal milk marketing orders. Currently, the base price is calculated on the basis of the average prices paid to farmers in Minnesota and Wisconsin for manufacturing (Grade B) milk.

The rationale for changing it is that no longer is a very large volume of Grade B milk produced in the United States. Possible alternatives include competitive prices based on surveys of what plants actually pay farmers, product price formulas computed from prices of products made from milk, cost of production, and the price support level.

The American Farm Bureau Federation favors prices that reflect national pricing through mandatory reporting, take account of national supply-demand situation, remain valid for a long period of time and yet be automatic, timely and self-adjusting, said John Keeling, an assistant director of national affairs for AFBF.

Number of U.S. Dairy Cows Declined in April

The number of dairy cows in the 21 major U.S. dairy states during April was 8.26 million, 4,000 fewer than March, and 158,000 fewer than April 1991, USDA reported in its milk production report, according to *Knight Ridder News*.

Milk production last month in the 21 states totaled 10.9 billion pounds, virtually unchanged from April 1991. March revised production was put at 11.1 billion pounds, virtually identical to March 1991, USDA said.

Beef Prices to Stay Below 1991 Record Levels

U.S. beef prices will continue to hold below 1991 record levels, as consumption hovers near-to-below last year and consumers choose competing meats due to their relatively lower prices, USDA reports. Average retail high-grade beef prices in the first quarter, at \$2.82 per pound, were 12 cents below a year ago, USDA said in its Livestock and Poultry Situation and Outlook Summary.

Commercial pork production this year is expected to rise nearly 8 percent from 1991 to a record high, the USDA said. Barrow and gilt prices are pegged at \$39 to \$43 per hundred pounds, compared with \$49 in 1991. Retail composite pork prices are expected to average 5 to 9 percent below the 1991 average of \$2.12 per pound, USDA said.

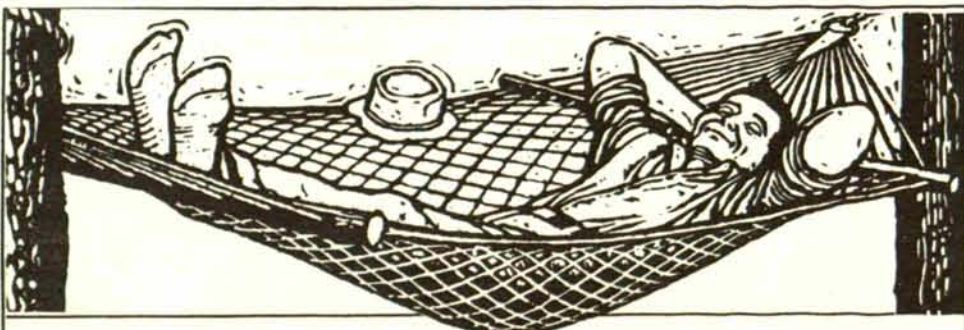
For poultry, broiler output is expected to increase about 5 percent this year, compared with 6 percent in 1991. Slower production growth and continued strong exports will help support prices, the report said. But with overall lower prices compared to last year and higher feed costs through much of 1992, USDA said net returns are likely to be the lowest in several years, suggesting steady-to-lower growth for 1993.

Thumbs Down for Now on Bonus Export Pork

Pork has been recommended by the American Farm Bureau, National Pork Producers Council and other groups for inclusion in the list of eligible commodities for export enhancement sales to the former Soviet Union, but that is not to be, at least for now.

Agriculture Secretary Ed Madigan recently responded to the request by saying eligible commodities are judged against four criteria, namely their trade policy effect, their export effect, their impact on sales of non-subsidizing exporters, and the subsidy requirements measured against expected benefits.

Additionally, EEP initiatives must be examined for possible disruption of trade by emerging democracies in Central and Eastern Europe. AFBF trade expert Paul Drazek said efforts will continue to include high-value products in EEP sales.



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It's the summertime event that's just for fun, so join your friends and neighbors at Summerfest '92, Wed., July 15. Get your tickets early to be one of the 2,500 enjoying a delicious grilled steak dinner (with ALL the trimmings), beverages and desserts. There'll be plenty of fun for young and old with country music and games to test your skill.

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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 PEC 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 changing market conditions 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.

The concept of an "over-order premium" was pioneered by MMPA, ICMPA and other Michigan milk marketing cooperatives in 1956. The program, used to distribute premiums received on fluid milk sales, proved successful and was eventually adopted by producers in several other states.

Under the program, farmers were able to receive additional premiums on milk sold for fluid use, because marketing cooperatives had agreed to pool additional premiums in the same way that federal order prices are pooled. This allowed all dairy producers to receive a portion of the premium regardless of the actual source of the milk that generated the "over-order" premium.

Milk processed for fresh fluid consumption, or Class I, receives the highest over-order premium. Milk processed for soft products such as ice cream, cottage cheese and yogurt, or Class II, receives a lower over-order premium, while milk processed for hard products such as cheese, powdered milk and butter, or Class III, receives a proportionately lower price. Federal regulations specify a minimum price be paid for milk used in each classification with equalized or blended returns to dairy farmers.

Michigan dairy producers will likely see an impact as early as mid-July in their milk checks, unless PEC members reach an agreement to maintain the over-order premium. "Michigan Farm Bureau is committed to continue working with members of the Producers Equalization Committee in hopes that negotiations will continue," said MFB President Jack Laurie.

USDA Sees Larger U.S. Corn, Wheat Crops

USDA issued its projections for 1992 production of major crops, pegging corn at 8.575 billion bushels, up over a billion from the 1991 crop. Wheat output is also predicted to reach 2.268 billion bushels compared to 1.98 billion produced last year. Soybean production is estimated at 1.915 billion bushels, compared to last year's 1.986 billion bushel crop.

Estimated supplies on hand at the end of the 1991-92 marketing year are: corn, 1.121 billion bushels; wheat, 421 million bushels; soybeans, 295 million bushels and cotton 3.9 million bales. USDA's estimates of ending stocks for 1992-93 are 1.67 billion bushels of corn, 449 million bushels of wheat, 235 million bushels of soybeans and 4.8 million bales of cotton.

The estimates are based on trends and analysts' judgments, not survey data, according to the USDA's World Outlook Board. Be sure to see MSU Ag Economist Jim Hilker's interpretation of the reports on page 6 and market moves you may want to consider.

USDA to Get Tougher on Erosion Control

The USDA said it plans to get tougher in enforcing erosion control provisions of the 1985 and 1990 farm bills, according to the *Associated Press*. William Richards, chief of the USDA's Soil Conservation Service, said the agency has been in the education phase of the conservation compliance program, but that "farmers have now been given fair warning to protect their land against erosion or risk loss of farm program benefits."

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 Farmers Home Administration loans to beginning farmers. The legislation would help first time borrowers with no more than five years experience.

The bill would impose a 15-year limit on the length of time any farmer could participate in FmHA farm-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 FmHA.

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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 expansive recordkeeping requirements.

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 Post, docket manager, Science Division
Agricultural Marketing Service
USDA
Room 3064-S
P.O. Box 96456
Washington, D.C. 20090-6456

Legal Services Reauthorization Act

MFB Position

Farm Bureau opposed H.R. 2039 and supported the Stenholm-McCollum amendments.

MFB Contact

Al Almy, Ext. 2040

As passed by the U.S. House of Representatives on May 12, H.R. 2039, sponsored by Rep. Barney Frank (D-Mass.), provides a 5-year reauthorization of the current taxpayer-funded Legal Services Corporation (LSC). The bill did not correct any of the problems associated with the LSC. Instead the bill provides for the following:

- Allows widespread local, state and federal lobbying by LSC attorneys and permits the organizing of eligible clients and other interest groups for lobbying purposes.
- Permits LSC attorneys to use monies raised from private sources for any purpose they choose and permits comingling of the private and federal tax dollars.
- Continues automatic refunding of state LSC offices without annual competition for the grant awards.
- Eliminates most of the LSC headquarter's ability to monitor and audit state LSC offices.

During consideration of the bill by the U.S. House of Representatives, amendments were offered by Congressmen Charles Stenholm (D-Texas) and Bill McCollum (R-Florida) to reform the LSC through the following:

- Require grantees to justify their annual funding through competitive bidding for LSC funding.
- Place the same restrictions on private funding sources as apply to federal LSC monies and prohibit state LSC grantee agencies from setting up "mirror corporations" to get around restrictions.
- Require LSC attorneys to identify plaintiffs before bringing suit, and prohibit LSC attorneys from recovering attorney fees from private parties.
- Prohibit lobbying and grassroots organizing by LSC attorneys.
- Reinstate ability of LSC headquarters to adequately monitor state LSC grantee activities.

The House rejected all of the Stenholm-McCollum amendments and passed H.R. 2039. President Bush has issued a strong veto threat on the bill, listing several objections to the measure. The House vote on the bill was close enough to sustain a veto if it is enacted by the U.S. Senate.

Global Warming

MFB Position

Farm Bureau is opposed to the proposal. A recent Department of Commerce study indicates that the Waxman legislation would cause oil prices to increase by 58 percent, reduce GNP by \$92 billion and eliminate more than 550,000 jobs.

MFB Contact

Al Almy, Ext. 2040

Legislation (H.R. 4750) that purports to slow global warming by limiting carbon dioxide emissions in the year 2000 to 1990 levels, has been introduced by Rep. Henry Waxman (D-Calif.) as an amendment to the energy bill that will soon be considered by the House.

The measure doesn't specify how to attain the goal, just that the goal be met. There are serious concerns that this could lead to requirements for higher Corporate Average Fuel Economy (CAFE) standards and major constraints on industrial growth.

Requiring the U.S. to unilaterally stabilize man-made emissions of carbon dioxide at 1990 levels by the year 2000 would stifle our economy, particularly agriculture, which requires petroleum-based products.

Inheritance Tax

MFB Position

Farm Bureau's position of "no support" is viewed 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

S.B. 1, sponsored by Sen. Nick Smith (R-Addison), passed in the House and the Senate and is awaiting Gov. Engler's signature.

As passed, S.B. 1 provides a tax exemption for close relatives (grandparents, parents, children, grandchildren, siblings, stepchildren) that would increase from the current \$10,000 to \$15,000 for deaths occurring during 1993; \$25,000 for deaths occurring during 1994, and \$50,000 for deaths occurring after that year.

S.B. 1 provides a limited and specific exemption for agriculture and business. The farm exemption would include farm real and personal property, not including other outside investments or money in the bank, stocks, etc. There are also unresolved questions regarding multiple partners who would not be exempted.

Farm Bureau's position was to "not support" the Inheritance Tax Bill for the following reasons:

- Farm Bureau policy calls for a repeal of the Michigan Inheritance Tax and to adopt the federal "Pick-Up" tax which exempts the first \$600,000 of the estate. S.B. 1 is a limited exemption for specific groups and does not address a repeal.

- Speeding up the payment from nine months to three and one-half months is unrealistic, especially for agriculture, and filing an estimated tax with partial payment and interest penalties would place further burden on the heirs to the estate.

- Farm assets are narrowly defined and do not include items such as cash in the bank, stocks, and other non-farm assets, which in all likelihood were obtained from farm income.

- Land contracts under the estate provisions would be assessed as receivable and considered part of the estate value.

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

Darcy 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 reduction 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 Democratic majority to get 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) substitute 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 Standish to the M-65/US-23 junction, near Au Gres.

MFB Contact:

Darcy 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 Standish connecting at M-65 near Au Gres.
- 2) Short bypass around the city of Standish.
- 3) Widening present US-23 corridor through Standish.

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.



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Weather

Unseasonably dry weather 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 east central and southeast sections.

Temperatures began the period below normal but finished above normal, with the resulting 30-day mean temperatures generally somewhere 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.

30-Day Outlook, Warmer Than Normal With Average Rainfall

4/15/92 to 5/15/92	Temperature		Growing Degree Days		Precipitation	
	Observed	Dev. From	Actual	Normal	Actual	Dev. From
	Mean	Normal	Accum.	Accum.	(Inch.)	Norm
Alpena	48.3	1.6	114	141	1.61	-1.16
Bad Axe	50.3	-0.1	158	213	3.24	+0.42
Detroit	55.0	+1.8	258	247	4.02	+0.83
Escanaba	44.0	-0.8	36	68	1.77	-1.12
Flint	53.6	+1.7	235	247	2.81	-0.38
Grand Rapids	53.9	+1.6	236	273	3.20	-0.22
Houghton	47.6	+3.8	130	126	2.07	-0.73
Houghton Lake	50.4	+0.9	164	141	1.34	-1.43
Jackson	53.4	0.0	241	267	2.28	-1.04
Lansing	53.1	+0.7	229	267	2.81	-0.51
Marquette	46.4	+2.7	134	126	1.81	-0.93
Muskegon	51.7	+0.5	181	200	2.03	-1.06
Pellston	50.1	+3.7	160	154	1.51	-1.24
Saginaw	52.6	+1.0	202	213	3.09	+0.27
Sault Ste. Marie	46.4	+2.1	88	68	2.71	-0.18
South Bend	54.6	+0.3	309	273	1.22	-2.20
Traverse City	51.9	+3.9	186	154	1.00	-1.75
Vestaburg	50.4	-1.3	182	218	3.20	-0.08

Observed and normal growing degree day totals are accumulated from March 1. Normals are based on district averages.

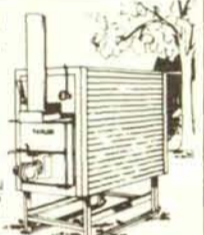
Jeff Andresen, Ag Meteorologist, MSU

Crop Updates - Planting on Schedule, Moisture Concerns Grow

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Michigan and Major Commodity Area Extended Weather Outlook

T - Temp.	5/30.....	6/15	5/30.....	7/31
P - Precip.	T.....	P	T.....	P
Michigan	A.....	N	A.....	N
W. Corn Belt	A.....	N	A.....	N
E. Corn Belt	A.....	N/B	A.....	N
Wint. Wheat Belt	A.....	N	A/N.....	N/B
Spr. Wheat Belt	A.....	N/B	A.....	N/B
Pac. NW Wheat	N.....	N/A	A.....	N
Delta	A.....	N/B	N.....	N
Southeast	N.....	N	N/A.....	N
San Joaquin	N/A.....	N	A.....	N

A-Above Average, B-Below Average, N-Normal, MA-Much Above, MB-Much Below, NP-No Precip. Source: National Weather Office

Michigan

Field Crops - Corn planting was progressing rapidly, with 60 percent planted as of May 19, compared to 50 percent last year, but still behind the 70 percent average. Soybean planting was 20 percent complete, on track with the 5-year average.

Sugar beet acreage was reported 98 percent complete, well ahead of last year's 75 percent figure, and even ahead of the 5-year average of 96 percent. Potato plantings continued to lag behind normal with 50 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.

Fruit - Apples were reported in full bloom, as were cherries, and about 10 percent of the early strawberries. Michigan's blueberry crop will reportedly be down considerably from last year, with many fields showing only 20 percent of potential blossom left, after frost damaged the other 80 percent.

Vegetables - Asparagus harvest was picking up due to warmer spring weather, with harvest estimated at 15 percent complete for the season. Plantings of tomatoes, sweet corn, onions, carrots, and other vegetables continued at a rapid pace. Celery was developing slowly due to cool weather, but planting was nearly on schedule.

Ohio

According to Ohio's State Agricultural Statistics Service, about 1 million acres had been planted statewide as of May 19, with corn planting quickly nearing completion. Just 42 percent of the soybeans had been planted, down from 62 percent a year ago, and slightly behind the 5-year average of 48 percent.

Corn was reported 83 percent complete, down from 93 percent in 1991, but still ahead of the 80 percent average. Of the corn crop emerged thus far, stands were reported to look good.

Winter wheat was rated 8 percent excellent, 38 percent good, 35 percent fair, 14 percent poor, and 5 percent very poor. Some areas of the state were reporting powdery mildew problems.

Pasture and hay conditions remained fair to mostly good. The first cutting of alfalfa hay was 2 percent done, with 1 percent of other hay cut.

Topsoil moisture was rated 20 percent short, 73 percent adequate, and 7 percent surplus. Moisture shortages are reported generally occurring in a line across central Ohio, with north central areas also dry. South central and southwest Ohio were reporting moisture surpluses.

Indiana

Indiana's Agricultural Statistics Service reports corn 89 percent planted, compared with 79 percent last year and 76 percent on average, as of May 19. The crop was 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 10 percent emerged compared to 23 percent last year and the average 20 percent.

Wheat was rated 1 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

Corn planting was reported 98 percent complete as of May 19, compared to 88 percent last year. The average height of corn was reported at 2 inches.

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 headed, compared to the average 59 percent.

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 35 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.



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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 adults and immatures 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, "wrinkled" body. As the larvae grow, they turn green and have a white strip down the middle of the back. The head is shiny black. Full grown larvae are 1/4-to 3/8-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 plant debris in and around alfalfa fields. They become active on the first warm days of spring, feeding and laying eggs in alfalfa stems. Larvae pass through four growth stages (instars), feeding for a period of three to four weeks.

Pupation takes 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

Giant Snail Search On!

Giant African snails, imported illegally into the U.S., have been found in Michigan pet stores and are now the subject of an intense snail hunt by state and federal agriculture officials, according to the Michigan Department of Agriculture (MDA).

All of the exotic snails must be caught to prevent an infestation, because they have the ability to rapidly reproduce and are known to feed on virtually any plant material. If unchecked, the snail could cause serious damage to Michigan's agriculture industry.

The MDA investigation is being conducted in cooperation with the U.S. Department of Agriculture's Animal and Plant Health Inspection Service (USDA-APHIS). The fist-sized snails are prohibited from entry into the U.S.

According to USDA-APHIS officials, the African snails were illegally imported from Lagos, Nigeria by a broker through John F. Kennedy Airport in New York. The snail shipments were apparently marked as "reptiles" and were not inspected by USDA-APHIS agricultural inspectors.

The snails were initially discovered by a Florida Department of Plant Industry inspector in a pet store in Tallahassee. Several Florida pet stores received the snails from a distributor located near Tampa.

A 1970's introduction of a similar African snail took almost six years to eradicate. It was accomplished, in large part, through the cooperation of the public.

Anyone with an African snail in their possession should contact MDA's Animal Industry Division at (517) 373-1077 or the USDA-APHIS at (313) 226-6967.

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.

Management Options

Biological Control

Probably the greatest reduction in alfalfa weevil numbers is due to "Microctonus aethioides," 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, "Bathyleptes anurus" and "B. curculionis," 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 direct control of weevil larvae.

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 re-growing and grubs are readily found feeding on the stubble. Stubble applications are recommended only if warranted for weevil control, not as a potato leafhopper prevention.

Reprinted from MSU's CAT Alert



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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 crop 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 pro-

Wheat	↑ ?
Corn	? ?
Soybeans	? ?
Hogs	↑ ?
Cattle	↓ ?

Index: ↑ = Higher Prices; ↓ = Lower Prices; TP= Topping; BT= Bottoming; ? = Unsure

jects 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 rallies.

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 1992 wheat acres was listed as 610,000 versus last year's 560,000, which gives a projected production figure of 30.5 million bushels.

The USDA also released their first supply/demand report for the 1992-93 wheat

marketing year on May 11 as shown below. They also made some bearish changes to the 1991-92 year which ends May 31, lowering 91-92 exports 50 million bushels as shipments fell off. Although this increased 91-92 ending stocks from 366 to 421 million bushels, the stock situation would still be considered fairly tight.

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 offering a weather premium like corn. Consider holding new crop pricing moves for a rally, there is probably more upside potential than downside risk.

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 40 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 below 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.

Given light marketings in April and part of May, heavier weights than a year ago, and it being after Memorial Day, we would expect 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.

FARM BUSINESS OUTLOOK

Right now, the market is offering new crop soybean prices above the \$6 average. Strongly consider doing some new crop pricing, especially if you have not already done some pricing.

Yes, there is potential for a weather market to take prices very high, but there are much greater odds we will be delivering soys this fall considerably below \$6.

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 is 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.

Table 1
Supply/Demand Balance Sheet For
CORN

	USDA's		
	1990-91	91-92	92-93
Corn Acreage (Million Acres)			
Acres Set-Aside and Diverted	6.3	4.7	3.5
Acres Planted	74.2	76.0	79.0
Acres Harvested	67.0	68.8	71.7
Bu./A. Harvested	118.5	108.6	119.6
Stocks (Million Bushels)			
Beg. Stocks	1345	1521	1121
Production	7934	7474	8575
Imports	3	20	10
Total Supply	9282	9016	9706
Use:			
Feed	4669	4900	5050
Food/Seed	1367	1445	1485
Total Domestic	6036	6345	6485
Exports	1725	1550	1550
Total Use	7761	7895	8035
Ending Stocks	1521	1121	1671
Ending Stocks Percent of Use	19.6%	14.2%	20.8%
Regular Loan Rate	\$1.57	\$1.62	\$1.72

U.S. Season Average **\$2.00-**
Farm Price, \$/Bu. **\$2.28 \$2.40 \$2.20**
Source: USDA

Table 2
Supply/Demand Balance Sheet For
WHEAT

	USDA's		
	1990-91	91-92	92-93
Wheat Acreage (Million Acres)			
Acres Set-Aside and Diverted	3.2	10.0	3.5
Acres Planted	77.3	69.9	70.0
Acres Harvested	69.4	58.1	62.0
Bu./A. Harvested	39.5	34.1	36.6
Stocks (Million Bushels)			
Beg. Stocks	536	866	421
Production	2736	1981	2268
Imports	37	35	40
Total Supply	3309	2882	2729
Use:			
Food	796	795	810
Seed	90	90	95
Feed	489	325	175
Total Domestic	1375	1210	1080
Exports	1068	1250	1200
Total Use	2444	2460	2280
Ending Stocks	866	421	449
Ending Stocks Percent of Use	35.4%	17.1%	19.7%
Regular Loan Rate	\$1.95	\$2.04	\$2.21

U.S. Season Average **\$3.20-**
Farm Price, \$/Bu. **\$2.61 \$3.03 \$3.50**
Source: USDA

Table 3
Supply/Demand Balance Sheet For
SOYBEANS

	USDA's		
	1990-91	91-92	92-93
Soybean Acreage (Million Acres)			
Acres Planted	57.8	59.1	57.4
Acres Harvested	56.5	58.0	56.3
Bu./Harvested Acre	34.1	34.3	34.0
Stocks (Million Bushels)			
Beg. Stocks	239	329	295
Production	1926	1986	1915
Imports	2	5	5
Total Supply	2167	2320	2215
Use:			
Crushings	1187	1240	1235
Exports	557	690	650
Seed, Feed and Residuals	94	95	95
Total Use	1838	2025	1980
Ending Stocks	329	295	235
Ending Stocks, Percent of Use	17.9%	14.6%	11.9%
Regular Loan Rate	\$4.50	\$5.02	\$5.02

U.S. Season Average **\$5.50-**
Farm Price, \$/Bu. **\$5.75 \$5.60 \$6.00**
Source: USDA

HEALTH HARVEST

A Health and Wellness Publication of Michigan Farm Bureau

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"NO SWEAT"

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 needed 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 have to join a health club or spend thousands of dollars to keep in shape) and your goal, whether it's to burn calories, build muscles, keep your heart in shape, or simply clear your head and reduce stress. And, whether you're 17 or 70, it will also help you determine what kind of exercises are most appropriate for your body (and lifestyle), how much you should engage in them each week, and how intensely you need to go at it to see results.

HOW OFTEN & FOR HOW LONG?

Getting in shape and staying there doesn't take as big a chunk of time as many assume. In fact, you can accomplish that goal with as little as four to five hours of exercise a week. **The American College of Sports Medicine, the world's largest professional organization of its kind, recommends structuring your regimen around two types of physical activity: aerobics, like walking and jogging, which strengthen the heart muscle by pushing it beyond its normal limit; and strength-training exercises, such as weight lifting, which bolster the strength of specific muscles.** Of the two, aerobics should be performed more frequently — three to five times a week — to promote optimal fitness and prevent injuries. If you workout fewer than three times a week, you probably will neither enhance your heart's capacity nor lose weight or fat. And if you exercise aerobically more than five times a week, the extra activity will pay off only slightly while your risk of suffering injuries will soar; even fit bodies require time to recover from a workout. For those reasons, the best bet 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 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 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.

BUT JUST HOW INTENSE IS INTENSE ENOUGH?

That you shouldn't push yourself to your physical limit doesn't mean you don't have to work hard to improve your fitness level. You still need to exercise at a pace that forces your heart to pump beyond its usual capacity. **One way to determine whether you're working up enough of a sweat 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.

Of course, before you determine whether you're exercising within the target range, you need to figure out just what that range is. You can get a rough estimate with some simple arithmetic. First, subtract your age from 220 to determine your approximate maximum heart rate. A 45-year-old's maximum heart rate would be about 175 beats per minute (220 minus 45). Once you've found your maximum heart rate, multiply it first by 0.60 and then by 0.90. The answers represent 60 and 90 percent of the maximum, and everything between the two represents the target range. For the 45-year-old, 60 percent of the maximum heart rate would be about 105 beats per minute (0.60 x 175). Ninety percent would be 156 beats per minute (0.90 x 175). Thus, the target heart rate range for a 45-year-old generally falls between 105 and 156 heartbeats per minute.

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 blood pulsing through an artery with each beat of your heart. For most people, the easiest points at which to feel the pulse are on the inside of the wrist, the temple, or the side of the neck. Lightly touch one of those areas and count the number of beats you feel for 15 seconds (you'll need to have a watch with a second hand). Multiply the number by four to obtain a rough estimate of the beats per minute. If the number falls within your target heart rate zone, you're exercising at the appropriate intensity.

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 already has high blood pressure at special risk. Anyone who is overweight or who has diabetes, 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 physical activity.

For calories burned, 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.



REPORT



REPORT

(continued)

AEROBIC DANCING

Calories burned in 30 minutes: 183,237

Body parts exercised: all major muscle groups

Equipment needed: good pair of sneakers; some music

Advantages: Uses a variety of movements, thereby reducing risk of injury caused by repeating a simple motion over and over; adds to the pleasure of exercising for people who enjoy working out with a group.

Special considerations: "High impact" dance routines involving vigorous jumping and bouncing may result in twisted ankles, knee injuries, and back pain; "low impact" workouts during which one foot is always touching the ground eliminate most of the jumping and other jerky movements that can cause injury.

Note: "Step aerobic dancing," during which the exerciser steps on and off a stair-step-sized platform to the beat of music, exercises the legs and buttocks particularly well but tends to aggravate knee problems—the higher the platform, the higher the risk of knee injury. (If you flex your knees at a 30-degree angle, as you would on a low step, the pressure on the kneecap is about one and a half times your body weight; if you bend your knee at a 60-degree angle, as on a slightly steeper step, the pressure is twice the body weight).

CYCLING

Calories burned in 30 minutes (riding 9.4 miles per hour): 177,231

Body parts exercised: legs and buttocks

Equipment needed: stationary or outdoor bicycle; helmet for outdoor bikers

Advantages: Less traumatic to joints than running or aerobic dancing because bicycle seat bears body weight; lends itself to family and group participation; helps maintain fitness when recovering from ankle, foot, or certain thigh injuries.

Special considerations: Outdoor cycling that involves frequent stops and starts as well as alternating periods of cycling and coasting interferes with cardiovascular improvements; aerobic activity must be continuous to confer benefits to the heart. Open roads and bike paths allow for best chance of nonstop outdoor riding.

ROWING

Calories burned in 30 minutes: 163,237

Body parts exercised: abdomen and large muscles of upper and lower body

Equipment needed: indoor rowing machine or boat or canoe

Advantages: Like cycling, easier on the joints than running or aerobic dancing because the seat bears the body's weight; can be performed with one leg if the other is injured.

Special considerations: none

RUNNING

Calories burned in 30 minutes: (at 9 miles per hour): 342, 447

Body parts exercised: legs

Equipment needed: good pair of sneakers

Advantages: No special skills or equipment required; can be done any time, alone or with others.

Special considerations: High risk of injuries to feet, knees, and ankles, particularly among those who try to run more than 35 miles per week and/or don't warm up properly; running or jogging on uneven surfaces such as grass or sand increases difficulty of stepping, thereby adding to strain on muscles.

STAIR-CLIMBING

Calories burned in 30 minutes: 213,279

Body parts exercised: legs, buttocks

Equipment needed: stairs or, preferably, a stair-climbing machine such as StairMaster or Lifesteps.

Advantages: Exercising on a stair-climbing machine, as opposed to running up and down stairs in, say, a stadium, reduces impact to joints as the machine bears the body's weight.

Special considerations: Locking arms on siderails of machine or leaning forward on equipment can significantly reduce calorie-burning

potential; for every 10 pounds you support by leaning on the rail, you burn an estimated seven percent fewer calories.

SWIMMING

Calories burned in 30 minutes (slow crawl): 228,297

Body parts exercised: all major muscle groups

Equipment needed: pool

Advantages: extremely low risk of injury because water cushions the body, protecting it from impact that could cause injury; particularly suitable for anyone with arthritis, pregnant women, those recovering from injuries, and older people.

Special considerations: Beginners require a good deal of practice before becoming adept enough to swim a significant number of laps without stopping.

WALKING

Calories burned in 30 minutes (normal pace): 141,186

Body parts exercised: legs, particularly calves

Equipment needed: good pair of shoes

Advantages: requires no special skills or equipment; easy for overweight, elderly, or previously out-of-shape people; not as stressful to joints as running or dancing.

Special considerations: Walkers must keep brisk pace to reap full cardiovascular benefits; more time is needed to gain the same aerobic benefits from walking as from other exercises. **Note:** Walking up and down hills and/or with a backpack increases intensity of workout.

BEYOND AEROBICS

In addition to aerobic exercise, which confers the benefit of strengthening the heart muscle, a well-balanced program to improve fitness should also include what is known as strength or resistance training; that is, an exercise routine that "over-loads" specific muscles in various parts of the body, pushing them to work harder than usual. Resistance training can be carried out with the use of free weights (barbells) or other resistance equipment—for example, a machine that allows you to exercise your leg muscles by "challenging" you to push your legs against a given amount of weight; the more weight you can push (the more "resistance" you're working against) the stronger the muscles become. Resistance machines, incidentally, are what people are referring to when they talk about Nautilus equipment.

Most resistance-training programs help improve not just muscle strength—the ability of, say, the arm muscles to lift 20 pounds of groceries rather than 10—but also muscle endurance—the ability to carry those 20 pounds for 15 minutes instead of five. Resistance training also helps you perform aerobic exercises more easily; the stronger and more enduring the muscles, the better able the body is to run, jump, row, ski, or dance. The American College of Sports Medicine advises performing a resistance-training workout two to three times a week. But unless you want to look like a bodybuilder, two times a week is sufficient.

Increasing muscle strength requires lifting (or pushing against) heavy weight; increasing muscular endurance involves lifting lighter amounts of weight (or working against less resistance) over and over. Thus, you can vary the intensity of a workout both by increasing or decreasing the amount of weight lifted (or the level of resistance) and by increasing or decreasing the number of times you repeat the exercise.

You can obtain 70 to 80% as much improvement by strength training twice weekly as three times a week. Each session should include about 10 exercises that use major muscle groups (in the legs, arms, and abdomen, for example). And each exercise should be repeated eight to 12 times. Furthermore, each one should leave the muscle being exercised near exhaustion. An entire session usually takes no more than 20 to 30 minutes.

To start a strength-training regimen, check with your local Y or health club. Whether or not you use one on a routine basis, many offer training in the proper use of free weights or, for those who choose to join, resistance machines.

A final note for women: Those who are concerned that participation in strength-training programs will stimulate development of man-sized muscles needn't worry about surrendering their feminine look. Males are much more apt to develop large muscles through exercise, because of differences in their hormone levels, particularly the male hormone testosterone.

IF YOU PLAN TO JOIN A GYM

Joining a gym or health club is not a prerequisite for getting in shape. But the estimated 15 to 20 million Americans who visit such facilities have access to equipment they might not be able to afford or fit into their homes. They also have an opportunity to socialize and make new friends. Of course, membership can be pricey. While the annual cost of belonging to a Y might be about \$200, many of the larger, upscale clubs charge an initiation fee of \$250-plus and dues totaling more than \$550 over the course of a year. That's why it's important to take the time to carefully check a facility and its staff before making your investment.

HOW TO DO A THOROUGH CHECK?

Visit the facility. Tour the club or gym during the hours you plan to use it. Notice whether there are long lines at the equipment; crowded areas and long waiting lines can add to the time it takes to complete a workout as well as take away from the pleasure of exercising. Note, too, whether the equipment is well maintained, the showers and restroom facilities clean, and the exercise areas properly ventilated and comfortable.

Meet the staff. Are they helpful as well as knowledgeable about the types of exercise machines available? Will they assist you in choosing exercises appropriate to your needs and abilities? Do they have college degrees in fields such as exercise physiology or physical education? And do they provide an orientation on using the equipment and working out safely? In addition, are instructors certified? Certification helps insure that the staff is able to provide proper guidance. Organizations that grant respectable "seals of approval" include the American College of Sports Medicine, the Institute for Aerobics Research, the International Dance Exercise Association, and the Aerobics and Fitness Association of America.

Ask for information about fitness assessment. Find out if the club requires men at or above age 40 and women 50 and older to undergo a fitness assessment before beginning an exercise program. The American College of Sports Medicine recommends that people who fall into those categories see a physician before embarking on a workout routine. Thus, a club or gym that complies with that advice shows its policy is set with members' best interests in mind.

Read the fine print. That is, before you sign on the dotted line and lay out any money, examine the club's membership agreement carefully. Make sure, for instance, that you understand the length of membership (month-to-month, annual, multi-year). And check whether the policy gives new members a "cooling off" period—three days or so after signing the membership agreement during which they may cancel without any penalties.

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Life

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, IN 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 600 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.

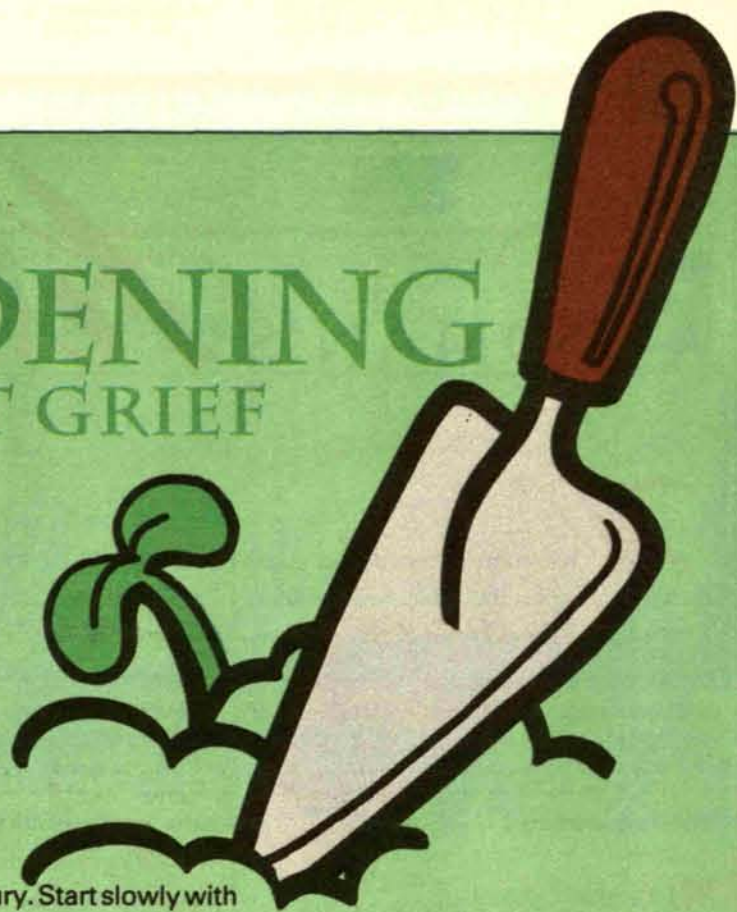
THUNDERSTORMS ARE MOST LIKELY TO DEVELOP ON HOT, HUMID DAYS. A GOOD INDICATOR OF ELECTRICAL ACTIVITY IN THE AREA IS UNCHARACTERISTIC STATIC DURING A RADIO BROADCAST. IN THE EVENT OF A STORM, SEVERAL SIMPLE PRECAUTIONS CAN MINIMIZE RISK:

—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 SHORTER THAN OTHERS IN THE AREA IS BETTER THAN BEING IN THE OPEN). PUT DOWN ANY OBJECT THAT MIGHT CONDUCT ELECTRICITY: UMBRELLA,

Style

GARDENING WITHOUT GRIEF



Gardening care can be fun in warmer weather. To make sure your pleasure doesn't lead to back pain, keep these tips from the Mayo Clinic in mind:

START SLOWLY

Back strain may occur if you're generally inactive and suddenly decide on a marathon session of yard work.

Poorly conditioned muscles are more

susceptible to injury. Start slowly with 20- to 30-minute periods of work and pace yourself. Don't overdo it.

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.

PICK 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.

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 the 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 bacteria grow 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.

Recommended guidelines for refrigerator storage

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.

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

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.

FROM THE BLUE

RIFLE, BICYCLE, GOLF CLUB, CARBON-FIBER FISHING ROD, KITE, METAL BAT, OR THE LIKE. REMOVE METAL OR CONDUCTIVE ITEMS SUCH AS A HELMET, A HEARING AID, GLASSES, JEWELRY, HAIRPINS OR BARRETTES, OR METAL CLEATED SHOES.

— IF OUTDOORS IN AN OPEN AREA, SEEK LOW GROUND. CURL UP ON YOUR SIDE, PREFERABLY IN A DITCH OR GULLY. LYING ON A RUBBER OR PLASTIC RAINCOAT PROVIDES INSULATION. AVOID RAILROAD TRACKS, ISOLATED MACHINERY, ELECTRICAL FENCES, FLAG AND TELEPHONE POLES AND BODIES OF WATER.

— IF SWIMMING, RETURN TO SHORE; IF BOATING, HEAD TOWARD SHORE, TAKE SHELTER UNDER A BRIDGE OR STAY CLOSE TO A CLIFF.

— IF PART OF A GROUP, SPREAD OUT.

SHOULD YOU FEEL THE HAIR ON YOUR HEAD, NECK OR ARMS STAND ON END, LIGHTNING MAY BE ABOUT TO STRIKE. IMMEDIATELY KNEEL DOWN, BENDING FORWARD WITH YOUR HANDS ON YOUR KNEES, TO BECOME AS SMALL A TARGET AS POSSIBLE.

A WOMAN'S

heart...

W

hile 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 destroys 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 1970's 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 post menopausal 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.

**Women's Special Risks.* copyright 1992 by Consumers Union of U.S., Inc., Yonkers, NY 10703 - 1057. Reprinted by permission from CONSUMER REPORTS ON HEALTH, March, 1992.

Coffee drinkers, take heart

There's a new jolt 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.

MEDICAL FOCUS

Not that drinking filtered coffee doesn't affect blood cholesterol. Cholesterol levels did tend to increase 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 as 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,

"This is another example of bureaucratic, regulatory overkill..." Howard Kelly, MFB labor specialist

Gainey's safety committee met with Duffy and found that all four accidents were caused by driver negligence. According to court documents, Gainey and Duffy agreed to a deduction plan of \$50 per week from Duffy's paychecks.

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 MFB labor specialist Howard Kelly, Section 7 of the Wage and Benefits Act provides that "a deduction for the benefit of the employer shall require the written consent from 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."

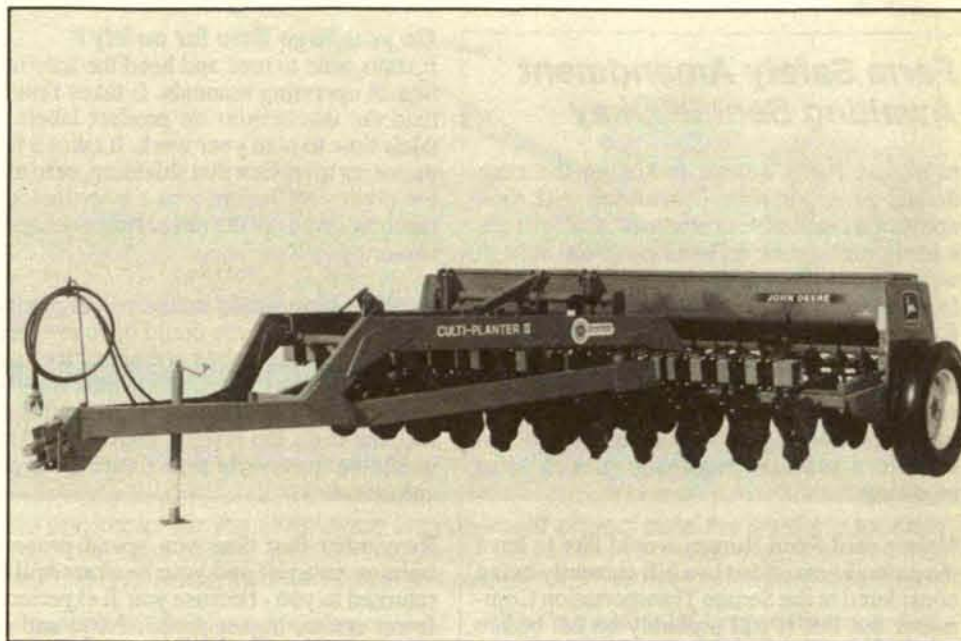
Switch Between Conventional and No-till Planting With Your End Wheel Drill or Drawn Planter

The Unverferth Culti-Planter II from Unverferth is now available with a no-till option for end wheel drills and drawn planters.

The Culti-Planter II no-till options features wavy coulter blades, which are located directly in front of drill openers, for superior tracking and residue penetration. Sizes and spacings are available to fit most drills and planters. Straight or fluted coulters are optional.

Unverferth's direct down pressure linkage allows the operator to change coulter depth on-the-go without affecting the drill settings. Standard depth gauge allows operator to monitor coulter depth and setting. The No-Till Culti-Planter II is available as a

New Product Profile



complete unit, or can be installed as an option on any Culti-Planter II unit with no modification. For further information, contact Unverferth Manufacturing Co., Inc., P. O. Box 357, Kalida, OH 45853 or phone 1-800-322-6301 or FAX 419-532-2468.

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Calan Tabs	80 mg	100's		36.75	12.95	Micro-K Extencaps	8 mEq	100's		12.50	
	120 mg	100's		49.50	15.95		10 mEq	100's		13.50	7.95
Clinoril Tabs	150 mg	100's		73.50	49.95	Motrin Tabs	400 mg	100's		15.50	7.95
	200 mg	100's		89.25	59.95		600 mg	100's		20.25	10.95
Coumadin Tabs	2 mg	100's		39.95		Ortho-Novum Tabs	1-35	21 or 28		19.50	8.95
	2.5 mg	100's		41.25			1-50	21 or 28		19.50	8.95
	5 mg	100's		41.75		Persantine Tabs	25 mg	100's		25.95	5.95
	7.5 mg	100's		63.75			50 mg	100's		39.25	7.95
10 mg	100's		65.75		75 mg	100's		51.95	9.95		
E.E.S. Tabs	400 mg	100's		19.95	15.25	Premarin Tabs	0.3 mg	100's		20.25	10.95
Entex LA Tabs		100's		49.95	12.95		0.625mg	100's		26.95	13.95
Eryc Caps	250 mg	100's		28.50	16.95	Proventil Tabs	1.25 mg	100's		35.75	15.95
Flexeril Tabs	10 mg	100's		74.25	50.95		2.5 mg	100's		61.95	29.95
Inderal Tabs	10 mg	100's		20.75	5.95	Provera Tabs	2 mg	100's		30.75	10.95
	20 mg	100's		28.25	6.95		4 mg	100's		43.25	15.95
	40 mg	100's		35.95	7.95	Slow-K Tabs	10 mg	100's		46.75	16.95
	60 mg	100's		47.75	9.95		100's			16.75	8.95
80 mg	100's		53.75	10.95	Synthroid Tabs	0.025 mg	100's		13.25	6.95	
120 mg	100's		37.25	12.95		0.05 mg	100's		14.50	7.95	
Isoptin Tabs	80 mg	100's		37.25	12.95	0.1 mg	100's		16.25	3.95	
	120 mg	100's		48.75	15.95	0.15 mg	100's		18.95	4.95	
Lanoxin Tabs	0.125mg	100's		9.75	2.95	0.2 mg	100's		21.75	5.50	
	0.25mg	100's		9.75	2.95	0.3 mg	100's		28.50	5.95	
Lasix Tabs	20 mg	100's		13.75	5.95	Tegretol Tabs	200 mg	100's		29.95	13.95
	40 mg	100's		17.75	6.95		Theo-Dur SA Tabs	100 mg	100's		14.50
80 mg	100's		28.50	11.95	200 mg	100's			19.25	10.95	
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Farm Safety Amendment Awaiting Senate Okay

Michigan Farm Bureau is hoping the state 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 read the instructions on product labels. It takes time to plan your work. It takes a few moments to replace that shielding, 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.



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.

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 Classified

Michigan Farm Radio Network

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

Station	City	Freq.	Morning	Noon	Station	City	Freq.	Morning	Noon
WABJ	Adrian	1490	5:45 am	12:15 pm	WJIM	Lansing	1250	5:05 am	12:15 pm
WATZ	Alpena	1450	5:30 am	12:15 pm	WWGZ	Lapeer	1530		12:15 pm
WPZA	Ann Arbor	1050	6:15 am	12:05 pm	WNBY	Newberry	92.5		12:15 pm
WLEW	Bad Axe	1340	6:30 am	12:50 pm	WOAP	Owosso	1080	6:15 am	12:30 pm
WHFB	Benton Harbor	1060		12:30 pm	WHAK	Rogers City	960	7:10 am	12:15 pm
WKYO	Caro	1360	6:15 am	12:45 pm	WSJ	St. Johns	1580	6:15 am	12:15 pm
WTVB	Coldwater	1590	5:45 am		WMLM	St. Louis	1540	6:06 am	12:20 pm
WDOW	Dowagiac	1440	6:15 am	12:15 pm	WSGW	Saginaw	790	5:55 am	12:15 pm
WACY	Fenton	1160	6:15 am	12:15 pm	WMIC	Sandusky	660	6:15 am	12:45 pm
WGHN	Grand Haven	1370/92.1	5:45 am	12:15 pm	WKZC	Scottville	95.9	5:45 am	12:30 pm
WPLB	Greenville	1380	6:15 am	12:45 pm	WCSY	South Haven	940		12:15 pm
WBCH	Hastings	1220	6:15 am	12:30 pm	WKJC	Tawas City	104.7		12:45 pm
WCSR	Hillsdale	1340	6:45 am	12:45 pm	WLKM	Three Rivers	1510/95.9	6:15 am	12:15 pm
WHTC	Holland	1450		12:15 pm	WTCM	Traverse City	580	5:55 am	12:40 pm
WKZO	Kalamazoo	590		12:15 pm					

Serving Michigan Farm Families is Our Only Business

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 or 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 I-9s were to be discontinued November 1991, however, an extension was granted through June 30, 1992. The new I-9s, like the old ones, may be copied.

There are two reasons for using the new I-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 unaware 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 employee 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. It is strongly 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
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9 "Philp Drain" Continued From Page 1

"In October of 1991, we got our first contact from the U.S. Environmental Protection Agency, essentially indicating that DNR had called them to become involved under a section of the Federal Clean Water Act," explained Seidlein. "Then, in February of 1992, we received the first of the two administrative orders from the EPA."

At stake over the seven-mile extension is an estimated 25,000 to 30,000 acres of prime Huron County farmland, that 500 property owners need drainage for in order to farm, in addition to landowners served by six other drains that empty into the Philp drain.

Unlike other public works projects, the Philp drain project had widespread community support, says Rounds, with only two landowners challenging the necessity of the project. Despite an abnormally wet spring, Rounds says that farmers adjoining the drain are getting crops in earlier than they have for the past 30 years.

"Even one of the landowners that originally challenged the necessity for the project is now convinced and very supportive of the project," said Rounds. "The people, especially the ones aggrieved by the water conditions and flooding, are certainly very happy and satisfied with the outcome of this project."

Despite several meetings and a lengthy approval process for the drainage improvement project, and despite a meeting with the DNR, U.S. Fish and Wildlife Service and Soil Conservation Service in September of 1989, the DNR did not notify the county that a permit was needed for the extension of the Philp drain until June of 1991, according to Seidlein.

"All during 1990, we were essentially doing design on the project and discussing the wildlife area with the DNR," said Seidlein.

Philp Drain - an EPA Perspective

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 Willow Creek 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. They run that program as an equivalent of the federal wetlands program. Michigan is the only state in the nation that has done that. EPA has the responsibility of keeping an eye on the way that the state administers the federal wetlands programs."

"EPA retains the ability to comment on proposals that are issued by the DNR under 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."

"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 13-mile drain improvement project leveling the dredged material known as spills, doing some drainage contouring and seeding the new drain banks. All of that is in jeopardy, however, as the county awaits further action by the EPA in a regulatory showdown of sorts. More light will be shed on the outcome at a meeting in June between Huron County and the EPA.

"The EPA is aware that we are challenging their jurisdiction at this point and have had discussions with legal counsel for the EPA 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 has had to spend nearly \$35,000 in legal fees



The contractor for the Philp drain improvement project puts the finishing touches to the 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.

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.

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

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10 Pesticide Container Recycling Dates and Locations

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 HDPE 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 will be on hand to examine 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.

Michigan Locations

- July 8 Britton Elevator, Inc.
128 N. Main St.
Box 426
Britton, MI 49229
George Anton
517-451-8001
- July 16 Blonde's Farm Supply
1090 Homer Road
Box 469
Litchfield, MI 49252
Mark Blonde
517-542-2996
- July 20 Klein Fertilizers, Inc.
320 Garden Lane
Box 335
Fowlerville, MI 48836
Cynda Beach
517-223-9148
- July 28 Berger & Co.
450 W. West
Henderson, MI 48841
Dave Mose
517-725-7933
- July 30 Mans Farm Supply
5476 136th Ave.
Hamilton, MI 49419
Curtis Mans
616-751-5856

- Aug. 4 Ittner Bean & Grain Co.
301 Park Ave.
Box 4
Auburn, MI 48611
Dennis Varner
517-662-4461
- Aug. 6 Ruth Farmers Elevator, Inc.
4600 Ruth Rd.
Box 38
Ruth, MI 48470
Ed Wicke
517-864-3311
- Aug. 17 Bird Fertilizer & Grain Co.
311 Lewis Street
Edmore, MI 48829
Dennis Straton
517-427-6171
- Aug. 19 Citizens Elevator Co., Inc.
870 S. Main Street
Vermontville, MI 49096
Robert Mansfield
517-726-0514
- Aug. 25 Cheever's, Inc.
37 W. 3rd. Street
Shelby, MI 49455
Jack Cheever
616-861-2526
- Aug. 27 NW Hort Research Station
6686 Center Highway
Traverse City, MI 49684

Bill Klein
616-946-1510

Sept. 1 Lapeer Grain Co.
265 Howard Street
Lapeer, MI 48446
Larry Hardenburg
313-664-2987

Sept. 3 Klein Fertilizers, Inc.
277 S. Maple
Grant, MI 49327
Chuck Ransom
616-834-5689

Ohio Locations

July 14 & 15
F & J Farm Supply
Coldwater, OH
Floyd Winner
419-678-2267

July 22 & 23
Strykker Ag Center, Inc.
Strykker, OH
Don Beck
419-682-4381

August 10 & 11
Glenmore Farmers Grain
Ohio City, OH
Clair Dudgeon
419-495-2548

"Container Recycling" - continued...

an MDA inspector before it comes over to the Grower Service grinder - if they don't pass inspection, the farmer will be leaving with his containers," he said. "We're following pilot projects that have occurred in Iowa and Minnesota, and the biggest first year problem has been containers that don't pass inspection."

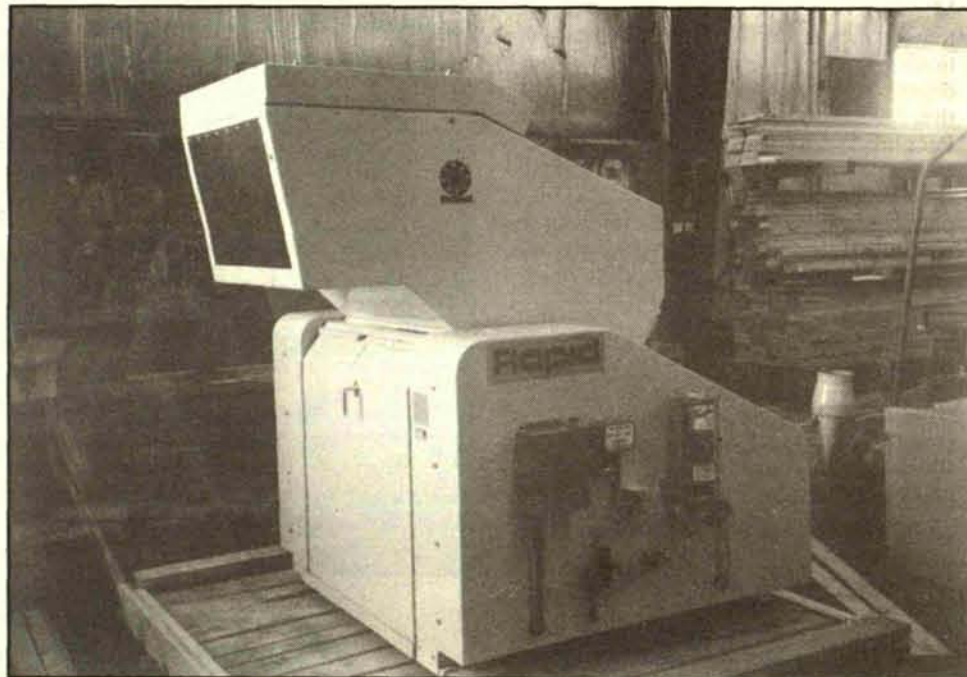
Clean, says Vicary, means no dirt, no chemical residue, and no water inside or outside of the containers. At a minimum, Vicary suggests the containers be triple rinsed, and/or cleaned with a high pressure washer.

Vicary says the program is perhaps more suited for Michigan than any other state, based on the state's diverse agricultural industry, and size of operations that may have need for several specialty chemicals. New packaging technology such as starch based

dissolvable packages will help resolve disposal concerns, but not to the degree some would have you believe.

"In the future, 10 percent of the chemicals may be sold in dissolvable packages, another 20 percent may be sold in mini-bulk, but the rest of the chemicals will be sold in dry flowable form in 1 or 2-1/2 gallon liquid containers," Vicary said. "We'll never truly get away from the small package one gallon and 2-1/2 gallon jug."

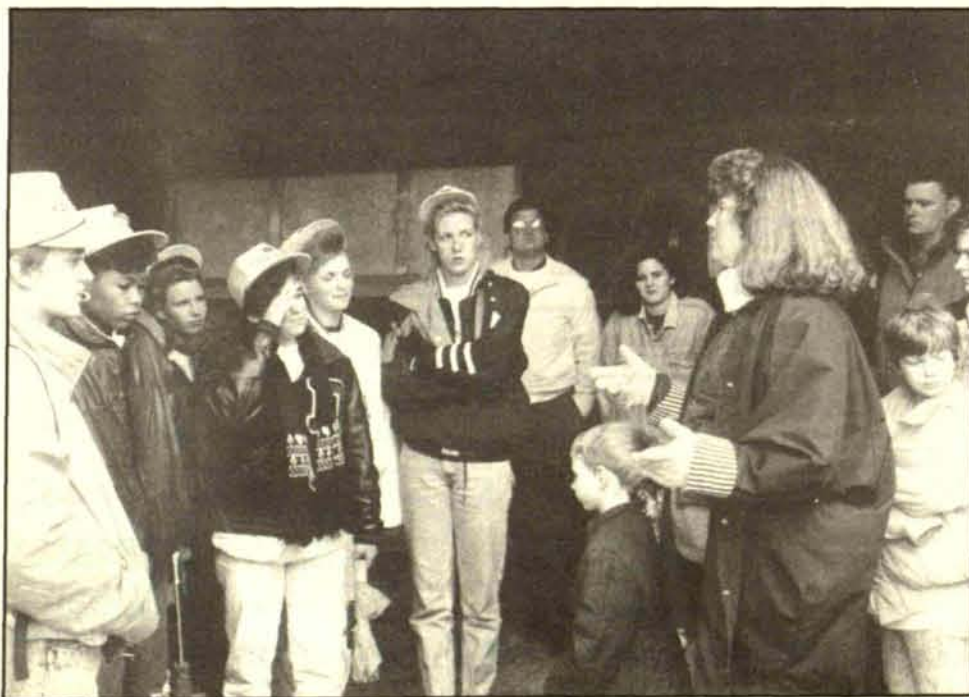
The machine picture at right is a version of the grinder purchased by Grower Service Corp. for grinding containers approved by MDA inspectors. The portable unit will be mounted on a trailer along with a portable generator for use at all 16 locations listed above.



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, Leducs Blueberry Farm in Paw Paw, and a stop at the Wayne High hog farm in Cassopolis. Below, Wendy Eley, 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.
- Puncture 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.

Triple rinsing and pressure rinsing remove over 99 percent of the pesticide residues in a container. A properly rinsed container contains no visible residues on the inside or outside.

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

Discussion Topic For June 1992 -- "Election Reform"

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 interest and enthusiasm, at least on the part of the Democratic Party, was due in large part to President Bush's sky-high popularity ratings following 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

Farm Bureau Continues Push for Tax Fairness

American farmers support the passage of several tax fairness measures, Farm Bureau recently told a Senate Finance subcommittee in Washington, D.C.

"One provision that would greatly benefit agriculture would allow a farmer or other self-employed taxpayer planning for retirement to invest proceeds from the sale of property and machinery in an individual retirement account, Keogh plan or similar retirement account -- and pay taxes only at the time of withdrawal," said Al Almy, director of public affairs for Michigan Farm Bureau.

Farm Bureau also supports a once-in-a-life-time exclusion of up to \$125,000 in capital gains on the sale of a primary residence by a taxpayer over 55, and changes in the law to allow portions of the resident farm (including land and buildings), other than the immediate farm residence, to be eligible for the exclusion.

"Favorable capital gains treatment is also important for agriculture because of the beneficial effects on owners of farmland, livestock and timber," Almy said. "Farm Bureau supports a capital gains exclusion for insolvent farmers on liquidation of farm property, and exclusion for landowners who are forced to sell by condemnation and who do not wish to purchase new land to continue agricultural operations."

elected public officials having political action committees. 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 per office, whichever is greater. The policy also suggests 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 Citizenship Seminar (YPCS). They can provide enthusiastic reports about their mock political experiences.



Sea World.

Orlando, Florida



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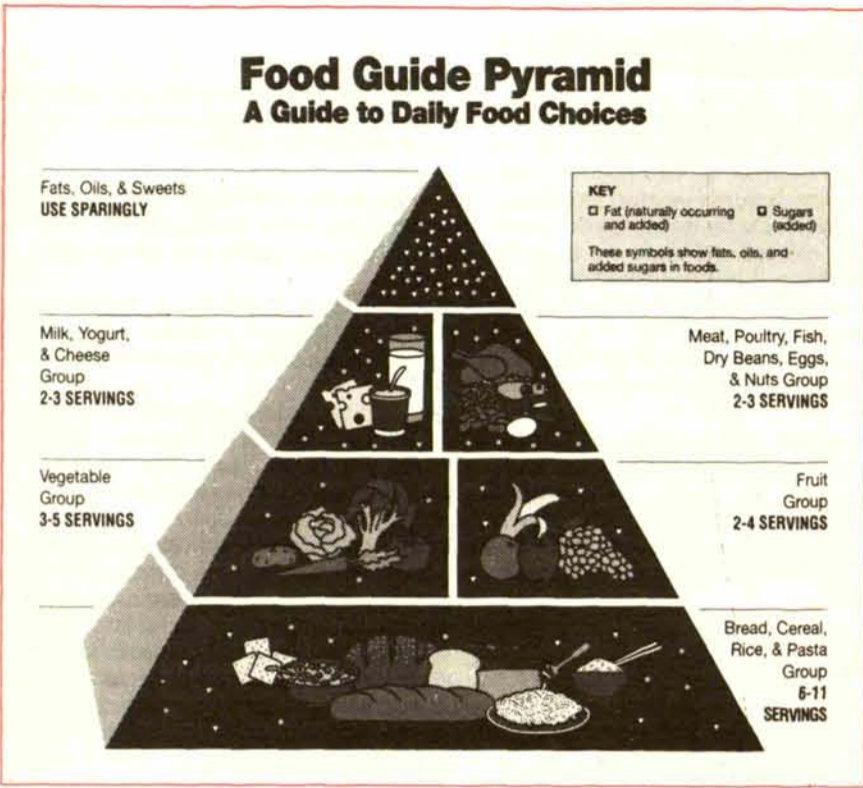
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Kings Island..



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 results showed the revised pyramid most clearly helped people understand the importance of eating different amounts of food from the different food groups, plus the need for moderation in the diet.

"We need to be sure any message we put out can be understood clearly by everyone who participates in our programs," Madigan said.

The food guide pyramid recommends six to 11 daily servings of breads, cereals, rice and pasta, which are shown at the base of the pyramid. The second tier is made up of vegetables and fruits, with three to five servings of vegetables and two to four servings of fruits recommended. The next tier is the milk, yogurt and cheese group, and the meat, poultry, fish, dry beans and peas, eggs and nuts group. USDA recommends two to three daily servings.

The top tier is fats, oils and sweets, which should be consumed sparingly, according to USDA.

The "basic four" included the meat, milk, bread, and fruit and vegetable groups.

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.

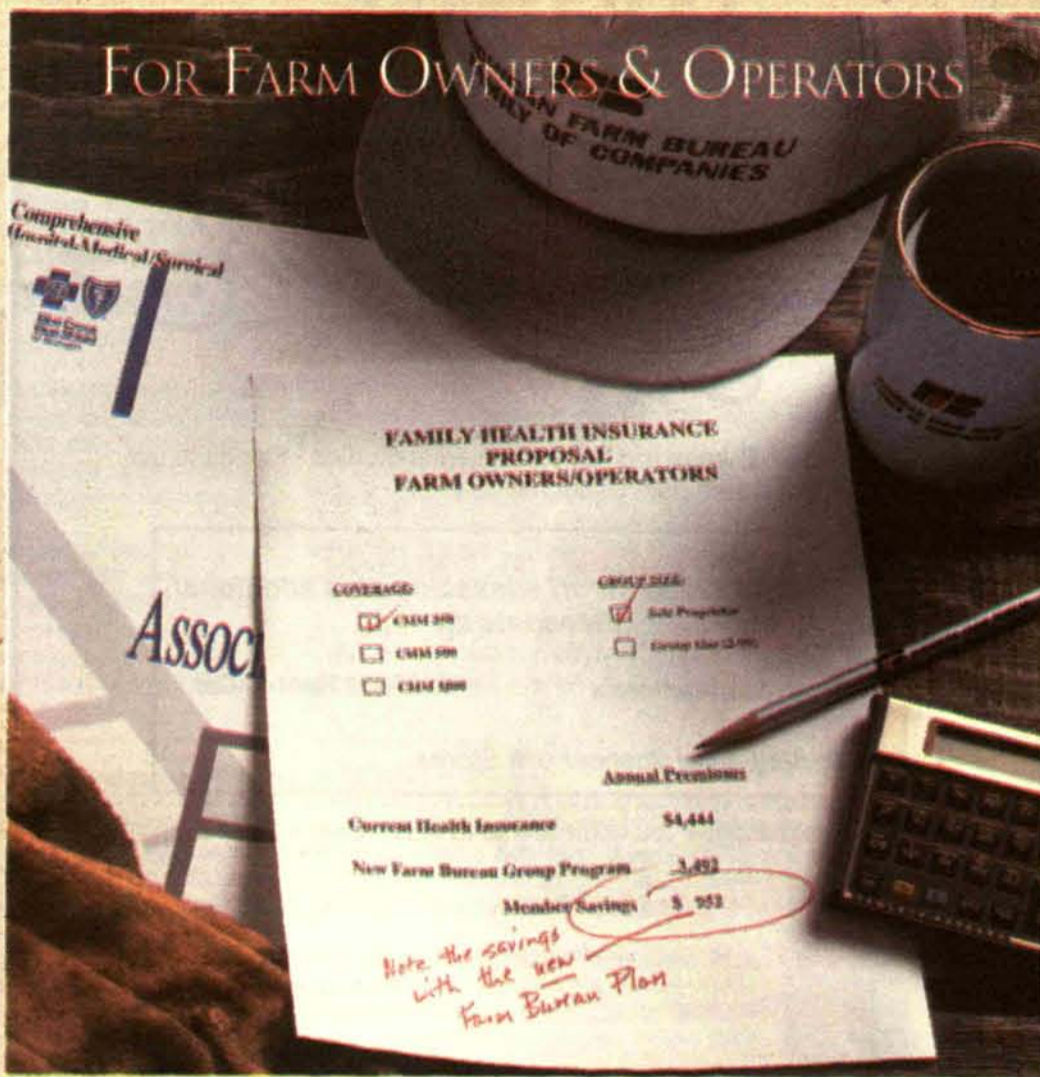
At risk is \$39,000 for celery disease resistance research, \$94,000 for asparagus yield decline, \$94,000 for apple storage quality, and another \$283,000 for cherry and peach yield decline research.

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 revoke 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 determine 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.

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