



Penn State agronomy specialists say with no-till, many unproductive pastures will support healthy forage crops. They warn, however, that no-till requires top management.

## No-till

(Continued from Page C38)

can and should be applied well in advance of seeding, McClellan notes that nitrogen should not be added prior to sod-seeding legumes.

"For no-till seedings, no prior nitrogen application is recommended," McClellan says.

"Nitrogen applied just prior to or at the time of seeding will stimulate existing grass, promoting excessive competition for the new seeding. Nitrogen may be added after establishment, however, for promoting growth of rye or sudan x sorghum hybrid."

Consider grazing or clipping existing sod, he adds.

Though overgrazing is normally considered a poor management technique, this is one time when it's beneficial. Not only does overgrazing rid the area of excess topgrowth (reducing competition for the new forage crop), it improves the effectiveness of herbicide applications.

"When grazing or close clipping are not feasible, an application of Paraquat two or three weeks before seeding is recommended," McClellan says. "A second

application of Paraquat will be required at time of planting."

McClellan emphasizes that the Paraquat applications are vitally important to the overall herbicide program. And without a well-constructed plan of herbicide use, no-till forage production is almost impossible.

"These chemicals are expensive in terms of cost per gallon," he says, "but their cost per acre can be far less expensive and lower in energy consumption than the numerous operations necessary to prepare and seed a field conventionally."

With the herbicides properly applied, it's time to seed.

McClellan notes that field condition, seed being sown, and existing species determine when that seeding should be done.

"If the field tends to be wet," he says, "then the seeding should probably be scheduled for mid-summer. The flush of spring growth can be pastured several times before seeding, or one or more cuttings of the hay crop can be taken off."

Regardless of field condition, this is often a good

time for seeding because existing sod will be at its lowest vigor then.

Throughout most Northeastern states, there will still be time for new seedlings to gain sufficient growth to be winter-hardy provided the seeding is made prior to August 15.

McClellan notes that all species of grasses and legumes have individual characteristics that need to be understood if these species are to be used effectively.

For example, alfalfa, red clover and ladino clover can all be seeded early because they sprout quickly and can grow in cooler weather.

Birdsfoot trefoil and crownvetch, on the other hand, should not be seeded in early spring because they germinate slowly and cannot withstand the competition of recovering sod.

The final step in the operation is post-seeding management. That includes pest management — such as

## Hypothermia is silent killer

**MEDIA** — It's been labeled a Winter hazard for the old and a silent killer and it could affect a large number of elderly Pennsylvanians this winter. It's accidental hypothermia—a state of low deep body temperature and its primary victims are the aged.

Accidental hypothermia occurs when a person's body temperature drops below 95°F. The term "accidental" is used to distinguish this condition from induced hypothermia, used during certain surgical procedures. Mortality for this condition is estimated at 80 percent for the elderly, as compared with 10 percent in the young. Mortality is also high for infants under one year of age.

Most young and middle-age people who suffer from accidental hypothermia are rescued victims of cold water accidents. Most of these victims initially shiver violently—an important stage in their recovery process. Shivering is the body's natural or involuntary response to cold and is a natural rewarming

leafhopper control — and continued weed control.

"Within one month after seeding, it may be necessary to spray with 2,4-DB or Di-Nitro to overcome the common broadleaved annuals that invade any new seeding," McClellan says.

Manage grazing and harvesting with care, and fertilize annually to keep soil nutrients at a proper level.

The bottom line, according to McClellan, is good management.

"There is still no substitute for good management," he warns. "A no-till seeding can be destroyed by poor management. Part of the time saved by no-till seeding should be used for proper management of all forage stands."

technique. Many elderly people can't shiver. Often, the aged have an impaired response to cold. Their body heat regulating mechanism is faulty either because of their age or because of the effect of some prescribed medication. With no shivering, elderly victims may not be aware they are cold, and thus may be unreliable reporters of what is happening to them.

Accidental hypothermia may occur in individuals of any age who are exposed to very cold temperatures without any protection. However, there are a significant number of elderly people who can become victims of hypothermia even from mild cold.

Medical problems,

combined with the fact that many live alone, are isolated and unable to afford adequate heating, housing and food, make Pennsylvania's elderly highly at risk this Winter.

Educating emergency health providers to the problem and treatment, educating communities to identify possible victims and see that they receive help during cold winter months, and educating the elderly themselves to take proper precautions and measures to stay warm, will reduce the hazard of hypothermia.

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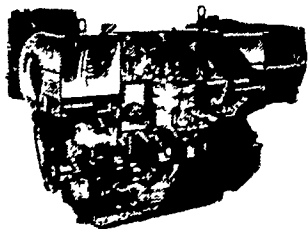
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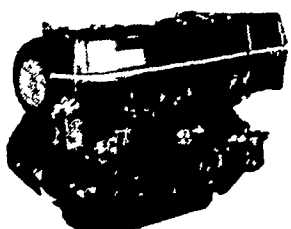
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