

Waverly prepares

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situation, I think we'll have a good sale. There have been a lot of early calls. Our high sale average was in 1982 when we were over \$3200. Our low average was two years ago when it was \$1900. These seem to swing with the price of milk and the availability of feed. I think the good cows will still sell well."

In regards to the outlook for Waverly Farm, Ken concluded, "We all get along here together

because we all like the same kind of cows. These cows must be adaptable in a commercial basis. I like to see a cow make 15,000 by the time she's a 4 Yr. Old. She really should make that on her second calf. We also like to have cows that say in the herd. We always have 15 or more cows in the herd with over 100,000 pounds lifetime. This shows that we believe in taking good care of our cows "

How to detect stress on farm

NEWARK, DE — Spring on the farm. Does the idea stir thoughts of bird song, cows lowing in the barn, fields of grain waving under a brilliant sky, perhaps the aroma of fresh-baked bread wafting through an open kitchen window?

If you're a farmer, springtime can also mean working late into the night to prepare equipment for planting, rushing to get a crop in

before another rain makes the ground too wet to work, watching a week of wind wipe out a newly emerging cash crop. Experiences like these build up irritation and fatigue — stress you dare not show when you talk to the banker.

Engineers use the word "stress" to refer to the strain a structure must withstand. Depending on how it's built, a structure has a measurable resistance to strain. If overload occurs, it will distort and break.

"For people, stress is more complex," says University of Delaware extension family specialist Dr. Patricia Tanner Nelson. "When you go into high gear to get a job done as fast as possible before the weather changes, you experience stress. You feel the effects of powerful hormones being released in your body. Your blood pressure rises, your heart rate quickens, breathing and blood flow accelerate."

It's OK to function this way during an occasional emergency, Nelson says. But problems arise when you're under heavy strain too long, or when too many stressful events occur at once. Like a boiler that bursts under pressure, your body breaks down and your health, your decision-making capacity and your relationships suffer.

What are the clues that you or family members are under too much stress? The symptoms can be physical, mental, emotional or social. They include irritability, insomnia, upset stomach, lowered sex drive, mood swings, heavy smoking or drinking, inability to relax, constant fatigue, feeling everyone is against you.

"The first step in stress management is to learn to recognize your body's stress symptoms," Nelson says. "These signals are like the little red warning lights in your car or truck that blink when something is wrong. They're telling you that unless you make some changes — maybe even alter your lifestyle — major troubles lie ahead."

Most people cope well with stress most of the time, the family specialist says. Life is full of challenges — little ones as well as big ones. The trick is to develop positive ways to deal with pressure — strategies you can draw on to get through stressful times.

Farmers who are successful stress managers seem to share certain characteristics, Nelson says. They're self-aware. They use a variety of techniques to relax. They have many interests. They're active and productive. They use and give support. They spend time with their families on a regular basis. They accept responsibility for their own stress levels and respect the stress limits of others. And they think positive.

For more information on how to recognize and manage the stressors affecting you and your family, call the county extension office in Newark (451-2506) Dover (736-1448) or Georgetown (856-7303). Ask for the fact sheet, "Stress on the Farm." This information is also available as part of a special newsletter Nelson has written, "Strategies for Farm Families in Tough Times."



Waverly Farm, Clearbrook, VA, is home to the only two National Grand Champions of the Jersey breed currently making their home on the same farm. Sybil Surville Jesse EX-96 is pictured right with her great granddaughter W.F. Justin Lanita EX-94.



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