
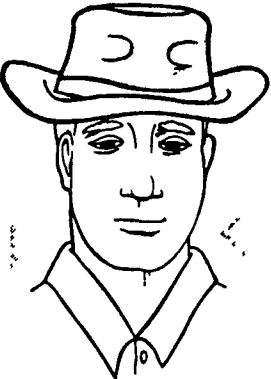



With Correct Headwear, Farmers Have It Made In The Shade

Penn State Pointers ► Have It Made in the Shade with Protective Headgear

Prolonged, unprotected exposure to the sun's rays can lead to skin cancer. Wearing the correct headgear could make a difference in your long-term health.

Baseball Style Hats LITTLE PROTECTION	Wide-Brimmed Hats BETTER	'Foreign Legion' Hats BEST
		
Exposed... Neck, ears, nose and other parts of the face.	Exposed... Neck and lower parts of the face.	Exposed... Some parts of the face, depending on sun's angle.

And always be sure to wear sunscreen and sunglasses.

Visit us at "<http://aginfo.psu.edu/psp/index.html>"

Graphics / Illustration: Tom Laird, College of Agricultural Sciences, Copyright Penn State

UNIVERSITY PARK (Centre Co.) - In photographs, television and film, the dominant image of a farmer usually includes a baseball hat a fashion choice that could be unhealthy in the long run, according to an expert in Penn State's College of Agricultural Sciences.

Agricultural baseball caps, called "gimme" hats because they usually feature advertising for seed companies or heavy equipment manufacturers, provide little protection from the sun, say Dennis Murphy, professor of agriculture engineering. "Baseball caps don't have a wide enough brim to offer much protection," Murphy says.

Sunshine is crucial for crops, but for farmers, prolonged unprotected exposure to the sun's ultraviolet rays can lead to skin cancers. Using the correct headwear could mean the difference between life and death.

Baseball caps, by far the most popular farming hat, really only protect the front part of the face, Murphy says. Wide brimmed hats such as cowboy hats, Australian bush hats and straw hats like those worn by Amish farmers are an improvement, but even wide-brimmed hats are not foolproof.

"You really need a hat that will protect the neck, ears and temples," Murphy says.

The best style to wear is commonly known as the "French Foreign Legion" hat. This features the generous brim of a baseball cap and adds a protective cloth to cover the neck and ears.

Another style to consider is the deerstalker cap, a double-

brimmed style that covers the neck. The deerstalker style is most commonly associated with the fictional detective Sherlock Holmes.

According to medical statistics, more than 600,000 Americans will be diagnosed with skin cancer this year. Murphy says common sites for skin cancer include the face, tips of ears, hands, neck, forearms

and lips areas that farmers typically leave uncovered.

To prevent skin cancer, farmers should use sunscreen regularly. Murphy suggests using a product with an SPF (sun protection factor) of at least 15, which will block 94 percent of ultraviolet B rays most likely to cause skin cancer. The SPF factor is rating that multiplies the protection naturally provided by

the skin. For example, if your skin normally burns after an hour, using an SPF 15 sunscreen allows you 15 hours of exposure before burning.

Murphy recommends dressing safely as well. Wear light-weight long-sleeved shirts and long pants. Light-colored clothing reflects heat and sunlight. Workers never should go shirtless.

Sunglasses also a must. Prolonged exposure to the sun can damage the retinas, corneas and the lens of the eye.

The sun is strongest between the hours of 10 a.m. and 3 p.m. Dermatologists recommend not working during these hours, but this is not a practical solution for most farmers, which is why the use of sunscreen and protective headwear by farmers is so important.

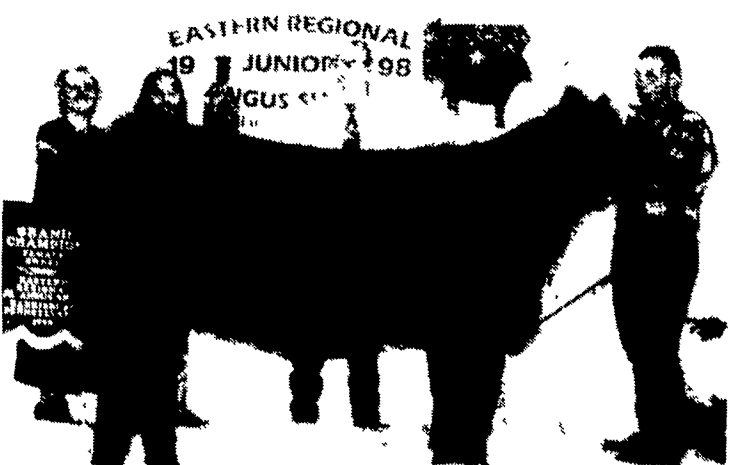
BUY, SELL, TRADE OR RENT THROUGH THE CLASSIFIED ADS

PHONE: 717-626-1164 or 717-394-3047
FAX 717-733-6058

Mon., Tues., Wed., Fri. 8 AM to 5 PM; Thurs. 7 AM to 5 PM



Top honors in the division two showmanship contest went to these young Angus breeders at the 1998 Eastern Regional Junior Angus Show. Pictured from left is Miss American Angus Jamie Meyer; Karl Holshouser, Gold Hill, N.C., champion; and Christy Walther, Mt. Crawford, Va., reserve champion.



Whitestone Chloe JO51 was crowned grand champion owned female at the 1998 Eastern Regional Junior Angus Show. Bradley Lutz, Mt. Jackson, Va., exhibited the January 1997 daughter of R1to 9FB3 of 5H11 Fullback. She was first named the early junior champion. A total of 369 entries were shown by junior Angus breeders at the event.

East Regional Junior Angus Show Draws 369 Entries

HARRISBURG (Dauphin Co.) - Junior Angus breeders from 15 states vied for top honors at the 1998 Eastern Regional Junior Angus Show June 26-28 here at the Farm Show Complex.

Exhibitors paraded 214 owned heifers, 58 bred-and-owned heifers, 63 steers, 20 cow-calf pairs, and 14 bred-and-owned bulls for judge Jim Gillooly, Washington, Ind., at the event.

Bradley Lutz, Mt. Jackson, Va.,

(Turn to Page B22)



Winners were named in the division three showmanship contest at the 1998 Eastern Regional Junior Angus Show June 26-28 in Harrisburg. Pictured from left at the award presentation is Miss American Angus Jamie Meyer; Sheena Alderman, Weston, W. Va., champion; and Chelsey Warfield, Andersonville, Tenn., reserve champion.



These young Angus enthusiasts won top honors in the division four showmanship contest held at the 1998 Eastern Regional Junior Angus Show. Pictured from left is Miss American Angus Jamie Meyer; Andrew Foster, Niles, Mich., champion; and Kimberly Long, Airville, reserve champion.