



OPINION

Older Farmers At Higher Risk

About 42 percent of Pennsylvania farm fatalities in 1998 involved victims age 65 or older.

Unlike their corporate counterparts, farmers routinely work beyond standard retirement age. Increased vulnerability to injury and illness should be a warning to older farmers to reduce risks in their farm work routines, said a safety expert in Penn State's College of Agricultural Sciences.

"Be careful not to try things that are beyond your capabilities," says T. Murphy, professor of agricultural engineering. "Senior citizens are routinely exposed to hazards long after their urban counterparts have retired to a life of golf and cruises."

A National Institute for Occupational Safety and Health study found that workers older than age 55 accounted for about half of all farming deaths, with fatality rates 2-1/2 times higher than workers under age 55.

Two-thirds of Pennsylvania farm fatalities involving farmers older than 65 were tractor-related, with large majority involving an overturn. "Tractor overturns are the most common cause of death for older farm workers," Murphy says. "Most deaths can be prevented if the farmer operates a tractor outfitted with an approved rollover protective structure and wears a seatbelt."

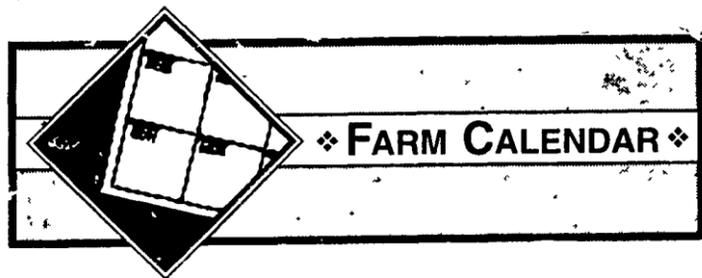
Murphy recommends that older farmers have a complete physical examination at least once a year. "Be sure to have vision and hearing checked annually," he said. "It's important to know your physical limits. It's human nature to push to get a job done, but your life is more important than any job."

Murphy also says preparation helps older farmers work more safely. "Get adequate rest, eat nutritiously and wear proper work clothes and footwear," he says. "Take work breaks and always stop when you are tired."

Every farmer also should know the symptoms of heart attack and stroke. Murphy also urges farmers to check all medical prescriptions with a doctor or pharmacist to see if it is safe to operate equipment while taking them. "If your doctor says a farm activity is risky for you, please let someone else do it," he said. "Both the farmer and all family members should know what to do in an emergency situation."

Murphy cites preventative measures recommended by the National Safety Council for older farm workers.

- Equip all tractors with a rollover protective structure and operate all tractors wearing a seatbelt.
- Put gears in neutral, engage the parking brake and turn off the engine before dismounting the tractor.
- Never carry riders on tractors or equipment. Never ride on a tractor or equipment.
- Maintain all farm vehicles and wear seatbelts while operating them.
- Review operating manual before operating any equipment.
- Design animal pens, holding facilities and other buildings so workers can avoid or elude aggressive animals easily.



Saturday, October 23
4th Annual National IHC Consignment Auction, Western Pa. Chapter of the IH Collectors Club (#16), Hookstown Grange Showgrounds, Hookstown.

Sunday, October 24
Monday, October 25
Tuesday, October 26
Regional Dairy Quality Management Alliance Workshop and Management Implementor Training, Ramada Inn, State College, thru Oct. 27.

Franklin County Conservation District and FSA Annual Banquet, Lurgan Lions Club, Rox-

bury, 6:45 p.m.
Southeast Regional Christmas Tree Growers' Meeting, Berks County Ag Center, Leesport, 7 p.m.
Wyoming/Susquehanna counties cooperative extension annual meeting, Carriage Inn Restaurant, Tunkhannock, 7 p.m.
Spreadsheet For Ag Use Computer Workshop, York 4-H Center, 10 a.m.-3 p.m., also Oct. 28.
Annual Meeting of Pa. Council of Cooperatives, Penn State Conference Center and Hotel, State College.
Planning Your Heritage, Business Transfer, Cumberland County Cooperative Extension, Carlisle, 7 p.m.



Now Is The Time
By John Schwartz
Lancaster County Agricultural Agent

To Manage Frosted Corn
Appropriate management of frosted corn can help reduce yield losses and maintain the feeding value, according to Robert Anderson, Lancaster County agronomy agent.

Frost damage to corn will occur whenever temperatures remain below 32 degrees for 4 to 5 hours or anytime the temperature declines to 28 degrees even if only for a few minutes.

Negligible losses will occur after the grain has dried to 35 percent moisture or below, even with a severe frost. If any green leaves remain after a frost, even leaves below the ear, the corn plant will continue to mature and increase dry matter content. A good rule of thumb to remember is let frosted corn stand as long as there are some green leaves and the ear has not formed the black layer.

To Manage Frosted Soybeans
Soybeans will continue to gain in dry matter content even after the leaves begin to turn yellow, according to Robert Anderson, Lancaster County agronomy agent. However, after a killing frost the soybean plant stops maturing. Normally 40 days are needed between the bloom and a mature soybean. If a killing frost occurs sooner, the latter pods and beans will not mature. As with other crops, immature soybeans do not dry as well as mature beans. Leaving the immature beans stand in the field for longer periods of time may help dry them but special care will be needed in harvesting to avoid high field losses. If a large percentage of the beans are

Chester County Holstein Annual Meeting, West Fallowfield Christian School, Atglen, 6:45 p.m.

Wednesday, October 27
National FFA Convention, Louisville, Ky., thru Oct. 30.

Thursday, October 28
Strawberry School, Walker Grange Hall, Mexico, 9:30 a.m.-4 p.m.

Odor Research Field Day, David Groff Swine Farm, Lewisburg, 10:30 a.m.-1:30 p.m.

ADADC Dist. 10 meeting, Oxford Methodist Church, Oxford, N.Y., 8 p.m.

ADADC Dist. 13 meeting, Dibbles Inn, Vernon, N.Y., 7:30 p.m.
Lebanon County Holstein Annual Meeting, Mt. Zion Fire Hall, Lebanon, 7 p.m.

Friday, October 29
Penn State Dairymen's Club Meeting, Celebration Hall, State College, supper 6:30 p.m.

Wayne County Holstein Annual Meeting, Belmont Corners Fire Hall, Pleasant Mount, 7:45 p.m.
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immature, do not forget to have them checked for feeding value.

To Be Safe At Halloween

The National Safe Kids Campaign suggests the following Halloween Safety Tips. The costume should be short and snug-fitting. Baggy sleeves or billowy capes and skirts can trip children and catch fire if they brush against a candle.

Shoes should fit properly. Big, floppy shoes (clown shoes, adult shoes) that are hard to walk in may make children trip.

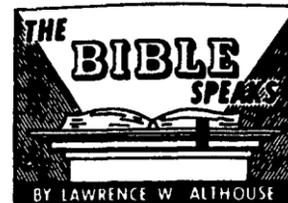
If a costume requires a prop like a sword or a knife, etc., it should be flexible. Rigid props can hurt children during a fall. Mask should fit properly and have eyeholes large enough to see through. A better idea is to paint the face instead

of wearing a mask.

While out trick or treating, make sure that the costumes are visible to drivers. Whenever possible, use materials which glow in the dark or add reflective tape or stickers to the costume. Trick or treat in groups and children under 12 should be accompanied by an adult. When crossing the street always cross at crosswalks and intersections. Never cross between parked cars. Always look first before stepping into the street.

Treats should be checked for tampering before any are eaten. Take only wrapped candies.

Feather Prof.'s Footnote
"Many times the difference between failure and success is doing it exactly right."



PASSING IT ON
October 24, 1999

Background Scripture:
Deuteronomy 6
Devotional Reading:
Deuteronomy 30:11-20

How many of you believe you gave your parents too much love? None of you, I'm sure. It is impossible to give your parents too much love. In fact, when they are gone, many of us realize that we never gave them enough love. If you have ever come to the conclusion, join the club—it's one of the biggest in the world.

One reason we rarely give our parents enough love is that we engaged with them in a lifelong struggle between dependence and independence. Many times we resisted obeying them or did so reluctantly because we were intent on being our own person. Human beings generally do not like to have to obey anyone, especially our parents who laid down the rules by which they expected us to live with them. It is upsetting to us when someone can say 'Do that' and we have to do it.

I think we have the same kind of struggle with God. He commands us and we are expected to obey those commandments. That was the basis of the relationship between God and the people of Israel. As Moses tells them, "Now this is the commandment, the statutes and ordinances which the Lord your God has commanded me to teach you, that you may do them in the land to which you are going over, to possess it" (Deut. 6:1).

4 RESPONSES

Essentially, there are usually four different responses which people make to commandments. There are those who say, "I will" and do it, and those who say, "I will," but don't. Then there are those who say "I won't" but do it anyway and those who say "I won't" and don't. At any given moment we are likely to find ourselves in one or more of those categories. This is true between children and parents and also God and his children.

Moses instructed the people of Israel to keep these commandments always in their continuing consciousness. "And these words which I command you this day shall be upon your heart; and you shall teach them diligently to your children, and

shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. And you shall write them on the doorposts of your house and on your gates" (6:6-9). We are not asked to memorize them so that we can recite them; we are told to make them part of us so that we can live them.

This is not just a matter of God enforcing his authority over us—even if it may sometime feel that way. God makes these commandments because when we live by them our lives are blessed. The reason to obey God is not to escape his punishment and living by the commandments is not a burden imposed upon us. Rather it is a blessing to which God invites us. Live by these commandments and you will be better off: "...be careful to do them; that it may go well with you, and that you may multiply greatly, as the Lord, the God of your fathers, has promised you, in a land flowing with milk and honey" (6:3). The commandments are always given "for our good..." (6:24).

GOD'S MIGHTY DEEDS

It would seem from the Old Testament that the relationship God and his people began with God's commandments, but, if we look closer, we find that there is something that comes before the commandments. "When your son asks you in time to come, 'What is the meaning of the testimonies and the statutes and the ordinances which the Lord our God has commanded you?' then you shall say to your son, 'We were Pharaoh's slaves in Egypt and the Lord brought us out of Egypt with a mighty hand'" (6:20,21). Before the commandments of God, then, there are the mighty deeds of God. It is only after he has done great things for us that he commands us.

That is why it is so important for us to continually pass on from one generation to another the accounts of what God has done and is doing for us. That is why we need family and community rituals and ceremonies that continually remind us of God's great love and grace.

And what do you do to pass it on?

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