

Lancaster Farming

OPINION

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more (I slather it on these days). Wear sunglasses with UV protection. Wear a wide-brimmed hat that protects the face, ears, and back of the neck (baseball hats don't give you very good protection). If possible, seek shade when the sun is most intense and damaging (10 a.m.-4 p.m.). (My wife tells me I look like a ghost during the summer, but I hope to head off any future problems.)

I thought I had wizened up a bit. I applied sunscreen anytime I was in the sun and usually wore a wide brimmed hat. However, my next life lesson dealt not with sun exposure but the handling of summer heat.

I was living in North Carolina at the time and needed some respite from working in the peanut fields. In order to relive some of my New Hampshire trail crew days, I decided to crank out a 40-mile hike (in June). I thought I took enough liquid, water and Gatorade, but just didn't think through the effect of excessive exercise on a hot and humid summer day.

Fourteen miles into the hike I was becoming dizzy and nauseous. I drank all my water but couldn't stomach the Gatorade; staying hydrated was becoming a problem. At mile marker 16, I turned around and headed for the car. This was my first experience with heat exhaustion. On the way back to the car, every stream became a place for me to submerge my whole body into the cooling waters.

According to researchers at Penn State, heat exhaustion is caused by a loss of body fluids and salts from sweating, and decreased blood flow to the brain and other organs. Symptoms include cool, pale, clammy skin; dizziness; headache; cramps; nausea or vomiting; weakness; confusion; or even unconsciousness. To treat heat exhaustion, move the victim to a cool place, elevate his/her feet, and call for medical help immediately. If the victim is able to drink, give him/her plenty of cool fluids while waiting for help to arrive.

The best thing to do is avoid placing yourself in the position where you need medical help. Some suggestions are: Seek shade when outside (or create shade, such as placing an umbrella over you as you work); avoid staying in the direct sun for more than 15 minutes, unless you are wearing a hat; increase the amount of water you drink in the summer; minimize your consumption of alcohol (it dehydrates the body); avoid wearing thick clothing in the summer; and avoid physical exertions during the mid-day when it is likely to be the hottest.

Basically, use common sense. For example, don't apply pesticides in the middle of the day as it requires you to wear personal protective equipment (extra clothing) and if a backpack sprayer, a great deal of physical exertion.

Tomatoes can develop a physiological disorder called "sunscald." This is caused by high temperatures with a lot of sunshine, damaging tomato fruit as it is developing. If these summer conditions can injure your vegetable crops, imagine what they are doing to your skin and health! Take proper precautions and have a healthy growing season.

— From the Vegetable and Small Fruit Gazette, Penn State, Vol. 7, No. 6, June 2003 and also reproduced in June 2003 Pennsylvania Vegetable Growers News



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cilities in Lancaster County. Their life just got tougher also. I'm OK with competition, but the consumer must have the right to be informed.

I wonder what the hidden agenda is. Is it the political action groups that represent nationwide grocery chains looking to pass inferior products by consumers? Was there a back room deal with Brazil where much of the imported beef is produced? I can't be sure. What I do know is that once again life got harder for the American farmer, a group of people who clearly work the hardest.

This bill has to make it through the Senate. I hope they have a little more wisdom.

— Jim Weber, Landisville

Editor:

I am a dairy farmer and schoolteacher. I am very disgusted about the way the dairy industry is being kicked by everyone. It took from the first of September until May to get a milk machine installed into the school where I teach. Four weeks after an article was printed in the Country Focus, the students were drinking over 40 pints per day.

Our school is rural with less than 250 students from grades 6 through 12. This would equate to almost an additional million pounds of milk per day for just Pennsylvania alone. In addition, they charge \$1 for a pint of milk. That is a healthy profit. USDA complains about milk storage. I cannot think of a better place to store milk than in a student's stomach.

If we are going to have money taken from our milk checks why not provide milk for our school children? Cheese snacks could be provided in the machine; vending machines can be built to dispense any product.

Everyone says advertise. Why advertise if the product is not available? This is good for the students and if they drink milk now, they will drink in the future. I challenge every dairy farmer who pays school taxes to demand a milk and cheese machine in every school. Take a grip on your industry, I dare each farmer to act now and have a machine in each school by Sept. 1.

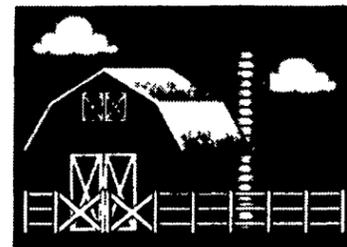
— Mathern Mellott
Fannett Metal School District

Editor:

Your July 12 "State of CWT" editorial refers to a National Farmers Union (NFU) news item about "parity." Parity, as you describe, is the price farmers would receive for a product if farm prices had increased at the same rate as expenses. NFU uses 1910-1914 as a base period. This was the historic base period which was included in the Agricultural Adjustment Act of 1933 for computing parity for selected products.

The definition of the parity concept, however, causes problems because it does not take into account changes in demand, supply, product substitution, and resource productivity over time. To allow for such changes, the calculation of parity price was modified, by Congress, in the Agricultural Act of 1948. This act changed the base period for calculating parity prices for individual farm products to average prices over the most recent 10 years to reflect the changing relationship among the different farm commodities as mentioned in the USDA Marketing Yearbook of Agriculture of 1954.

— Bernard P. Dzielinski
Ridgefield, Ct.



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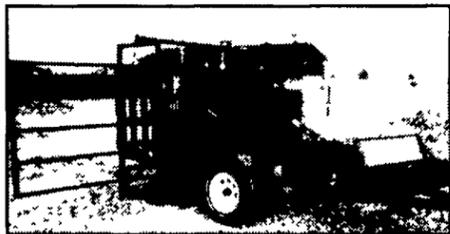
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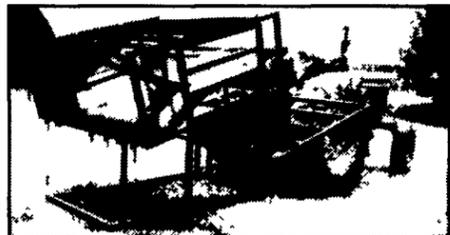
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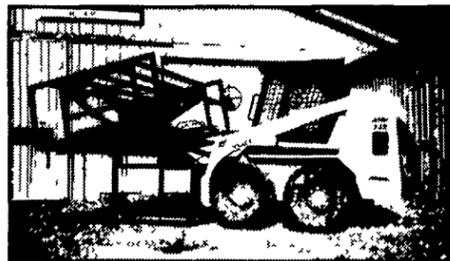
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