

# RURAL *Living*

Summer 1997

- *Sunflowers bring country life to any garden*
- *Farmers unite to kill the death tax*
- *Tips for vacations on a budget*
- *Revitalized agriculture facilities at MSU*





## CLEAN AIR PROPOSAL OUT OF TOUCH WITH REALITY

**A** crucial deadline for agriculture is looming in Washington, D.C., regarding the Environmental Protection Agency's National Ambient Air Quality Standards (NAAQS) for ozone and particulate matter. Under the EPA proposal, new air quality standards will measure average ozone readings and particulate matter (soot and dust). EPA estimates that 34.3 percent of fine particulate matter can be attributed to agriculture and forestry.

While the EPA's plan to improve air quality may have been well intentioned, the end result will be economically disastrous and, ironically, will not improve air quality. The new air quality standards are a textbook example of what happens when overzealous regulators fail to employ common sense and sound scientific data in their decision-making process.

Ask farmers in California what the future holds if this proposal, already rubber-stamped by the Clinton administration, is approved by Congress. Farmers there have been battling with EPA over the agency's use of erroneous projections for dust from various farm operations rather than conducting research and establishing actual emission data. A major portion of California's agriculture has been operating under stringent emission standards under the 1990 Clean Air Act.

Here are a few examples of the absurdities farmers in California have had to contend with. The EPA originally indicated that alfalfa was disc eight

times per year, rice 13 times per year and rangeland twice per year. First, farmers disc and seed alfalfa, at most, once every three or more years, not eight per year; and farmers don't even disc rice or rangeland at all, much less 13 and two times per year, respectively.

Some of the control measures suggested for agricultural operations included: sprinkler irrigation on fields prior to planting, water tanks mounted on tractors and water sprays on the back of discing equipment, and the use of shaking equipment to shake trucks and farm implements prior to exiting a field or unpaved road onto a paved road (this would supposedly eliminate the carry-out of mud or dirt, which would later be entrained into the atmosphere by cars or trucks on paved roads).

Just by updating the EPA's estimates with current acreage information for each crop and correcting the number of passes per acre for tillage implements, the agricultural emission levels for tillage operations were reduced 30 percent.

At one point it was discussed that farms be permitted by their local air districts. In the San Joaquin Valley alone, it was speculated that over 31,000 permits would need to be written for farms. Each silage pile, unpaved road and equipment storage yard, to name a few, would have been permitted. The district estimated that it would need 70 additional permitting engineers to process air quality permits just for farms.

In the original EPA projections, it was assumed that all farming in California was "dryland" farmed. It assumed that the land was not irrigated, and that there was no vegetation cover, or cover canopy, from the crops. Once irrigation and vegetation cover were put into the wind erosion equations, wind erosion was reduced an incredible 80 percent, from 410 tons per day to 58 tons per day.

Probably the most blatant example of an inaccurate estimate, which would have cost the agricultural industry thousands of dollars, was the initial emission projection used for combustion engines used to drive irrigation pumps. The EPA originally estimated nitrogen oxide (NOX) emissions at 626 tons per day from all the pumps in

the San Joaquin Valley. This would be the highest emissions category for NOX transmissions in the San Joaquin Valley, exceeding all the mobile sources including all cars and trucks, which together only emit 353 tons per day.

Driven by agricultural inquiries, a new study was commissioned that was based on actual interviews with 360 farmers. The new study determined that the NOX emission for these pumps is only 32 tons per day.

A shotgun approach will only serve to put American agriculture out of competition with other countries and put agricultural producers out of work. Because U.S. agricultural commodity prices are tied to world prices, a farmer cannot simply "pass on" the cost of doing business to the consumer. Any increase in operational costs of farming becomes significant and must be based on accurate information that justifies the expenditures.

The agriculture community enjoys breathing clean air as much as anybody, but it doesn't want to waste money on control measures that have little or no effect on cleaning up the air of this nation. It is an absolute necessity that the EPA be held accountable and be required to use science-based research, so that intelligent, reasonable and justifiable decisions can be made. **RL**

Sincerely,

*Jack Laurie*

Jack Laurie, President  
Michigan Farm Bureau

## Remember to take food safety precautions during the summer grilling season

Summertime brings with it an increased risk of food-borne illnesses due to the proliferation of bacteria at higher air temperatures, as well as the use of alternative cooking methods, most notably, the barbecue grill. Barbecuing is an increasingly popular form of cooking. In addition to the development of more sophisticated barbecue grills, a greater variety of food is now cooked out in the open air.

"Barbecuing is no longer confined to just hot dogs, hamburgers or steak," said Ken Nye, director of the Michigan Farm Bureau's Commodities and Environmental Division. Michigan Farm Bureau joined other members of the state's food industry and the Michigan Department of Agriculture in a new initiative this past week to protect Michigan consumers from food-borne illnesses. Officially dubbed the "Michigan Food Safety Awareness Campaign," Nye says the campaign will focus on consumer education about safe food handling and preparation.

"It's estimated that as many as 97 percent of all food-borne illnesses are the result of improper handling during the preparation stage," Nye said. "The simple rules of food safety should be applied to barbecuing to prevent any chance of illness that could spoil a summer meal." **RL**



# RURAL *Living*



## S U M M E R 1 9 9 7 F E A T U R E S



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Larry and Gloria Crandall fear that if they should die anytime soon, the federal estate taxes would cost so much that their three children would have to sell some of the farm just to pay Uncle Sam. And that would hinder their ability to carry on the 114-year-old family business.



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Students aren't the only ones looking forward to summer all year long. If the thought of a tropical getaway, an outdoor adventure, or a historical attraction is what you're dreaming about, you know it's time for a vacation, summer or otherwise.



### *Revitalized livestock facilities ready to educate* **16**

There has been a rebirth of sorts across the campus of Michigan State University thanks in large part to the \$70-million Revitalization of Animal Agriculture Initiative which has added new research and teaching facilities throughout the university's southernmost part of campus and revamped the vintage Anthony Hall classrooms and offices.

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Design and Production: Dan Stiles. Contributor: Sue Stuever Battel. Advertising Sales Representative: Joshua Merchant

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## Sunflowers: Bring country life to any garden and the outdoors to your kitchen table

by Kara Endsley

**D**o you love bird watching but find the cost of bird seed outrageous? Adding sunny flower faces to your garden decor makes not only a beautiful landscape addition but also creates natural, 10-foot-tall bird feeders.

The sunflower's raging popularity is due in part to new varieties created to suit any gardener's taste. From 12 inches to 10 feet, sunflowers can be planted in pots, along patio walkways and as living screens between properties. Pollenless flowers can be used in bouquets and cut flower arrangements.

The sunflower is no longer a giant black-eyed susan. They come in soft shades, earthy tones and bright eye-catchers. Petals range from creamy yellow to banded gold, burgundy, bicolored bronze, yellow and orange.

Growing sunflowers is easy even for the horticulturally challenged. They're drought-resistant and come in varieties suited for all climate zones. Sunflowers flourish in most soil types, but well-drained and fertile soils are ideal.

They should be planted in mid-to late May when soil temperatures reach approximately 70°F. Seeds can be planted every two weeks, creating a continuous bloom through the summer. Bloom occurs within 65 to 80

days, depending upon flower variety.

The sunflower beauty can be captured into the winter months through drying. Sunflowers can be dried by simply hanging the heads upside down in a warm, dry place.

Sunflower seed lovers can create their own snack food from confectionery varieties. Simply soak dried seeds in a strong salt water solution overnight, then drain and roast them on a cookie sheet at 200°F for three hours or until crisp. **RL**

### What once was a native weed to North America...

The sunflower has been developed into more than 150 different species used for bird seed, oilseed and ornamentals. The following varieties will fit into any garden, large or small.

#### "Big Smile"

This 12- to 18-inch dwarf variety has a full-size flower head and works well in pots and along walkways — great for the small garden. The golden petals and brown centers will appear within 55 to 65 days.

#### "Maximilian"

This species is native to the American plains and is one of the few perennial varieties. The bushy variety has single flowers that bloom into fall. Plants will grow to 4 feet the first year and up to 8 feet the second year.

#### "Sunrich Orange"

These sunflowers are single-stemmed with a deep orange top. This pollenless variety is suited for cut flower arrangements. They bloom in 55 to 65 days from seed and stand 4 to 6 feet tall.

#### "Velvet Queen"

This 6 to 8-inch flower is top branching with burgundy, chestnut-red, mahogany or bronze blooms. The rich, earthy tones are popular in centerpieces. **RL**



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<b>Cattle Call</b> Eddy Arnold	<b>When It's Springtime In The Rockies</b> Montana Slim	<b>Down In The Valley</b> Slim Whitman	<b>Jealous Heart</b> Tex Ritter
<b>Bury Me Not On The Lone Prairie</b> Tex Ritter	<b>Nobody's Darlin' But Mine</b> Jimmie Davis	<b>El Rancho Grande</b> Gene Autry	<b>Take Me Back To My Boots And Saddle</b> Jimmy Wakely
<b>New San Antonio Rose</b> Bob Wills	<b>Mexicali Rose</b> Jim Reeves	<b>South Of The Border</b> Patsy Cline	<b>Have I Told You Lately That I Love You</b> Gene Autry
<b>The Last Roundup</b> Rex Allen	<b>The Streets Of Laredo</b> Marty Robbins	<b>Old Shep</b> Red Foley	<b>Twilight On The Trail</b> Sons Of The Pioneers
<b>Cool Water</b> Sons Of The Pioneers	<b>Pistol Packin' Mama</b> Al Dexter	<b>I'm Thinking Tonight Of My Blue Eyes</b> The Carter Family	<b>You Are My Sunshine</b> Jimmie Davis
<b>Riders In The Sky</b> Vaughn Monroe	<b>Don't Fence Me In</b> Bing Crosby	<b>The Prisoner's Song</b> Vernon Dalhart	<b>That Silver-Haired Daddy Of Mine</b> Gene Autry
<b>High Noon</b> Tex Ritter	<b>Goodnight Irene</b> Ernest Tubb & Red Foley	<b>Along The Navajo Trail</b> Sons Of The Pioneers	<b>Wagon Wheels</b> Sons Of The Pioneers
<b>Someday You'll Want Me To Want You</b> Elton Britt	<b>I Want To Be A Cowboy's Sweetheart</b> Patsy Montana	<b>Sioux City Sue</b> Bing Crosby	<b>Happy Trails</b> Roy Rogers & Dale Evans
<b>Mule Train</b> Frankie Laine	<b>I'm An Old Cowhand</b> Patsy Montana	<b>Beautiful, Beautiful Brown Eyes</b> Jimmy Wakely	<b>AND MORE!</b>
<b>Home On The Range</b> Gene Autry		<b>Red River Valley</b> Slim Whitman	

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Larry and Gloria Crandall, along with their son, Brad, operate a dairy farm that's ranked third in production in the state among farms milking twice a day. Although they've invested a great deal of time and money into estate planning, the Crandalls fear the death tax could take an irreplaceable chunk out of their farm someday.

## Family hopes estate planning can protect family heritage

The house, the yard, the barns, the farm records — all in perfect order. After all, Larry and Gloria Crandall are not the kind of people to leave things to chance.

It's that attention to detail and careful planning that the Crandalls hope will help protect their centennial farm for future generations. But they fear that if they should die anytime soon, the federal estate taxes would cost so much that their three children would have to sell some of the farm just to pay Uncle Sam. And that would hinder their ability to carry on the 114-year-old family business.

The Crandalls milk 220 holsteins and farm 800 acres with their 26-year-old son, Brad. Another son, 20-year-old Mark, hopes to join the family operation upon graduation from Michigan State University. They make the fourth generation of Crandalls on this land.

Larry Crandall's great grandfather settled in the area north of Battle Creek in 1883. He settled within a mile of St. Mary's Lake, now a popular spot for new home construction. Like fellow farmers across the nation, the Crandalls have experienced the effects

of inflation and development, causing land prices to skyrocket right underneath them.

The farm was passed along to Larry Crandall's grandfather, then to his father, then to him, with no estate tax troubles.

"The inventory was never great enough up until this generation to be a problem, and that's due to inflation and economic growth," he said. "It's amazing how fast your equity builds. The equity isn't so much in our buildings, it's in the increased cost of farm equipment we've had to replace and the land that's just growing under us."

The estate tax is levied on the value of all assets, so while some farmers may appear to hold a great deal of wealth on paper, it's all tied up in land.

Developers in the Crandalls' area would willingly pay upwards of \$2,000 an acre for land, a severely inflated price.

"It's unreal how the prices have gone for land," Gloria Crandall said. "When you look at what you paid for things and the value now, it's scary."

"We're trying to make a living off the land that's here, trying to make a living for the next generation," she

said, summing up her family's situation.

While federal law allows for a \$600,000-per-person exemption from the estate tax, it isn't enough to protect the family. "We're over the exemption," Larry Crandall said.

In anticipation of the future, they have done some heavy-duty estate tax planning in hopes of avoiding ever having to sell land upon someone's death. They hold living trusts and invest in a retirement plan. An attorney recommended non-revocable trust insurance, which the named beneficiaries may use to pay off death taxes. Brad is beginning to build equity in the cattle and machinery to allow for a smooth transition.

"If you are going to keep everything in the family, you have to inherit it — you can't afford to buy it," Brad said. "If you have to sell it, then you can't be in business anyway."

"We're going to gift things over as quickly as possible," Larry Crandall said of his children. They'll take advantage of the \$10,000-per-year gift tax exemption. "We'll transfer equity as fast as we can and keep enough of a base to live on," he said.

"With our facility, it's old and it's paid for," Crandall continued. "We have very little debt." That such a carefully run business could be taxed right out of existence seems incredibly unfair to him.

"We need to reduce capital gains and increase the exemption for estate taxes," Crandall said, emphasizing the importance of agriculture to the economy and welfare. "We're not asking for special privilege."

If the federal estate tax isn't reformed, and soon, Larry Crandall and his family aren't sure what will become of the

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## Family hopes estate planning can protect family heritage

Continued on page 6

business they've worked so hard to build. "We can't afford to die," he said. **RL**



Michigan Farm Bureau President Jack Laurie shows the hundreds of letters he delivered to Washington, D.C., on July 14, as part of a nationwide push to "Kill the Death Tax." Michigan farmers wrote the letters to their congressmen urging repeal of the federal estate tax.

## Farm Bureau members support "Kill the Death Tax" campaign

In the campaign to repeal the estate tax or death tax, Michigan Farm Bureau members rallied around the call to write their U.S. senator or representative — so much so that over 2,100 individual letters were written and delivered to Washington, D.C., by MFB President Jack Laurie on July 14. The Kill the Death Tax campaign is being conducted by every state Farm Bureau and resulted in thousands of letters from Farm Bureau members across the nation being delivered to Congress to address the growing problem that is decimating farms across the country. **RL**

# Marketbasket prices increase in second quarter

Americans had to delve a little deeper into their wallets to pay for food during the second quarter of 1997, according to the American Farm Bureau Federation's Marketbasket Survey. The average price of selected grocery items jumped 36 cents from the year's first quarter.

The 16 selected items on the survey cost \$32.64, up from the first quarter's \$32.28 figure. It marks the second consecutive increase in the average price since the 52-cent drop during last year's fourth quarter.

This quarter's average follows a trend that has occurred since the survey began in 1989. In all but one year, the average price of the survey items increased during the second quarter.

Terry Francl, a senior economist with the American Farm Bureau Federation, believes the higher prices reflect the market's anticipation of the summer cooking season. The survey was conducted just prior to the Memorial Day weekend, the busiest grilling-out weekend of the year.

"The higher prices could be the result of the anticipated demand," said Francl. "But that anticipation was not fulfilled by virtue of the lousy weather throughout the country. Consequently, the great grilling-out weekend of Memorial Day turned out to be less than spectacular." Chilly temperatures during Memorial Day weekend frustrated many would-be outdoor chefs.

A one-pound package of pork chops and a one-pound sirloin tip roast represented the largest increase on the survey. The price of pork chops increased 21 cents to \$3.31 per pound. A pound of sirloin cost \$2.87, a 17-cent hike. "If you did the numbers now, you may get a lower number, especially on the beef," said Francl, who said the increased prices could reflect supermarkets establishing prices for holiday

demand. "These numbers surprise me a little."

Of the 16 items on the survey, nine increased in price. A 10-ounce box of cereal cost \$2.70, a 12-cent increase. Other increases included apples, \$1 per pound, up 9 cents; potatoes, \$1.46 per 5-pound bag, up 5 cents; flour, \$1.43 per 5-pound bag, up 5 cents; cheddar cheese, \$3.15 per pound, up 4 cents; vegetable oil, \$2.19 per 32-ounce jar, up 3 cents; and corn oil, \$2.41 per 32-ounce jar, up 2 cents.

A pound of whole fryers dropped 10 cents to 94 cents, the largest decline in the survey. Other decreases included eggs, 96 cents per dozen, down 8 cents; mayonnaise, \$2.61 per 32-ounce jar, down 8 cents; white bread, \$1.13 per 20-ounce loaf, down 7 cents; whole milk, \$2.46 per gallon, down 5 cents; and ground chuck, \$1.65 per pound, down 5 cents.

A pound of bacon remained unchanged at \$2.36.

AFBF, the nation's largest general farm organization, with more than 4.7 million members, conducts its informal quarterly Marketbasket Survey to help track retail food prices to ensure they are in line with prices received by the nation's farmers and ranchers. While most grocery prices have increased during the past year, the farmers' and ranchers' share remains fairly steady. The farm value of each food dollar spent in the United States is approximately 22 cents. Labor, at 37 cents, is the largest component of the consumers' food dollar.

Volunteer shoppers from 34 states participated in this latest survey in mid-May. The average total price of this quarter is only \$4.14 higher than the \$28.50 average price of the inaugural survey conducted in 1989. That averages into just a 49-cent increase in prices per year over an 8½-year span. **RL**

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Hauptschein, President and CEO of Michigan Live. "They'll be looking for the hottest fishing holes, the fastest detours, and the most charming B&Bs. All this information, updated daily, can be easily found at Michigan Live."

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### Tips for vacations on a budget

Students aren't the only ones looking forward to summer all year long. If the thought of a tropical getaway, an outdoor adventure, or a historical attraction is what you're dreaming about, you know it's time for a vacation, summer or otherwise.

For consumers who are struggling to make ends meet, paying for a vacation may seem like an impossible dream. If it's too late for this summer, start planning for another year. With careful planning, most consumers will be able to afford a getaway vacation, according to Carol Kurth, education coordinator for Credit Counseling Centers, Inc., a nonprofit family financial counseling agency affiliated with the National Foundation for Consumer Credit.

"Too often people return from an enjoyable vacation to find unmanageable bills awaiting their return," says Kurth. "Instead of charging everything for a vacation, we recommend that people budget and save in advance. Using this method, they'll know exactly how much money they can spend and will be able to enjoy their vacation free of financial worries." In a MasterCard International study, the average American's vacation budget is \$1,806 this year with seniors slightly higher. While this is a lot of money, 58 percent keep a budget for vacation. Good news!

Here are three steps to follow for budget-minded travelers:

#### Step #1: Plan in Advance

- Figure your budget — As soon as possible, sit down and look at your budget. If you don't have one, create one by tracking your income and expenses. The budget helps you know how much money you have available for travel.
- Research vacation offers — Visit the library and check out travel guides or... do some research on the Internet. One site for budget-minded travelers is [http://www.yahoo.com/Recreation/Travel\\_Budget\\_Travel](http://www.yahoo.com/Recreation/Travel_Budget_Travel). Most state offices of tourism and local chambers of commerce offer free vacation planning guides.

#### Step #2: Consider the Options

- Set priorities — For some people, staying on the beach is very important; others don't mind a short walk or ride. Decide what aspects of the vacation are really important to your family and pay extra for them. Cut corners of lesser priority.
- Be creative — Consider vacationing with another family. Sharing facilities saves money on lodging, travel, and food preparation. Or, plan a day trip or weekend getaway instead. Short trips can be more

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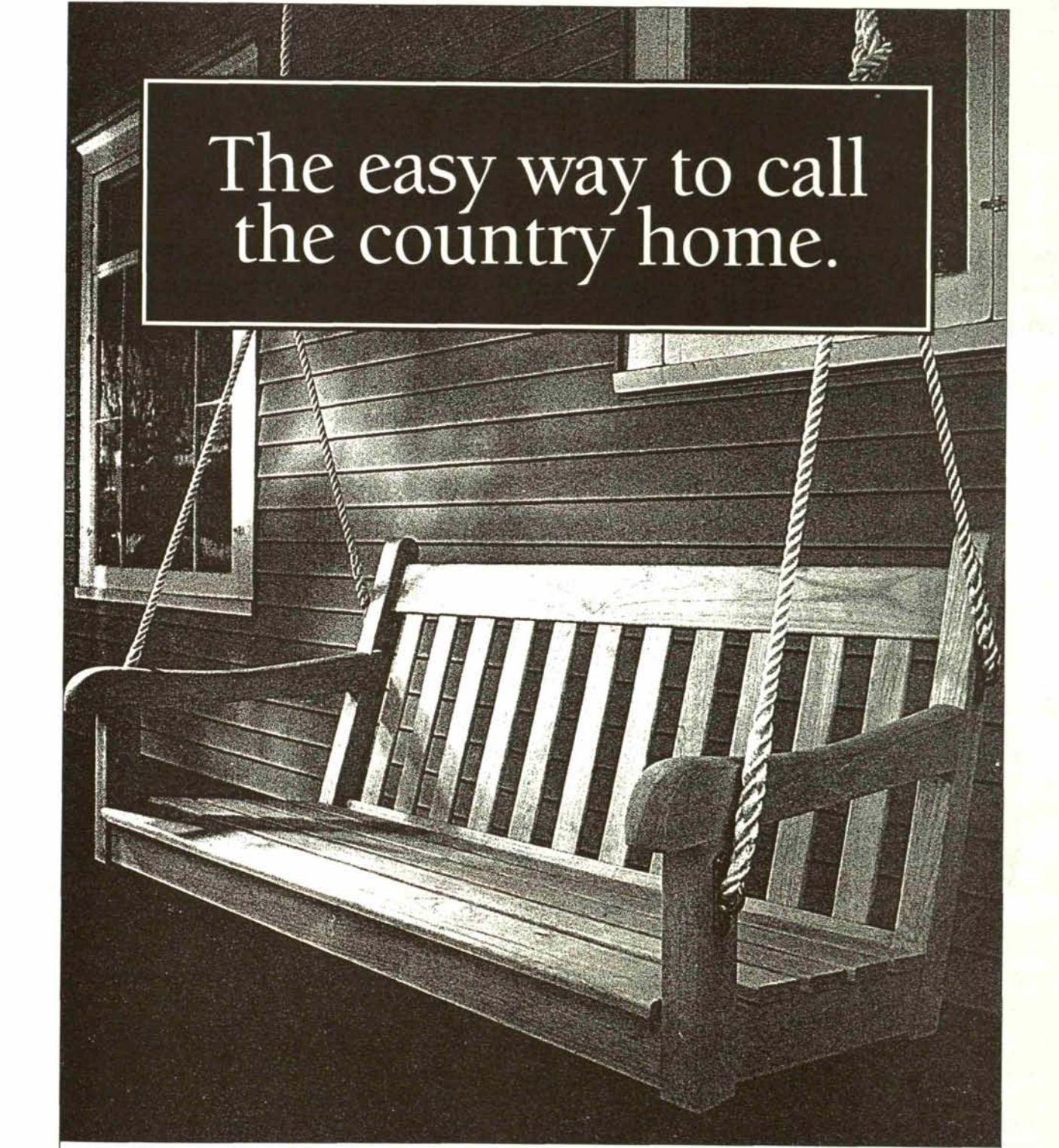
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## Be prepared for a power outage

Severe weather can cause a power failure at any time of the year, as residents in southeastern Michigan learned after July's tornadoes. Spring and summer storms can also cause power outages.

When your home loses power, there are a few important steps you should take to protect your loved ones and your home, according to Cheryl Krysiak of the Michigan State University Extension Service.

1. Never go near or touch a fallen electric line — whether it is giving off sparks or not. Report the downed line to the power company and allow experts to handle it safely.
  2. Be sure to protect older and younger residents and pets during an outage in cold or hot weather. If the outage lasts more than a few hours, make plans to move everyone to a motel or into homes of friends or relatives who have power.
  3. Keep a battery-powered radio with you. The power companies will try to keep the public informed of the progress being made to control and fix the outage.
  4. Do not call your power company repeatedly. Use your phone only to report a dangerous or emergency situation.
  5. Keep a flashlight or battery-powered lantern in proper working order at all times. Also keep a supply of easily accessible matches to light candles
6. Be vigilant when using candles. Keep candle flames away from drapes, furniture or bed linens. Keep all candles in the middle of tables or counters and away from pets, children and preoccupied adults.
  7. Unplug all appliances that run continuously or off-and-on automatically on electricity, especially those with heavy starting loads, such as air conditioners, refrigerators and freezers. Also unplug all computers, televisions, CD players, washers, dryers, electric space heaters, microwaves and electric stoves. When the power comes back on, the power surge could damage these appliances.
  8. Avoid opening and closing the refrigerator and freezer unnecessarily. In a fully loaded freezer, food may remain frozen for as long as 36 to 48 hours (a half-full freezer reduces the time to 24 hours). The food will last almost as long in a refrigerator, but each opening of the door robs you of several hours' worth of cold.
  9. Be aware of the possibility of frozen pipes if the power outage occurs during the heating season. If the outage lasts several days, the temperature inside the house could drop to the freezing point. To prevent pipes from freezing, especially those in outside walls, turn one or more faucets on a slow trickle — enough to keep water moving through the pipes. This will cause your water bill to go up, but will prevent your pipes from bursting and causing extensive water damage to walls, floors and furnishings.
  10. Remove house plants you value as they cannot withstand excessive heat or cold. Be sure to wrap and insulate them well before taking them outside. **RL**

## Tips for vacations on a budget

### Continued from page 8

economical than the traditional week-long vacation. Check out campgrounds, state parks and fun activities nearby.

- Shop around — Airline and hotel rates vary dramatically. Be sure to ask for the lowest rate and discounts available. If you travel at off-peak times or stay in a room without a scenic view, you can realize substantial savings.

### Step #3: Decide How To Pay

- Evaluate your payment options — Decide how you will pay for your vacation. If you decide to get a loan, shop around for the lowest rate.
- Start saving now — Set up a special vacation fund. By putting away some

money each week or pay period, you will be able to fund the majority of your vacation with savings. Get the whole family into the act by saving and rolling change and putting that into the "vacation fund."

- Plan how you will use credit cards — Taking along a credit card on a vacation makes good sense. Credit cards reduce the need to carry large amounts of cash and ease the reservation process for hotel rooms and rental cars. However, you should guard and use your credit cards carefully! Be sure to plan to pay off the balance accumulated by your vacation by the credit card statement due

date and no later than three months after.

- Other vacation tips are available in the "Money & You" newsletter from the National Foundation for Consumer Credit. For a free copy of this newsletter, contact the Education Department, Credit Counseling Centers, Inc., 38505 Country Club Dr., Suite 210, Farmington Hills, MI 48331 or call (248) 553-5400. **RL**



# HEALTH HARVEST

## Do you know what your kids are eating?



**T**oday, children are eating out more often and at a greater variety of places than ever before. As a result, parents and caregivers may have less control over the quality of foods their children eat. An important question is whether eating away from home improves or worsens kids' nutrient intake. The answer to this and other questions related to what, where and how much kids eat can be found in a new government report. This report is based on data compiled from the U.S. Department of Agriculture's 1989-91 *Continuing Survey of Food Intakes by Individuals* and the companion *Diet and Health Knowledge Survey*. Major findings for children aged two to 17 years follow:

Children consume on average 4 percent more total fat, 3 percent more saturated fat and 23 percent more sodium than the recommended intake, whereas calorie and fiber intakes are below the recommended levels.

Only 16 percent of teenage girls meet the recommended intake for calcium, compared to 43 percent of children two through 17 years.

Teenage girls' low calcium intake may be related to their eating habits. Compared to other children, teenage girls are more likely to skip morning meals, which are high in calcium; eat the fewest number of meals and snacks; consume the highest proportion of meals and snacks away from home, which tend to be low in calcium; and drink the least amount of fluid milk, a major source of calcium.

Fiber and iron are other nutrients limited in teenage girls' diets.

Children consume about one-quarter of their meals away from home. Older children are more likely than younger children to eat away from home. Female teens eat about 30 percent

of their meals away from home compared to 18 percent for preschoolers. For preschoolers, 42 percent of away-from-home meals come from fast-food establishments, whereas for school-aged children, schools provide the largest percentage of away-from-home meals (36 to 43 percent).

Foods that kids eat away from home tend to be higher in total and saturated fat and lower in calcium, iron, fiber, cholesterol and sodium than foods consumed at home. School meals are higher in calcium and fiber and lower in sodium than meals at fast-food establishments, restaurants and other away-from-home sites (e.g., vending machines and recreation places).

Snacks provide about 15 percent of total calories for children. Older children eat a higher proportion of snacks from away-from-home sources than younger children.

More than half of all children eat three meals a day. Skipping morning or midday meals increases with age. Teenage girls consume the fewest number of meals.

### Children "know" how much they need to eat

Fear that their children may become overweight, along with the belief that children are incapable of regulating their own food intake, leads many conscientious parents to strictly control their children's food intake. Yet research demonstrates that

controlling children's food intake may actually contribute to childhood obesity.

To determine if children can self-regulate their calorie intake, researchers fed preschoolers aged 3 to 5 years a high- or low-calorie fruit-flavored drink and then allowed the children to eat as much as they liked for lunch. Calorie intake during lunch was measured and information was obtained on the children's body fat stores and on parents' body fat, dieting and child-feeding practices.

The preschoolers with more controlling parents were less able to adjust their food intake in response to the caloric content of the drinks and had higher body fat stores than the preschoolers of parents who were more flexible in their child-feeding practices. Coercive child-feeding practices, such as insisting that children eat only at meals rather than when hungry, or finish all the food on their plate, interferes with children's ability to self-regulate their calorie intake. Also, restricting children's access to palatable foods or forcing children to eat "nutritious" foods to obtain rewards may foster children's preferences for energy-dense foods high in sugar, fat and salt.

Genetic and environmental factors influence children's eating behavior. Among environmental influences, parents' own eating and dieting history and their attitudes and behaviors relating to child feeding can impact children's food intake and risk of obesity. While genetic predisposition cannot be changed, parents and caregivers can play an important role in creating an environment in which children develop food acceptance patterns conducive to health. Parents should provide children with a wide variety of nutritious foods, but children should be allowed to control the amount of food they eat. **RL**

# Check your serving-size IQ

To coax us into eating right, the government's official Food Guide Pyramid suggests that we plan our diets by the numbers. So here's your daily meal plan: two to three servings of cheese, milk or yogurt; two to three of meat; three to five of vegetables; two to four of fruit; and six to 11 of bread, cereal, rice or pasta.

It's definitely a well-rounded diet. But does anyone have a clue about just how much food equals one of those perfect portions? Do you know how your own meals are stacking up? Take the quiz below to check your serving-size IQ.

- How many cherries add up to a fruit serving?
  - 15
  - 20
  - 35
- A serving of pasta would fill:
  - an ice cream scoop
  - a cereal bowl
- A sirloin steak the size of a paperback book is how many servings?
  - two
  - three
  - four
- When you spread peanut butter thickly on a slice of bread, as in the TV commercials, how many servings is that?
  - one-third
  - two-thirds
  - one
- Women are advised to have no more than two servings of alcohol a day. How many come in a bottle of wine?
  - six
  - eight
  - ten
- An ounce-and-a-half of cheddar cheese – one serving – is the size of:
  - one domino
  - two dominoes
  - three dominoes
- Enough broccoli to hit your daily vegetable ideal would fill how many cups?
  - one
  - one-and-a-half
  - two



## ANSWERS:

1. (a) A heaping handful – 15 cherries – amounts to a serving that totals just 75 fat-free calories. Have another handful, then add a banana and a small glass of orange juice and you're up to four.

2. (a) When a half-cup scoop's a serving, it's not hard to pile up enough pasta to hit the daily minimum of six starchy foods. That's just one large plate of spaghetti.

3. (b) The sanctioned serving size for beef, pork, chicken and fish is three ounces, the size of a deck of cards. Because meat's a big source of saturated fat, however, a daily total of

three servings is actually high. Don't forget that the official "meat group" includes beans.

4. (a) A thick smear of peanut butter is about two tablespoons – which the government calls a third of a serving. Why? Nuts, too, got lumped in the meat group (they're high in protein and fat), and experts say your peanut butter smear counts as an ounce of meat. (Just don't eat too much.)

5. (a) A third of a bottle equals two servings of wine. A standard "glass" is four ounces, although some restaurant goblets hold as much as ten. That's two servings ... and then some.

6. (c) Three dominoes' worth of cheese isn't a lot. A typical chef's salad has six, two of your day's three dairy servings. Add a cup of yogurt and a cup of milk – one serving each – and you could be over the top.

7. (b) To reach the daily minimum of three servings, you'd need to eat just a cup-and-a-half. Even with healthful vegetables, the government makes its portions small. **RL**



## Better bones, fewer fractures



The drug Fosamax (alendronate sodium) not only slows bone loss in people already diagnosed with

osteoporosis, but also can be used preventively to keep bone loss and fractures from occurring in the first place, the FDA ruled in late April. An ongoing study of about 1,600 post-menopausal women showed that Fosamax stopped bone loss and built additional bone mass, while those taking a dummy drug lost bone over a two-year period. A second, larger study found that women who took Fosamax reduced their risk of hip and spinal fractures by about half. Estrogen also prevents and treats osteoporosis, but Fosamax is the only non-hormone treatment available. **RL**

## Is eating before you go to sleep a good and healthy way to gain weight?

It is a myth that eating before bed will make you gain weight. You have to look at your whole day's food intake.

When I work with people who want to gain weight, I estimate the number of calories they need to maintain their weight, then add at least 1,000 calories to that.

The extra calories should be from a mix of foods, not just fatty ones. This high-calorie diet should be eaten every

# Healthy Bites

## Hope for snorers



A technique that shrinks excess soft tissue around the upper airway (including the tongue, roof of the mouth and nose) may eventually offer a new way to treat sleep apnea, a disorder that causes people to stop breathing while they sleep. In a study published in *Chest*,

Stanford researchers describe how they shrunk pigs' tongues using a wandlike instrument that emits radio waves. The special needle electrode relays radio frequency energy to nearby cells, destroying them. Scar tissue created by the healed lesion takes up less space. Preliminary tests in people suggest the method can diminish heavy snoring — one of the classic signs of sleep apnea — by shrinking tissue on the roof of the mouth. The new method is quick, relatively painless, and doesn't require a hospital stay — unlike some treatments for sleep apnea, which include cutting or burning away extra tissue with a scalpel or laser. Further tests are under way to verify the procedure's safety and effectiveness. **RL**

## Ice cream headache



As ice cream lovers know, wolfing down a cone or guzzling an icy cold drink can bring on a sudden, stabbing pain in the head, usually around the middle of the forehead. These so-called ice cream headaches usually go away within 20 seconds, though they can last up to five minutes, according to a short report in the *British Medical Journal*. If you're prone to the problem, here's a tip: Keep cold foods and drinks from contacting the back of the roof of your mouth, since that's the most sensitive area when it comes to triggering these headaches, says the author. **RL**

## INSECTS take a bite out of summer plans



The summer season brings picnics, boating and hiking, but along with these fun activities goes the danger of insect bites. Here are some ways to treat the results of an insect bite:

### To treat a mosquito bite:

- Remove the stinger if possible.
- Clean sting area to prevent infection.
- Apply calamine lotion or a cortisone cream to lessen the itching.

### To treat a bee sting:

- Remove the stinger as quickly as you can. The longer a bee's stinger is in your skin, the more you'll hurt.
- Wash the area with soap and water. Apply an ice pack for 15 minutes to minimize swelling and relieve pain.

### To treat a tick infestation:

- Remove the tick from your skin. If it has buried itself underneath your skin, try to remove it with tweezers.
- When removing the tick, make sure that you remove all of the body.
- Be careful not to squeeze the tick as you remove it, because this may release bacteria into your bloodstream.
- After you've removed the tick, alcohol should be applied on the spot. **RL**

day for at least a month to see results.

It takes more work than you may think to eat this much extra food every day. Sometimes people need to eat six or more times a day to fit all of the food in, so that may mean eating a snack before bed. But it's not just the bedtime snack that makes the difference.

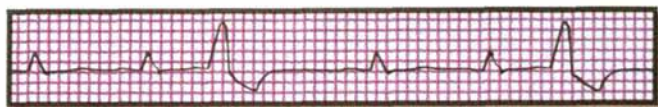
Another thing to consider when trying to gain weight is physical activity. Research has shown that people who do moderate weight training (and keep their calories high) are more successful with gaining weight in the long run. They also gain more muscle than fat. **RL**

by Vicky Ferguson, RD



OFFICE CALLS

# Medical Focus



## Evaluating melanoma risk

**M**ost beachgoers know packing a bottle of sunscreen and a broad-brimmed hat is at least as important as bringing the beach towels. But while awareness of the hazards of sunbathing is on the rise, the incidence of sun-related skin cancers is skyrocketing, as well. By 2000, the lifetime risk of developing malignant melanoma, the most dangerous form of skin cancer, will be one in 75, the American Academy of Dermatology estimates. That's double the risk of just a dozen years ago.

For people who tend to develop a lot of moles, the odds may be greater. A study in the *Journal of the American Medical Association* of more than 700 people diagnosed with melanoma and 1,000 healthy volunteers found just one atypical, or dysplastic, mole doubles the risk, and 10 or more increase 12-fold the chances of developing the disease. Moles the researchers considered troublesome were flat or partially flat, larger than 5 millimeters (about the size of a pencil eraser), and varied in color, with irregular borders or mismatched halves.

Surprisingly, small moles also appear to raise melanoma risk if you have a multitude of them.

### The physician's perspective

— Gary Rogers, MD

The idea that certain types of moles (nevi) might develop into melanoma has been around for some time, but dermatologists disagree about their significance. There is general agreement that large, atypical moles in people with a strong family history of melanoma can turn into cancer. This is known as the Familial Atypical Mole and Melanoma (FAMM) syndrome. However, the significance of dysplastic moles in people without a family history is hotly debated.

Some would argue that the term "dysplastic mole" — meaning a mole that exhibits abnormal growth — is a misnomer, since it is unclear whether these moles are truly premalignant. While it's true that melanoma does sometimes develop from such unusual

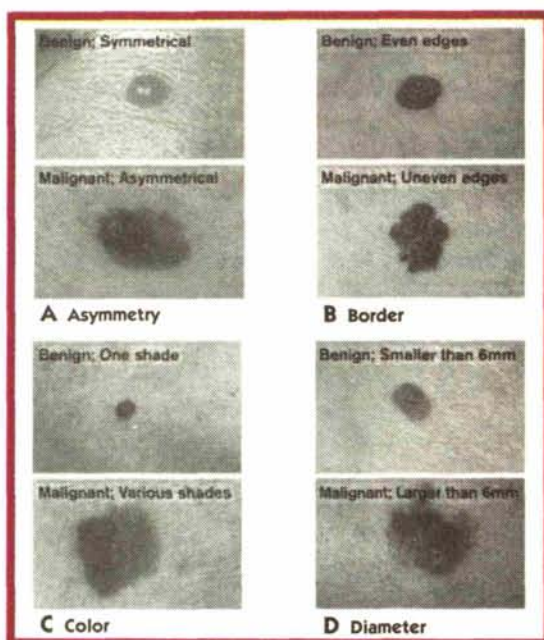
moles, it doesn't always; in many cases, it arises from a mole that appears normal or from an area of skin with no moles. And dysplastic moles occur so often in such a large number of people without a family history of melanoma — about 30 percent of the population has them — that it isn't clear that these atypical moles have any direct link with melanoma at all outside of FAMM.

This study still doesn't entirely resolve the debate about whether melanoma arises directly from dysplastic nevi. The researchers didn't look at whether patients with dysplastic moles developed melanoma directly from those moles. They studied patients already with melanoma who, it turns out, did have more dysplastic and normal moles than people without melanoma. This suggests a link between dysplastic moles, increased numbers of moles, and a higher risk of melanoma, but it doesn't show that dysplastic nevi turn into melanoma. What it does show clearly is that people with many moles — are at a higher risk for melanoma. And large moles confer a greater risk than small ones.

That said, the quantity and size of moles shouldn't be the only factors you take into account in evaluating your risk of melanoma. The most important risk factor by far is family history. Some data suggest the risk may be up to 20 times as high if a family member has had the disease.

Other risk factors include having fair skin, blond or red hair, and blue eyes. People who sunburn easily and never or rarely tan are twice as likely to develop melanoma as people with olive complexions who seldom burn. Research also suggests that blistering and peeling sunburns, especially during childhood and adolescence, make people more susceptible to melanoma later in life.

**People who are at high risk for melanoma should have an annual skin examination. Even if you're not at high risk, it makes sense to check your skin regularly.**



The ABCD key is a way to remember the warning signs of melanoma. See a doctor if a mole shows the characteristics in the bottom photo of each pair.

That way, you can tell more easily if a mole has changed or grown — probably the most important warning signs of melanoma. Moles may become elevated, change color, or become asymmetrical (the two halves don't match). In addition, any skin growth that bleeds or crusts should be looked at by a doctor. Abnormal moles are also marked by four key characteristics:

- Asymmetry
- Border irregularity
- Color variation
- Diameter larger than 6 mm

Moles that are of concern may have borders that are notched or irregular, or part of a mole may be elevated or a different color from the rest. Color variations range from black to red, blue or white.

If a mole exhibits any of these warning signs, see a doctor for an evaluation. In the early stages, when the skin lesion is 1 mm thick or less, melanoma has a 95 percent cure rate. By comparison, when lesions reach 4 mm thick, the five-year survival rate is just 35 percent.

Studies suggest that it may take 20 to 30 years from the inciting sunburn to develop melanoma, so sun protection is especially important for children and teens. And, although past sun exposure is likely to be more important than current exposure, it still makes sense to use caution. The goal is to enjoy the sun wisely.

- Avoid peak sunlight hours, between 11 a.m. and 2 p.m.
- Use a sunscreen with an SPF of 15 or higher.
- Wear a hat with a brim that keeps the sun off your face and neck.

Gary S. Rogers, MD, is co-director of the Skin Oncology Program and director of dermatologic surgery at Boston University School of Medicine. **RL**

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The newly opened Pavilion for Agriculture and Livestock Education will be home to many agricultural industry activities. It's part of a \$70-million effort to improve the state's livestock industry.

## Revitalized animal agriculture facilities ready to educate the next generation

There has been a rebirth of sorts across the campus of Michigan State University thanks in large part to the \$70-million Revitalization of Animal Agriculture Initiative which has added new research and teaching facilities throughout the university's southernmost part of campus and revamped the vintage Anthony Hall classrooms and offices.

Early in 1997 the jewel of the new facilities — the 187,000-square foot Pavilion for Agriculture and Livestock Education — held its official dedication during the Stallion Expo, but what many producers throughout the state may not realize is the half dozen other facilities built specifically to increase the viability of Michigan's animal agriculture.

Set to open sometime in August, the center for approximately 50 of the professors in animal science — Anthony Hall will complete its metamorphosis to a state of the art research facility utilizing four new classrooms and two newly revamped auditoriums. The dairy plant directly adjacent to the south end of Anthony has been outfitted with a new second story and the entrance enclosed to both buildings.

Directly west of the new Anthony Hall is the newly built meat laboratory. "We have greatly expanded the meat laboratory to three or four times the space of its 40-year old predecessor," explains Animal Science Department Chair Maynard Hogberg. "We now will have all these capabilities — slaughter, wholesale cuts and the ability to break it down into further processes and value-added meats."

The dairy store will return to its original location, to the delight of MSU students and visitors. MSU students involved in animal

science clubs — Dairy, Block and Bridle, Equestrian and Rodeo Clubs — will also have access to four new club rooms and an expanded student area in Anthony Hall.

When it opens later this year, the new Swine Teaching and Research Center will be a 200-sow unit with four farrowing rooms and four nursery rooms. The administrative area will house classrooms, showers and offices and serve as the employee entrance into the closed facility.

The most unique part of the new swine facility is the manure separation

system flown in from Sekine, Japan. The instant liquid/solid manure separation is based upon the slope in the bottom floor behind the farrowing crates. The manure from the animals drops onto the concrete slope and the liquid portion drains away in the center groove travels to a separate liquid containment facility. The solid material stays on the concrete slope and is routinely scraped by the automatic system into a separate system and a conveyor takes it to a compost facility for further research.

"We're not going to solve any producer problems unless we do something different," explained Hogberg on the new Japanese manure handling system. "The Japanese have used this type of system for years with excellent results."

A completely new facility built at the Poultry Research Farm is solely for turkey research. "The key here is the ability to replicate each trial," Hogberg states. "We will be doing a comparison of different turkey genetic lines comparing growth, health and meat quality. Bil-Mar is very interested in that type of independent testing for their company to compare.

"We've done some things for turkeys before in our old facility," he adds. "But now we can specifically zero in on turkeys here and give us a niche."

The Beef Teaching and Research Farm also benefited from the livestock initiative with a completely revamped cattle-loading facility and all new electrical wiring in the buildings. The new loading facility can be operated by one person and has a new scale for weighing cattle as they enter and exit the facility. **RL**



Anthony Hall underwent extensive renovations as part of the initiative.



# 1997 COUNTY ANNUAL MEETINGS

\* Proposed Bylaw change

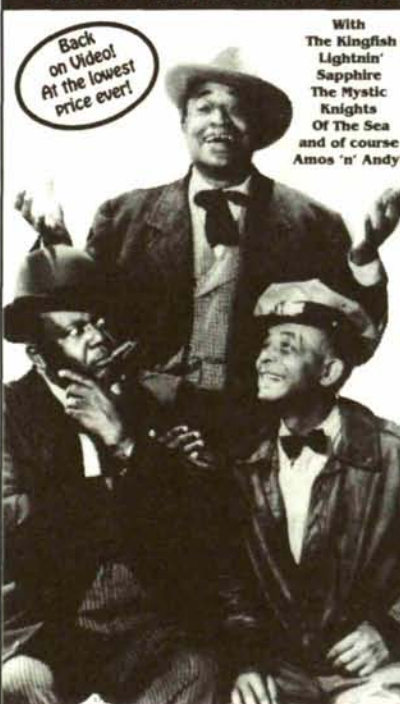
COUNTY	DATE	TIME & LOCATION
Allegan	Sept 25	630 p.m., Hamilton Reformed Church
* Antrim	Oct 8	7 p.m. dinner, 8 p.m. meeting, Kewadin United Methodist Church
* Arenac	Sept 9	7 p.m., Ormer Community Center
Barry	Sept 15	6 p.m. registration, 630 dinner with meeting to follow, Barry Expo Center
Bay	Sept 9	6 p.m. dinner, Monitor Township Hall, 2483 E. Midland Rd, Bay City
Benzie	Sept 22	630 p.m. dinner, 745 p.m. meeting, Sail Inn Restaurant, Benzonia
Berrien	Sept 4	8 p.m., policy development & business mtg, S.W. Michigan Research & Extension Center, Benton Harbor
* Branch	Sept 15	630 p.m. dinner, 8 p.m. meeting, Branch Area Career Center, Coldwater
* Calhoun	Sept 23	630 p.m. reception, 7 p.m. dinner, Belcher Auction Facility, Marshall
* Cass	Sept 16	630 p.m. social, 7 p.m. dinner, 8 p.m. mtg, Southwestern Michigan College, Dowagiac
* Charlevoix	Sept 27	6 p.m. dinner, 7 p.m. meeting, Whiting Park, Boyne City
Cheboygan	Oct 13	630 p.m., VFW Hall, 901 VFW Road, Cheboygan
* Chippewa	Oct 7	7 p.m. dinner, 8 p.m. meeting, Bruce Township Hall, Dalter
* Clare	Sept 25	530 social, 630 dinner, Harrison Knights of Columbus Hall
Clinton	Sept 20 or 27 (confirm in Aug)	St. Johns High School
Copper Co.	Oct 25	7 p.m., Grandma Grooters Restaurant
* Eaton	Sept 30	6 p.m., VFW, Charlotte
* Emmet	Oct 2	7 p.m. dinner, 8 p.m. meeting, VFW Hall, Harbor Springs
* Genesee	Sept 16	6 p.m. reception, 630 p.m. dinner, Wall's East, 1341 S. Center Rd, Burton
* Gladwin	Sept 13	1 p.m., Gladwin Ice Carnival Grounds Building, Billings Township
* Gratiot	Aug 25	6 p.m. hog roast, 730 p.m. meeting, North Star Golf Course
Hiawathaland	Oct 27	630 p.m., Terrace Bay Inn, between Gladstone and Escanaba
Hillsdale	Sept 11	630 p.m. reception, 7 p.m. dinner, 8 p.m. mtg, DOW Cont. Center, Hillsdale College
* Huron	Aug 28	6 p.m. trade exhibits, 7 p.m. dinner, Ubyl Heights Country Club, 2409 E. Ahwater, Ubyl
Huron Shores	Oct 4	6 p.m. potluck dinner, St. Matthews, 7109 Wolf Creek Rd., Herron
* Ingham	Sept 25	630 p.m. reception, 7 p.m. dinner, Ingham Co. Fairgrounds-Community Bldg, Mason
Ionia	Aug 12	7 p.m., Ionia County Fairgrounds
Iosco	Oct 9	to be announced
* Iron Range	Oct 28	6 p.m. CST, Sagola Township Sportsman's Club
Isabella	Aug 24	1 p.m., Finnerty Park, Beal City
Jackson	Sept 18	7 p.m., Bullinger's Restaurant, 501 Longfellow Ave., Jackson
Kalamazoo	Oct 7	630 p.m. dinner, 8 p.m. meeting, The Birches, 3082 S. 9th St., Oshtemo
* Kalkaska	Sept 20	530 p.m., Kalkaska County Civic Center
Kent	Oct 14	630 p.m. reg., 7 p.m. dinner, Duba's, E. Beltline, Grand Rapids
Lapeer	Sept 11	7 p.m. social, 730 p.m. dinner, Lapeer Co. Vo-Tech Center, 690 Lake Pleasant, Attica
* Lenawee	Sept 16	The Landing, 5447 Rogers Hwy, Tecumseh
Livingston	Oct 8	630 reception, 7 p.m. dinner, Woodshire Place Banquet Facility
Mac-Luce-Sch	Oct 4	7 p.m., American Legion, Newberry
Macomb	Oct 18	630 p.m. social, 7 p.m. dinner, Michigan Meadows Golf Course, Casco
* Manistee	Aug 9	6 p.m., John Urka's Farm, 16919 Pole Rd, Brathren
* Mason	Oct 9	630 reception, 7 p.m. dinner, Mason Co Reformed Church, US 10-31 & Amber Rd
Mecosta	Oct 13	7 p.m., New Hope Methodist Church, 7296 9 Mile Road, Mecosta
Menominee	Oct 14	730 p.m. C.S.T., Carney Legion Hall, US 41
* Midland	Sept 11	630 p.m. dinner, Ingersoll Township Hall, corner of Freeland & Sasse Road
Missaukee		
Monroe	Sept 13	600 p.m., Prince of Peace Church Community Center, 1920 Lewis Ave., Ida
Montcalm	Oct 23	7 p.m. dinner, 8 p.m. meeting, Masonic Temple, 514 N. New Street, Stanton
* Montmorency	Sept 30	6 p.m., Montmorency Township Hall, 20841 County Rd 459, Hillman
Muskegon	Oct 7	7 p.m., Whitlow's Forerunner, 4610 Airline Rd, Muskegon
Newaygo	Oct 2	730 p.m., Newaygo Co. Senior Resource & Community Center, White Cloud

COUNTY	DATE	TIME & LOCATION
* Northwest	Sept 24	630 p.m., Twin Lakes 4-H Camp
Oakland	Oct 16	630 p.m., Clarkston United Methodist Church, 6600 Waidon Rd, Clarkston
* Ocasana	Oct 20	630 p.m. reception, 7 p.m. dinner, New Shelby Cafeteria, Shelby
* Ogemaw	Oct 23	7 p.m. dinner, 8 p.m. meeting, Ogemaw County Fairgrounds
Oscoda	Oct 21	730 p.m. dinner, 830 p.m. meeting, Reed City High School Cafeteria
* Otsego	Oct 19	130 p.m., Livingston Township Hall
Ottawa	Sept 9	630 p.m. social, 7 p.m. dinner, 8 p.m. meeting, Alendale Christian School
* Presque Isle	Oct 14	7 p.m. dinner, 8 p.m. meeting, Motke Township Hall
* Saginaw	Sept 17	6 p.m. dinner w/ meeting to follow, Swan Valley Banquet Center, Saginaw
St. Clair	Aug 26	6 p.m. reception, 6:30 p.m. dinner, Wahdams Banquet Center, Kimball
* St. Joseph	Oct 25	630 p.m. dinner, 8 p.m. meeting, Sturges Young Auditorium, Sturgis
* Sanilac	Sept 10	630 p.m., Sanilac County Career Center, 175 East Aiken Road, Peck
Shiawassee	Oct 1	6 p.m. social, 7 p.m. dinner, 8 p.m. mtg, ZC8J Hall, 1775 E. Owosso Ave, Owosso
Tuscola	Sept 4	630 p.m. dinner, 8 p.m. meeting, Knights of Columbus Hall, Caro
* Van Buren	Oct 28	630 p.m. social, 7 p.m. dinner, VFW Hall, Decatur (Annual Meeting)
	Oct 21	730 p.m., Van Buren Co. Farm Bureau Bldg, Paw Paw (Policy Development Mtg)
Washtenaw	Oct 9	6 p.m. social, 7 p.m. dinner, 8 p.m. mtg, Washtenaw Co. Farm Council Bldg, Ann Arbor
Wayne	Oct 15	6 p.m. reception, 7 p.m. dinner, Woodlands of Van Buren, 39670 Ecorse Rd, Wayne
Wexford	Oct 14	7 p.m. reception, 730 p.m. dinner, Temple Hill Baptist Church, 1601 W. Division, Cadillac. <b>RL</b>

## AMOS 'N' ANDY

The Funniest TV Show Of All Time!

Back on Video!  
At the lowest price ever!



With  
The Kingfish  
Lightnin'  
Sapphire  
The Mystic  
Knights  
Of The Sea  
and of course  
Amos 'n' Andy!

**Will you ever forget:**

- The Fresh Air Taxi Company!
- I've Regusted!
- Holy Mackel Andy!
- Algonquin J. Calhoun, Attorney At Law!
- Lightnin', Sapphire and Her Big Fat Mama!

**Each video volume has 2 complete shows**

Vol. #1 "The Diner" and "Madame Queen's Voice"

Vol. #2 "The Kingfish Sells His Land" and "The Christmas Show"

Vol. #3 "The Happy Stevens" and "The Kingfish Gets Drafted"

Vol. #4 "Getting Mama Married" (2 programs tell a complete story)

**Video Yesteryear accepts all major credit cards!**

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Call during weekday business hours (never on Sunday!) or send to Video Yesteryear\* Box C Sandy Hook, CT 06482

OK: Send me the following side-splitting video cassettes!

\$19.95 Volume # \_\_\_\_ (1, 2, 3, or 4)

\$29.95 Volumes 1 & 2 together **Save \$10**

\$49.95 All 4 volumes **Save \$30**

(add applicable sales tax plus \$4.50 shipping & handling)

My check or money order is enclosed, or "charge it."

Credit Card: \_\_\_\_\_ Exp: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

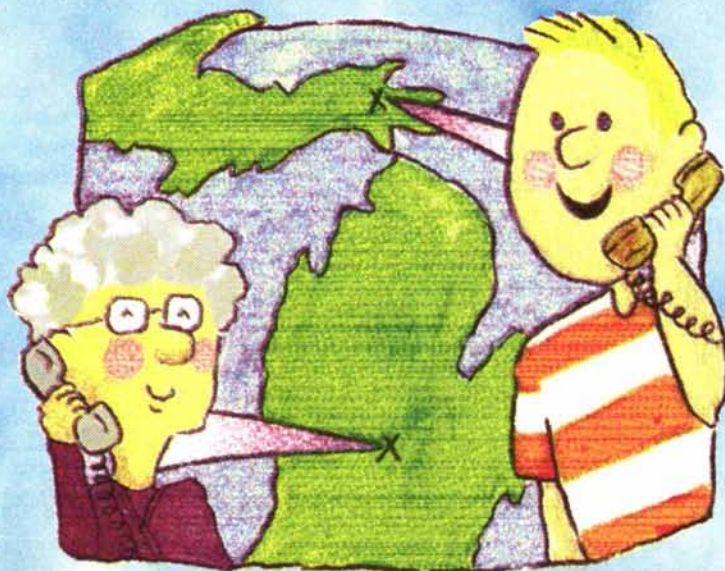
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

# Get Connected and Save

THE FARM BUREAU®  
**CONNECTION** SM

Cash in on long-distance savings  
with The Farm Bureau Connection

- 8.5¢ per minute for all in-state calls, 11.9¢ per minute for all calls anywhere else in the United States, 24 hours a day
- Charges are based on six-second increments; if you talk for one minute and six seconds, you pay for one minute and six seconds, not for two minutes as you would with some other companies
- Dial-one service with easy access
- Free calling cards
- Personal 800-numbers are available
- Low monthly access fee of \$1.50



**FB MICHIGAN FARM BUREAU**

THE STATE'S LARGEST  
GENERAL FARM ORGANIZATION



Where Belonging Makes a Difference.

## LETTER OF AGENCY

I choose The Farm Bureau® Connection<sup>SM</sup> as my primary long-distance provider for the service(s) and telephone number(s) indicated below and I authorize The Farm Bureau® Connection<sup>SM</sup> to act as my agent by notifying my local telephone company of this choice. I certify that I am legally responsible for the payment of charges incurred on the telephone number(s) listed below and that I have the authority to change the prescribed 1+ long-distance carrier currently providing service to these telephone numbers.

Further, I recognize that I can have only one primary long-distance company for a given telephone number, that I will no longer be pre-subscribed to my current long-distance carrier's services and that my local telephone company may impose a charge for this and any later change. I also understand that The Farm Bureau® Connection's<sup>SM</sup> name will appear on my long-distance bill as a result of this switch and that this only affects my 1+ long-distance services. I understand that my signature will result in my intraLATA (where available), interLATA long-distance telecommunications service, interstate and intrastate being provided by The Farm Bureau® Connection<sup>SM</sup>.

Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Telephone(s): ( ) \_\_\_\_\_ ( ) \_\_\_\_\_

Street Address: \_\_\_\_\_

Mailing Address (if different from above): \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

County Name: \_\_\_\_\_ Farm Bureau Membership #: \_\_\_\_\_

### For Office Use Only

Signature of Authorized Rep: \_\_\_\_\_ Print Name: \_\_\_\_\_

FARM BUREAU® and THE FARM BUREAU® CONNECTION<sup>SM</sup> are service marks owned by American Farm Bureau Federation. 7/96

All enrollees in the Farm Bureau Connection program will be charged a \$1.50 monthly billing fee. Members are also responsible for any one-time switchover fee (average \$5) that may be charged by their local telephone company.

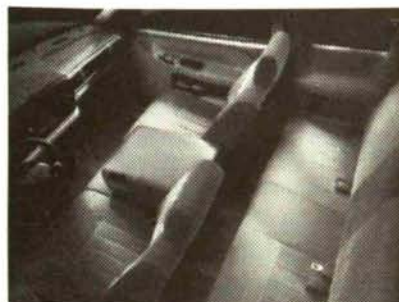


# Buy a new Dodge Truck and pick up a ton of cash.

## Up To \$500 Cash Back To Farm Bureau® Members.

As if our powerful Magnum® engines weren't enough incentive for Farm Bureau members, now there's an extra \$300 to \$500 in the deal.

As a member, you qualify for \$300 back on all new 1996 and 1997 5.9L V-8 Magnum Ram 1500 pickups.



\$500 back on '96 and '97 Ram 2500 and 3500 pickups with a 5.9L V-8, Cummins Diesel or V-10. Even



\$500 cash back on '96 and '97 Ram Vans and Ram Wagons. That's on top of any other national Dodge cash back offer.† All you need to do is get a certificate from your state's Farm Bureau validating that you've been a member for at least thirty days. Then stop by your Dodge dealer. Where you'll discover it pays to be in the Farm Bureau.

†This cash back offer is valid for members of participating Farm Bureaus, is scheduled to expire 9/30/97, and is subject to change. It may not be used in combination with any other Chrysler Corporation certificate program or certain other special programs. Ask for restrictions and details. Farm Bureau® is a registered service mark of the American Farm Bureau Federation.

America's Truck Stop



The New Dodge

# THE FARM BUREAU<sup>®</sup> CONNECTION<sup>SM</sup>

## Cash in on long-distance savings with The Farm Bureau Connection

*New long-distance phone service from Farm Bureau*

**A**re you sick of all the commercials and evening phone calls claiming this company offers better long-distance phone rates or that company giving you an incredible deal for your business? Well Farm Bureau members listen up the newest member-only service called The Farm Bureau Connection just made long distance coverage simple 8.5 cents in state and 11.9 cents nationally no calling circles and no marketing gimmicks.

The low rates are made possible by the group purchasing power of Farm Bureau's 4.5 million member families nationwide. Michigan Farm Bureau's member services department now offers you the same convenient, one-plus service

you have grown to expect. Once you sign up, you will continue to call just as you have always done, but instead of your current long distance carrier, The Farm Bureau Connection will act as your long-distance carrier.

"The Farm Bureau Connection is truly a valuable new program for Michigan Farm Bureau members," explained Doug Fleming, MFB manager of member services. "It cuts through the red tape and offers a single flat rate of 8.5 cents a minute anywhere, anytime in Michigan and 11.9 cents anywhere, anytime in the rest of the United States, with a low monthly access fee of \$1.50."

According to Fleming, the personal

800-number service with a flat rate of 14.7 cents per minute is an attractive option for small businesses. "While many long-distance services bill by full-minute increments, The Farm Bureau Connection charges are based on six-second increments," he added. "If you talk for one minute and six seconds, you pay for one minute and six seconds, not for two minutes, as you would with many companies. Your long-distance dollars go farther because you do not pay for unused time."

Fleming adds that the personal calling cards are another attractive option for members looking to avoid costly surcharges when using other long-distance cards. "The calling cards are issued to all new subscribers and cost only 22.5 cents per minute."

"We've done studies throughout the state and we've saved members between \$5 and \$40 a month on their bill," Fleming states. "Whether your monthly bill is \$12 or \$70, you can save the value of your membership and more with The Farm Bureau Connection."

### Accurate billing

"With our accurate billing system," Fleming added, "you will better understand what you are paying for, with the full confidence that you are actually using far more of the time you are paying for. You will receive a monthly bill from Farm Bureau. It's as simple as that."

### How do I sign up?

Call your county Farm Bureau secretary or Michigan Farm Bureau member services at (800) 292-2680, ext. 3235 for a brochure containing an application to simply drop in the mail.

Once you have completed the application to change your long-distance carrier, you will see no change in services, except you can now call that long-lost friend you've been meaning to call for years. **RL**

## Are pet odors invading your house?

**S**ick of the stench pet odors can create during the obnoxious heat of summer? How about the smell of not-so-freshly caught fish left in your kitchen? Or try to rid a room of aroma created by your guests who enjoy lighting up? This Michigan-based company could be the answer you're looking for.

For more than two years, Amazing Concepts of Beaverton has been marketing a product called Nok Out, a nontoxic, odor-free spray that effectively eliminates odors created by pet urine and other smelly sources. And to its credits now are more than 6,000 mail-order customers stretching over the span of 40 states and three countries use the product.

"When you change the cat litter box," explained Brian Gay, spokesperson for the

company.

"You dump the litter out, spray the sides and bottom until they are wet, add fresh cat litter to it and just pump spray over the top about every three days and you'll never have cat litter odors coming off your cat litter box again."

And pet odors aren't all that Nok Out can tackle — Gay explained that basements, carpets, apartments, and bathrooms are the other major contributors to the growing use of the product.

"Meat drawers, refrigerators," added Gay, "your unit went off or your meat is rotting in the freezer — what are you going to do? Set a vaporizer inside the door, a one gallon vaporizer full of Nok Out, let it run for about 10 or 15 minutes, open it up, go on about your business."

The odor-zapping product worked well enough to take on the odors of the Houston Livestock Show and Rodeo, virtually eliminating the odor of the more than 27,000 entries. Livestock manager Steve Woodley "highly recommends the product for anyone with animals who has a problem with odors, either in the home, stalls or barns."

"There are two things that set us apart from everything else in the industry," Gays said. "We have an odor-free product and it is water-based. The best way to get rid of airborne odors still to this day, is to either put it in a vaporizer or free-standing humidifier and let it run."

An attribution to the success of Nok Out, *The Detroit News* ran an article last fall recommending using the product and ever since then its use has skyrocketed. So if you're sick of catching a whiff of what Spot the dog or Fluffy the cat left you as a present, order yourself a bottle of Nok Out and pretend you have a well-behaved pet.

Nok Out can be ordered by calling (800) 560-0852. A 16-ounce bottle costs \$9.95 and a 32-ounce bottle costs 14.95. See Nok Out's ad on the next page to get a discount on the way to ridding your house of its odors! **RL**

Nok-Out Concentrate Deodorizer Is So Effective That

# 2 DROPS DEODORIZE A SKUNK!



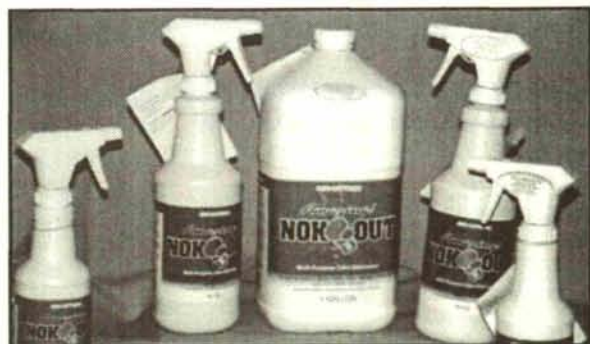
**Non-toxic  
Non-corrosive  
Bio-degradable**

Just think of the odor problems Nok-Out could solve for you... in the HOME or INDUSTRY, BOATS, CARS and PETS

## Stops Cooking Odors In 15 Seconds

### DOES NOT MASK ODORS, BUT DESTROYS THEM

Use in infants rooms (for regurgitation, diaper pails). Use in bathrooms, sickrooms. Use on boats (kills fish odors, use in bilges, in heads). Use in garages, in refrigerators. Use for musty and damp odors in basements and summer homes. Use in outhouses, kitty litter boxes. Wash pets in solution of two drops Nok-Out to a pail of water. Eliminates any odor (including skunk) your pet has picked up. Use on a pet in heat to keep other animals away. Use in central air conditioning systems to keep entire home odor free. One drop in each corner of the room when painting will keep room odor free. An open bottle in the corner of a musty closet keeps clothes odor free for a year.



### ODORS ARE DRAWN TO NOK-OUT

They are chemically broken down and eliminated. Odors are not masked. Nok-Out has no cover-up fragrance.

### READ HOW COMMERCIAL USERS SOLVE SERIOUS ODOR PROBLEMS

*Cars that have had fires and have been repaired are treated with Nok-Out to eliminate smoke odor. Acceptance of car is by owner and it must be odor-free. Nok-Out handles this big problem easily.*

**- Insurance Co.**

*Big trucks can carry leather hides one day and flour (foodstuffs) the next. How do they pass inspection? Four drops of Nok-Out in the empty truck for 15 minutes (even if refrigerator-equipped) and no odor.*

**- Trucking Co.**

*When the plant was built, no one lived out here. Now it's the center of a community. Eight bottles of Nok-Out are hung on strings around the plant. So far, no complaints from residents.*

**- Municipal Sewage Treatment Plant, Florida**

*Nok-Out is used in kitchens and laboratories. Nok-Out has kept these rooms at very low or no odor levels.*

**- Hospital, Bronx, New York**

### SPECIAL INTRODUCTORY OFFER!

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State \_\_\_\_\_  
Zip \_\_\_\_\_  
Phone Number \_\_\_\_\_

Qty.	Item	Price Each	Total
	16oz. Pump Spray w/ Trigger	\$8.95	
	32oz. Pump Spray w/ Trigger	\$14.95	
	Gallon	\$29.95	

**Order now and save:**  
\$.50 off from a 16oz. bottle  
\$1.00 off from a 32oz. bottle  
\$1.50 off from a gallon

S&H: 16 & 32 oz. - \$4.95, Gal. - \$6.95

S & H

6% Sales Tax

Total Amount

Enclosed

Send to: Neo Products  
448 E. Oliver  
Corunna, MI 48817

**Call Toll Free: 888-977-4848**

## Farm Bureau pleased with road funding package

The 4-cent gas tax road funding package approved by the state Legislature is receiving high marks from Michigan Farm Bureau. The package is expected to generate an additional \$300 million in revenue for road and bridge repair.

"This is definitely good news for rural Michigan and farmers who depend on a well-maintained infrastructure to move inputs to the farm and raw commodities to processors, and finished products to the consumer," said Jack Laurie, president of the Michigan Farm Bureau. "It's time for our U.S. congressmen to deliver by getting the necessary reforms to the federal highway program to improve the rate of return

of funds to our state and ending the 4.3-cent diversion of gas tax dollars to deficit reduction."

Officially known as the Intermodal Surface Transportation Efficiency Act, or ISTEA, the program distributes highway trust funds to states for road repair. Michigan is considered a "donor state," with an 87 percent rate of return on funds. Reform proponents are seeking at least a \$100 million increase in funding to Michigan.

Congress is scheduled to reauthorize ISTEA this year and, according to Michigan Farm Bureau Associate Legislative Counsel Tim Goodrich, passage of the state transportation funding package sends a clear signal to Washington, D.C.

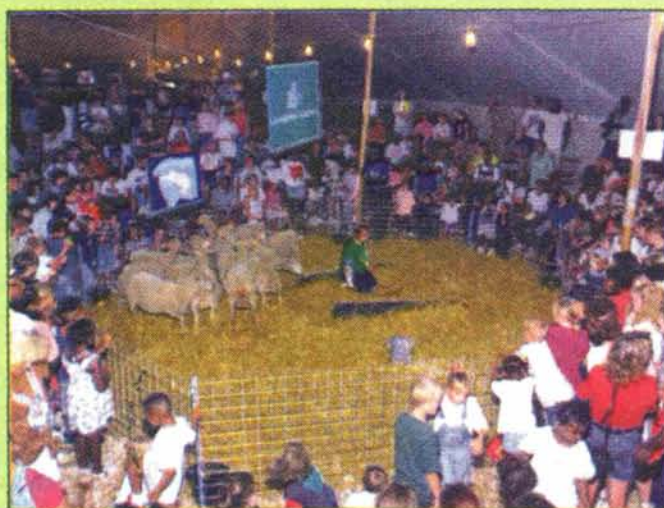
"It sets the stage to attract more matching dollars, and it sends a message to D.C. that Michigan's willing to do their part, and now Washington needs to do theirs," he said.

The biggest roadblock to the state-level funding package focused on the jurisdictional issue between state and local control of some 23,000 miles of Michigan highways. Although the final package approved by the state Legislature removed that portion of the original Engler proposal, the issue is far from resolved. "The existing distribution formula expires in September of 1998, meaning the state and county road commissions will have to come to an agreement soon," Goodrich said.

While the typical motorist will spend \$30 more in fuel taxes, it's estimated they will save \$120 in annual car repairs. Legislators also included a \$600-per-child income tax credit, an increase in the college tuition tax credit from 4 percent to 7.5 percent, and an increase in the personal income tax exemption from \$2,500 to \$2,800. **RL**

## 1997 Michigan County and State Fairs

Alcona County Fair	Aug. 5 - 9	Luce-West Mackinac County Fair	Aug. 7 - 10	Presque Isle County Fair Assoc.	Aug. 21 - 23
Alger County Fair	Aug. 1 - 3	Marquette County Fair	Aug. 6 - 9	Roscommon County Fair Board	Aug. 8 - 10
Allegan County Agricultural Soc.	Sept. 5 - 13	Midland Co. Agr'l. & Hort'l. Soc.	Aug. 10 - 16	Saginaw County Agricultural Soc.	Sept. 4 - 7
Alpena County Agricultural Soc.	July 26 - Aug. 2	Missaukee Falmouth Agr'l. Soc.	July 28 - Aug. 1	Saline Community Fair	Sept. 2 - 6
Antrim Co. Farm & Family Fair	Aug. 7 - 10	Monroe County Fair Association	July 28 - Aug. 2	Sanilac County 4-H Agr'l. Soc.	July 27 - Aug. 2
Armada Agricultural Society	Aug. 12 - 17	Montmorency County 4-H Fair Assoc.	Aug. 13 - 16	Schoolcraft County Fair Assoc.	Aug. 7 - 9
Baraga County Fair	Aug. 8 - 10	Newaygo County Agr'l. Fair Assoc.	Aug. 4 - 9	Shiawassee County Agr'l. Soc.	Aug. 5 - 10
Bay County Fair & Youth Expo.	Aug. 6 - 9	Northern District Fair Association	Aug. 11 - 16	St. Clair County Agr'l. Soc.	July 28 - Aug. 2
Berrien Co. Youth Fair Assoc., Inc.	Aug. 5 - 16	Northwestern Michigan Fair	Aug. 3 - 9	St. Joseph Grange Fair Assoc.	Sept. 14 - 20
Branch County Agr'l. & Ind'l. Soc.	Aug. 3 - 9	Oakland County 4-H Fair Assoc.	July 28 - Aug. 3	Washtenaw County Farm Council	July 28 - Aug. 2
Calhoun Co. Agr'l. & Ind'l. Soc.	Aug. 10 - 16	Oceana County Agricultural Society	Aug. 20 - 24	Western Michigan Fair Assoc.	Aug. 17 - 24
Cheboygan County Fair	July 26 - Aug. 2	Ogemaw County Agricultural Soc.	Aug. 12 - 16		
Chelsea Community Fair	Aug. 19 - 23	Ontonagon County Agr'l. Assoc.	July 31 - Aug. 3		
Chippewa County Fair	Aug. 24 - Sept. 1	Osceola County 4-H & FFA Fair	Aug. 4 - 9	<b>STATE FAIRS</b>	
Chippewa Co. Stalwart Agr'l. Fair	Sept. 4 - 6	Otsego County Fair Assoc.	Aug. 3 - 9	Michigan State Exposition & Fairgrounds	Aug. 19 - Sept. 1
Clare County Agricultural Society	July 26 - Aug. 2			Upper Peninsula State Fair	Aug. 12 - 17
Dickinson County Fair	Aug. 28 - Sept. 1				
Emmet County Fair	Aug. 16 - 24				
Genesee County Agr'l. Society	Aug. 11 - 17				
Gogebic County Fair	Aug. 7 - 10				
Hillsdale County Agr'l. Soc.	Sept. 21 - 27				
Houghton County Fair Assoc.	Aug. 21 - 24				
Hudsonville Community Fair	Aug. 18 - 23				
Huron Community Fair Association	Aug. 3 - 9				
Ingham County Fair	July 25 - Aug. 2				
Ionia Free Fair Association	July 24 - Aug. 3				
Iron County Fair Association	Aug. 14 - 17				
Isabella Co. Youth & Farm Fair Soc.	Aug. 3 - 10				
Jackson County Fair	Aug. 3 - 9				
Kalamazoo Co. Agricultural Soc.	Aug. 18 - 23				
Kent County 4-H Agricultural Assoc.	Aug. 4 - 9				
Lapeer County Agricultural Soc.	Aug. 4 - 10				
Lenawee County Agricultural Society	Aug. 10 - 16				



The Michigan State Fair in Detroit, set for Aug. 19 through Sept. 1, provides a unique opportunity for young and old alike to witness the birthing process of modern farm animals at the Michigan Farm Bureau/Blue Cross Blue Shield "Miracle of Life" exhibit.

# Prostate Problems are a Man's Disease-Right?

# WRONG!

**Prostate problems affect men physically but affect both men & women emotionally!**

**Most Men Lose Their Sexual Ability Due To Prostate Disorders!**

If you suspect that your husband or male friend may be suffering from a prostate problem, then you have to help him. It is in your and his best interest for him to be healthy. Most men wait too long and endure pain too long before seeking help. Prostate problems may ultimately kill them or simply make them impotent for the rest of their lives. But, there is help for a prostate deficiency with our 100% natural, enriched nutritional supplement called: **Extra Strength PROSTAID** containing a full 100 mg. of *Pygeum Africanum* per tablet.

### **Pygeum Africanum:** Therapy for Prostate Relief

In both France and Italy, extract of **Pygeum** is recognized for prostate therapy and is available by prescription. Throughout Europe, **Pygeum** is the preferred method for treating prostate disorders - ranking above surgery.

Younger men are more likely to suffer prostate infections than BPH. **Pygeum** is a natural antibiotic, and is ideal for treating the infection.

Older men who suffer prostate problems should know that in France, 81% of all prescriptions for BPH treatment contain **Pygeum**.

### **Extra Strength PROSTAID contains:**

Glycine, L-Alanine & L-Glutamic Acid for a total of..... 406mg.  
Saw Palmetto..... 300 mg.  
Pygeum Africanum..... 200 mg.  
Pumpkin Seed Concentrate..... 30 mg.  
Panox Ginseng..... 30 mg.  
Zinc..... 20 mg./133% RDA

**The daily dosage is only 2 tablets because of the extra strength formula.**

### **Zinc Deficiency in Men**

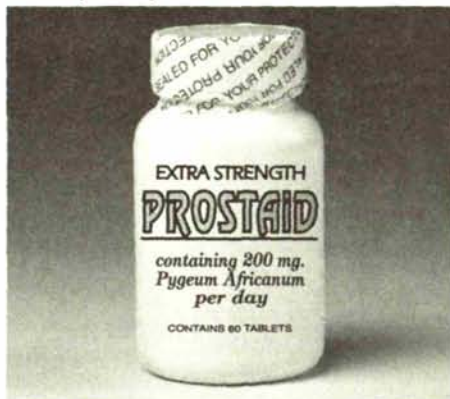
The prostate gland normally contains about ten times more zinc than any other organ in the body. Researchers point to the fact that one of the most common symptoms of zinc deficiency is prostate enlargement. Chronic prostatitis, where inflammation of the gland is combined with infection, has been found to respond to treatment with zinc. **Extra Strength PROSTAID** with *Pygeum Africanum* also contains 10 mg. of zinc per tablet. Some doctors have called zinc the "man's vitamin".

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### **NOW AVAILABLE** **Only 2 Tablets Per Day** **GUARANTEED**

### **Natural Prostate Nutrition**

With this enriched formula, you need only 2 tablets per day instead of the 3 per day that other companies sell. Our researchers have also increased the zinc content so that you receive 20 mg. per day and have added 30 mg. of Panox Ginseng as well as 200 mg. of *Pygeum Africanum*. Daily dosage contains 200 mg. of Saw Palmetto, 30 mg. of Pumpkin Seed Concentrate, 50 mg. Golden Road and 3 mg. Flaxseed. **This is the most advanced and comprehensive formula available** - and it costs approximately half the price of the other products (that are not nearly as strong). The reason: 2 tablets per day and not 3 tablets per day. **COMPARE OUR INGREDIENTS and PRICES with OUR COMPETITORS FORMULA - CHOOSE FOR YOURSELF THE BETTER (more complete, comprehensive and better priced) PRODUCT.**



With **Extra Strength PROSTAID** your prostate receives safe, time tested nourishment. One bottle contains 60 tablets - one month's supply. *It is recommended that you try a two month supply since your body needs time to gradually and naturally let these ingredients work their way into your system.* Everyone is slightly different and the absorption time varies from person to person. Full results should occur within 45 to 60 days.

Do You...	Yes	No
...get up at night to urinate?	<input type="checkbox"/>	<input type="checkbox"/>
...often have sudden urges to urinate?	<input type="checkbox"/>	<input type="checkbox"/>
...have a weak urine stream?	<input type="checkbox"/>	<input type="checkbox"/>
...frequently need to urinate?	<input type="checkbox"/>	<input type="checkbox"/>
...have the sensation that you have not emptied your bladder completely after urinating?	<input type="checkbox"/>	<input type="checkbox"/>
...stop and start again several times when you urinate?	<input type="checkbox"/>	<input type="checkbox"/>
...have to push or strain to begin to urinate?	<input type="checkbox"/>	<input type="checkbox"/>

**Extra Strength PROSTAID** is a nutritional supplement for a man's prostate gland. It is completely guaranteed. To receive a refund, simply return the unused tablets and container, a full refund of purchase price (less P&H) will be sent to you. All orders are shipped **FIRST CLASS MAIL** within 7 working days. To order, simply fill out the coupon and mail with your check or money order to the address below. We also accept VISA or MasterCard (1-800-770-1155). **Extra Strength PROSTAID** is a nutritional supplement. No medical claims are made or implied. Offer void in Mexico, Iowa, Conn., Europe and Australia. US funds only plus \$5. extra outside of USA.

This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

**WILLOWS NUTRITION CENTER, Dept. ESP-718**  
179 Post Road West, Westport CT 06880

### **I Want Prostate Relief NOW!**

- 1 Month** (60 tabs) only **\$19.95** plus \$3. postage & handling (\$22.95)
- 2 Months** (120 tabs) only **\$35.95** plus \$4. post & handl (\$39.95)
- 4 Months** (240 tabs) only **\$64.95** plus \$5. post & handl (\$69.95)
- 6 Months** (360 tabs) only **\$100.00** (includes postage & handling)

Enclosed is check/M.O. for \$ \_\_\_\_\_  
**Charge my:**  VISA  MasterCard

Acct \_\_\_\_\_ Exp \_\_\_\_\_

Print Name \_\_\_\_\_

Address \_\_\_\_\_ Apt \_\_\_\_\_

City \_\_\_\_\_ Age \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone # ( \_\_\_\_\_ ) \_\_\_\_\_

Signature \_\_\_\_\_

**CHARGE ORDERS Call Toll Free 1-800-770-1155 Mon to Fri 9AM-5PM EST**

# JUST A FEW MORE SEASONS AND HE'LL BE OFF TO COLLEGE...

BETTER CALL YOUR  
FARM BUREAU INSURANCE AGENT  
RIGHT AFTER THE GAME.

By starting now, you can give your family the kind of future you want them to have... a future that includes college, a paid-off mortgage, and enough money to keep the family together.

Even if something happens to you, a plan from Farm Bureau Life Insurance of Michigan can make sure your dreams live on.

We are the only Michigan-based company named one of the top 50 outstanding life insurers in America, based on safety, security, and financial performance. Call your Farm Bureau Insurance agent today.

Making your future more predictable



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*Rural Living Magazine*  
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