

# September

- Take fuchsia cuttings.
- Plant or transplant rhododendrons, iris.
- Plant cool season annual flowers from seed.
- Spray holly for leaf and twig blight.
- Put houseplants inside east of Cascades.
- Take rhododendron cuttings.
- Bait for slugs with metaldehyde.
- If grasshoppers invade garden, spray with Sevin or malathion.
- In the Willamette Valley, late corn may need protection from earworm. Spray new silks with malathion. Protect bees.
- Remove and store tuberous begonias if frost threatens.
- Copper spray of peach and cherry trees.
- Spray for bacterial canker of blueberries.
- Spray for leaf and cane spot in trailing berries.
- Spray for juniper twig blight.
- Spray for Berckmann's blight in arborvitae.

## Fall is season to replant the old lawn

by GRAY THOMPSON  
For The Post

Are you frustrated about your lawn to the point that you're willing to start all over again?

If you are, this is the season to think about it. There are two seasons for lawn plantings. One is in the spring, from April to June, the other is in the fall, from September to the middle of October.

These seasons take advantage of nature's willingness to do your watering. Seed won't germinate in cold soil, so the fall choice is a little shorter and more risky than in the spring.

There are basically two ways to put in a new lawn. You can seed, or you can buy and lay a prepared turf.

Laying turf is the quickest way to get a new lawn. If done right, it bypasses the awkward, weedy stage of a new seeding. It cost a bit more, and your timing must be sharp. You can't waste

time after buying turf. When those pallets of prepared lawn sections are set down in your yard, you must be ready to lay turf immediately. The greatest enemy of newly purchased turf is air drying of the roots.

Regardless of which way you choose to go, your basic considerations are the same. What species of grass should you purchase? In the "old days," doing your own seeding gave you more choice. Ready made turf was mostly bluegrass, because the root matting of this species lent it particularly to turf laying.

This is no longer true. Modern techniques make it possible to just about have your choice of grass mix in purchasing turf.

There are four major grass species used in lawns in the Willamette Valley. These are bluegrass, fine fescue varieties, turf type perennial ryegrasses, and bentgrasses. The most beautiful lawn in the world is

bluegrass, but only with high maintenance.

It likes sun, wet soil and high levels of nutrients. Lime must be applied regularly if a bluegrass lawn is to continue to be "awe inspiring."

Fine fescue varieties and turf type perennial ryegrasses make a good combination. The combined foliage texture is pleasing. They are more tolerant of shade than most grass species. They also take more abuse from high-spirited children.

Perennial ryegrass will probably tolerate damp, compressed soil better than any of the named species. It is especially fast in becoming established and shrugging off early weed infestations.

Bentgrass varieties are natives of this area. They tend to invade lawns, over time. It is almost impossible to keep them out of a lawn. So, many mixes include bentgrasses. I do not advise

planting bentgrass intentionally. Management is different for bentgrass than for other species. For instance, your mower must be set at the lowest level possible to keep a bentgrass lawn from looking brown. This is often too low to be compatible with companion species of grasses.

Seed bed preparation is another basic consideration

of planting a lawn. This is the opportunity to correct heavy soil with organic matter. It is the time to correct a low pH with liming materials. It is also the best time to build up a good base of plant nutrients. This is done by blending in a complete fertilizer like 16-16-16. All the materials added to the seed bed should be blended together in tilling.

## Another hazard listed for farm occupations

Every farmer knows machinery and stubborn livestock can be dangerous, but many don't recognize fatigue as an equally important hazard.

Long hours of hard labor during peak seasons place a heavy demand on the farmer's physical and mental resources which can lead to fatigue, explains Marcelle Straatman, Oregon State University extension human development specialist.

"You can recognize fatigue by temporary reductions in your capacity to react quickly and in short tempers," she said.

"By paying attention to symptoms, farmers know how much they can expect of themselves, when they're overloading their productivity and what can be done to change the situation."

A tired farmer can keep going for a long time using will power. Eventually, however, the body becomes more clumsy, mental distraction begins and emotions become unstable. When fatigue nibbles at nerves and positive outlook, the personality changes, she said.

A 1979 survey of Iowa farmers found that stress from fatigue usually stems from exertion of a healthy person which leaves muscles exhausted. It also may be a sign of an undetected chronic illness or nervous tension related to frustration, difficult decisions, conflicts, delays or seasonal boredom.

A combination of poor health habits and demanding work during peak planting and harvest seasons cause a lot of fatigue among farmers, Straatman said. They rush to complete the jobs at hand while cheating themselves of needed sleep, practice poor food choices and eating routines, and face emotional upsets connected to the job.

Noisy machinery, standing or sitting long hours in

poorly ventilated cabs and inadequate lighting increases physical fatigue as farmer strain to complete the job.

Farmers get less rest than they need to replenish oxygen supplies and to rebuild muscle strength. Summer heat adds additional strain as bodies work to maintain comfortable body temperatures while sleeping.

Emotional upsets is another important fatigue factor. Human chemical and nervous systems don't separate real from imagined threats to survival. Adrenalin tenses the body for action to avoid a tractor accident or to deal with negative emotions such as fear, anger, resentment or apprehension over harvesting crops at the proper time.

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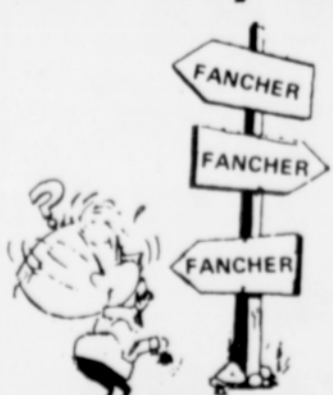
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