10-2000

The NEBLINE, October 2000

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Two Kinds of People

"We must be the change we wish to see in the world" - Ghandi

In the book, "Hugs for Dad," John William Smith tells a story about Carl, a father who told his 10-year-old son, Danny, to take the grocery cart they had used to the collecting area of the store's parking lot. It was raining and Danny didn’t want to go. “C'mon, Dad, look at all the carts in the lot. None of these people returned their carts,” the father responded. “We’re not responsible for them, just ours,” Danny continued to protest. “They pay people to come out to the lot to collect carts.” Then the mother chimed in, “For heaven’s sake, Carl, one more cart in the lot won’t change the history of the world.”

Carl was about to surrender when he saw an elderly couple together pushing their cart to the collection area. Now, firmly he told his son to look carefully at all the carts in the collecting area. “Danny, there are two people all over Lancaster County have been asking that question—people with character, people who put the cart where it belongs—people with character. People for whom CHARACTER COUNTS! program reminds us all adults should pay more attention to teaching, enforcing, advocating, and modeling good character. We need to remind ourselves to eliminate the “little lapses” in character, like 14 percent of 20,000 youth surveyed (see www.josephsoninstitute.org) say, “It’s important for me to be a person with good character.”

However, nearly half of all high schoolers say they steal and seven in ten admit to cheating on an exam within the previous 12 months. Almost all teenagers admit to lying. Ninety-two percent said they lied at least once in the past year and 73 percent said they lied repeatedly. Curiously, 91 percent of these same students reported they “are satisfied with my own ethics and character.” Michael Josephson says, “this is especially troubling.” He explains, “Young people know what they are doing is wrong. There is an inconsistency in what they say they believe and how they act.”

The third week of October each year is designated as CHARACTER COUNTS! week. A week to highlight local efforts to turn “teachable moments” into learnable lessons of trustworthiness, respect, responsibility, fairness, caring, and citizenship. In Lincoln schools, as well as in all other corners of the county, halls are filled with posters, pillars, murals, and other messages reminding adults and youth good character is important. School assemblies focus on aspects of the pillars and months are set aside to zero in on a feeling the pressure to be better role models to children and youth who observe their actions. The CHARACTER COUNTS! program reminds us all adults should pay more attention to teaching, enforcing, advocating, and modeling good character. We need to remind ourselves to eliminate the “little lapses” in character, like 14 percent of 20,000 youth surveyed (see www.josephsoninstitute.org) say, “It’s important for me to be a person with good character.”

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**Storing Vegetables**

After a successful garden season, you may have vegetables you would like to store until you are ready to use them. Here are suggestions to help you store your vegetables properly.

**Carrots:** Trim carrot tops to one inch. Layer unwashed carrots in a container of moist sand. Carrots can be stored in a cool place, 32-40 degrees Fahrenheit for four to five months.

**Onions:** Store cured onions in a dry location at 32-40 degrees Fahrenheit. To cure acorn squashes, layer unwashed acorn squashes in a cool place, 32-40 degrees Fahrenheit for four to six months.

**Sweet potatoes:** Cure sweet potatoes at 80-85 degrees Fahrenheit for four to five months. To cure acorn squashes, layer unwashed acorn squashes in a cool place, 32-40 degrees Fahrenheit for four to six months.

**Winter squash:** Cure vine ripe winter squash for ten days at 80-85 degrees Fahrenheit and high humidity. Store mature, cured winter squash in a dry location at 55 degrees Fahrenheit for two to six months. Acorn squash will keep well in a dry place at 45 degrees Fahrenheit for 35 to 40 days. Do not cure acorn squashes before storing them.

For more information about storing other vegetables or fruits, please refer to NeGuide: Storing Fresh Fruits and Vegetables G95-1264. This publication is available at your local County Extension Office. Storing your vegetables properly will insure that you will have good quality produce to enjoy in the months ahead.

**Viburnums in the Landscape**

Viburnums are one of the most outstanding groups of shrubs for use in the landscape planting. Among their characteristics is variation in size from two to thirty feet, varied growth habits, excellent foliage, striking and fragrant flowers, showy fruit, and interesting winter appearance.

In the landscape, viburnums are effective in many situations. The smaller forms such as Korean spice viburnum (Viburnum carlesii) and European cranberry bush viburnum (Viburnum opulus 'Compactum') are excellent for planting close to the house. The larger forms, such as wayfaring tree viburnum (Viburnum prunifolium) and blackhaw viburnum (Viburnum prunifolium), provide good specimen and screen plantings. The flowers, primarily white in color, are borne in clusters ranging from a rounded snowball shape to a flat form. The Korean spice viburnum is extremely fragrant.

In the fall, there is ornamental value in the shrub's berries. Of the red fruiting types, linden viburnum (Viburnum dilatatum), European cranberry bush viburnum (Viburnum opulus), American cranberry viburnum (Viburnum trilobum), are among the best. Others like arrowwood viburnum (Viburnum dentatum) and nannyberry viburnum (Viburnum lentago) have blue fruits attractive to the birds. Foliage of a viburnum is excellent and can have a velvet smooth leaf surface or a glossy leathery appearance.

In addition to the aesthetic features, Viburnums are hardy, resistant to serious pests, adaptable to a variety of soil and environmental conditions, and require little pruning. They will grow in either sun or shade, however, flowering and fruiting will be more profuse in a sunny location. (MM)

**Garden Cleanup**

Now that the end of the growing season is near, it is time to do the garden cleanup work. While this chore may seem like busy-work to some, it is important to mention the disease and insect prevention purpose of this task. The hours and labor spent now may be more than paid back by fewer problems in the next growing season.

The garden cleanup includes: complete removal of old garden plants that had disease or insects, searching for and removal of all rotten or diseased fruits that may have fallen, and turning back into the soil all crop residue from plants that have been harvested but did not die from diseases or pests. Trellises and stakes that are no longer needed can be taken out, cleaned and stored for next year. Some gardeners may leave this cleanup of the whole garden until the last fall vegetable has been harvested or worse yet, until just before next spring's planting. It is a good idea to clean up each garden area when it is finished even though other parts of the garden are still producing fall crops. Crop residues from healthy plants are a valuable source of organic matter, which most of our soils need. This term is used for all portions of plants left over after harvest. stems, leaves, fruit, and root residues. These materials can be cut up and put on your compost pile. (MM)

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**Horticulture information center**

NUFACTS 24 hours a day, 7 days a week at 1-800-832-5441 or 441-7188 in the Lincoln area.

To listen to a NUFACTS information center message, call the number above on a touch-tone phone, then enter a three-digit number listed below. Call 441-71810 to receive a brochure with all the NUFACTS message topics. (MM)

NUFACTS 110 Good City Trees 122 Fall Watering 143 What to do with Leaves 157 Winter Rose Care 160 Spring Bulb Planting 194 Fall Lawn Care 199 Fertilizing Lawns 301 Houseplant Insects 241 Fruit Storage 262 Garden Clean Up 266 Composting 371 Drying Gourds 285 Storing Squash 291 Soil Testing

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**2000 October/November Garden Calendar**

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Many of us need reminders. That is the purpose of this calendar. Check the calendar each month and follow the recommendations if they are necessary in your landscape situation. (MM)
For more than 50 years, the chemical barrier method was the only way to treat for termites. About five years ago, bait treatments became available. Since then, some pest control companies are providing bait treatments, while others continue to do traditional barrier treatments. People are trying to make a decision about termite control are confused. If they talk to several pest control companies, they get contradictory information which treatment is best. So they call the extension office, asking, “What is best, baits or barriers?” The answer to this question is: “There is no best treatment.” Each treatment methodology has its own advantages and disadvantages. To make a decision about what is best in your situation, you will need to understand the advantages and limitations of each type of control.

Watch for Fall Invaders

In the fall, many animal, insects, and spiders seek sheltered places to overwinter. The most common invading pests include:

- Box elder bugs. Nymphs and adult bugs suck the sap from leaves of box elder or maple trees so watch for these bugs if you have these trees in your neighborhood. Box elder bugs overwinter in the adult stage and often congregate on south and west exposures. They readily come into houses and may become active during sunny winter days.
- Elm leaf beetles. Larvae and adults feed on the leaves of elm trees. Adult beetles overwinter and readily squeeze through window frames. They are small oval-shaped tan beetles with indistinct striped markings.
- Cluster and face flies. Adult flies overwinter and squeeze into cracks and crevices. They are especially problematic for rural homeowners, especially those with older homes that have clapboard siding with many cracks and crevices. Active flies can be caught by hanging sticky fly strips in windows (be careful to pull curtains and draperies away from the sticky strips.)
- Multicolored Asian lady beetle. This is a species introduced to control pests that have a tendency to prefer overwintering in houses. “Multicolored” refers to the tremendous color variations in this species, ranging from black with two red spots, to red with 19 black spots, with every combination in between. The most common color seems to be deep orange. There is a black marking on a white background in the shape of the letter “W” on the thorax. Because they overwinter in masses, lady beetle invasions can sometimes be overwhelming.
- Crickets. We have already reported on crickets invading homes.

Environmental Focus

Woolly Bears

Woolly bears, like other caterpillars, hatch during warm weather from eggs laid by a female moth. There are two generations of caterpillars each year. After feeding on dandelions, asters, broches, clovers, maples, weeds, and other vegetation, the second generation of woolly bears disperses and searches for overwintering sites under bark or inside cavities of rocks or logs. (That’s why you see so many of them crossing roads and sidewalks in the fall.) When spring arrives, woolly bears spin fuzzy cocoons and transform inside them into full-grown moths.

The best-known woolly bear is called the banded woolly bear. The caterpillar is the larval form of the Isabella tiger moth. This rain-sized moth, with yellowish-orange and cream-colored wings spotted with black, is common from northern Mexico throughout the United States and across the southern third of Canada. As moths go, the Isabella isn’t much to look at compared with some of the other 11,000 species of North American moths.

Typically, the bands at the ends of the banded woolly bear caterpillar are black and one in the middle is brown or rusty-orange, giving the woolly bear its distinctive striped appearance. According to legend, the wider that middle brown (rust-colored) section is (i.e., the more brown segments there are), the milder the coming winter will be. If the middle section is narrow, there will be a harsh winter. As you might expect, science has debunked this legend by showing that the amount of black varies with the age of the caterpillar and the moisture levels in the area where it developed. Woolly bears do not feel like wool. They are covered with short, stiff bristles of hair. In field guides, they’re found among the “bristled” species. Children and adults alike enjoy picking up and handling “woolly bear” caterpillars. Their fuzzy appearance and large black and rust-colored bands, and many “teckling” feet, make them a childhood favorite.

Woolly bears are one of the few caterpillars people can identity by name. It is also called the black-ended bear, woolly worm (throughout the South) and even the Hedgehog caterpillar, because it curls into a tight bristly ball and “plays dead” when picked up or disturbed. Schools have turned woolly bear forecasting into science projects. Nature Centers and journalists report on woolly bear forecasts. For the past ten years, Banner Elk, North Carolina, holds an annual “Wooly Worm Festival” each October, highlighted by a caterpillar race. Vermilion, Ohio (east of Cleveland) holds an annual “Wooly Worm Festival” claimed to be the largest one-day festival in the U.S. Festivities include a parade, woolly bear races, and “official” analysis of the woolly bears and a forecast for the upcoming winter.

If you find a “woolly bear” caterpillar scurrying across your path, pick it up and enjoy it for a moment. For fun, examine the bands on the caterpillar and see if you can make a prediction for the winter. Then, place the caterpillar back down near leaves and other debris so it can find shelter.

Sources: Don Lewis, Iowa State University and the 2000 Old Farmer’s Almanac. (SC)
Farm Views

Making Financial Plans Now Will Help the Future of Farms and Ranches

Facing agricultural changes in the coming years will be a challenge. Undoubtedly, this year’s drought and low market prices may have some farm and ranch operators looking for ways to stay profitable. The University of Nebraska Farm Business Association (NFBA) helps Nebraska farms and ranches remain competitive by helping producers make some tough decisions. NFBA helps farmers and ranchers to get beyond their financial planning and take action before it’s too late. Records can provide a good basis for the decision, and help producers make some tough decisions in hard times. Records also may, in some situations, provide facts to replace an often gloomy speculation of fact.

This summer, the NFBA staff assisted its 430 clients with income tax planning, updating Y2K records, and financial analysis. The staff looks at current trends and helps evaluate individual financial positions.

Other current issues may be addressed such as marketing alternatives, expansion or liquidation, marketing negotiations, and capital expenditures. The NFBA also helps address farm and ranching questions such as, “Will this operation survive?” or, “Is the farm operation large enough to support family living expenses and future expansion plans?”

NFBA membership in the association allows farmers and ranchers to get answers to their questions and help to analyze their operations on their own. Members also receive monthly accounting processing and analytical, year-end financial analysis, comparative analysis, and individual consultations at an annual fee determined by size of the operation. In addition, the program also includes detailed enterprise analysis, comparative analysis, individual consultations, detailed financial accounting, cash flow preparation, and income management. All individual farm data is confidential. However, average data is published each year allowing participants to compare themselves with the average.

The NFBA is a non-profit organization and offers all services at cost. It is part of Cooperative Extension in NU’s Institute of Agriculture and Natural Resources.

For more information about the Nebraska Farm Business Association, call (402)472-1399 or e-mail jrosecran1@unl.edu. (TD)

SOURCE: Gary Bredensteiner, director, farm management operations, NU/NR

Fall Is a Good Time to Control Problem Weeds

Fall is an excellent time to control several perennial weeds in pastures and waste areas. Food storage in the root systems of many perennial plants takes place in late summer and fall. Herbicides applied at this time readily move into the roots as well, greatly improving the effectiveness of the herbicide. Even if the chemical doesn’t thoroughly kill the weed, it goes into winter in a weakened condition and is much more susceptible to winter kill. Fall treatments can be made anytime after mid-September but before hard freezes occur. Treatments can even be made after a light frost has occurred as long as the plants are still active and growing.

Daytime temperature in the 50’s are satisfactory.

In addition to obtaining excellent control on the target weeds, the potential for drift damage to plants present in the field is lessen in the fall. Field crops and gardens are finished producing by this time, and the current year’s growth on perennial shrubs and trees is hardened off making them less susceptible to damage.

One of the most difficult weeds to control, once it becomes well established, is leafy spurge. Fall herbicide treatments on actively growing plants helps more than $15 spurge. On many warm-season grasslands, Dr. Bruce Bredensteiner, Forage Specialist, UNL, reports the best treatment is to use a product called Plateau. Apply eight ounces of Plateau per acre at least two weeks before a killing freeze and then apply again during the next four ounces next spring. This one-two punch is effective, and it does not injure most native grasses or wildflowers. Another option that’s better for cool-season pastures is a tank-mix of Roundup 22K and 2,4-D. This mix is slightly less expensive but it doesn’t work quite as fast.

Don’t expect to eliminate leafy spurge in just one or two years. Sprout each spring when plant tops of escaped leafy spurge start turning bright yellow. Also, new seedlings may appear some years or two. So, reexamine the problem each land's each spring and if the weeds do not appear, control them while they are small and easy to kill.

Canada thistle is another perennial species that is occasionally found in pastures and waste areas in Lancaster County. The two most effective treatment periods are in the fall, as mentioned above, or during flower bud stage in the spring. A number of herbicides are now recommended for control of Canada thistle, including Diquat, Banvel, Clarity, Ally, and others.

Field bindweed is another hard to kill perennial weed that grows in pastures and cultivated fields. In pastures, a multi-year approach is needed. See WEEDS on page 11

ARP A Bill Increases Crop Insurance Subsidies

The federal crop insurance program has almost tripled in the past 10 years in terms of coverage guarantees. In 1990, the guarantees were nearly $13 billion; in 2000 the protection increased to $35 billion. But federal legislators are anxious to make crop insurance a more viable risk management tool. After more than a year of debate in Congress, the Agricultural Risk Protection Act of 2000 became law this summer.

The focus of the law is to improve the federal crop insurance program and make it more affordable for growers. It allocates $8.2 billion over the next five years to increase premium subsidies, expand research and development for new products, and increase participation in under-served areas.

The most direct and immediate impact on the crop insurance program will be an increase in premium subsidies. As a result of this new law, the subsidy increased 84 percent for 65/100 coverage, by a factor of 100, by a factor of three for 75 percent coverage and by a factor of 39 percent for 85 percent coverage—39 percent now versus 10 percent before.

Here’s a CRC example for irrigated corn in south-central Nebraska with 2000 prices. The APH yield is 154 bushels per acre and the coverage level is 80 percent. The comparison would be as follows: the farmer-paid premium was $14.89 per $21.70 with a subsidy of $1.85 or 9.3 percent. In 2000, with the 25 percent discount, the farmer-paid premium was $14.89 per acre. Under the new program, the premium will be $13.48 per acre. The subsidy will be $10.32 or 77 percent.

The bill encourages expansion of crop insurance by allocating funds for the development of new products and for establishing partnerships to conduct research for under-served areas and crops. These funds will be allocated competitively. The Risk Management Agency (RMA), the parent organization for FCIC, responsible for administering the crop insurance program, will, however, be limited in research and development. These funds will all take place in the private sector.

The bill also authorizes the development of pilot livestock insurance programs, improves multi-year loss coverage, and tightens compliance regulations. The bill also includes a supplemental income package only for this year. The major component of that is a 5.5 million dollar package which will match the market loss adjustment payments made last year. These payments may be added to the payments already received or scheduled to be received as production flexibility contracts as part of the 1996 federal farm bill. (TD)

SOURCE: Doug Bredensteiner, Ph.D., farm management specialist, NU/NR

Making the “Right” Management Choices

Every producer goes through a mental process when making management decisions. Some managers go about this process in a very organized way with the aid of farm records, research results, extension publications, and advice from other people; while others take a more “seat of the pants” approach. It’s how we can experience, the best choices are those based on reliable information where the manager is aware of, and willing to consider the alternatives.

This goal of every manager is to identify the best enterprises that produce the biggest returns on resources available (land, machinery, labor, capital, etc.), given the constraints and limitations which the operation must live with. The “right” mix of inputs is going to be different for every operation because each has its own set of limiting factors.

Consider the example of a crop producer who is deciding whether to band or broadcast herbicide. If the herbicide is broadcast, only one cultivation may be needed or none at all. If the herbicide is banded, the herbicide cost will be cut in half and the spraying operation will take less time, because the rig will be stopped half as often. However, if the herbicide is applied in a band, the weeds in the row middles will need to be controlled by an extra cultivation operation. A number of factors go into the cultivation decision. When is available labor most limiting or most critical? Is the time saved at planting more valuable than the time required for an extra cultivation? Will the time saved at planting—coupled with the savings on herbicide—offset the cost of the extra cultivation operation.

See MANAGEMENT on page 11

October 2000
Bait Stations for Rats and Mice

Toxic baits are often used to control the damage caused by Norway rats (Rattus norvegicus) and house mice (Mus musculus). Bait stations used in rodent control programs may increase the effectiveness and safety of rod bait stations (rodenticides).

Bait stations are useful because they:
- protect bait from moisture and dust
- provide a protected place for rodents to feed, allowing them to feed more at one time
- keep other animals (pets, livestock, desirable wildlife, etc.) and children away from toxic baits;
- allow you to place bait in some places where rodents would otherwise be difficult because of weather or potential hazards to non-target animals;
- help prevent the accidental spilling of bait;
- let you inspect bait easily to see if rodents are feeding on it.

Bait stations can be designed for either rats or mice. They can contain solid and/or liquid baits. You can purchase bait stations from commercial suppliers or make them yourself. Manured or used stations made of plastic, cardboard, or metal are sold to pest control companies and to the public. They come in various shapes and sizes for rats or mice. Some farm supply and commercial chemical supply stores have them in stock or can order them.

Bait stations should be built from scrap materials, and you can design homemade stations to fit your particular needs. Make them out of sturdy materials so they can’t be easily knocked over by wind. Where children, pets, or livestock are present, construct the stations so that the bait is accessible only to rodents. Locks, seals, or concealed latches are often used to make bait stations tamper proof. Clearly label all bait stations with “POISON” or “RODENT BAIT — DO NOT TOUCH!” or with a similar warning.

Bait stations should be large enough to allow several rodents to feed at once. They can be as simple as a box nailed at an angle between the floor and wall, or a length of pipe into which bait can be placed. More see BAIT STATIONS on page 12

Poultry Pests

Large round bales typically have a higher storage loss than rectangular bales, especially when stored outdoors. There are a number of storage techniques that minimize outdoor storage loss.

Make a dense bale — A dense bale will sag and have less surface area in contact with the ground. A dense surface layer will shed more precipitation and protect the inner part of the bale from weathering. Use plastic twine — Twin reduces bale sag, maintains bale shape, and provides a tight, smooth surface. Plastic twine will resist weathering, insects, and rodents better than natural fiber twines. Twine should be wound tight and spaced six to 10 inches apart for best bale storage.

Store bales end-to-end — The arrangement of large round bales in outdoor storage can significantly influence the amount of storage loss. Under different moisture and temperature conditions, position bales end-to-end in long lines. Orient the line northwest to southeast to allow prevailing winds to blow snow past the bales and minimize drifting and moisture soaking into the bales. Put the stem-side of the bale to the north side of the line. See BALE STORAGE on page 14

Poultry lice are small, wingless insects with chewing mouthparts and movement on the skin when feathers are lifted. Lice can be observed moving on the skin and exuding lymph. Severely infested birds may be crippled or unable to walk. Control of chicken mites and northern fowl mites must be directed to the birds.

Chicken and fowl northern fowl mites suck blood, resulting in excretion and lowered egg production. Continued heavy infestations can kill the birds. Mites excrete waste under the skin, especially on the lower legs and feet. Legs become scaly, swollen, and exude lymph. Severely infected birds may be crippled or unable to walk. In addition to treating with insecticides, legs may be dipped in a mixture of two parts raw linseed oil and one part kerosene.

Fall Preparations — Asparagus, Cucurbits

Late fall is a good time to control perennial weeds, such as bindweed, that are out of control in your asparagus beds. Wait until the asparagus stems are dead, usually after the first hard frosts, in order to apply a directed spray to the weeds. Treat the remaining perennial weeds with Roundup® (glyphosate) as it is very important to disk or plow under all cover crop residue as soon as possible to minimize the carryover of disease inoculum. If you briefly want to let cattle graze the area, then it is better to disk or plow the area so that the cover crop is incorporated before winter. This allows the debris to decay and fungal spores to be killed or consumed by other soil organisms. Any debris on or near the surface will not properly decay, so do a good job. Not doing a good job with the cover crop can eliminate this way which is why you need a two year rotation out of cucurbits (eight years for watermelon). An excellent habit to get into is cleaning up each crop as soon as harvest is over. Tomatoes, crucifers, and all other crops should not be left in the field any longer than necessary. Although the plant may look — dead, the fungal and bacterial spores will be blown about in the wind and rain. These spores infect other host plants along the edges of fields and roads, perhaps weeds that are more cold hardy than your crops, and then form over wintering structures both in the field and along the edges. These pathogens will be there when you plant in the field in the row down the road next spring. You want to minimize these overwintering and control the infection (inoculum density) of the present field. This is also a good time to incorporate manure or plant a winter cover crop so the soil can mellow over the winter and be ready to go next spring. Taking the time now to ready your fields for winter pays off. (Dj)

The Nebraska Environmental Trust, the National Wild Turkey Federation, and the Nebraska Forest Service decided to fund the program and have shared the cost of purchasing the equipment. The equipment is now available for use in Nebraska. A fee of $10 per acre will go to the suppliers maintaining the equipment.

To help ensure the equipment is used to accomplish the original purpose, a natural resources professional must be present during the use of the equipment. The equipment can be scheduled through the District Forester, Richard Lodes at 472-3864. In other states where the machine is already available, the stands of trees have been exciting to see. Dense stands with a diverse mixture of species and high quality, straight trunks have been established in three to five years. (Dj)
# Food & Fitness

## Enjoy Healthy Eating in Nebraska

### Apple Pizza
10 servings

1. 1 can of 10 refrigerator biscuits OR 10 unbaked homemade biscuits
2. 2 tablespoons brown sugar
3. 1 teaspoon cinnamon
4. 2 large apples OR 3 medium apples OR 4 small apples, peeled and chopped
5. 2/3 cup grated cheddar cheese
6. 3 tablespoons flour
7. 4 tablespoons brown sugar
8. 1/4 teaspoon salt
9. 1/8 teaspoon ground nutmeg
10. 1/4 teaspoon ground cloves
11. 1/8 teaspoon ground ginger
12. 1/4 teaspoon ground cinnamon
13. 1/2 teaspoon ground allspice
14. 1/8 teaspoon ground nutmeg

### Kids in the Kitchen

Children like helping in the kitchen and are often more willing to eat foods they help prepare. It’s important you give kitchen tasks appropriate for a child’s age. Here are some recommendations the U.S. Department of Agriculture gives in its materials on the Food Guide Pyramid for Young Children.

### 3-year-olds
Can do what 2-year-olds do, plus:
- Knead and shape yeast dough;
- Tear potatoes in foil for baking;
- Make and serve macaroni and cheese;
- Bake cookies in the oven;
- Cut out a jack-o-lantern face on familiar foods you frequently serve.

### 2-year-olds
Wipe table tops; scrub vegetables; tear lettuce or greens; break cauliflower; snap green beans; wash salad greens; play with utensils; bring ingredients from one place to another.

### 4-year-olds
Can do all that 3-year-olds do, plus:
- Peel oranges or hard cooked eggs;
- Move hands to form round shape; cut parsley or green onions with dull scissors;
- Mash bananas using fork; set table.

### 5-to-6-year-olds
Can do all that 2-, 3-, and 4-year-olds do, plus:
- Measure ingredi- ents, cut with blunt knife;
- When your child is grand- child is helping you with food preparation, remember to stress handwashing. Wash hands using soap and warm running water before and after handling food or utensils to prepare food.

### Nutrition Education Program for Limited Resource Families

Andrea Ohlrich
Extension Assistant

### Nutrition Education Program

lower three categories, more often than the sedentary activities found at the very tip of the pyramid. A well-rounded exercise program includes aerobic activity, muscular strengthening, and flexibility exercise. Here are some suggestions based on the Dietary Guidelines for Americans 2000:

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## Get Active! Pyramid

Wellness involves the mind, body, and spirit and includes good nutrition and physical activity. You probably already know that physical activity reaps many benefits. Participating in physical activity on most days of the week will give you more energy, reduce feelings of stress, improve your sleep, boost your self-esteem, shed extra pounds, reduce the risk of many diseases, increase HDL (good) cholesterol, control blood sugar levels, and improve bone density. The Food Guide Pyramid is most familiar to us, but physical activity can be distributed throughout the pyramid. For the most on the activities found in the pyramid:

### 2-3 Times a Week

- Flexibility stretching/yoga
- Strength training
- Weight lifting

### Daily Physical Activities

(Build activity into your daily routine)

- Walk or bike to school
- Walk or ride your bicycle rather than drive
- Use your lunch break to move around
- Stretch
- Take a walk with friends and family
- Walk up stairs instead of taking an elevator
- Make fewer stops/give the bus a few stops early
- Walk or bike to the end of the block

One time of day is not better than another when doing physical activity. If it is hard to find 30 minutes to exercise, doing three segments of 10 minutes each will benefit you almost as much. Always remember to consult your physician before beginning a program.

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## Healthy Halloween Treats

Serve a mound of mashed potatoes on each child’s plate with two slices of black olives positioned near the top for eyes.

### WITCHES’ BREW
Serve orange juice topped with a small scoop of orange sherbert, vanilla ice cream or frozen yogurt.

### WITCHES’ SMILES
Serve orange juice topped with a small scoop of orange sherbert, vanilla ice cream or frozen yogurt.

### GHOSTS
Serve mini-pizzas from your favorite recipe. Top with shredded cheese and let children make jack-o-lantern faces with bits of cut-up black or green olives. By the mouth.

### BURGERS
Have available an assortment of cheese, including cheddar, pepper jack, provolone, or American. Place various toppings on the cheese to make the burger your children will have fun decorating.

### PIZZAS
Make mini-pizzas from your favorite recipe. Top with shredded cheese and let children make jack-o-lantern faces with bits of cut-up black or green olives. By the mouth.

### BONES
Serve orange juice topped with a small scoop of orange sherbert, vanilla ice cream or frozen yogurt.

### PASTAS
Top hamburgers with a cheese slice into which you’ve cut out a jack-o-lantern face (eyes, nose, mouth).

### TSOS
Serve orange juice topped with a small scoop of orange Sherbert, vanilla ice cream or frozen yogurt.

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## NUFACCTS

NUFACCTS offers information 24 hours a day, 7 days a week. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.

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## Your information center... around the clock

Cook It Quick!
Tips and recipes for cooking healthy foods in a hurry:

- www.lanso.unl.edu/food
- FREE monthly Food Reflections e-mail newsletter.

To be added to the mailing list, e-mail Alice Henneman at AHENNEMAN1@UNL.EDU
Clarice's Column

Clarice Steffens
FCE Council Chair

All at one time we are amazed how autumn could have sneaked up on us so quickly and realize how grateful we are that pleasant season has arrived! It’s a relief to escape the heat of summer and think about outdoor chores like raking leaves, planting bulbs and maybe even tackling an indoor chore like cleaning a closet or washing some windows.

Autumn is a great time of year with its cool days, crisp nights, and changing leaves together with picking crisp apples and selecting just the right Halloween jack-o-lantern. These pleasant thoughts help when I think about turning another year older this month.

By the time you read this we will have already completed our last Council meeting for the year 2000. Our members will have returned from the Ainsworth convention and hopefully, our clubs will have all successfully reorganized and maybe even gained a few members.

On October 24 we will meet for our annual Achievement Day activities at 6:30 p.m. at the Lancaster Extension Education Center. This is a time for each club to share its accomplishments—how clubs and their members have strengthened individuals, families, and community through education, leadership, and action.

Our speaker for this evening will be Carolyn Ducey, curator of the International Quilt Study Center, University of Nebraska. FCE members are invited to bring quilts to the meeting to share with the group. In addition, each club will have an opportunity for “show and tell” about the year’s projects and we will honor several of our members for their years of commitment to FCE. (Don’t forget to bring your “ouch dolls” to this meeting.) Our host will be the Helpful Homemakers, Busy Belles, and the independent members. Please join us. Happy Halloween!

- FCE News -

FCE Achievement Night
Tuesday, October 24
6:30 p.m.

Dessert followed by a program by Carolyn Ducey, curator of the International Quilt Study Center, University of Nebraska. Members are invited to bring quilts to the meeting to share with the group.

FCE clubs and members will be recognized for years of membership. Please call the office if your club has reached 5, 10, 15, etc., years as an organized club.

FCE clubs are asked to bring a display or report on the past year’s community service project. Call 441-7180 to register. (LB)

2001 Leader Training and Study Lessons

The Family and Community Education (FCE) leader training lessons for 2001 are:

• Stretching Your Food Dollar in Quick and Easy Ways, January 4
• Safe Surfing.Com, January 23
• Popcorn, February 27
• Family Storytelling, March 27
• Indoor Air Quality: Know the Asthma Triggers, September 25

All leader training lessons will be given at 1 p.m. If you are interested in these trainings, call the extension office at 441-7180 to register so we can have a supply of materials. Lessons are open to anyone interested in these areas.

Study lessons that are also available are:

• Bridging the Miles: Long Distance Families
• Healthy Homes—Managing Combustion Pollutants (previously titled Managing Mold and Mildew in the Home)
• Long Term Care: Options, Costs, and Preparation
• Parents Again: Grandparents Becoming “Grand” Parents
• Servant Leadership
• When a Loved One or Dear Friend Dies (LB)

Commitment to Learning

With each day, we all need to learn something new. It is an internal asset that helps us grow and maintain our physical, emotional, and mental health. We learn from each experience we encounter in life. For children’s sake, it is important to model a personal desire for learning and a commitment to continued growth. When children see parents involved in life-long learning, they are likely to be more motivated to learn in school, to complete their homework, have a desire to excel and to read for personal pleasure. Some ideas to instill a commitment to learning in your children include:

• Talk to children about your perspective on education.
• Make sure every child has a library card and use them frequently.
• Play board games together.
• Limit TV viewing.
• Visit a bookstore.
• Visit your child’s school.
• Let your children teach you something new each day.
• Have a family reading hour.
• Establish a regular time every evening for homework.
• Praise children for perseverance and sticking to a task until it is completed or the problem solved. (LJ)

Character Counts! Corner:
Kind Words Cost Little but Accomplish Much

Hal Urban, a noted educator and firm believer in the importance of character education does an exercise in his high school classes in which he has a student sit in a hot seat and listen to affirming comments from their fellow students for several minutes. A rule he insists on is none of the statements can be about looks or clothing. He says, “To say this exercise has a positive effect would be a great understatement. It has a powerful effect on every person in the room.” According to Urban, students talk about how great it feels, not only to hear good things about themselves but also to learn more about what they’re doing right. It encourages them to build on their strengths, and it increases both their confidence and self-esteem. From comments students have written over the years, he offers the following list of what positive affirmation has meant to them.

There’s a lot more good in people than bad.

We need to get in the habit of looking for what’s good in others.

Building people up is more effective than tearing them down.

Nothing feels better than genuine praise from others.

We all need recognition and encouragement.

It feels good to make someone else feel good.

Affirmation brings out the best in people—everybody wins!

A little caring and an encouraging word really do go a long ways—farther than you ever dreamed possible. (LJ)
Make a Difference Day

Saturday, October 28 is Make a Difference Day. A small act of kindness can make a difference to a person, family, or community in need. 4-H clubs can create and participate in activities that benefit their communities. Check out the Make a Difference Day website at http://www.usaweekend.com/diday/index.html and find funding sources and ideas for projects. Remember to keep a record of your activity (with photos and quotes from participants). Please share your finished projects and activities with us. (TK)

State Family and Consumer Science Contest Participants

Congratulations to the following individuals who were chosen to represent Lancaster County at the 2000 State Family and Consumer Sciences Contest. They exhibited knowledge and decision-making abilities in being chosen for his event. (TK)

4-H BB Gun/Rifle Will Meet

The 4-H BB gun/pellet rifle discipline meets to practices every Tuesday at 7 p.m. in the Lancaster Building, State Fair Park. Practices started in October and are held throughout the year. With enough interest a project will be developed and a club organized. (LB)

Halloween Safety

Each year as children prepare their Halloween costumes and trick-or-treat bags for yet another night of sugar consumption, parents should remember a few basic safety tips.
- Never let children go trick-or-treating alone. Make sure you have the time to go along for safety and supervision.
- Have your children trick-or-treat together, or if they are an only child, have them ask a neighbor or friend to go along. Two children approaching the door together may be safer, with parents still watching from the front lawn.
- Always carry a flashlight and have children carry a small one if they are wearing dark clothing.
- Bring coats or blankets if weather is cold or will be getting colder.
- Take children to well-lit, safe areas where trick-or-treating is popular.
- Find out where in your community indoor trick-or-treating activities are offered (such as a shopping mall, a church, or family center).
- Brief children on what is acceptable and unacceptable to discuss with unknown adults they will be coming in contact with.

Bundle Up for Colder Weather

As colder weather makes its way to Nebraska, it is wise to be prepared. Parents especially need to make sure their children are wearing the proper clothing for winter weather. Prepare your children for chilly outdoor conditions with at least one warm, thick winter coat. If you are shopping for coats, look for ones with attached hoods. It is easier for children to remember to put them on and they have fewer chances of getting lost. If you need to buy coats for your children, do so before cold weather arrives.
- Also, remind children to put on all necessary accessories for cold weather. This includes hats, scarves, earmuffs, gloves (waterproof is best for snow), and boots. These are all necessary to protect against frostbite. Bundle up babies for maximum warmth when going outside.
- Another important reminder for winter weather is to wear layers. It takes a little more time for dressing, but is smart if you or your children are heading for all day activities. If it warms up slightly, you can remove one layer to be more comfortable.
- If you are traveling, keep extra clothes, coats and blankets in the car at all times. Should the heater or the car break down, you can stay as warm as possible in it.
- If you don’t have some of this winter weather gear, you may have to invest some money into it but staying safe during cold weather makes it worthwhile. (SS)
AkSarBen Horse Show

The AkSarBen Horse Show in Omaha was held on September 19 and 20. Lancaster County was represented by 17 exhibitors. They all showed well and displayed good sportsmanship throughout the two days of events.

Terra Steinhauser, 13-year-old daughter of Dennis and Roberta Steinhauser of Davey, was Champion in Junior Western Pleasure. Lindsay Schoneweis, 15-year-old daughter of Rod and Connie Schoneweis of Lincoln, was Reserve Champion in the Senior Barrel Racing competition.

One of the newer competitions at AkSarBen is the Premier Exhibitor Award. This award is given to the exhibitor evaluated on a pre-scheduled interview, a skill-a-thon station consisting of four activities, a production and management quiz and points awarded on the highest ribbon received in the division of competition. This year Pat Smith, 16-year-old son of Linda Smith of Ceresco, won reserve champion honors in this contest. Way to go, Pat!

A huge thank you to all the parents who have helped their children get to and from shows, look their best, and show their best this past year. Your encouragement and belief in the values of the 4-H program make your children a pleasure to work with.

2000 Ak-Sar-Ben 4-H Livestock Exposition

Market Beef Showmanship
First place went to Steven Muller, second place to Julie French, third place to Wrex Phipps.

Market Swine-Premier Exhibitor
Champion went to Aaron Nabor and Reserve Champion went to Chad Mitchell.

Junior Western Pleasure Championship went to Terra Steinhauser.

Senior Barrel Racing Reserve went to Lindsay Schoneweis.

Premier Exhibitor Champion went to Natalie Hart and reserve went to Patrick Smith.

Community Service Opportunities

Kiwanis Pancake Festival
Lincoln Center Kiwanis, a strong supporter of the 4-H program, is looking for help at their Pancake Festivl, Thursday, November 2 from 4 to 8 p.m. For more information on helping anytime during those hours, call Lorene at 441-7180.

Holiday Gifts
Holiday gifts needed. There is always a need for helping the less fortunate, especially around the holiday season. Lincoln Public School Headstart Program is in need of over 300 gifts for 3- and 4-year-old children. New, handmade, or purchased items such as books, stuffed toys, dolls, cars, trucks, markers, puzzles, etc., are needed.

If gifts are wrapped, please indicate what the item is, the cost ($3 to $4 recommended) and if the gift is for a boy or girl. Bring gifts to the extension office by December 1.

For more information, contact Lorene at 441-7180. This is an excellent community service program for 4-H, FCE, and other community clubs. Individuals may also participate.

Lancaster County Born and Raised Beef

November will be here before you know it. As you pick out those special market animals, keep in mind the Lancaster County Born and Raised contest that is held each year at the county fair to help promote Lancaster County beef.

The Lancaster County Born and Raised contest is open to all market beef born and raised in Lancaster County. This calf can be one from your own herd or one you bought from someone else in the county.

If the calf is purchased from a cattle breeder, all you have to do is have a copy of the bill of sale showing the origin of the calf. If the calf was home raised, a written statement that the calf was born and raised in Lancaster County needs to be turned in, signed by a parent or guardian.

Entries for this contest are taken at check-in time at the county fair. If you have any questions, call the extension office.

America Recycles Day

Wednesday, November 15, 2000

"Recycling is everybody’s business. From industry to government, from schools to our very own households. America’s commitment to recycling has helped keep our communities clean and our economy strong. Working together, there is even more we can do. By bringing new partners to the recycling efforts of businesses and families across the nation, we will better protect our natural resources, improve our quality of life, and strengthen our economy."

The theme for the fourth annual America Recycles Day is “For Our Children’s Future...Buy Recycled Today.” Maybe you’ve already putting plastic bottles in your recycling bin. But did you know that you may be wearing them or walking on them?

Some t-shirts are made from EcoSpan, a fiber made completely from recycled plastic soda bottles. Recycled milk bottles, tires, diapers, cardboard, soda bottles, and more are used to make shoes. And some writing papers are made from recycled blue jeans or old money.

So, celebrate America Recycles Day all year around by closing the loop and buying recycled products."
Lancaster County Extension Educator Wins National Award

Extension Educator Tom Dorn was recently recognized as a National Winner in the Web Page category of the Communications Awards program for the National Association of County Agriculture Agents (NACAA). The award was presented during the annual meeting and professional improvement conference of the NACAA August 6-10 in Jackson, Mississippi.

Dorn received the award and a $750 cash prize from Danny Barrett, of AT & T Preventative Maintenance Division and sponsor of the NACAA Communications program.

The Communications Awards program is conducted by NACAA to recognize outstanding work in 13 different methods of communications.

See COALITION on page 12


The E. N. Thompson Forum on World Issues brings thought provoking speakers addressing key global issues. It provides an outstanding opportunity to personally increase global perspectives on issues confronting a complex and changing world.

All lectures are free of charge and held in the Lied Center for Performing Arts, 12 and R Streets, Lincoln.

The first lecture of the 2000-2001 E.N. Thompson Forum will be presented by R. James Woolsey, former Director of Central Intelligence and former Under Secretary of the Navy. His topic is “National Security at the Dawn of the 21st Century.” It is scheduled for 3:30 p.m. on October 25.

Future lectures:

- November 28: David P. Forsythe (Charles J. Mach Distinguished Professor), Political Science, University of Nebraska-Lincoln, “Justice After Injustice: What Response After Atrocities?”
- March 5, 2001: Sarah Blaffer Hrdy (Professor Emerita), Department of Anthropology, University of California—Davis, “How Material Instincts Shaped the Human Species.”
- April 3, 2001, Rick Foster, Vice President for Programs, W. K. Kellogg Foundation, on “International Food Systems.”

Public Notice

The Lancaster County Board of Commissioners seek members of the community to serve on the Lancaster County Extension Board. Three current extension board members will be completing their terms this December. These vacancies will be filled with terms beginning in January 2001.

Extension board members represent and assist University of Nebraska Extension staff in Lancaster County with priority issue areas that include Agricultural Profitability and Sustainability; Children, 4-H, Youth and Families; Food Safety, Health and Wellness; Strengthening Nebraska Communities; and Water Quality and Environment. The board meets monthly.

Registered Lancaster County voters interested in serving a three-year term should submit an application postmarked no later than November 1. Additional information and an application can be obtained from the Lancaster County Extension Office, 444 Cherry Creek Road, or phone 441-7180. (GB)
The NEBlINE

Commitment to Learning

With each day, we all need to learn something new. It is an internal asset that helps us grow and maintain our physical, emotional, and mental health. We learn from each experience we encounter in life. For children’s sake, it is important to model a personal desire for learning and to commit to continuing education. What children see parents involved in life-long learning, they are likely to be more motivated to learn in school, to complete homework, have a desire to excel and to read for personal pleasure. Some ideas to install a commitment to learning in your children include:

- Talk to children about your perspective on education.
- Make sure every child has a library card and use them frequently.
- Play board games together.

Limit TV viewing. Visit a bookstore. Visit your child’s school. Let your children teach you something new each day. Have a family reading hour. Establish a regular time every evening for homework. Praise children for perseverance and sticking to a task until it is completed or the problem solved. (LJ)

BALES continued from page 5

stem-down side tends to shed rain and snow better than the stem-up side. The stem-up side will then receive the sun to provide some melting and drying to lessen spoilage. If more than one line of bales is needed, space adjacent lines at least 10 feet apart. This will minimize snow buildup between rows and allow the sun to reach the back row. Stacking large round bales usually increases losses. Stacking tends to trap moisture and limits drying action from exposure to the sun and wind.

Locate bale rows away from fences at tree lines to avoid contact with snow drifts. Keep livestock and other animals away from bales. Prevent weed growth around bales. Weeds shade the bales and can cause snow drifts. Indoor storage and bale covers – If bales are to be marketed, stored for more than one season, or the location is in climates with high precipitation (such as the eastern two-thirds of Nebraska), indoor storage or bale covers should be considered. Remember that due to the outer four inch thick layer of a six foot diameter round bale contains about 25 percent of the total bale volume. Studies have shown outdoor storage losses range between five and 35 percent depending on the amount of precipitation, storage site location, and original condition of the bale. Storage losses are usually reduced by approximately two-thirds with indoor storage and by one-half with good plastic covering outdoors. Beware of the side forces which stacked, large round bales can exert on the walls of storage structures. (DI)

WEEDS continued from page 4

regimen of 2,4-D plus Banvel/Clarity applied to vigorous fall growth with retreatment in the spring bud stage, will most likely be necessary. In cultivated fields, a post-harvest, late fall application of Roundup or Touchdown plus 2,4-D or Banvel/Clarity can be quite effective. Retreating to control escapes and new seedlings will likely be necessary.

- Musk thistle while not a perennial, is a common problem in Lancaster County pastures. Musk thistle is a biennial or winter annual, germinating in the fall or early spring and producing seed the following summer. A fall herbicide treatment, applied when the thistles are in the rosette form, provides excellent control, because the plants have not developed a deep root system yet. As mentioned above, plants not killed outright will enter winter in a weakened condition, making them susceptible to winter kill. A second choice would be an early spring herbicide application while the plants are still in the rosette form.

For recommendations on specific herbicides and rates for control of weeds in the pasture, consult the 2000 Guide for Weed Management in Nebraska FC 00-130-D available for $2 when picked up at the extension office, or call to visit with one of the staff for recommendations on specific weed species. (TD)

TREATS continued from page 6

flesh of the apple with a little orange or pineapple juice to keep apple from turning brown.

8. HALLOWEEN COOKIES

Idea One: Mix red and yellow food coloring until you have an orange color. Mix a few drops in with your favorite sugar cookie dough. Cut into pumpkin shapes and bake as usual. (BPO)

Idea Two: Let children help decorate sugar cookies with orange colored frosting. Make faces with chocolate chips, raisins, or dried fruit bits.

FALL INVADERS continued from page 3

- Spiders. Many ground-dwelling spiders find their way inside homes this time of the year. Wolf spiders cause the most panic, because they can be very large. They are not poisonous.
- Millipedes and pillbugs (roly-polys). These multi-legged critters live in the soil (or wood chips, mulch) and feed on organic matter. They sometimes wander in search of moisture or a better place to live and will enter houses. They cannot live inside because it is too dry and will curl up and die within a few days.

Most of these insects do not survive very well inside, so non-toxic methods like vacuuming and trapping with sticky traps work well. The best and most permanent method of prevention is to seal cracks and crevices. (BPO)

Concrete floor work has been completed for the Lincoln Room and concession areas of the Event Center’s Multi-Purpose Building. Concrete block walls defining the concession areas and restrooms are also complete. The main office area is currently receiving attention with stud and sheetrock construction. Also underway is the installation of the arena’s air handling system and the Lincoln Room duct work. Most of the flat concrete work is completed in Pavilion I and installation of outside doors and trim is being finalized. Electricians are finishing electrical work in Pavilion II and painters have begun painting drywall, exposed steel beams and concrete walls. Hauling in of a special clay and sand mix for the indoor arena floors is also scheduled to begin soon.

Planning of the announcer’s stand will begin. Most of the seating in the Indoor Arena is underway. Construction is anticipated to begin this October. (GB)

Commitment to Learning continued from page 4

operation? Could the available labor at cultivation time be used in some other enterprise such as putting up hay in a more timely manner? What is the environmental benefit of applying half as much herbicide worth to you personally?

This is a just one example of thousands of management decisions producers make every year, each choice having an affect, to some extent, on the overall operation. Most choices must be made quickly without much time to mull over the alternatives. However, the more informed a person is, the easier it is to make the “right” decisions, even those which appear to be made quickly. In keeping with my belief, the best choices are those based on solid information. I would like to call your attention to the many extension programs offered. The staff in the Lancaster County office are currently in the process of organizing educational programs and setting the agenda for the coming winter season. We would like to hear about any programming requests or ideas you feel would be beneficial to the people of this area. Once we set the agenda, the programs will be promoted in this newsletter.
Phone numbers & addresses:
Office (leave message after hours) .................. 441-7180
After hours ................................................... 441-7170
FAX ................................................................ 441-7148
COMPOSTING HOTLINE ............................... 441-7139
NECF ACTS INFORMATION CENTER .......... 441-7188
EXTENSION OFFICE E-MAIL ................. LancCo@unl.edu
World Wide Web Address ..................... www.lancoe.unl.edu

OFFICE HOURS: 8 a.m. to 4:30 p.m., Monday-Friday

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Response to: University of Nebraska Cooperative Extension in Lancaster County
444 Cherry creek Road • Suite A, Lincoln, Nebraska 68528-1507

TPPC supports the introduction and reinforcement of healthy behaviors, so middle school students will be less likely to engage in risky activities than can lead to teen pregnancy. Engaging parents in these activities will enhance the parent-child relationship with improved communication skills surrounding some challenging issues adolescents face today. (LJ)

The NEBLINE is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherry Creek Rd., Suite A, Lincoln, Nebraska, 68528-1507. Contact the extension office, (402) 441-7180 for more information.

Gary C. Bergman, Extension Educator—Unit Leader

NOTICE: All programs and events listed in this newsletter will be held at the Lancaster Extension Education Center unless otherwise noted. Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County.

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Corey Brubaker, Extension Educator
Maureen Burson, Extension Educator
Tom Dorn, Extension Educator
Soni Cochran, Extension Associate
Lance Cummins-Brown, Extension Educator
Arlene Hanna, Extension Associate
Alicia Henneman, Extension Educator
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TERMITES continued from page 3
injecting of chemicals. Disadvantages are there is no guarantee of quick control to stop damage. There is no lure in the bait stations that attracts the foraging workers. Termites find the bait stations through their normal foraging activities. If termites are already feeding on the structure, they may not forage for new sources of wood. Another limitation is termites will not feed on bait stations placed at the soil surface during the winter months because of cold temperatures. If the termite colony is eliminated, how long before another colony will be introduced into the area? This is a question that we just cannot answer yet. These baits haven’t been used long enough to give us this information.

There is one bait that is intended for do-it-yourselfers. The company that markets this bait, Terminate® says that if a structure has termites, a barrier treatment done by a pest control professional should be used to protect it. We do not recommend the use of Terminate® bait stations, based on the size of these baits (they are very small). In addition, no scientific studies have shown that this product will prevent a termite infestation.

Baits or Barriers? What treatment you choose depends on your situation.

• Buildings that have a history of chronic reinfestation or have structural anomalies that interfere with the successful implementation of a conventional insecticide barrier might be good candidates for a bait treatment.

• Homeowners who are strongly opposed to having floors drilled or who are strongly opposed to the use of pesticides, might be happier with a bait treatment. Although the use of conventional chemical barrier treatment poses no significant hazard to humans, pets, or the environment, some individuals are still apprehensive about the chemical barrier approach.

• Homeowners on limited budgets may find the cost of conventional barrier treatments less expensive than the bait treatment.

• Homeowners with a serious termite infestation and/or large damage might be happier with a barrier treatment.

• If you intend to sell your house within the next few years, it may be smarter to have a barrier treatment.

For more information about termites, contact the Lancaster County Extension Office, 441-7180. (BPO)

BAYT STATIONS continued from page 5
elaborate stations are completely enclosed and can contain liquid as well as solid rodent baits. Hinged lids provide convenient inspection of permanent stations.

Bait stations for mice should have at least two openings about 2 1/2 inches in diameter. Cut the holes on opposite sides of the station so rats can see an alternate escape route as they enter the station.

Bait stations for mice should have entrances to one or 1 1/2 inches in diameter. Stations for mice can be considerably smaller than those for rats. A box about 10 x 6 x 2 inches high, with a hole in each end is ideal for mice.

Bait stations work best when you use commercially available bait treatments. Most of these baits are multiple-dose (anticoagulant) rodenticides. For these baits to be effective, rodents must feed on them over a period of days. Label instructions on such baits typically state, “Provide an uninterrupted supply of bait for at least 15 days or until all signs of feeding have stopped.” (DJ)

COALITION continued from page 10
prizes and other enticements for parents and students to attend.

Pre- and post-evaluations will be conducted and parents who have attended will receive quarterly follow-up newsletters to continue encouragement of open communication between parents and adolescents.

To register, contact the Lincoln/Lancaster County Health Department at 441-8045 or contact the health teacher or nurse at your school for a mail-in registration form.

TPPC supports the introduction and reinforcement of healthy behaviors, so middle school students will be less likely to engage in risky activities than can lead to teen pregnancy. Engaging parents in these activities will enhance the parent-child relationship with improved communication skills surrounding some challenging issues adolescents face today. (LJ)

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