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The NEBLINE

University of Nebraska Cooperative Extension
Lancaster County

October 1998
Vol. XI, No. 10

"Helping Nebraskans enhance their lives through research-based education."

Teens teaching character.

Character Counts! Week October 18-24

"Ethics is about character and courage and how we meet the challenge when doing the right thing will cost more than we want to pay."
—Michael Josephson

Character Counts! for everyone

LaDeane Jha
Extension Educator

DO: tell the truth; stand up for your beliefs; walk your talk; keep your word and honor your commitments; pay your debts and return what you borrow; support and protect your family, friends, and country; judge all people on their merits; be courteous and polite; respect the right of individuals to make decisions about their own lives; think before you act; consider consequences; be reliable; set a good example for those who look up to you; do your best; keep trying; be diligent and industrious; exercise self-restraint; treat all people fairly; show you care about others through kindness, caring, sharing and compassion; play by the rules; obey laws; do your share; volunteer.

DON'T: betray a trust; mislead; be devious or tricky; do anything you think is wrong; talk behind people's backs; do anything wrong to keep or win a friendship or gain approval; ask a friend to do something wrong; abuse, demean, or mistreat anyone; use, manipulate, exploit or take advantage of others; make excuses, blame others for your mistakes or take credit for others achievements; quit or give up easily; take unfair advantage of others mistakes or take more than your fair share; be selfish, mean, cruel or insensitive to other's feelings.

These are simple truths for all of us to live by and CHARACTER COUNTS! is the program being used by hundreds of people in our community to convey the message.

The six pillars of character:

Trustworthiness
Respect
Responsibility
Fairness
Citizenship
Caring

What's Happening with Character Counts! in Lancaster County?

A county-wide coalition comprised of teachers, youth leaders, business persons, clergy, and parents has been active in pursuing the Character Counts! mission of strengthening the character of America's youth. Over 350 teachers, 100 youth leaders, clergy, parents, and 60 teens have taken training to use the Character Counts! curriculum. Through their efforts nearly 10,000 youth have participated in learning activities that teach trustworthiness, respect, responsibility, caring, citizenship, and fairness. Changes in behavior have been reported in schools and more positive decisions are being made by numerous youth as a result of their participation in the program.

4-H clubs are actively using Character Counts! to support the development of life skills and cooperative extension has extensively used the Character Counts! program as a workforce preparation program in cooperation with School-to-Career efforts. Nine Lincoln Public Schools are using Character Counts! as is North American Martyrs Parochial School. Several churches use the material to enhance their teaching of character and Parks and Recreation, Girl Scouts, Y's and youth sports programs have adopted the pillars.

What are the beliefs behind Character Counts!?

The National Character Counts! Coalition says:

• Character really counts! In personal relationships, in school, at the workplace–in life–who you are makes a difference.

• Character is not hereditary, nor does it develop automatically. It must be consciously developed by example and demand.

• There are enduring, universal moral truths—principles of thought and conduct—which distinguish right from wrong and define the essence of good character.

• There are common ethical values that transcend political, religious, socio-economic and cultural diffe-

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Taking a trust walk.

A frying pan full of respect

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Lancaster County 4-H Council
University of Nebraska
Cooperative Extension in Lancaster County
444 Cherrycreek Road
Lincoln, Nebraska 68528-1507

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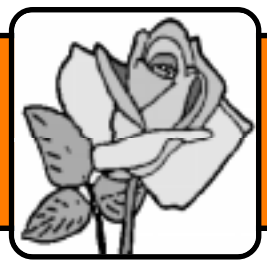


Horticulture

Tree planting snafus

Dave Mooter
Assistant State Forester

Trees Planted too Deeply

Trees should be planted so that the root crown (where the stem flares into the roots) is at ground level or slightly above. Trees and shrubs that are planted too deeply will be stressed from day one and will not develop into healthy landscape plants. In some cases, our inspections have found trees planted more than six inches too deep.

Burlap, Wire Baskets, Rope, Tags Left On

Burlap and/or wire baskets should be rolled back or removed from the top half of the root ball at a minimum. This should be done after the tree has been placed in the planting hole leaving the upper surface of the root ball exposed and ready for mulch around the perimeter. All ropes, tags, cardboard stem guards, wrapping, ribbons, tape or other attachments should be removed completely.

Mulch Pile too High

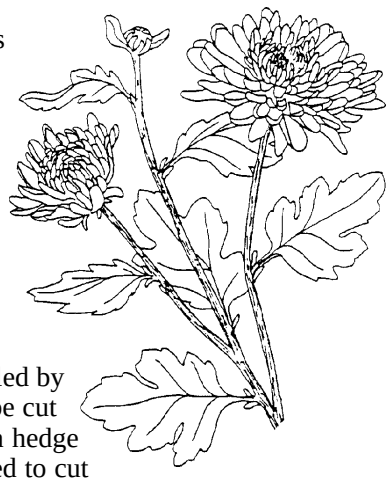
Mulching specifications are set in the grant package and must be applied. However, mulch depth should not exceed 4 inches and should not be piled against the trunk of the tree or shrub. Plant success will be enhanced when the root crown area is exposed. Covering the trunk with mulch introduces problems. A "dished" area should be created around the stem of the tree to keep the root crown exposed.

Wire and Hose

Staking and guying trees is not recommended, but is sometimes necessary on windy sites. If a stake and guy system is used, do NOT use garden hose and wire. Use a flat, broad material for contact with the tree (horticultural tape) and allow for some stem movement. Monitor frequently for abrasion. Remove the staking and guy wires next spring. (DJ)

Timely care of hardy chrysantheums

Hardy mums may well be the best known fall flowering perennial. This time of the year two questions are often asked, "what needs to be done to the mums now?" and, "what can be done to insure their winter survival?"



The quality of the mum plants in the fall as well as the quality and quantity of the flowers depends on the care that was given to them during the summer. Fertilizing mums with a soluble fertilizer is usually helpful in the spring up until the flowers show color. Watering during the growing season is also important, especially during drought periods.

As soon as the flowers are killed by a hard freeze, the blooms should be cut off. This can be done quickly with hedge shears. However, do not be tempted to cut down the mum stems with leaves as long as the foliage remains green and normal looking. Like all perennials, the leaves produce food which can be stored in the roots. After the leaves turn brown, the stems can be cut down to about two inches above the ground. Two factors that are important to encourage survival include good soil drainage and adequate winter mulch applied over the mums at the proper time. This assumes that the mums have entered the fall in good, healthy condition in order for them to survive.

Winter mulching has two critical components. Do not apply mulch over the mums or other perennials until the soil has been chilled after several frosts, and if the area tends to be a little wet at times, reduce the thickness of mulch. A good winter mulch for mums can be a 3 inch layer of shredded leaves, clean straw or pine needles. If this mulch is applied while the soil is still warm, the roots may not reach a completely dormant condition and winter injury can occur.

The word "hardy" chrysanthemum has been used since these should survive from year to year. However, mums from a florist shop that are set out in the landscape may not make it through the winter, since florist mums are often tender varieties. (MJM)

Mole, mole, go away

There is a new product on the market claiming to aid in the removal of moles. The product is called Mole Med and it has gotten rave reviews. When tested on Eastern Moles, Mole Med was very effective in completely removing moles from an area. In all cases, the moles left and stayed away for 30 to 75 days.

There is a trick to correctly applying Mole Med: lots of water. It should be mixed in the proportion of 1 ounce per 1 gallon of water which should adequately cover around 313 square feet of lawn. Before this solution is applied, the lawn must be watered with

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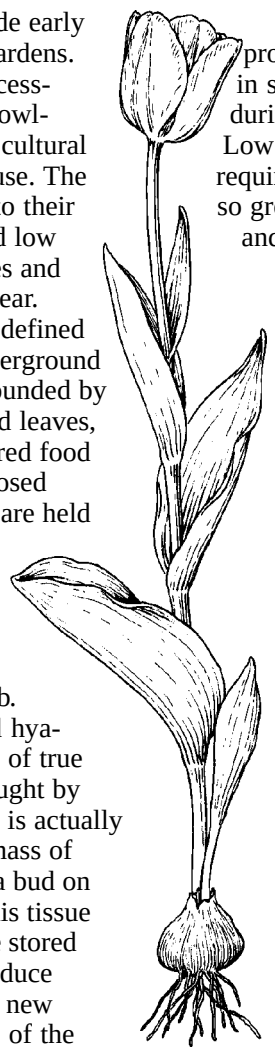
Growing hardy bulbs



Hardy bulbs provide early bloom in flower gardens. Growing them successfully requires a knowledge of life cycle, cultural requirements and use. The term hardy refers to their ability to withstand low winter temperatures and bloom year after year.

A true bulb is defined as a modified, underground stem, usually surrounded by scale-like, modified leaves, and containing stored food for the shoots enclosed within. The scales are held together by a hardened stem tissue, known as the basal plate, which is located at the base of the bulb. Tulip, daffodil and hyacinth are examples of true bulbs. Crocus, thought by many to be a bulb, is actually a corm. This is a mass of fleshy tissue with a bud on the top surface. This tissue disintegrates as the stored food is used to produce roots and shoots; a new corm forms on top of the old one's remains. Bulbs and corms are living structures and require careful handling even while in a dormant state.

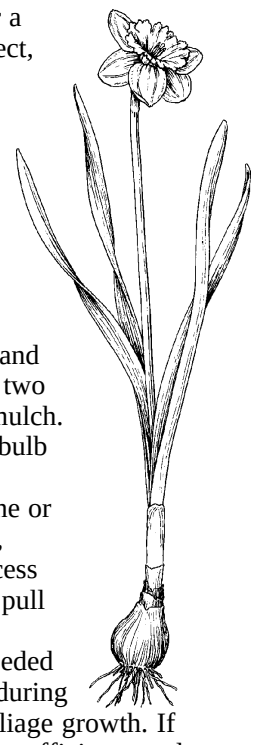
In general, hardy bulbs produce foliage and blooms in spring. They are dormant during the summer months. Low temperatures are required to break dormancy so growth may resume in fall and early winter.

Good quality bulbs produce good blooms. Usually the larger the bulb, the better it will bloom. Bulbs should be firm, heavy and in good condition. The skin should be smooth, of good color and free from injury. The basal plate must be intact.

Bulbs can be obtained from many sources in the fall. The best time to plant hardy bulbs is late September until late October. Choose a planting site in full sun.

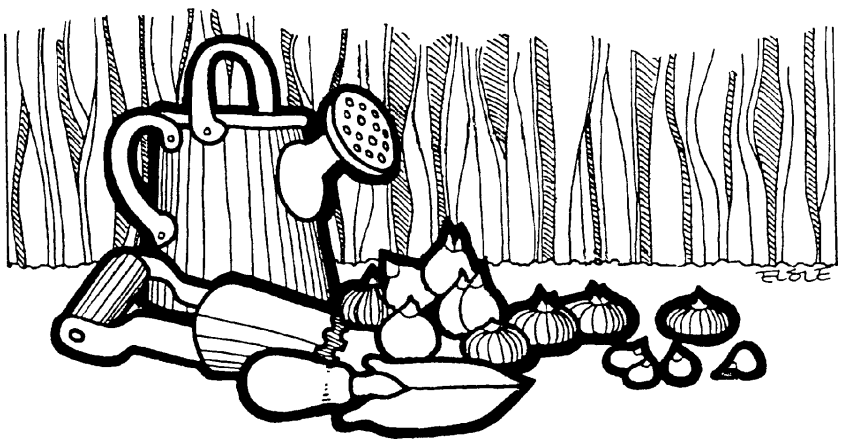
Soil of a medium sandy-loam texture is ideal because it provides good drainage. If soil is a heavy clay, add organic material such as peat moss or compost. Raised beds also provide good drainage. Soil pH should be between 6.0 and 7.0.

Work soil 12 inches deep and incorporate three pounds of a complete fertilizer, such as a 5-10-10 per 100 square feet as you are preparing the soil.



Planting depths will vary. Plant hyacinths six inches deep; tulips and daffodils six to eight inches deep. Smaller bulbs, like crocus, are planted shallower. Large bulbs should be spaced four to six inches apart; small bulbs one to two inches. For a greater effect, plant in clumps or irregular masses rather than singly. Once planted, water the bulbs well and add one or two inches of mulch.

When bulb foliage has emerged one or two inches, remove excess mulch and pull any weeds. Water is needed especially during bud and foliage growth. If rainfall is insufficient, apply additional water. As bulbs finish blooming, remove faded blooms to eliminate seed set which reduces bulb growth. Maintain foliage for six weeks for good bulb growth and rebloom the following season. Allow foliage to die down naturally. Foliage can be removed when it is yellowed, fallen over and comes loose when slightly pulled. (MJM)



October/November Garden Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Pick squash, pumpkins and gourds before frost	2	3 Drain water hoses and store before frost
4	5	6	7 Pick last apples and pears	8	9	10
11 Average date of first frost	12	13	14 Plant spring flowering bulbs	15 Fertilize tall fescue	16 Fertilize bluegrass	17
18	19 Clean up garden	20	21 Rake and compost leaves	22	23	24
25	26	27	28 Clean up perennial flower beds	29 Prune and mulch roses	30 Put up bird feeders	31
1	2 Clean up fallen fruit	3 Mulch perennial plants	4 Clean, repair and organize garden tools	5	6 Organize garden supplies	7
8	9	10	11	12 Make wish list for next year	13	14
15	16	17	18 Pick bag worms from evergreens	19	20	21
22	23	24 Check house plants for insects	25	26	27	28
29	30 Check all stored bulbs and tubers for rot					

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. (MJM)

Termite control options: baits vs. barriers?

Barb Ogg
Extension Educator

Some pest control companies are offering termite baits as a method of control. Homeowners are trying to decide whether to have their homes treated with baits or the more traditional barrier treatments. This article will provide information about bait treatments so homeowners can make a more intelligent decision about control options. One word of caution: these treatments are still relatively new, and there is a lot that we don't know about the effectiveness of bait treatments—especially in the northern latitudes.

The approach to using a bait treatment is quite different from the traditional chemical barrier treatment. A chemical barrier does not adversely affect the termite colony; it protects the house because termite workers cannot cross the barrier to get into your house. This treatment requires skill on the part of the pest control technician to insure a complete barrier.

The approach to using a bait is to introduce enough of the bait into the colony so that it adversely affects (i.e., poisons) the colony. This is done by placing the bait in the soil around the structure or inside the structure to be protected. Properly installing bait stations and follow-up procedures also requires a trained pest control technician.

Bait Systems/Products

1. Sentricon. The first bait product that was registered was the Sentricon System, produced by Dow Agro Sciences. The active ingredient used by this baiting system is hexaflumuron, an insect growth regulator. Because the IGR stops the immature termites' vital molting process, they are unable to grow and they die. With no young workers to replace old ones, eventually the colony will starve to death. Dow touts this product as a "Colony Elimination System."

2. Another product sold commercially is called FirstLine, manufactured by FMC Corporation. The active ingredient, sulfluramid, is not an insect growth regulator, but a slow acting respiration inhibitor. FMC does not claim that FirstLine kills the colony but suggests that FirstLine is a "Population Suppression" system.

3. Terminate is a termite bait product sold to homeowners over-the-counter in discount and garden stores. The active ingredient is identical to the FirstLine product. Compared with a professional pest control treatment, this product is cheap. However, buyers should beware. The formulation has not been tested by university researchers to determine how well it works when applied according to label directions. One thing is for sure. If you do decide to use this over-the-counter bait, do not become complacent and think that your termite problem is solved.

Homeowners are trying to decide whether to have their homes treated with baits or the more traditional barrier treatments.

Limitations to Using Baits

There are several considerations that people should understand before they decide to use a bait treatment:

1. The toxic bait cannot be introduced into the colony until the termites find the bait stations. It can take several months to a year or longer in Nebraska for termites to find bait stations. Some people are uneasy about the uncertainty of control using baits.

2. If termites are already feeding in the house, they can continue to do damage before other workers find the bait stations. It may become necessary for the pest control company to use a spot chemical treatment to prevent further damage to your home.

3. A sufficient dosage of the toxicant must be introduced into the colony to have any effect on it. Because a healthy termite colony sends workers to forage on many sources of cellulose, it may be difficult to get enough of the bait into the colony. The more bait stations used, the more likely termites will find them resulting in more toxicant taken into the colony. Products that contain insect growth regulators may be more effective because of the minute amounts needed to affect termite development.

4. Bait stations placed in the soil cannot be found by termites during winter months in Nebraska. Because of this, it may not make much sense to start a baiting program in October or November. It would be smarter to wait until March or April.

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 a conventional barrier treatments less expensive than the bait treatment.

• Homeowners with a serious termite infestation or involved in a real estate transaction may be better candidates for a termiticide barrier.

• People living in attached housing like condos or townhouses where the entire structure cannot be treated might be smarter to choose an insecticide barrier.

Even though there is an over-the-counter bait product available, we recommend that people work with a competent pest control professional if they have a termite problem. For more information about termites or other insects around the home, contact the Lancaster County Extension Office, 441-7180.

Environmental Focus

Celebrate America Recycles Day

Sunday, November 15

The average American generates nearly 1,500 pounds of trash each year, creating more than 200 million tons of waste annually in the United States.

While these figures are certainly daunting, there's actually some good news. Because more Americans than ever are recycling, the nation's recycling rate is now more than 27 percent. This means the steel and aluminum cans, glass jars, paper and plastic we place at the curb or at drop-off facilities are making a real difference in reducing our nation's waste.

Recycling is more than the separation and collection of materials from trash. To "close the loop," the recycled material is made into a usable product and the products are purchased. This keeps the cycle in motion. America Recycles Day is the day set aside to remind us that not only do we need to recycle–but we need to "Buy Recycled."

And buying recycled is easy to do whether at the grocery store or at the office, recycled products are everywhere. There are thousands of recycled-content products–everything from bicycles and appliances to laundry detergent bottles and carpeting. Recycled-content products usually are equal in quality and cost approximately the same as products made from virgin materials.

Read labels carefully for specific information on recycled content to ensure you are purchasing a product made from recycled materials. And look for the recycling symbol. Buying recycled helps conserve resources, reduce waste and create opportunities for economic development. (ALH)

Household hazardous waste collection: November 7

Saturday, November 7, from 9 a.m.- 3 p.m., residents of Lancaster County can bring household hazardous wastes to State Fair Park, 4-H Youth Complex.

Bring:

*Heavy metals: items containing mercury such as thermometers and thermostats.

*Solvents: mineral spirits, turpentine, paint strippers and thinners, oil-based paints, varnishes.

*Pesticides: weed killers, garden sprays, wood preservatives, roach powder, rat poisons. You may also bring banned products, like DDT, chlordane, 2,4,5-T, pentachlorophenol, silvex.

*PCBs: Ballasts from old fluorescent fixtures.

Leave products in their original containers and keep labels intact. Open, leaking or rusted containers should be placed in clear plastic bags during transport. Do not mix chemicals.

Do not bring latex paint, medicines, explosives, fertilizers, used oil, general household trash, antifreeze or batteries. For more information, call the Lincoln-Lancaster County Health Department, 441-8040.(BPO)

It's time for your annual "pest-proof" check-up

Fall is here and some little critters might feel a nip in the air. Make sure your home won't keep them warm and toasty this winter. This is a terrific time of year to review basic "pest-proofing" steps. Take this simple quiz and then check your answers. Answer yes or no to each question.

1. Are all the cracks around the outside of your home sealed so mice, rats, snakes and insects can't squeeze in?

2. Are there holes (or other rodent damage) in your home or garage?

3. Do your doors, windows and screens fit tightly?

4. Have you checked around your dryer vent and other openings to make sure mice are not using them as a way to get into your home or apartment?

5. If you live in a home or duplex, do you keep your lawn mowed and clean up weedy or overgrown areas? If you live in an apartment, do you keep your balcony, entrance area, garage and/or storage areas clean?

6. Are there piles of junk (old tires, construction rubble, bicycles and more)laying around your property or your apartment building?

7. Do your garbage cans have tight-fitting lids?

8. Are all garbage cans stored away from the house or apartment building?

9. If you recycling aluminum cans (like soda cans), do you rinse the cans and store them in a container before taking them to a recycling center?

10. Are all your food products stored in tightly sealed containers?

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Removing skunk odor

Among the wildlife calls we receive, a common complaint is from people who unknowingly let their dog into the house after it had an unpleasant experience with a skunk. The dog jumps onto the couch, rubs against the chair and grandpa's leg, then races through the house as the owners desperately try to get the dog back outside. Now, besides the dog smelling, the entire home and all the residents smell like a skunk. A similar situation occurs when a skunk ends up under a porch. The homeowner investigates and the skunk sprays.

To remove odors from fabrics, time, air, soap and water and ammonia in water are recommended. Skunk spray is an oily compound so it can be removed by methods used to remove oily soil. The use of white vinegar, dry-cleaning fluid or household chlorine bleach (in a weak solution) is suggested for removing skunk odors from clothing or pets. **Use these products in separate**

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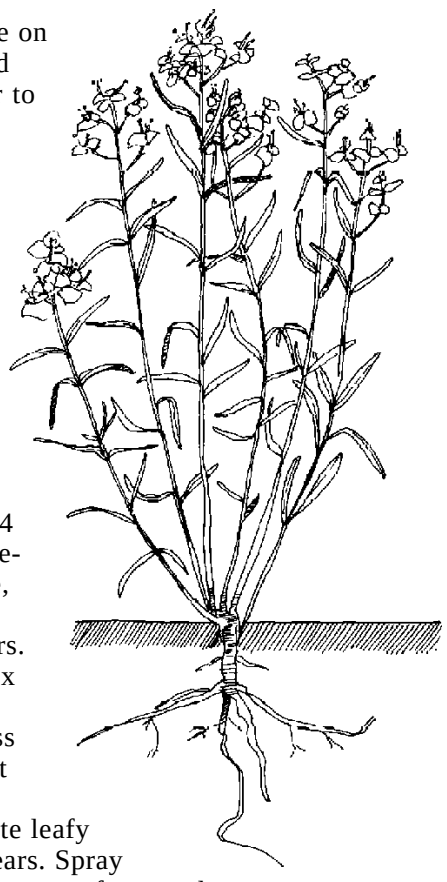
Farm Views

Control leafy spurge

Leafy spurge is one of the most destructive weeds of grasslands in our area. It is an aggressive, noxious weed in many areas of the upper midwest including Lancaster County. Cattle won't eat it, which is fortunate because the plant contains a toxin that causes scours, weakness and even death. In some places, entire sections of land have been overrun by this plant, making them virtually worthless. Now is the time to halt the spread of this weed on your land.

Controlling leafy spurge on large areas can be costly and difficult. Thus, it is smarter to treat small patches, especially in CRP fields, before they spread.



Fall herbicide treatments to actively growing plants will help control leafy spurge. On many grasslands, the best treatment is to use a relatively new herbicide called Plateau. Apply 8 ounces of Plateau at least two weeks before a killing freeze this fall and then apply another 4 ounces next spring. This one-two punch is quite effective, and it does not injure most native grasses or wildflowers. Another option is a tank-mix of Tordon 22K and 2,4- D. This tank-mix is slightly less expensive but it also doesn't work quite as well.

Don't expect to eliminate leafy spurge in just one or two years. Spray again each spring when plant tops of escaped leafy spurge start turning bright yellow. Also, new seedlings often appear after a year or two. So, re-examine your grasslands each spring and if new seedlings appear, control them while they are small and easy to kill. Leafy spurge is a terrible pest if you have it. But, timely spraying can help you reclaim your grasslands. (WS)

Fall clean-up of warm-season grasses

Many producers promote warm-season grasses like big bluestem, Indiangrass and switchgrass for summer pasture. They grow well during hot weather when cool-season grasses like bromegrass and wheatgrass, are unproductive.

However, many warm-season grass pastures eventually are invaded by cool-season grasses. These cool-season grasses germinate, grow and spread during cool, moist times of the year when warm-season grasses are dormant and not competitive.

One way to control cool-season grass invasion is late fall grazing. Warm-season grasses are dormant now, so they won't be injured by grazing. But cool-season grasses can be weakened and thinned out by grazing while green, just before winter.

For severe invasions, you also can spray Roundup in late fall. But be careful. To use Roundup to remove cool-season grasses from warm-season grass, first wait for several hard freezes to kill the top growth of warm-season grasses. Once completely dead, the tops won't be able to absorb any Roundup so they won't be injured when sprayed. But cool-season grasses still will be green and susceptible to Roundup. That's the time, usually in November, to spray Roundup to selectively remove cool-season grasses from warm-season pastures. Follow label directions for proper rates and formulations.

Keeping warm-season grasses productive is difficult if cool-season grasses invade. Timely grazing and Roundup can help. (WS)

Temporary/emergency grain storage options

Temporary storage may be needed this year to protect grain until it can be moved into more permanent storage or sold. The length of time grain can be held in storage depends on the moisture content of the grain, the temperature of the grain and whether the grain can be kept from heating by means of aeration.

Corn needs to have less than 15% moisture in order to be held in storage for extended lengths of time without aeration. Aeration is used to keep grain from heating and to cool the grain mass to slow the formation of molds. If sufficient volumes of air can be constantly pushed through the grain mass to prevent heating as a result of mold growth and respiration within the grain mass, grain at higher moisture contents can be stored for a time.

Corn at 16% moisture held at a constant 50 degrees F, can be safely stored approximately six months. The shelf life decreases about one month for every point of moisture above 16%, (with sufficient airflow to maintain the grain at a constant 50 degrees F).

The shelf life is also reduced by higher temperatures. At any moisture content, the shelf life is less than half as long for every 10 degree F increase in temperature. Comparing corn at 16% moisture content, the shelf life (with aeration) is 186 days at 50 degrees, 81 days at 60 degrees and 45 days at 70 degrees. NebGuide G87-862, *Holding Wet Corn With Aeration* contains a chart showing the shelf life of grain over a range of moisture contents and temperatures.

Airflow rates as low as 1/10 cfm/bushel have been successfully used to hold grain at or less than 16% moisture during the cooler part of the year. Operating the fan continuously over long periods will slowly cool grain when outside air temperatures are below grain temperatures. Greater airflow rates (1/3 to 1/2 cfm/bushel) are recommended to aerate grain that is placed into storage at moisture contents above 17% or temperatures of over 70 degrees F. Much higher airflow rates are required to dry grain as opposed to maintaining temperature. For more information on drying grain, refer to NebGuide G85-760 (*Natural Air Corn Drying*).

Modifying existing farm buildings

If temporary/emergency grain storage is needed, putting a crop in a building is better than putting it out in the open. If bin space is full, pole barns and machine sheds can provide good grain storage if they're prepared correctly and not overloaded.

Ordinary machine sheds are not designed to withstand the loading that grain will exert on the wall. (Grain exerts a lateral force on a wall of about 23 pounds per square foot per foot of grain depth). This pressure tries to push the bottom of the wall out and also causes extra forces at the top of the wall. Posts, trusses and post-to-truss connections can fail when buildings are improperly reinforced for grain storage. Manufacturers often can provide building strength information, especially for steel-frame structures.

If the building was not designed to hold grain, grain should not be piled more than 2 to 3 feet deep against the wall. For deeper grain depths, building walls will need to be modified to protect the sheet metal from the pressure of the grain on the wall. Depending on the application, stud walls with plywood sheathing may be either constructed between the posts or in front of the posts to protect the sheet metal from the lateral pressure created by the grain. In most applications, the posts, post to truss connections and bottom truss chords will need to be reinforced or strengthened to withstand the pressure of the grain on the walls.

It is strongly recommended that the building manufacturer or a structural engineer be consulted before attempting to modify an existing structure for grain storage. An alternative to modifying the building would be the use of steel bin rings placed inside an existing structure to hold grain. Another option would be the placement of portable, self-supporting bulkhead walls in the building to protect the building walls from the lateral pressure. The design of portable bulkheads has changed from earlier recommendations. Call the extension office to obtain a North Dakota State University Extension Publication containing the latest plans.

The length of time grain can be held in storage depends on the moisture content of the grain, the temperature of the grain and whether the grain can be kept from heating by means of aeration.

Grain that is dry and cool with proper aeration systems can be heaped (piled higher in the middle of the building) to increase the capacity for temporary storage. If the grain does not drop long distances from the unloading auger to the pile, corn will naturally seek an angle of repose of about 23 degrees. (23 degrees is about 5.1 inches of rise per 12 inches of run).

Buildings used for grain storage should be in a well-drained site. Lay a sheet of 6-mil or heavier plastic on the floor to reduce the migration of moisture from the soil or concrete floors into the grain.

Using aeration to cool grain and maintain uniform temperatures within the grain masses is extremely important to preserve grain quality; therefore a well-designed aeration system using tubes or ducts is essential. Cool temperatures minimize mold growth, limit moisture migration and control insects. An aeration airflow rate of at least 1/10 cubic foot per minute per bushel is recommended for grain that is already dry.

Outside storage

If grain must be piled outside on the ground, drainage is crucial. The pile should be on high ground and the earth crowned under the pile. Placing plastic on the ground is essential to keep soil moisture from migrating into the grain. Cooling the grain prior to piling improves the chance for success.

Cover piles with plastic or a tarp to reduce wetting by rain and snow, and to minimize damage by wind and birds. A smooth surface will aid in drainage. Position and extend the cover so water is channeled away from the pile.

Condensation under the plastic cover may cause severe problems unless controlled with aeration. Air must flow near the plastic cover to reduce condensation and carry the moisture away. Temporary hoop structures which provide shelter while maintaining an air space between the plastic and the grain should alleviate some of the rewetting problem that could occur as a result of condensation on the plastic cover. If a rectangular pile is made to store grain, orient the pile north and south to allow the sun to dry condensation off the sides of the cover.

Temporary bins

Large round bales can be used to form a temporary bin for outside storage. Remember that grain exerts a pressure of 23 lbs/sq-ft per foot of depth on the wall. Assuming a bale diameter of 72 inches and a height, when stood on end, of 60 inches and assuming that 1/3 of the surface of the bale is adjacent to the grain; each bale would have an outward force of over 1800 lbs. acting on it. This would be enough force to move the bale out of position if not held in place with restraining cables. Therefore, the bales need to be placed in a circular pattern and kept from spreading by enclosing the structure with at least two cables loosely stapled to 2x4 studs at each bale to hold them in place vertically and keep the cable from cutting into the bale.

Plastic along the inside of the bales will help keep grain in and water out. Peak the grain so it flows onto the top of the bales to form a smooth, drainable cover. The plastic or tarp should drape over the top of the bales, so the water flows to the outside of them. A 8800 bu temporary bin would require a bale structure that measures 40 feet in

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The first frost, the last hurrah

Nothing sends gardeners running faster than a weather forecast of FROST. Cool air, clear skies and light or calm winds are necessary for frost to occur. Cool air permits temperatures to drop low enough to freeze moisture in the air which would otherwise form dew. When skies are clear, heat from the soil is able to rise, allowing the cool air to settle close to the ground and chilling the plants as they lose heat. Calm winds allow the cool air to settle without mixing it with warm air.

Frost (the sparkling ice crystals that form on all surfaces) can occur without severely damaging plants. The critical feature is the internal temperature within plant tissues. If temperatures within these tissues are cold enough to break cell walls or disrupt cell constituents beyond repair, damage, wilting, and dying will occur in those tissues affected.

Some plants are more tolerant of frost than others. Woody plants are less affected than succulent plants. Fruits and flowers may be more sensitive than leaves. Sudden and prolonged freezing will be more damaging than gradual cooling of short duration. Plants already exposed to cool temperatures will be more resistant. Within our own properties we can find variations on different sides of the house, under trees, on south or north facing slopes, or low lying areas. Cool air settles at the bottom of slopes because it is heavier than warm air. Frost pockets will then form in valleys where cool air becomes trapped. Hilltops are also susceptible to cool temperatures. Hillsides often remain frost free until a more severe frost occurs.

How can we protect plants from that first cold snap? The two most common methods are covering to keep the plants warm or to warm the plants by sprinkling with water. Covering is the most effective for most people. Covering plants the night before with a sheet, blanket, or tarp will trap the warmth from the soil over the plants thus preventing freezing. This type of covering will usually protect plants when temperatures drop into the upper 20's. Plastic used as a covering usually doesn't work as well as the other coverings mentioned. Sprinkling the plants with water is often used as a "morning after"solution. When water cools and crystallizes into ice, heat is released which may prevent internal damage before freezing occurs within plant cells. The time when the internal plant temperature is coldest is in the morning. If the drop in temperature is not too great (more than a few degrees), watering plants in the early morning may protect tender plants that were left uncovered. Of course it never hurts to wish for cloud cover and a good breeze on those first cool nights of autumn to help prevent damage. (DJ)

Acreage Insights

Pasture weed control

The secret to successful weed control on acreage pastures that have been planted to perennial grasses is timeliness. Most winter and summer annual and perennial broadleaf weeds can be controlled if the herbicides are applied when the weeds are less than six inches tall. If weeds are killed early, competition is reduced and the seeded grasses can make more rapid growth.

For applications during the fall, Banvel and 2,4-D amine work well. The Banvel plus 2,4-D amine combination is a good combination if 2,4-D tolerant weeds are present. Apply 0.5 pint per acre of Banvel plus 1 pint per acre of 2,4-D amine for cool-season grasses after the five-leaf stage. Warm-season grasses are more prone to injury, so the use rate should be reduced to 0.25 pint per acre of Banvel plus 0.5 pint per acre of 2.4-D amine. Grass stands that are more than one year old may be treated with 0.5 to 1 pint per acre of Banvel plus 0.5 to 2 pint per acre of 2,4-D amine for perennial weed control. Banvel and 2,4-D will kill legumes in grass/legume seedings. Rates of 2,4-D are based on 4 lb active ingredient per gallon.

Mowing can be used effectively to suppress weed competition on newly established stands of grass. Either sickle-bar or rotary mowers are satisfactory, providing the mowed material does not smother the young seedlings. Mowing height should be above the seedlings or no more than 60 percent of the leaf area of the grass should be removed. (DJ)

What is this thing called winter desiccation?

As trees begin to leaf out in the spring, acreage owners are often perplexed by the appearance of dead, reddish-brown foliage on their evergreen trees (pine, spruce, fir, juniper, redcedar, arborvitae). The extent of the symptoms can vary from needle tips to one or two branches to the whole tree. Acreage owners often look for a recent cause for this problem, but the death of the foliage actually occurred during the previous fall or winter. Winter desiccation and damage from an early fall freeze are two major causes of winter injury to evergreen trees.

Winter desiccation is a common type of winter injury that occurs when the amount of water lost by the foliage exceeds the amount picked up by the roots. Warm, sunny days increase water loss from needles. If the soil is frozen or is low in moisture due to previous drought, roots are unable to pick up enough water to meet the demands of the needles. Needles dry out and die, but they may hold their green color until warmer temperatures arrive in spring, thus delaying the browning symptoms. Often the pattern of needle browning is directional, on one side of the tree more than the other. Wind accompanying dry periods can accelerate water loss from needles, and needle death is more extensive on the side of the tree facing the prevailing wind.

As trees begin to leaf out in the spring, acreage owners are often perplexed by the appearance of dead, reddish-brown foliage on their evergreen trees.

Other common terms for this type of injury are winter burn, winter drying or winter scorch.

Another factor that can contribute to a directional pattern of browning is solar radiation reflected from building surfaces such as brick, concrete or light-colored metal siding. Ornamental junipers and arborvitae located around buildings are quite prone to this type of injury. This is especially common on the south and west sides of buildings. Other factors that can predispose evergreen trees to winter desiccation are: 1) white or lava rock around the base of the tree; 2) poorly developed root systems due to improper planting; 3) stress due to insects or disease; and 4) tree genetics, i.e., trees from a southern United States source.

The key to preventing winter desiccation in evergreen trees is to maintain adequate soil moisture beginning in the summer and continuing through the winter. One of the best ways to accomplish this is by mulching a 3- to 6-foot diameter area around the base of the tree with an organic material like coarse wood chips. Trees also should be kept adequately watered during dry periods in the summer and fall. A tree that has suffered from drought conditions at any time during the year will not be able to withstand dry winter conditions as well as a tree that has consistently received adequate moisture. Many people put their water hoses away for the winter, but periodic watering of trees during the winter at times when the ground is not frozen can be very beneficial. (DJ)

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Dormant planting grasses and legumes

Believe it or not, winter or dormant planting of grasses and legumes can be nearly as successful as planting during the more conventional times in early spring or August.

Dormant plantings can succeed as long as your soil is dry and soil temperature is too cold for seeds to germinate. That's the key—too cold to germinate. When these conditions exist, seed will just lie in the soil until favorable germination conditions occur next spring. Then seeds will begin to grow as if they had just been planted.

Warm-season grasses are especially well-suited for dormant planting. They won't germinate until soil temperature exceeds 45 degrees. Since soils generally remain colder than this for most of the winter, dormant plantings of these grasses usually are made between late November and April. In addition, the alternate warming and cooling of the soil in spring stimulates a natural process in these seeds to improve their germination.

In contrast, cool-season grasses and legumes can germinate at soil temperatures as low as 35 degrees. Soils sometimes are warmer than 35 degrees for several days in a row during winter, so cool-season grass seeds sometimes germinate and then die when soils freeze again. Thus, dormant planting of cool-season grasses may be less successful than warm-season grasses.

If you want to plant grass but never seem to have enough time to do a good job in spring, try dormant planting. It can work for you, too. (WS)

Learn at your convenience

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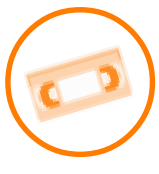
Acreage & Small Farm Insights Web Site

Visit our Internet web site at: **http//www.ianr.unl.edu/ianr/dodge/acreage/index.htm** to learn about Extension programs, publications and links to other acreage and small farm information.



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"Part-time Farming" will help effectively develop your country environment and improve your quality of life. Just one hour of ***"Part-time Farming"*** provides numerous tips that will save you costly mistakes and precious time. Call 402-441-7180 to order your copy.

Food & Fitness

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Healthy Eating

Enjoy Nebraska Foods!

Alice Henneman, RD, LMNT, Extension Educator

Many of you have grown your own pumpkins or might like to buy a pumpkin and make a pumpkin dish from scratch. One-third cup of baked pumpkin provides 100% of the vitamin A recommended daily for adults. Pumpkin is also low in calories if added fat and sugar are kept to a minimum. A half cup of baked pumpkin only contains 40 calories. Pumpkin is also an excellent source of dietary fiber and potassium.

The best pumpkins for cooking are not the large bright ones that are popular for making jack-o-lanterns. Rather, smaller pumpkins are more flavorful and far less stringy. Choose pumpkins that have a hard rind and are heavy in relation to their size. Once cut cover the pumpkin tightly with plastic wrap. It can be stored in the refrigerator for up to about two days.

DO NOT eat a pumpkin that has been cut up and used for a jack-o-lantern.

Here are some general ideas for preparing pumpkin. If you have Internet access, you can find hundreds of recipes by using a computer "search engine." A simple technique is to type in the search blank: "pumpkin recipes." Put these two words in quotes–for most search engines, this will assure that you find only recipes, not information about growing pumpkins, etc.

Basic Pumpkin Preparation

Pumpkin can be used in nearly any winter squash recipe. Pumpkin puree can be used in pies, breads and desserts and also in soups and stews, or in place of mashed potatoes in shepherd's pie. It can be steamed, sauteed, and stir-fried. Baked pumpkin halves are delicious stuffed with meat, rice, or vegetable mixtures.

The easiest method is to bake it. To prepare a pumpkin for baking, wash and cut it in half lengthwise. Be careful when cutting the pumpkin open. Use a strong, sharp knife. It may help to set the pumpkin on a thick towel. Insert the tip of the knife first. If you can't saw your way through, you may have to keep lifting the knife out and inserting it again.

Scoop out the seeds and stringy pulp. Place pumpkin, shell side up, in a greased, rimmed baking pan. Bake in a 325 degree F oven for about one hour or until it is tender when pierced with a fork. Leave as halves or cut into smaller portions. For a quick pumpkin dish, serve brushed with a little butter or margarine and sprinkled with brown sugar or a mixture of sugar and cinnamon.

To use the pumpkin in a pureed form: After baking, scrape the pulp from the shell and put it through a blender or food processor.

No-Crust Pumpkin Pie

2 large (or 3 medium) eggs
1 (16 oz.) can or 2 cups cooked pumpkin
1 cup nonfat dry milk powder
2/3 cup brown or white sugar
1/4 teaspoon salt
1-3/4 teaspoon pumpkin pie spice*
1/4 cup whole wheat or white flour
1 cup water
*or substitute a combination of: 1 teaspoon cinnamon, 1/2 teaspoon ginger and 1/4 teaspoon nutmeg.

Mix all ingredients except water together in a large bowl. Stir in water gradually until well mixed. Pour into a greased 9-inch pie plate. Bake at 350 degrees F for 45-55 minutes or until a knife inserted 1 inch from center comes out clean. If pie isn't eaten within about two hours after baking, refrigerate. (AH)

Finding facts about vegetables and fruits

Nutrition Education Program

Nutrition Education Program

for Limited Resource Families

Mary Abbott
Extension Assistant

Not all youth took a summer vacation from learning. Three hundred ninety-three children were introduced to the "Five-A-Day" plan. Almost half of the children learned that they should be eating three vegetable and two fruit servings each day, a total of "Five-A-Day."

Students learned that vegetables and fruits provide many benefits to our bodies.

- Fiber aids in digestion.
- Vitamin A increases night vision.
- Vitamin C strengthens cells.
- Iron helps in oxygen transport.

Most participants were introduced to fruits and vegetables that were new to them, such as: kiwis from Australia, jicamas from Mexico and mangos from Asia.

After learning about the vitamins and minerals in some of the fruits and vegetables, one young boy asked, "Does an orange really have all that in it?"

One youngster told of the benefits vegetables and fruits provide. He simply added, "I know all that stuff is in there because I read about it on the food labels!"

When youth completed the hour-long program, it was time to prepare snacks. They enjoyed making and eating "Apple Smiles."

Sponsoring agencies include: Belmont Community Center, Carol Yoakum Center, Cedars Youth Services, Family Service, Good Neighbor Center, Hispanic Center, Malone Community Center, Parks and Recreation, Salvation Army and Willard Community Center. (MA)

Focus on Food

Alice Henneman, RD, LMNT, Extension Educator

Q: How often should I change my dishrag?

A: Probably more often than you think. Bacteria need four factors to grow: food, moisture, the right temperature and enough time. Once a dishrag has been used, it can easily have all four criteria for growing bacteria.

If conditions are right, bacteria can grow rapidly. If you have 100 cells of bacteria on your dishrag and each divides every 15 minutes, you'll have 1,600 bacteria in an hour. Within two hours, you'll have 25,600

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Preparing for the winter food olympics!

Alice Henneman,
M.S. R.D.,Extension Educator

Jaime Ruud
M.S. R.D.

Note: *This article is co-written with Jaime Ruud, a local sports nutrition consultant in private practice and author of "Nutrition and the Female Athlete." Jaime has analyzed diets of Olympic athletes and written position papers for the U.S. Olympic Committee. This article offers a lighthearted look at holiday eating as if it were an Olympic event!*

Starting with Halloween in October through Super Bowl Sunday in January, there's one eating event after another. The average weight gain over the holidays ranges from seven to ten pounds. If there were an "Olympics for Eating," this would be it.

The games begin with the HALLOWEEN CANDY KICKOFF. Halloween candy collected by your kids . . .candy unloaded at the office . . . candy stockpiled from last year . . . In this kickoff, you have to be careful or it could be pounds, not yards gained!

Following is the THANKSGIVING GOBBLE. Though many of us have stopped stuffing our turkeys, we're still stuffing ourselves!

Next is the DECEMBER DECATHLON—a series of holiday get-togethers where we get together with our friends over food! "Try this, try that," our munching friends encourage, and suddenly, we're caught in trying times!

Then, the NEW YEAR'S

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333 Packing Safe Sack Lunches
334 Storing Foods Safely in Your Refrigerator
370 Walking for Weight Control

and many more...

Nutrition and Food Safety Web Site

Visit our internet web site at: **http//ianrwww.unl.edu/ianr/lanco/family/safety.htm**

FREE monthly FoodTalk e-mail newsletter

To be added to the mailing list, e-mail Alice Henneman at cnty5028@unlvm.unl.edu

Diabetes Study Course

Call Alice Henneman (441-7180) for more information.

FCE news

1999 education program training

Train-the-trainer programs are open to all community, church, civic and FCE clubs. Please call Pam or Lorene, 441-7180, if you are interested in sending a leader to receive training and the number of members that the program will be presented to so materials can be prepared. All programs will be offered at 1 or 7 p.m.

Decision Making: How to Get Involved
Thursday, January 7, presented by LaDeane Jha, Extension Educator
Will help you learn how to actively become involved in the decisions being made within your neighborhood, civic organization or community.

Boning Up for Health: Reducing the Risk of Osteoporosis
Tuesday, January 26, presented by Alice Henneman, Extension Educator
Will identify factors that affect bone health throughout the life span. By identifying food sources of calcium and assessing other potential risk factors, learners will be able to plan ways to build bone health.

Top Ten Tips and Reasons for Successful Baking
Tuesday, February 23, presented by Sharon Davis, Home Baking Association Family & Consumer Sciences Consultant
Find answers to those nagging questions about home baking. We'll cover everything from why bake, to "what flour, pan, leavening or substitution will work?" Because where home-baked family traditions are concerned, the next best thing to producing them, is passing them on!

Don't Let Stress Get You Down
Tuesday, March 23, presented by Lorene Bartos, Extension Educator
Examines how stress overload affects your body, mind and relationships. It presents a model for stress management and strategies for reducing the effects of stress in your life. The relationship between stress and anger is discussed.

Taking Responsibility for Your Health Care Records
Tuesday, September 28, presented by Lorene Bartos, Extension Educator
The health care system in the United States is changing. The changes take us to a system that requires consumers to take more responsibility for their health status. An important part of that care is maintaining accurate medical records for yourself and members of your family. In this lesson you will learn how to: 1) obtain information about your family's health history; 2) understand your rights to information as a health consumer; 3) correct misinformation contained in your personal medical records; 4) preserve your family's medical information for the future; and 5) keep track of your health expenses and reimbursements. (LB)

FCE Achievement Night

Mon., October 26
6:30 p.m.

Dessert followed by a program on antique sewing equipment presented by Jan Schflick of the Blue Valley Quilters Club.

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)

Jean's Journal

Jean Wheelock
FCE Council Chair

All ready for fall with apples ripening and pumpkins ready for carving, October is one of my favorite months. The coolness of the fall days energizes us, I think, so we can get busy with all that ripened produce. We can use these to make jellies, pies and breads to stock our shelves or freezers for the cold days ahead.

October is FCE achievement time—to recognize our members and clubs. Please let us know any special things you may have done that helped our community. Remember, this is the time to brag about ourselves, so come to Achievement Day, October 26, 6:30 p.m. to "show-n-tell."

We will have a wonderful program given by Jan Schflick of the Blue Valley Quilters Club. She has a fantastic collection of antique sewing supplies and pictures along with interesting stories. It would be great if every FCE member would be there and even better if you brought a friend. Next year one of the events for the heritage skills contest will include quilting. So come, enjoy a dessert and coffee, maybe get an idea or two and have an enjoyable evening. Hope to C U there.

Halloween safety

Here are a few tips from the U.S. Consumer Product Safety Commission to protect children who plan to go trick-or-treating this Halloween.

Treats: Warn children not to eat any treats before an adult has carefully examined them for evidence of tampering.

Flame Resistant Costumes: When purchasing a costume, masks, beards or wigs look for the label *Flame Resistant*. Although this label does not mean these items won't catch fire, it does indicate the items will resist burning and should extinguish quickly once removed from the ignition source. To minimize the risk of contact with candles or other sources of ignition, avoid costumes made with flimsy materials and outfits with big, baggy sleeves or billowing skirts.

Costume Designs: Purchase or make costumes that are light and bright enough to be clearly visible to motorists. For greater visibility during dusk and darkness, decorate or trim costumes with reflective tape that will glow in the beam of a car's headlights. Bags or sacks should also be light colored or decorated with reflective tape. Reflective tape is usually available in hardware, bicycle and sporting goods stores.

To easily see and be seen, children should carry flashlights. Costumes should be short enough to prevent children from tripping and falling.

Children should wear well-fitting, sturdy shoes. Mother's high heels are not a good idea for safe walking. Hats and scarfs should be tied securely to prevent them from flipping over

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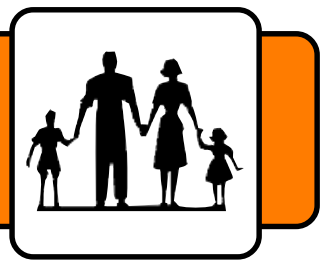
Family Living



by Lorene Bartos, Extension Educator

Keep receipts in a special place. Transfer them to an envelope or file when you get home. Keep receipts until you're certain the merchandise will serve the purpose intended: i.e., keep the receipt for a band instrument as long as you keep the instrument. (LB)

Furniture workshop

Get the furniture knowledge you need to make good decisions BEFORE you sell an heirloom or purchase "a bargain."
Tuesday, October 20, 9-11 a.m.
Cost: $15 Class size limited to 20 people.

Carolyn Camacho of ABC Furniture will show you:
* how furniture is put together and why it comes apart
* what to look for when you buy at an auction, garage sale or store
* how to determine if your piece is worth the cost of restoration
* what can be done with a painted piece of wood furniture
* the advantages and disadvantages of different wood finishes
* how to keep wood looking its best for years to come
* (If you have a small piece bring it to class...we'll discuss it!)

To register, please send a check payable to Lancaster County Extension, 444 Cherrycreek Road, Lincoln, NE 68528-1507.

If you would like further information, call Lorene at 441-7180 or Carolyn at 794-5786. (LB)

AARP offers 55 Alive—Mature Driver Course

If your driver's license expires in 1999 and you are 50 years of age or older, you are urged to enroll in the 55 Alive—Mature Driver Course. In this course, you will review driving skills and prepare to take the license renewal test. This class is being offered Tuesday, December 15 and Wednesday, December 16, 9 a.m. to 2 p.m. Cy Miller, certified instructor, will be in charge of the class. To register please call 441-7180. Registration fee is $8. Participants are asked to bring a sack lunch. (LB)

Caring for athletic uniforms

When the ball's in play, a clean uniform is the last thing on anyone's mind. But, once that final whistle blows, those dirty uniforms come in from the field and off the court to confront their next challenge: getting clean.

The best cleaning method depends on the fiber content of the fabric, the type of soil and the colorfastness of the dyes. Synthetic fibers, including nylon, polyester and spandex, are commonly used to create fabrics that are washable at high temperatures. However, because the dyes used for athletic uniforms are often water-soluble, fading or dye transfer during washing may be a problem. To avoid this, read and follow instructions on garment care labels. Frequently, a cold water wash is recommended because higher temperatures may cause the colors to bleed. To prevent bleeding, it's also best to avoid soaking the items for long periods of time. If a damp garment cannot be cleaned immediately, hang it to air dry.

Mud, grass and perspiration are common enemies of clean athletic uniforms, warns The Soap and Detergent Association. Before treating these stains, test the removal procedures in an inconspicuous spot on the garment.

For *mud stains*, let the garment dry and then brush off as much of the mud as possible. Pretreat with a pretreat product, a paste of granular detergent and water or a liquid laundry detergent.

For *grass stains*, pretreat with a product containing enzymes. If the stains remain, launder with a bleach that is safe for the fabric.

For *perspiration stains*, apply a prewash stain remover or rub the affected area with a bar of soap. If the fabric color has changed,

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4-H & Youth

4-H Bulletin Board

- ✓ Just a reminder—4-H leaders, remember to check your 4-H club's mailbox at the extension office. Also, there are fair ribbons, comment sheets and exhibits that need to be picked up. (TK)
- ✓ Teen Council meeting is Sunday, October 11, 3-5 p.m. We will do a community service project. All teens interested in joining Teen Council are invited to attend or call Tracy at 441-7180. See you there! (TK)
- ✓ Join the fun at the Household Pets Club meeting, Monday, October 19, 7 p.m. (ALH)
- ✓ Attention: The Cat Club Meeting is Thursday, November 12, 7 p.m. (ALH)

4-H CAN Fight Hunger Food Campaign

Help fight hunger in the Southeast District by supporting the 4-H Youth Advisory Council's 4-H CAN Fight Food Hunger Campaign. Collect donated food, weigh it and then donate it to a charity of your 4-H clubs choice. You can also bring it to the extension office and we will donate it to the food pantry. Please report to Tracy the total weight of the food collected, the number of 4-H members working on the project and the approximate number of hours worked on the project. The 4-H Youth Advisory Council's goal is to collect 1,000 pounds of food. The group or club in the Southeast District who collects the most pounds of food will be awarded reimbursement of a celebration up to $50. Call Tracy at 441-7180 for more information and for 4-H CAN Fight Hunger promotional material. (TK)

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-$4 recommended) and if the gift is for a boy or girl. Bring gifts to the extension office by December 1.

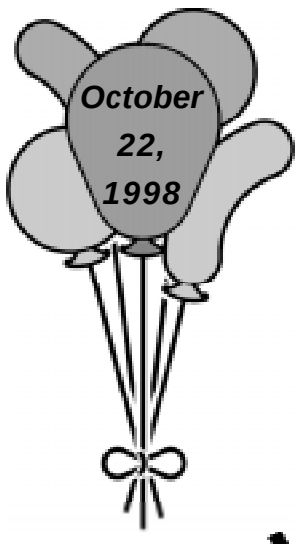
For more information, contact Lorene Bartos, Extension Educator, 441-7180. This is an excellent community service program for 4-H, FCE and other community clubs. Individuals may also participate. (LB)

Make a Difference Day

October 24 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. Groups or individuals can report their Make a Difference Day activities to www.usaweekend.com. Remember to keep a record of your activity (with photos and quotes from participants). Share your finished projects and activities with us too. Check out the Make a Difference web site at www.usaweekend.com/diffday/index_6steps.html. You will find funding sources and ideas for projects. If you have questions, contact Tracy. (TK)

Join the fun and celebrate being a kid of character at a Character Counts! Week Super Day Camp.



October 22, 1998
8:30 a.m.-5:00 p.m.
For ages 5-12

CHARACTER COUNTS! Super Day Camps

Why attend:

- *Learn the six pillars of good character*
- *Make new friends*

Where: (four Lincoln locations)

- *State Fair Park, Northeast Family Resource Center, Lincoln Racquet Club, or McPhee School*

What:

- *Games and activities*
- *Rally at State Capitol featuring Tom Osborne*
- *Lunch with state senators*
- *Swimming*

Cost: *$10 — includes T-shirt, snacks, swimming, crafts and support materials. Lunch will not be provided—please bring a sack lunch.*

To request a registration form contact: 476-7539

Financial assistance available. Equal opportunity organization/committed to diversity

Shooting Sports meeting

Youth and parents interested in shooting sports are invited to the reorganizational meeting of the Lancaster County 4-H Shooting Sports Club Monday, November 9 at 7 p.m.

Shooting sports disciplines offered through 4-H include air rifle (BB and pellet), archery, shotgun (trapshooting), small bore rifle, pellet pistol and muzzleloading. All 4-H instructors are specially certified through the University of Nebraska Cooperative Extension to focus on teaching safe and responsible use of firearm and archery equipment.

Each discipline holds practice sessions throughout the year. Youth may participate in more than one area.

If you enjoy shooting sports or would like to learn more about them, this is the club to join. New members are welcome. For additional information, call Lorene at 441-7180. (LB)

4-H Volunteer Forum

Mark your calendar for February 5 and 6 and plan to attend the Nebraska State 4-H Volunteer Forum in Grand Island. This forum is a conference developed by a committee of 4-H volunteers from across the state. Network with other 4-H leaders, exchange successful 4-H programs among 4-H leaders and be introduced to new areas and projects. There will be numerous workshops offering hands-on learning experiences and new ideas and programs designed to enhance your club. Anyone interested in 4-H is welcome to attend. Scholarships are available through the 4-H Council. For more information, please contact Tracy at 441-7180. (TK)

Put us to work, please!

The 1999 Citizen Washington Focus group will be leaving for their trip on June 13, 1999. This trip is being paid for with funds raised by the youth. Throughout the last two years, the youth have run food stands, conducted car washes, steak sales and many other activities.

To add a little variety to fund raising, the youth are asking you to put them to work. If you need your yard raked, house painted or cleaned, your kids babysat or other jobs completed, give us a call. All reasonable jobs will be considered.

To line up a helper, call Deanna at 441-7180. (DK)

Engineering and Technology 4-H Club

Have you ever wanted to learn how to use a cross cut saw, how to launch a rocket or how to make a three way switch? Join the new Engineering and Technology 4-H Club and learn how to do these things and more!

This new 4-H club will concentrate on areas such as woodworking, rocketry, electricity and other related subjects. Participants need to be 8 years of age by January 1, 1999. Come and learn more about the club Tuesday, November 10 at 7 p.m. For more information, contact Tracy at 441-7180. (TK)

HORSE BITS

When can my child ride a horse?

As we begin a new year on the 4-H calendar, many parents are thinking about starting their child in a 4-H horse club. With that thought, we need to give careful consideration to whether or not your child is ready to begin riding. According to the American Medical Equestrian Association, your child should not begin to ride a horse until he/she has:

- the desire to ride
- muscle strength to hold the proper position in the saddle
- the balance to remain on the horse
- the ability to understand instructions and follow directions
- sufficient attention span for instruction
- neck muscles strong enough to support fitted, approved protective headgear

You must find a horse that is suitable for children with a quiet, calm nature and small enough to allow the child's legs to be under his/her body, and the child's foot to be half way down the side of the horse.

You'll need a saddle that fits both the size of the child and the size of the horse.

Then you'll need an instructor who has experience and patience to work with young children, teaches in a fashion to allow progressive development of motor skills, has knowledge of riding skills appropriate for the age of the child and has knowledge of the horse to know its suitability for the child.

Owning and riding a horse can be a very rewarding lifelong activity. Before teaching your child to ride, seek much advice from experienced riders and instructors, then have fun. (EK)

The health of your horse, seasonal concerns

Fall has arrived and now is a good time to visit your veterinarian. The veterinarian can provide your horses professional dental care, vaccination booster, timely parasite control and the visit gives you a chance to address any concerns you might have regarding your horse's health and well being.

The annual veterinary dental examination is one of the most valuable services you can provide for your horse. A horse's lifelong health and usability are greatly enhanced by regular veterinary dental care.

Vaccine boosters are required at this time of year. The changing season and the chill of early winter weather often challenge a horse's respiratory tract defenses. Problems can range from persistent coughs to pneumonia. In many cases, equine influenza virus or equine herpes virus are the initial cause. The most serious life threatening form of Potomac Horse Fever has become virtually non-existent in the properly vaccinated horse, thus the PHF booster is an essential part of the fall preventative medicine visit.

Autumn is also the time to focus on those mares that failed to conceive this season. Diagnosis and treatment now can pay off for the next year. Most pregnant mares are in their 2nd trimester. Proper prenatal care now is your best assurance of the delivery of a healthy foal next year. (EK)

4-H & Youth

Lindsey Johnson, Emily Veburg, Laura Conroy and Jami Rutt represented Lancaster County in the Family and Consumer Science judging contest held during the state fair. This senior level judging team applied basic knowledge of family and consumer sciences to situations through written questions, oral reasons and placing questions. They also participated in a team problem-solving presentation. (TK)

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 Born and Raised contest that is held each year at the county fair to help promote Lancaster County beef.

The Lancaster 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 at county fair. If you have any questions, call the extension office. (DK)

SERIES fun

Performing snails, oil spill clean-up, growing germs, grinding wheat for cookies and looking for chemical reactions were all part of a day-long workshop to train youth and adults in the 4-H SERIES (Scientific Experiences and Resources for Informal Educational Settings) curriculum. School teachers, students and extension personnel spent the day learning scientific process, hands-on learning experiences and teaching tips. Best of all, they had fun. Youth who are trained will use their new skills to teach younger kids about how exciting and relevant science is to everyday life. Youth and their coaches will then find ways to take what they've learned into the community by performing service connected to each of the curriculum areas. If you would like to know more about SERIES, or may be interested in participating in a training in January, please contact LaDeane Jha at 441-7180. (LJ)

Chemicals R Us introduces many hands-on activities that demonstrate simple chemical reations.

It Came From Planted Earth emphasizes taking agricultural products and turning them into consumable goods.

The scientific process is introduced to students through Sciencing with Snails.

America Recycles Day

Sunday, November 15

Kids, maybe you're 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 EcoSpun, 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 by "Closing the Loop–Buy Recycled." (ALH)

Livestock judging teams excel at state

The Lancaster County senior livestock judging team ranked 4th purple overall in the state livestock judging contest.

Senior team members were Anthony Nisley, Valerie Lemke, Aaron Naber and Ryan Malone.

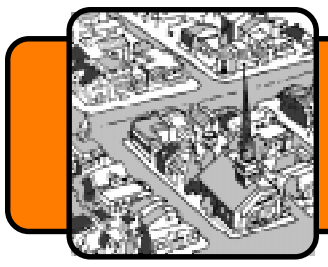
The junior team received blue honors. This team consisted of Bryce Lemke, Melissa Tvrdy, Andra Rasby and Emily Johnson.

If you would like to learn more about the livestock judging program, call Deanna at 441-7180. (DK)

Lemke and Nisley place

Bryce Lemke, son of Mark and Bonnie Lemke of Walton and Anthony Nisley, son of Gregg and Jodene Nisley of Hickman placed in the top ten in the State Fair livestock judging contest.

Bryce placed 7th overall in the state intermediate division and Anthony placed 9th overall in the state senior division. Congratulations go out to them for all their hard work and dedication. (DK)



Community Focus

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 1999.

Extension board members represent and assist University of Nebraska Cooperative 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 complete an application for appointment by November 1, 1998. Additional information and an application can be obtained from the Lancaster County Extension Office located at 444 Cherrycreek Road, or call 441-7180. (GB)

Community Resource Directory available

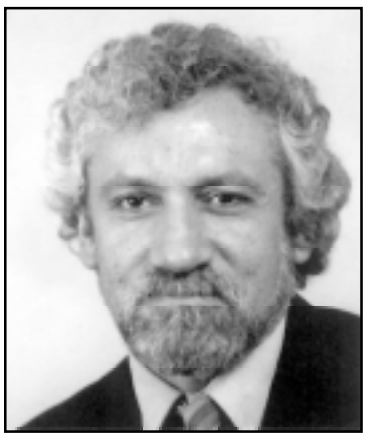
Prepared by the Lincoln-Lancaster County Health Department, the 1998/99 Community Resource Directory is a comprehensive resource guide for individuals residing in Lincoln and surrounding communities. The directory contains listings of resources available from more than 800 service providers, including government agencies, non-profit organizations and volunteer support groups.

Copies are available for pick-up at the Lincoln-Lancaster County Health Department, 3140 "N" Street, Lincoln, NE 685l0, Monday thru Friday, 8 a.m. to 4:30 p.m., phone 441-8045. They can also be requested by mail with payment of $20.00 plus $3.80 shipping and handling. (GB)

ROBERT K. HITCHCOCK

Africa: Environmental Conservation, Development and Human Rights

Thursday, November 12, 1998, 3:30 p.m.
Lied Center for Performing Arts—Lincoln
(Free admission)



Hitchcock will address some of the major issues facing the African continent, including international pressure for wildlife and habitat conservation in the face of growing needs of Africa's people for land, jobs and resources. Serious questions about human rights and social justice have been raised by local people in Africa as the construction of large dams and other developmental projects have expanded. Efforts are now being made in Africa to promote the establishment of small-scale, community-centered programs that aim at alleviating poverty and conserving diverse societies and ecosystems.

Hitchcock is chair and associate professor of the Department of Anthropology at the University of Nebraska-Lincoln. A founding member of the American Anthropological Associations' Committee for Human Rights, he has worked on conservation and development projects in Africa for more than two decades. Hitchcock has served as an advisor to the governments of Botswana, Namibia, Somalia and Swaziland and as a consultant to the U.S. Department of State, the Ford Foundation and the World Bank. Currently he is a member of the Panel of Environmental Experts for the Lesotho Highlands Water Project, Africa's largest contemporary development effort.

Hitchcock has published extensively on the human rights of indigenous peoples, natural resource management and the impacts of multinational corporations and international finance institutions on the rural poor. (GB)

E.N. THOMPSON FORUM ON WORLD ISSUES
A cooperative project of The Cooper Foundation and the University of Nebraksa-Lincoln

University of Nebraska Speakers Bureau announced

University of Nebraska-Lincoln has a cadre of speakers covering 40 topics for the 1998-99 academic year. The Speakers Bureau provides speakers for civic, community and professional organizations at no cost to groups making a request.

For information about the Speakers Bureau or to schedule a speaker through May 31, 1999, contact the Office of Public Relations at 472-2211, or mail a request to 321 Canfield Administration Building, University of Nebraska, Lincoln, NE 68588-0424.

Members of this year's Speakers Bureau and introductions to their topics follow:

PETER BLEED, PROFESSOR OF ANTHROPOLOGY In "The Archeology of Lincoln Pottery Works," Bleed tells what history and archeology have revealed about this turn-of-the-century kitchenware manufacturer. In "An Archeologist Looks At The Modern Antiques Trade," he explains what makes antiques authentic and where collectibles come from.

SIDNIE WHITE CRAWFORD, ASSOCIATE PROFESSOR AND CHAIR OF CLASSICS In "The Significance of the Dead Sea Scrolls," she tells the story behind the discovery of the most important archeological finds of the 20th century. In "Women in the Bible," she explains the impact the stories of women in the Old Testament have on the expectations of women at the end of the 20th century. In "Biblical Archeology," she uses slides and pictures to show how archeology illuminates and contradicts the biblical record.

A.L. "ROY" FREDERICK, PROFESSOR OF AGRICULTURAL ECONOMICS In "Are Nebraskans Overtaxed," he speaks on Nebraska's tax history, gives comparisons with other states and discusses how tax dollars are spent. In "Do State and Local Governments Overspend?," he discusses spending patterns of state and local governments and how they compare to other states in the region. In "Effects of National Policies on Nebraska Farming," he explains how the state will be affected after the "transitional" farm bill expires in 2002.

TIMOTHY GAY, PROFESSOR OF PHYSICS In "Why Isn't Nature Ambidextrous?," he provides an intriguing look at the origins of life on earth. In "Why Send Your Child to College?," he helps parents and kids sort through the maze of higher education options and considerations.

LEON HIGLEY, PROFESSOR OF ENTOMOLOGY In "Bring Out Your Dead: Plagues Past, Present and Future," he explores the influence of insect-borne plagues on human history and the growing threat of such diseases in today's society. In "Lightning Strikes and Chemical Bites: Technology and Risk," he examines the nature of technology and risk, particularly in agriculture and biotechnology. In "Of Mites and Men: Insects and Human Societies," he demonstrates that the earth belongs to bugs.

DEBRA HOPE, ASSOCIATE PROFESSOR OF PSYCHOLOGY In "Overcoming Anxiety and Phobias," she explains the latest techniques to manage the panic of public speaking, job interviews, high places, first dates, and other fears in everyday life. In "Psychotherapy: Does It Work?" she explains what types of therapy are effective, how to choose a therapist, and alternative treatments for psychotherapy. In "Stomp Out Stress," she shares a few simple coping techniques to help people manage stress.

EUREKA CAPRI DAYE, DIRECTOR OF ORGANIZATIONAL DEVELOPMENT In "Shifting the Organizational Paradigm," she shares techniques organizations can use to enhance the process of change. In "Building Connections Through Diversity," she explains how to foster positive interaction among diverse people. In "The Art of Teaching Diversity," she shares a model on how to conduct diversity workshops.

RICARDO GARCIA, PROFESSOR OF CURRICULUM AND INSTRUCTION In "The Art of Hispanic Storytelling," he tells how stories provide insight into Hispanic culture, values and beliefs. In "Workable Strategies to Reduce Prejudice," he offers practical solutions to cut prejudice in community, work and educational settings. In "Empowering People for the 21st Century," he offers techniques to help people thrive in the fast-paced world of the future.

JOHN HARRIS, SPECIAL ASSISTANT TO THE VICE CHANCELLOR FOR STUDENT AFFAIRS In "the State of Race Relations in America," he explains the current racial climate and the outlook for the future. In "Diversity: Moving Forward Together," he explores the possibilities for a unified America.

DON HELMUTH, ASSOCIATE VICE CHANCELLOR FOR RESEARCH In "From University Labs to Your Life," he shows samples of inventions developed by university faculty and staff. In "On the Cutting Edge," he offers an insider's look at some of the university's research projects. In "Giving a Boost to Nebraska Business," he shares success stories on how the university helps communities and businesses across the state with economic development.

JIM LOCKLEAR, DIRECTOR OF THE NEBRASKA STATEWIDE ARBORETUM In "Landscaping Nebraska-Style: Planting With a Sense of Place," he explains environmentally sound landscaping practices. In "Garden Treasures from America's Grasslands," he explains how professionals are taking plants from the wild prairie to the backyard. In "The Nebraska Statewide Arboretum," he explains the history and mission of this statewide network of public landscapes and arboretums.

DAVID LOOPE, PROFESSOR AND CHAIR OF GEOSCIENCES In "Dunes and Dinosaurs: The Sand Hills Help Solve a Mongolian Mystery," he explains how climate changes in the Great Plains can help explain why so many well-preserved dinosaur fossils have been found in Mongolia's Gobi Desert.

REECE PETERSON, ASSOCIATE PROFESSOR OF SPECIAL EDUCATION AND COMMUNICATION DISORDERS In "Violence in American Schools," he explains the reasons and risk factors associated with escalating violence in American schools. In "Appropriate Discipline in Our Schools," he explains how to develop a plan for discipline in schools. In "Treating Emotionally Disturbed Children at School," he explains how schools can help emotionally disturbed children become productive community members.

KATHLEEN REES, ASSOCIATE PROFESSOR OF TEXTILES, CLOTHING AND DESIGN In "Where Do Our Clothes Come From?" Rees explains the impact of the global clothing manufacturing industry on the U.S. market. In "Textile Winners and Losers Under NAFTA," she reviews the potential worldwide effects of the agreement. In "Textiles and Apparel in Chinese Economic Development," she tells how China is emerging as a world-class competitor and exporter of clothing.

WES SIME, PROFESSOR OF HEALTH AND HUMAN PERFORMANCE In "Stress Hardiness in the Real World," he explains how to make stress work for you rather than against you. In "Recent Advances in Health Promotion and Sports Psychology," he offers tips for living a healthier livestyle. In "Wide World of Opportunity: New Careers for the Next Generation," he shares success stories of students who have developed their own "dream" jobs. (GB)

It's time for your annual "pest-proof" check-up

continued from page 3

11. Do you leave food out between meals? Are dirty dishes left on the counter and/or in the sink?
12. Are packages and cartons checked for pests (like cockroaches) when you bring them home?
13. Is your kitchen clean and in good repair?
14. Do you have clutter in your home—piles of "stuff" like old newspapers, clothes (dirty or clean), old magazines?
15. Are there leaky pipes or other places in your home where it is damp (basements, bathrooms)?
16. Are you taking the trash out of your house often?
17. Are your floor drains covered with a screen or grate and kept clean?
18. Do all your family members practice good hygiene? Does each family member have his/her own hairbrush or comb? Are those items cleaned regularly?
19. If you have pets, do you put away the pet food when the animals are not eating?
20. Do you watch for signs of fleas and other pests around your pets?

Check Your Answers:
1. Yes
2. No
3. Yes
4. Yes
5. Yes
6. No
7. Yes
8. Yes
9. Yes
10. Yes
11. No
12. Yes
13. Yes
14. No
15. No
16. Yes
17. Yes
18. Yes
19. Yes
20. Yes

How Did You Do?

16-20 right—You are a **"Super Pest-Proofer"—Keep Up The Good Work**

10-15 right—You are on your way. Take some time to do some "pest-proofing" this fall before insects and other pests move in. Review housekeeping and personal hygiene habits with family members.

0-9 right—Your home has the vacancy sign out–it is not too late to start "pest-proofing". It is also not too late to change some of your housekeeping habits and/or personal hygiene habits. Prevent your home, your bodies and/or your pets from becoming "critter motels".

Source: EFNEP Handbook on Pest Control. (SE)

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Preparing for the winter food olympics!

continued from page 6

CELEBRATION CHALLENGE, lasting until midnight or later, provides ample opportunity to munch too much.

The Winter Food Olympics end with the SUPER BOWL BONANZA. The field is filled with food and refreshments.

Who wins the Winter Food Olympics? Those who maintain their weight! Start training now so these eating events don't weight you down! Here are seven strategies for success:

1) HAVE A GAME PLAN

When approaching an obstacle course full of fat and calories, plan your strategies in advance:

- Equip yourself—bring lower-calorie drinks or munchies.
- Avoid weight penalties by choosing smaller portions.
- Position yourself away from pastries and heaping platters.
- Concentrate on conversing, not crunching cookies.

2) CHOOSE EVENTS CAREFULLY

Ask "How does it rate?" before you put it on your plate.

The food events where you can score the most points (and fewest calories) include lots of fruits, vegetables and low-fat, low-sugar goodies! With a good game plan, you can include a few traditional offerings such as Aunt Ruth's raisin cream pie and Grandma's fruitcake!

3) GET IN CONDITION

Lift a weight—other than your own!—or take a walk to help your waistline. The earlier you start an exercise program, the greater the benefits. Exercise and added muscle boost your metabolism. That helps burn holiday calories.

4) FIND A TRAINER

Prepare for the Winter Food Olympics by learning new techniques. Check your local library or favorite Internet food sites for lower calorie versions of holiday foods.

5) PRACTICE PRE-COMPETITION EATING

Eat a snack before the event. Take the edge off your appetite to avoid eating too much later.

Resist overloading on calories earlier in the day. Keep a few calories in reserve so you can enjoy goodies without guilt.

6) AT THE EVENT

Pace yourself:

- Alternate between higher and lower calorie foods.
- Bypass second helpings—or take half as much the first time through.
- Avoid spending too much time at the dessert table.
- Mingle more than you munch.

7) ENJOY THE CLOSING CEREMONY!

As you weigh in at the finish line, rejoice in clearing the holiday hurdles. Congratulate yourself on successfully completing the Winter Food Olympics! Take a bow!

Source: This article was originally printed in Alice Henneman's FoodTalk monthly e-mail newsletter. If you'd like to receive this newsletter, e-mail cnty5028@unlvm.unl.edu. Past issues of FoodTalk are archived on the Internet at http://www.ianr.unl.edu/ianr/lanco/family/archives.htm (AH)

Removing skunk odor

continued from page 3

steps. Tomato juice is sometimes recommended for washing pets, but do not use it on clothing.

For articles that can't be washed or dry-cleaned, like shoes, bury them in fine dry soil for several days. Kitty litter might also work. Consider burying clothes that have been hit directly with skunk spray.

There are commercial products available for removal of skunk odors. Check a pet supply store or small animal clinic. Always read the label to make sure these products won't damage or stain fabrics.

Neutroleum Alpha is a nontoxic substance that controls odors and is available in concentrated or water soluble form (less expensive). The USDA-APHIS (Animal Damage Control) office in Lincoln sells this product and has limited quantities (as of 9/10/98). If you would like to purchase this product, call Animal Damage Control at 434-2340. The cost is very reasonable.

There are other products available including Skunk-Off and Odor-Mute, both are nontoxic and can be used on both pets and clothes (always test fabrics before using).

Source: Removing Skunk Odor from Clothing, NebFact 91-15. If you would like more information, this NebFact can be requested from your local extension office. (SE) *Note:* any reference to commercial products is made with the understanding that no discrimination is intended or endorsement implied.

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Temporary/emergency grain storage options

continued from page 4

diameter (inside), 5 feet high at the wall, with a 9.3 foot (and spilling onto the tops of the bales) higher peak in the middle of the pile than at the bales.

Aeration duct spacing and sizing

Perforated ducts should be the proper size and have the proper spacing to meet minimum requirements. Airflow rates, aeration duct sizing and fan selection are beyond the scope of this paper. For more information on engineering an aeration systems, obtain a copy of MidWest Plan Service Publication number 29, Dry Grain Aeration Systems Design Handbook, available from Agricultural Engineering Plan Service, 219A L.W. Chase Hall, University of Nebraska, 68583-0727, phone 402-472-6718. Cost $20.00 plus applicable sales tax and $3.50 for postage and handling.

Plastic bags

Another temporary storage option that holds promise is the use of large plastic silage bags. Grain should be dry and cool (under 15% and 60 degrees F). If the normal system used for filling bags with silage is used to fill the bag, expect some kernel damage. A system designed for handling dry grain is available from the manufacturer that reportedly reduces grain damage. (TD)

Miscellaneous

Mole, mole, go away

continued from page 2

at least 1/2 inch of water. Then the solution can be applied and followed up with another watering of at least 1 inch of water. If it has rained recently, the initial watering is not necessary but some type of watering is vital to Mole Med's success. The idea behind this is that Mole Med must get down into the ground where the moles are to actually be effective.

Individuals can also make their own caster oil repellent. Combine 6 ounces of caster oil, 2 Tablespoons of dishwashing liquid known for its degreasing capabilities and 1 gallon of water. As with Mole Med, this mixture would be the concentrate and then it could be combined at a rate of 1 ounce per 1 gallon of water for application. (DJ)

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Halloween safety

continued from page 7

children's eyes. Apply a natural mask of cosmetics rather than have a child wear a loose-fitting mask that might restrict breathing or obscure vision. If a mask is used, however, make sure it fits securely and has eyeholes large enough to allow full vision. Swords, knives and similar costume accessories should be of soft and flexible material.

Pedestrian Safety: Young children should always be accompanied by an adult or an older, responsible child. Children should WALK, not run from house to house and use the sidewalk if available, rather than walk in the street. Children should be cautioned against running out from between parked cars or across lawns and yards where ornaments, furniture or clotheslines present dangers.

Choosing Safe Houses: Children should go only to homes where the residents are known and have outside lights on as a sign of welcome. Children should not enter homes or apartments unless they are accompanied by an adult.

People expecting trick-or-treaters should remove anything that could be an obstacle from lawns, steps and porches. Candle-lit jack-o'-lanterns should be kept away from landings and doorsteps where costumes could brush against the flame. Indoor jack-o'-lanterns should be kept away from curtains, decorations and other furnishings that could be ignited. (LJ)

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Caring for athletic uniforms

continued from page 7

treatment depends on the age of the stain. For fresh stains, apply ammonia; for old stains, apply white vinegar. Rinse thoroughly, then launder. If the stains remain, wash in a product containing enzymes or oxygen bleach.

Athletic uniforms should be dried at a low temperature. A high temperature may cause shrinkage and permanent wrinkling. When dry, remove items from the dryer and hang them up to help prevent permanent wrinkling. (LB)

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Focus on Food

continued from page 8

bacteria. And so on.

How does the bacteria get there? Bacteria can come from: bacteria on your hands, patting your pet and then picking up your dishrag, wiping soiled kitchen surfaces, touching raw meat and then touching your dishrag, etc. Bacteria is then spread all over your kitchen when that same dishrag is used to clean counters, the kitchen table, the top of the stove and so on.

Perhaps some of you saw the TV news program where scientists found more bacteria in many peoples' kitchens than in their bathrooms. And some of the "cleanest" looking kitchens had the most bacteria. These kitchens were the ones that were constantly being "cleaned" with bacteria-laden dishrags.

A University of Arizona researcher tested dishrags and other kitchen items daily for several days. Overall, about 20 percent of the rags were contaminated with large numbers of bacteria.

Food safety specialists recommend using paper towels to wipe down surfaces; washing your hands regularly; and sanitizing countertops, etc. frequently with a chlorine bleach-and-water mix (follow label directions). And change that dishrag daily!

If you use dishrags, buy a bunch of inexpensive dishrags and use a fresh one each time. Then, throw them in with a load of hot-water laundry and start over again. NOTE: Sometimes you'll hear that you can sanitize sponges in the microwave. This is NOT recommended—they can catch on fire! (AH)

The NEBLINE

Nebraska Cooperative Extension Newsletter
Lancaster County

THE NEBLINE is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Rd., Lincoln, Nebraska, 68528-1507. Contact Brenda Corder, (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 noted otherwise. Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County.

Mary Abbott, Extension Assistant
Lorene Bartos, Extension Educator
Tina Brown, AmeriCorps VISTA Volunteer
Corey Brubaker, Extension Educator
Maureen Burson, Extension Educator
Brenda Corder, Publication & Resource Assistant
Linda Detsauer, Nutrition Advisor
Tom Dorn, Extension Educator
Soni Cochran, Extension Assistant
Lenora Fittro, Nutrition Advisor
Arlene Hanna, Associate Assistant
Alice Henneman, Extension Educator
Don Janssen, Extension Educator
LaDeane Jha, Extension Educator
Ellen Kraft, Extension Assistant
Tracy Kulm, Extension Assistant
Deanna Karmazin, Extension Assistant
Mary Jane McReynolds, Extension Assistant
Charlene Morris, Nutrition Advisor
Nobuko Nyman, Nutrition Advisor
Barb Ogg, Extension Educator
Sondra Phillips, Nutrition Advisor
Warder Shires, Extension Educator
David Smith, Extension Technologist
Marilyn Waldron, Nutrition Advisor
Karen Whitson, AmeriCorps VISTA
Jim Wies, Extension Assistant
Barb Yllescas, Extension Assistant

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Phone numbers:

Office (leave message after hours)	**441-7180**
After hours	**441-7170**
FAX	**441-7148**
COMPOSTING HOTLINE	**441-7139**
NUFACTS INFORMATION CENTER	**441-7188**

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

Nebline Feedback

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_____

Return to:
University of Nebraska
Cooperative Extension in Lancaster County
444 Cherrycreek Road, Lincoln, Nebraska 68528-1507

Extension Calendar

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

October 14
4-H Horse VIPS Committee Meeting ..... 7 p.m.

October 15
4-H Rabbit VIPS Committee Meeting ..... 7 p.m.
Fair Board Meeting ..... 7:30 p.m.

October 16
Character Counts! Workshop ..... 9 a.m.-noon

October 18-24
Character Counts! Week

October 20
Furniture Workshop ..... 9-11 a.m.

October 22
Character Counts! Rally and Super Day—*State Capitol*

October 26
FCE Achievement Meeting ..... 6:30 p.m.

November 3
4-H Production Livestock Booster Club Meeting ..... 7:30 p.m.

November 8
4-H Ambassador Meeting ..... 1 p.m.

November 9
Lancaster County 4-H Shooting Sports Club Reorganizational Meeting ..... 7 p.m.
Extension Board Meeting ..... 7:30 p.m.

November 10
4-H Council Meeting ..... 7 p.m.

November 15
America Recycles Day

Character Counts! for everyone

continued from front page

-rences. These are called the "Six Pillars of Character," these values are: trustworthiness, respect, responsibility, fairness, caring and citizenship.

Whose Job is Character Education?

According to the National Character Counts! Coalition, the job is first and foremost, the parents. They believe, however, that there are critical supporting roles to be played by everyone in a community from teachers, youth leaders and professional athletes to business leaders and clergy. Everyone who interacts with a young person has an impact on character, for good or for bad.

• Take an active role and be a Character Counts! advocate.

• Express your concern to all individuals and organizations that influence youth.

• Teach your family the importance of character by living according to the "Six Pillars."

• Hold yourself and others more strictly accountable to live up to the "Six Pillars."

• Inform yourself about what is going on in the schools and other youth organizations.

• Create an atmosphere of positive and negative consequences that encourages and prizes good character.

• Support individuals and organizations engaged in character development activities.

Join us in celebrating CHARACTER COUNTS! Week October 18-24 and plan to attend the CHARACTER COUNTS! rally at the State Capitol Building on October 22 from 11 a.m. to noon. Dr. Tom Osborne will be the featured speaker.

For more information about Character Counts! call LaDeane at 441-7180. Training to use the curriculum will be held Friday, October 16, from 9 a.m. to noon. For a brochure call 441-7180.

Citizenship—learning about the flag

Fairness—a fairness tower