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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

The six pillars of character:
- Trustworthiness
- Respect
- Responsibility
- Fairness
- Citizenship
- Caring

Character Counts for everyone

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

A frying pan full of respect

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.

Taking a trust walk

What’s Happening with Character Counts in Lancaster County?

A county-wide coalition comprised of teachers, youth leaders, business persons, clergy, parents, 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.

What’s Happening with Character Counts?

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.

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Trees should be planted so that the root crown is at the base of the tree. Mole Med should be applied about three inches deep around the base plate. The area should be watered with water which should adequately cover around 313 square feet of the root crown area. In all cases, 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 word “hardy” chrysanthemum has been used since these plants are set out in the landscape may not make it through the winter, since florist mums are often tender varieties. (MJM)

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 word “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. Tuf, dubbed and hyacinths 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 is so modified as the stored food is produced to feed roots and shoots; a new crown 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 6.5 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, add further 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)

Timely care of hardy chrysanthemums

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 eat 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 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 material was effective and easy to use. There is a trick to correctly applying Mole Med: lots of water.

In order to provide three pounds of a complete fertilizer, such as a 5-10-10 per 100 square feet as you are preparing the soil.

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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, and it will help make a more intelligent decision about control options. One word of caution: Most treatments are relatively new, and there is a lot that we don't know about the effectiveness of baits—especially in the northern latitudes.

The approach to using a bait 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 line to get into your house. This treatment requires skill on the part of the pest control operator 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 stations throughout the soil around the structure or inside the structure to be protected. Professionals will design bait systems 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’ molting process, they are unable to grow and they die. With young workers to replace old ones, eventually the colony will starve to death. Dowtout this product is 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 that 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, most home users are finding 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 decide to use this over-the-counter bait, do not become overly optimistic that your termite problem is solved.

Limitations to Using Baits

Some people are uneasy about the uncertainty of control using baits.

1. 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 around the home, contact the Lancaster County Extension Office, 441-7180.

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

3. Do your doors, windows and screens fit tightly?
4. Have you checked around your exterior foundation for cracks and 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 weeds and other debris around your yard? If you are in an apartment, do you keep your balcony, entrance area, garage and/or storage areas clean?
6. Are there piles of junk, construction rubble, bicycles and more laying around your property or your apartment building?
7. Do your garbage cans have lids?
8. Are all garbage cans stored away from the house or apartment building?
9. If you are recycling aluminum cans (like soda cans), do you rinse the cans and set them on a tray, then take them to a recycling center?
10. Are all your food products stored in tightly sealed containers?

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 amount of materials that are recycled is increasing and we 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 products.

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 cloth diapers and carpeting. Recycled-content products usually are equal in quality and cost approximately the same as products made from virgin materials.

Readers can find out 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 (ALJ)
Temporary/emergency grain storage options

Temporary storage may be needed this year to protect grain until a crisis has passed or to ensure permanent storage or sold. The length of time grain can be held 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 18% moisture in order to be held in storage for extended lengths of time without aeration. Aerate the grain to keep from grain from heating and to cool the grain mass to the formation of molds. If sufficient airflow can be constantly pushed through the grain mass to keep all sections of the grain in mold growth and respiration within the grain mass, grain at higher moisture contents can be stored for up to 60 days. The shelf life of a 16% moisture held at a constant 50 degrees F is 183 days at 50 degrees, 81 days at 60 degrees and 45 days at 70 degrees. 

Greater airflow rates (1/3 to 1/2 cfm/bushel) are needed this year to protect 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 months of the fall. Operation the fan continuously over long periods will slow the rate of moisture migration inside an air temperature are below grain temperatures. Greater airflow rates (1/3 to 1/2 cfm/bushel) are used 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 GS-862, "Dry Grinding Under Aeration." Airflow needs increase significantly as the temperature of the grain and whether the grain can be kept from heating by means of aeration.

Using aeration to cool grain and maintain uniform temperatures is extremely important to maintain grain quality, therefore a well-designed system is important. Portable bulkheads or ducts is essential. Cool temperatures minimize mold growth, improve grain quality and control insects. An aeration airflow rate of at least 1/10 cubic foot per minute per bushel of grain for about 2 months is needed for grain that is already dry.

Outside storage

Grain must be piled outside on the ground, drainage is critical. The pile should be on high ground and the earth crowneled under the pile. Placing bottom of each pile on a concrete slab or the cover so water is channeled away from the pile.

Temporarily bins

If temporary bins are not available, the grain can be used to form a temporary bin for outside storage. Remember that grain can be damaged by wind and birds. A smooth surface will aid in drainage. If the plastic cover is not kept in place the cover so water is channeled away from the pile.

Fall clean-up of warm-season grasses

Many producers promote warm-season grasses like big bluestem, indiangrass and switchgrass for fall pasture. They grow well during the fall and winter pastures. But, timely spraying can help you reclaim your grasslands. (WS)

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 grassland, 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 apply another 4 ounces next spring. This one-two punch is quite effective, and it does not injure most native grasses as severely.

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 plants top 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 they spread.

Leafy spurge is one of the most destructive weeds of grasslands. It is extremely important 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 to keep soil moisture from migrating into the grain. A smooth surface will aid in drainage. If the plastic cover is not kept in place the cover so water is channeled away from the pile.

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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. This will form a fine frost or ice dew. When skies are clear, heat from the soil is able to rise, allowing the air pressure to settle close to the ground and chilling the plants as they lose heat. Calm air or cooling cool air to settle without mixing it with warm air.

If the soil is frozen or is low in water lost by the foliage exceeds that occurs when the amount of water in 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)

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) especially when 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 causes for winter injury to evergreens.

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 can increase water loss from needles. If the soil is frozen or is low in moisture, 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 brown- ing symptoms. Often the pattern of needle burning 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.

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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 burning is solar radiation striking surfaces such as brick, concrete or light-colored metal siding. Ornamental junipers and arbor- vitae 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 and 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 spring and continuing through the winter. One of the best ways to accomplish this is by mulching the 3- to 6-foot diameter area around the base of the tree with an organic material like coarse wood chippings. Trees also should be kept adequately watered during dry periods in the spring and fall. A tree that has suffered from drought conditions at any time during the year will not be able to withstand dry winter weather conditions as well as a tree that has consistently received ade- quate 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)

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 most ideal times in early spring or August. Dormant plantings can succeed, provided the 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 Novem- ber 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 germi- nate 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)

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, the increased harvest from the 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 combination 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)
Finding facts about vegetables and fruits

Most participants were introduced to fruits and vegetables that were new to them, such as: kiwis from Australia, jicamas from Mexico and mangoes 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 in 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 Yoskum 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

Preparing for the winter food olympics!

“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 GIVING GORILLA. 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 GIVING GOBBLE. Though Thanksgiving stuffing ourselves! stuffing our turkeys, we’re still stuffing ourselves! DECA THLON—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!

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By Sharon Davis, Home Baking for Successful Baking

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.

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.

Plaques:

Resistant Costumes:
- Where purchasing a costume, make sure masks, beards or wigs look for tampering. 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 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.

FCE news

1999 education program training

Train-the-trainer programs are open to all community, church, civic and FCE clubs. Please call Panty D. Hayes, 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 actually 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 your health throughout the life span. By identifying 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 is coming, 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.

FCE Achievement Night

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

Dessert followed by a program on antique sewing equipment presented by Jean Schlick 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)

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. (LB)

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
- what goes into making good looking furniture
- what can be done with a painted piece of wood furniture
- the advantages and disadvantages of different wood finishes
- how to remove (and best look for) finish.

(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 years of age or older. Avila Mature Driver Course. In this course, you will Avila Mature Driver Course. In this course, you will learn how to keep your driver’s license valid, review driving skills and prepare to take the license renewal test. This class is being offered Tuesday, December 16, 9 a.m. to 2 p.m. at the Heritage Center. (LB)

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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 limited to 20 minutes. 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. Low sudsing detergents are best removal procedures in an inconspicuous spot on the garment. (LB)

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,
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 hands-on learning experience and new ideas and programs developed by a committee of 4-H volunteers from across the state. Network with other 4-H leaders, exchange success stories and 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 this club Tuesday, November 10 at 7 p.m. at the McPhee School club Tuesday, November 10 at 7 p.m. (ALH)
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 feet 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, vaccine boosters, 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 PHP booster is an essential part of the fall preventative medicine visit.

Autumn is also the time to focus on those areas 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)

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)

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 EcoSpan, a fiber made completely from recycled plastic soda bottles. Recycled milk bottles, tires, diapers, cardboard 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.” (ALIH)

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 Terwilley, Andrea Rushby 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)
University of Nebraska Speakers Bureau announced

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 Speech
1203-1209 Speakers Bureau, University of Nebraska

Community Resource Directory available

Prepared by the Lincoln-Lancaster County Health Department, the 1998/99 Community Resource Directory is a comprehensive reference 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 68503, Monday through 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)
Preparing for the winter food holidays!

**CHRISTMAS CHALLENGE—LENGE, lasting until midnight or later, provides ample opportunity to munch too much.**

1. Participate in the Food Olympics end with the SUPER BOWL BONANZA. The field is filled with tempting treats and calorie-crammed foods. Who wins the Winter Food Olympics? Those who maintain their weight! Start training now for lower calorie versions of your favorite holiday foods. Take the edge off your appetite with a few calories in reserve so you a) have a game plan, b) choose events carefully, and c) practice pre-competition eating.

2. Pace yourself:

   - Eat a snack before the event. Avoid second helpings—bypass second helpings or take half as much the first time through.
   - Eat a snack before the event. Take the edge off your appetite with a few calories in reserve so you are not hungry when the event begins. Eat a snack before the event. Avoid second helpings—bypass second helpings or take half as much the first time through.
   - Avoid weight penalties by eating a snack before the event. Avoid second helpings—bypass second helpings or take half as much the first time through.
   - Take the edge off your appetite with a few calories in reserve so you are not hungry when the event begins. Eat a snack before the event. Avoid second helpings—bypass second helpings or take half as much the first time through.
Character Counts! for everyone continued from front page

The six Pillars of Character are trustworthiness, respect, responsibility, fairness, caring and citizenship. These values are key ingredients to building a strong society.

Character Counts! is a program that focuses on teaching youth about the six Pillars of Character. It is designed to help youth develop a strong sense of character and make better decisions.

Youth who participate in Character Counts! learn to make good choices and be more accountable to themselves and others. They also develop a better understanding of the importance of character in their lives.

Character Counts! workshops are held throughout the year in Lancaster County. The workshops are free and open to all youth.

For more information about Character Counts! or to arrange a workshop in your area, contact Brenda Corder at 441-7139.