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The NEBLINE, October 1990

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Computerized Farm Management at Home

Are you looking for the right computerized farm management system for your business? Do you want to be on the leading edge of today's successful farming operations? There is a workshop series designed to take you from the point of purchasing a computer to actually experimenting with some of today's premier computerized farm management software in just four weeks. The series will begin on Tuesday, November 21 and continue once a week through December 18 from 7 to 10 p.m.

Successful farming in today's complex business environment requires excellent management skills. Farm management is a business which requires good record keeping and sound financial management. The farm computer is one tool available to farmers to help them keep better records with information in today's computerized business atmosphere.

Purchasing a computer can be a trying experience for many farmers. The terminology is new, the skills needed to use this machinery are different from normal farm skills, and many are not quite sure what they will do with the computer after they buy it.

"Computerized Farm Management at Home" is a hands-on workshop designed to help grow the computer management needs of farmers. Workshop topics include:

- How and what to look for when purchasing a computer for the farm business
types for problems etc.
- Another hands-on computer class focusing on the use of electronic spreadsheets in the farm business. In this session we will show how cashflows, balance sheets, income statements, and simple crop budgets can be created and adjusted in just seconds on a computer.
- Discussing the concepts and needs of record keeping.
- Evaluation techniques to determine which agricultural software packages are the right ones for you.
- Demonstrations and hands-on evaluation of several top agricultural software packages.

The culmination of the workshop series will be the live demonstrations of agricultural software by software company representatives. Participants will also have the opportunity to try these programs and will have time to visit with representatives in person about their own software needs.

The workshop series fee of $45 includes all workshop materials and handouts. Two family members may attend under one registration. Please call 471-7180 to register. Early enrollment is encouraged as space is limited.

Make Your Place Firesafe: Hunt For Home Hazards

It is your home safety that matters. It may not be, if you haven't recently gone on a hunt for home hazards. According to Bill Montz, Jr., Fire Prevention Officer of the Southeast Fire Department, over 5,000 people died in fires in their homes in 1988. Many deaths can be prevented by changing personal habits which could cause a home fire, and by identifying and removing home fire hazards.

With about 80% of all fires occurring in our homes, this year's Fire Prevention Week message is right on mark," says Montz. Officially kicking off the campaign for Fire Prevention Week 1990, Montz urges the public to participate in fire safety education programs and a community-wide effort to fire safety. The Southeast Fire Department is sponsoring Fire Prevention Week with the support of the National Fire Protection Association and the Nebraska State Fire Marshal's Office.

In observance of Fire Prevention Week, the Southeast Fire Department will host their annual open house at the Pine Lake Fire Station, 7700 Pine Lake Road, Sunday, October 7, from 1 to 8 p.m. The public is invited to attend; there will be many fire safety and educational activities for the entire family.

Arlene Hanna Joins Extension Staff

Arlene Hanna has joined the extension staff as a 4-H assistant responsible for 4-H school enrichment and small animal projects. Arlene holds a bachelors degree in elementary education from UNL and brings with her a wealth of volunteer experience.

4-H Achievement Night - October 23

Celebrate 4-H accomplishments at the annual 4-H Achievement Night, Tuesday, October 23, at Lancaster Extension Conference Center, 7:30 p.m. Four-H members receiving county awards and scholarships will be honored. All 4-H families and friends are welcome to help recognize honored 4-Hers. County awards books and applications are due October 1. Contact Warner Burson for more information.

Fall Control of Musk Thistle

Some of the first work on musk thistle control was done in southeast Nebraska in November, 1925. One to two pounds of 2,4-D gave 75 to 100 percent control. Even though good control resulted from fall applications, a large number of seedlings were present in the spring, requiring musk thistle to be established in new seedings in warm climates in late winter, early spring.

In the 1960's work of the Agricultural Research Service and University of Nebraska showed that late September or October treatments with one pound per acre of 2,4-D (one quart of the four pound per gallon material) gave good control of musk thistle, if conditions are drier, or cooler than normal, 1 1/2 to 2 pounds per acre will be needed. Over a period of years' control, treatments applied between late September and early November, when growing conditions are favorable, have given effective control of musk thistle.

Work in central Nebraska reconfirmed the effectiveness of 2,4-D treatments in the rosette stage. In addition, Tordon 229 at 8 to 10 ounces per acre or one pound 2,4-D plus 1/2 pint Barvel applied in the late rosette stage showed more consistency than 2,4-D alone. Considering soil moisture variations, temperature, stage of growth, and application timing, Tordon 229 applied in mid to late fall has provided the most consistent control. It controls rosettes and later germinating fall and spring plants.

Kansas State University 10-year study indicates fall applications of 2,4-D (50% w/w) at 2.4, 4.8, and 8 pounds per acre controlled musk thistle at least 75% with this program.

University of Nebraska Cooperative Extension
Lincoln County
444 Cherry Creek Road
Lincoln, NE 68528
Questions and Answers

Q. Some small, beetle-type insects are starting to appear indoors around my windows. They look a lot like the bugs that were eating up my elms earlier in the summer. Are they the same pest? What do I do about them in the house?

A. If the beetles are about 1/4 inch long and yellow-green and black, they are indeed elm leaf beetles. Cool fall weather inspires them to look for a cozy overwintering place. At home, some beetles will usually find their way indoors. Simply vacuum them up and dispose of them. The same technique you would use to clean your beds when the soil freezes this fall so the plants don't suffer more drying out during the winter.

Q. I'm planning to start a compost pile to recycle garden trash. How big should it be? Will the smell from it bother my neighbors?

A. With a well-managed compost pile doesn't have an odor unless you put something smelly in it, such as fresh manure. If there is an odor, you may need to try to dispose of kitchen garbage in it. Garbage — meats, especially — tends to attract rodents, raccoons and birds. Your compost pile to landscape plant materials, it shouldn't cause pest or odor problems.

Q. I planted my usual variety of cucumbers this year but they were terribly bitter. Peeling them made the bitterness disappear but not really very good. What causes this?

A. Most cucumbers can become bitter if plants are grown under stress. The hot, dry weather in summer can be stressful. If the non-spraying of planting needs, bitter cucumbers could be the result.

More Horticulture News on page 8...

On-the-Grow

Horticulture News

Don Janssen
Extension Horticulturist, Mary Jane McInnis
Extension Assistant, Horticulture

Getting Houseplants to Reflower

Part of the challenge and excitement of growing houseplants is to accomplish reflowering. While some plants are naturally very easy to reflower, others, such as azaleas, are not. To get some of these plants to reflower, houseplants, a green-thumber would have to follow the correct photoperiod (number of hours with light), temperature and watering program for some, a rest period—reducing watering and fertilizing— for others. While most people admire azaleas, few attempt to reflower the plant. While you can grow the flower quality you see in a floral shop, remember the plant's own reward.

Water Yard Plants?

Soil moisture is lost from the soil throughout the winter either through the plants by transpiration from the soil surface. When the root system is too dry, the plants experience a lack of water, and the damage can occur from deep freezing of the soil. This damage to the roots can severely limit the plant's ability to grow or even kill them. This damage is not noticed until spring when the root system is reactivated. Adequate soil moisture must be maintained in the soil to prevent damage to the roots from the freezing danger and ensures adequate soil moisture for next spring's growth.

The fall watering of lawn and vegetable plants is done by slow application with a sprinkler that penetrates deeply or by using a soaking soil probe. The soil must be to 3 feet for shrubs and 1 foot for trees and evergreens. Grass, no matter what variety, should be watered to a depth of 6 inches.

Acorn Squash - Should not be cured. Place in cool, dark, moist (60 to 65 degrees F) for best table quality. Temperatures over 40 degrees F will cause squashes to sprout.

Sweet Potatoes and Mature Three Tomatoes - Sweet potatoes, after curing for two weeks at 80 degrees F will keep for months under PBF storage conditions. They will ripen over a 4-6 week period.

Several places in your home could qualify as storage areas. A cool, dark, well-ventilated place would be the ideal storage environment, but the amount of space and time available could limit the amount of storage space available. A cool, dry, well-ventilated place would be the ideal storage environment, but the amount of space and time available could limit the amount of storage space available.

Honeysuckle Aphid Resistance

The honeysuckle aphids are a problem on the edges and outside of eastern and western Asia. They are native to China and Japan and are found throughout the United States and Canada. They are a problem on honeysuckle plants and can be a problem on other plants, such as elms and maples. They can also be a problem on honeysuckle and hollies in the fall, winter and spring.

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Deep Soil Probing for $$$

Several factors dictate the amount of nitrogen used by plants. These factors include the amount of initial cooling; variability in precipitation patterns; weather patterns and crop production. However, accuracy is unpredictable and soil tests and crop scouting are needed to determine the amount of carry-over nitrogen from year to year.

Some producers say leaving residual nitrogen in the soil after year is like leaving money in the bank, except that it does not pay interest and you will eventually be robbed. You need to remove water leaking into the soil and prevent it from entering the groundwater system.

The most common reason for not taking nitrogen out of the grain is labor issues. To assist local farmers in obtaining deep soil samples, arrangements have been made with the Illinois Cooperative Extension Service to use their deep soil probes on November 1, 2, 6, 7, and 8. Farmers will have the option to have two or four deep soil samples taken (several core samples) on these dates.

The producer is responsible for soil analysis cost which is $14 for the basic test and residual nitrate analysis or $7 for just the residual nitrate analysis.

Priority fields for sampling will be those with a history of soil testing. Any fields which you have plans to apply heavy rates of fertilizer to this fall or next spring are welcome. Fields with a history of heavy fertilizer application are also a priority.

Farmers interested in this opportunity should give their name, phone number, and address to the extension office. Requests will be taken on a first come, first serve basis. Specific appointment times will be made at a later date.

Train Your Computer!

The following courses are offered in conjunction with the Illinois Corn Growers Association and the University of Illinois Extension. The courses will focus on organizing and caring for your computer hard disk in an efficient manner. You’ll learn how to make and remove disc images. We will also discuss the various directory structures on a hard disk drive, and how to copy from one directory to another. In addition, proper disk backup and restore procedures will be discussed. Prerequisites: Introductory Online (30 minutes) or equivalent experience with DOS. Cost: $15/Person.

Control Alfalfa Now - No-Till in '91

Eventually alfalfa stands will have to be managed and the land must be acidified to stop severe Plowing is an expensive, and sometimes not completely successful method of killing the alfalfa. Killing the alfalfa with a herbicide is economical than plowing, is very effective, and leaves the land well suited for reversion. An economical, conventional approach to kill alfalfa is a combination of 1.2-4.0 (4.0 g/a) + 0.5 lb/a 2,4-D (2.4 g/a) and Banvel per acre. The herbicide approach will cost $2.0 per acre plus application cost.

Preparing Bins for Grain Storage

Sanitation and cleanliness are the most important points when getting grain ready for storage. Moisture content and insect infestation are also a primary concern. Above all, a clean and dry storage area is essential.

Plan Now to Reduce Chinch Bugs in 1991

At least 16 Nebraska counties had chinch bug infestations of varying severity this season and may have them again in 1991. Those counties are: Antelope, Boone, Otoe, Cass, Pawnee, Johnson, Gage, Lancaster, Saunders, Jefferson, Fillmore, York, and Nuckolls.

Careful wheat management can greatly reduce the likelihood of a serious problem. Planting dates which are consistent with those proposed by the University of Nebraska Extension Service in cooperation with county agents have shown to be very beneficial. In addition, variables which influence the development of chinch bugs in Nebraska must be considered.

Contrary to reports in the early literature, chinch bugs can and do severely damage wheat. They prepare to overwinter in late winter, the standing crop may be significantly damaged before the crop is planted, or poor fertilization, chilled by thin seeds, germinated and slow growing because of dry soil conditions. Wheat fields attract large numbers of chinch bugs that reproduce abundantly. Use optimal wheat management practices to reduce the likelihood of thin wheat and this will reduce wheat grain quality. These practices include:

- Planting the best and most fertile fields possible for wheat production and not cut fertilizer use. Grow something else in fields which are susceptible to chinch bugs as this will reduce the chances of these fields attracting chinch bugs. Corn, sorghum, sudangrass, millet, and fescue would be severely attacked and possibly destroyed by chinch bugs. These crops have several weeks have passed after cutting the crop.

- Barley is more susceptible to chinch bug attack than all other crops, except barley and barleys. They are resistant than all other crops. They are resistant to chinch bugs and they should be cleaned out thoroughly. The best and most fertile fields possible for wheat production and not cut fertilizer use. Grow something else in fields which are susceptible to chinch bugs as this will reduce the chances of these fields attracting chinch bugs. Corn, sorghum, sudangrass, millet, and fescue would be severely attacked and possibly destroyed by chinch bugs. These crops have several weeks have passed after cutting the crop.

- Plant a moderate to heavy seed population. In eastern Nebraska, optimum planting rates are 50,000 to 80,000 seeds per acre. How to Plant Wheat, NebGuide (273-35), all though heavier rates (up to 100,000 seeds) may be attractive to susceptible crops. If the wheat is treated, the wheat seed should not be grown as a winter wheat cover crop, sown in spring and fall, or a susceptible crop like sorghum or corn. There is a good chance that the worm will be a problem, and if it is, the crop will be severely stressed, will be very attractive to migrating chinch bugs. A legume would make it a safer cover crop choice. The most successful way to manage chinch bugs is to fully plan their distribution of wheat and sorghum fields. The following are a few problems with the practice of mixing wheat and sorghum and other small grain fields with alfalfa in the rotation. Minimize damage to wheat by producing a lush, healthy crop that will not be attractive to chinch bugs. Why are chinch bugs attracted to the wind? The answer may be related to the fungus (Beauveria bassiana), which plays a role in controlling chinch bug populations. This fungus is produced in an alfalfa field and is ingested by chinch bugs, which are attracted to the wind. Chinch bugs are also feeding on alfalfa. In areas where chinch bugs attack only a portion of a field, the wheat should not be grown as a winter wheat cover crop, sown in spring and fall, or it has already been planted in the late fall, or the wheat is very wet and poorly fertilized, those wheat fields attract large numbers of chinch bugs.

Ag Update

Agricultural News & Events

Don D. Miller, Ext. Advisor, Chair Ward Scharer, Ext. Advisor, Ag David Varner, Ext. Advisor, Ag

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55 ALIVE Helps You Drive To Survive

65 ALIVE/MATURE DRIVING SEMINAR: A classroom driver retraining program will be given to older persons who improve their driving skills, is being offered by University Center on October 25 and 26, from 9 a.m.-2:30 p.m. at the Lancaster Extension Conference Center. Gary Miller, an AARP certified and experienced instructor, will be in charge of the full hour class.

Driver educators are encouraged to enroll in AARP’s 55 Alive Driving Course prior to using their driver’s license. This course will provide a review of basic driving rules and an update on local traffic hazards. It will also cover license renewal, the effects of aging and medications on driving, adverse road conditions, reaction time measures.

Persons 55 and older are eligible to participate in the course. The course fee is $5.00 and checks payable to AARP may be paid at the first meeting, A.M. tickets will also be needed in order to hold the class. Please call 477-7180 to enroll.

Participants are asked to bring a lunch. Beverages will be provided.

Programs For Caregiver’s Support Group

The support group for caregiver’s of the elderly meets monthly and the next meeting is at 10 a.m. on Monday, October 29 at the Nebraska Cooperative Extension Office.

N.R., Arthritis Center of Nebraska, Lela Shank, screenprint speaker and caregiver, and B.A. Hamlett, MSW, assistant director of Intimacy and Emotional Wellness, will discuss “Intimacy and Emotional Wellness.” Often times these needs go unfulfilled due to illness, isolation, widowhood, etc. The panel will discuss causes and ways of meeting these basic human needs.

Any caregiver is welcome to attend. No preregistration and no fee is required.

Recipes And Nutritional Value

Challenge blankets and furniture. October. Favorite recipes will be given fat, sugar and salt in your Conference driving skills, is being encouraged to enroll in their driver’s license. This AARP’s 55 ALIVE Driving Course.

terephthalate, is a polyester clearable. According to Tim Johnson, director of Meals With Improvement, “Lean is voluntary so not all recyclable. Some auto insurance companies identify lean cuts of meat and have an improvement in their effectiveness in the treatment and after laun-

and medications on prior to renewing licenses and a double knits, jersey and swimsuit knits. Three dates are asked to bring paper, pen and a clipboard or other writing materials.

Registration fee for the seminar is $25 for adults. Teens may attend free. Registration forms, available at extension offices in the Metro Unit, must be completed and sent to Sarpy County Extension Office. Fifty paid participants are guaranteed for Palmer/Pletsch to conduct the program. For more information, please call 477-7180.

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Any caregiver is welcome to attend. No preregistration and no fee is required. Just come.

Home extension club members are invited to attend the next district meeting in Pawnee County, on Wednesday, October 24, 9:30 a.m. to 3:30 p.m., at the Pawnee County Bank basement, 514 4th Street. Theme of the meeting will be “Ask Nebraska Ag. What Information on the program will include: Threat-Human Challenge of the Future will be shared.”

Mariesie Riecheck, president of Nebraska Council of Home Extension Clubs, will open the program. Other speakers include Dr. Leon Rottmann, human development consultant, and John Nelson, state FCL chair, Lois Hersh, Alaska homeemaker extension participant, and Pat Hendricks, program specialist, home economics.

Registration fee for the meeting, including lunch, is $5. Checks should be made payable to “Pawnee County Home Extension Council” and mailed to the JNP Extension Office, Box 779, Tecumseh, NE 68450, by Friday, October 12.

Persons planning to attend are asked to phone 477-7180 if interested in car pooling.

Effectiveness Of Dye Setting Treatments

Code “1” and “2” Plastics Collected For Recycling

Margarine containers, shampoo bottles, bottles and the two-liter soda bottles may now be added to your recycle categories. Tim Johnson, director of Citizens for Environmental Improvement will explain which are marked with a number used in rigid containers are welcome at the CEI recycling locations. (See page 33 of the blue pages in the Lincoln Telephone Directory for a list of drop-off locations.)

A Plastic Container Code System has been developed by the Society of the Plastics Industry and many containers now carry the code, symbolized by a triangle with a number inside three arrows. On containers, the marking is usually on the bottom. Coding is voluntary, but recyclable plastics will be coded.

PET, polyethylene terephthalate, is a polyester resin and is marked with a five, especially soda bottles.

Lean Meals With Meat Program

Confused at the meat counter? Attend “Lean Meat Meal Program” Tuesday, October 23, 6:30-8:30 p.m. at the Eastside Chamber of the Capital Building. The program is followed by a 7 p.m. informal hearing at the same location.

School Schedule For Your Group: Indulging Without Bulging

The Nebraska Public Service Commission will accept calls concerning the LTT proposal at 477-3101. The telephone hearing will be October 15 at 10 a.m. in the Eastside Chamber of the Capital Building. The public hearing will be October 23 at 6:30 p.m. informal hearing at the same location.

Quick-Mix Applesauce Carrot Cake (A moist, low-fat, low-sugar cake perfect for packed lunches. The recipe comes from Cooperative Extension, University of Missouri.)

Sift together: 1/2 cup whole wheat flour 1/2 cups white flour 1/2 cup brown sugar 2 teaspoons baking soda 1/2 teaspoon cinnamon 1/2 teaspoon nutmeg 1/2 teaspoon salt

Stir together and add to flour mixture, stirring until well blended:

3/4 cup applesauce (homemade or commercially canned) 1/2 cup reduced-fat milk 3 eggs, slightly beaten 3 cups coarsely grated carrots

Four into a greased nine-inch pan or bun and pan and bake in a preheated oven at 350 degrees F. About one hour and ten minutes, or until a toothpick inserted into thickest part of cake comes out clean. Cool five minutes on rack, then turn out onto wire rack to cool.

Healthy Heart Food Tour

Confused about cholesterol? Frustrated about fat? Learn about eating less (while still enjoying favorite specialities such as these: parties, eating out, coffee breaks, socializing, business meetings) at “Indulging Without Bulging.”

Would your group like to know how about eating “less” while still enjoying favorite specialities such as these: parties, eating out, coffee breaks, socializing, business meetings? Join the Heart of Nebraska Cooperative Extension in Lancaster County for a special presentation about how to lower your sodium intake. Tuesdays, October 23 and 30, 9:45 a.m. at the Indian Village Church, 60th & O Street. The two-week tour begins.

Would you like to make a separate tour scheduled for your group or organization, call Alice (477-7180) for more information about scheduling a presentation on “Indulging Without Bulging.”

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CONSUMER CARE GUIDE FOR APPAREL

This Guide is to help you understand and follow the brief care instructions found on permanent labels on garments. Be sure to read all care instructions completely!

WHEN LABEL READS: IT MEANS:

Machine wash Wash by any customary method including commercial laundering. (If no bleach statement is made, then all types of bleach may be used).

Do not commercially launder Use laundering methods designed for residential use or used in a self-service establishment.

Warm wash Wash in warm water at a water temperature of 110°F or less (hand washable).

Cold wash Cold rinse Use cold water from top or cold washing machine setting (temperature up to 85°F).

Bleach when needed All bleaches may be used when necessary.

Only non-chlorine bleach when needed Chlorine bleach may not be used.

Delicate or gentle cycle Use appropriate machine setting (slow agitation and reduced time).

Durable press cycle Use appropriate machine setting (cool down or cold water for permanent press cycle).

No starch Remove wash load before final machine spin cycle.

Hand Wash

Launder only by hand at hand-controlled water temperature (If no bleach statement is made, all bleaches may be used).

Hand wash with like colors

Launder only by hand with colors of similar hue and intensity.

Tumble dry

Dry in tumble dryer at specified setting—high, medium, low or no heat.

Tumble dry—remove promptly

Same as above, but in absence of cool-down cycle remove at once when tumbling stops.

Drip dry

Hang wet and allow to dry with hand shaping only.

Line dry

Hang dry and allow to dry.

No heat

Hang dry or dry flat only. Handle to prevent wrinkles and distortion

Dry flat

Lay garment on flat surface

Dry iron

Work to dry iron; maintain original size and shape while drying

Cool iron

Set iron at lowest setting.

Warm iron

Set iron at medium setting.

Hot iron

Set iron at hot setting.

Do not iron

Do not iron or press with heat.

Steam iron

Iron or press with steam.

Iron damp

Dampen garment before ironing.

Dry clean

May be dried by mechanical method or in coin-operated dry cleaning machine.

Professionally dry cleaned

Included with this term will be other instructions to be followed by your professional dry cleaner.

Should You Give Your Children Chocolate Milk?

Chocolate milk serves as a better replacement than it’s sometimes given because of its devoid of caffeine and sugar. According to an Environmental Nutrition, an 8 ounce glass of chocolate milk had a lower caffeine content than coffee but compared to 32 ounces of chocolate milk, its caffeine content was found in a 12 ounce can of pop. Also, an 8 ounce milk serving has less than half the calories, fat, and sodium of the pop.

Housekeeping Tips To Clip and File

Removing crayon marks from walls: Apply rubber cement, allowing it to dry completely, and then roll or wipe it off gently with a tissue. Test first on an inconspicuous area to see if it will affect the paint or wall paper.

To remove pencil marks from walls: Rub gently with an art gum eraser.

Removing adhesive residue: Sponge with dry cleaning solvent.

To remove magic marker from vinyl: Sponge with rubbing alcohol. Test on an inconspicuous area.

Exercise Helps Burn Calories Several Ways

Hate to exercise? Add to your motivation by considering the many ways eating too much food helps burn calories. While each of these is normal, it is well to note that exercise is small by itself, together they might help you lose about 10 pounds a year. That’s on top of the pounds lost through calories used in the exercise, or exercising less.

Researchers say that the body continues to burn extra calories as long as 12 hours after a vigorous physical activity stops. It seems that exercise causes a temporary rise in the rate at which your body uses normal body functions such as breathing. This effect appears to be more pronounced for people who have just started exercising but should become more fit. They become more efficient at using calories, and appear to burn more muscle. As muscle burns more calories than fat, you’ll find you’re more calorie as you develop more muscle.

If a person eats too many foods, the body believes it’s saving and adapts to using fewer calories. One of the ways moderate exercise with a less restricted diet, however, can help prevent this metabolic slowdown while still achieving a similar calorie deficit.

Frozen Foods: When Is It Time To Toss?

How long is too long when it comes to storing foods in your freezer? Here are some guidelines to help you decide when it’s time to toss.

Be moderate in use raises your risk of some cancers and increases the risk of heart attack and stroke. Does eating too much fat cause cancer? Yes, eating too much fat increases the risk of heart attack and stroke.

Questions and Answers About Fats

Mono and polyunsaturated fats increase the cholesterol in your blood stream, but they, like all, are high in calories and may increase your risk of some cancers.

Whichever kind of fat is “bad” for you? It is important to reduce the total fat in your food, regardless of whether the fats are saturated or unsaturated, animal or plant fats, or oils.

Lightening Up The Main Course

Cooking:

- Trim visible fat.
- Remove skin from poultry.
- If you salt uncooked meat, add no more than 1/4 teaspoon per pound.
- Prepare meat, poultry, or fish without browning or batter. Coatings absorb fat.

In cooking:

- Brown ground meats over low heat. Drain off fat before mixing in other ingredients.
- Place meat on a rack when roasting, broiling, or grilling to allow fat to drain away from the meat.
- Cook with little or no added fat, using nonstick pans.
- Baste with unseasoned broth, unseasoned tomato juice, or fruit juice, not with fatty dressings.
- If using ham or other cured meat in a recipe, omit salt and avoid using other ingredients high in sodium.
- Use onion and garlic powder rather than onion salt, garlic salt, or other seasoned salts. (Note: It may take only about half as much powder as it would salt. For example, if a recipe called for 1/2 teaspoon of garlic salt, try 1/4 teaspoon of garlic powder instead."
- Season meats with herbs and spices or blends of herbs and spices, such as Italian Seasoning."
- Read the label and avoid those having salt as a major ingredient.
- Use commercially prepared soups, such as barbecue sauce, sparingly. These are often high in sugars, sodium, or both.
- Use less of high-sodium condiments, such as soy sauce, dill pickles, and monosodium glutamate (MSG).

In preparing soups and toppings:

- Chill dressings and broth and remove fat before using. Make gravies, soups, and sauces. To avoid lumps, mix thickener (corn or flour starch) with cold liquid ingredients (unsalted broth, cold water, fruit juice) before heating.
- Be moderate in use of high-fat clump toppings for casseroles.

In eating:

- Eating too much fat causes attacks. Eating a diet high in fat — especially saturated fat — contributes to elevated blood cholesterol levels. High cholesterol increases the risk of heart attack and stroke.

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Which kind of fat is “bad” for you? It is important to reduce the total fat in your food, regardless of whether the fats are saturated or unsaturated, animal or plant fats, or oils.

For more information on eating the low fat way, send a letter to a well-dressed, stamped envelope to: Eat Smart (Eating 69-5358) c/o Alice Hock, University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrywood Road, Lincoln, NE 68528.
**Pheasants Prepare for Winter**

The lazy months of September and October provide a well deserved rest for the hunter. After the rigors of hunting, more than 30 to 50 eggs, should be collected, paired and set in a cool, dark place.OOMSSS

Many believe that consistency in a Blister kernel 45-7.5 has been clutch, brooding young, ties. The hen, though, has tember she has reached cocks had no incubation or since late July when they content of the year. _rigors of_ often causes more stress _opportunity to decrease_sider substituting wheat for your own children, their in- last spring will stay with the of corn may be decreased by about one percentage unit. Thus, pigs fed wheat fed corn if sold on a grade mandated of raising her young adolescence, and they not to formulate diets with wheat because of the lysine content of wheat. The chicks produced Wheat can replace all these months. During August, September and October, a yellowish-white food in a pheasant's crop does not increase over that in May, June and July. So the pheasant's food intake is decreased through these months. The recommended STORP levels for Nebraska are listed in Table 2. These recommendations are for aerated grain where heat and moisture are reduced. One pound of this material should be used to reduce 1 percent moisture for low quality grain (this includes cracked and damaged grain and grain subject to previous mold activity). Values in Table 2 refer to the wettest grain in the bin before any drying equipment is used. **Grain Storage continued...**

- **hatches should open eas-**
- **y. Also, pay special tention to wiring, looking for corrosion, in-**
- **lated and loose and danging wires. Air leaks and in the drying system waste en-**
- **ergy and money. Seal leaks, and check for bar-**
- **nsects throughout the roof, including the roof and exhaust vents.**

**Pesticides and Auctions**

It probably happens at the majority of farm sales, private residential auctions, too. A pesticide container is at the bottom of a lot of goods and the buyer is not aware of the individual items in his/her purchase until the box is emptied at home. There are some considerations relating to the sale of pesticides at auctions? Here are some guidelines:

- **1. General use pesti-**
- **cides can be sold in origi-**
- **nals, reconditioned, unop-**
- **end containers.**

- **2. Restricted use pesti-**
- **cides can also be sold in original, sealed, un-**
- **conditioned containers. Ho-**

- **ever, any sale of restricted use pesticides places the dea-**
- **ler in the role of a dealer. Dea-**
- **lers must be registered with the EPA at 437-5030.**

- **These guidelines are especially important for auction-**
- **ners. They are the ones that may discover pesticides during an inves-**
- **tigation of goods before the sale.**

- From communication with EPA, 7-27-90.

---

**Table 1.**

<table>
<thead>
<tr>
<th>Stage of Growth</th>
<th>Approximate number of days to maturity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn</td>
<td>35</td>
</tr>
<tr>
<td>Bristle</td>
<td>27</td>
</tr>
<tr>
<td>Bristle</td>
<td>18</td>
</tr>
<tr>
<td>Physiological</td>
<td>0</td>
</tr>
<tr>
<td>Grain</td>
<td>25</td>
</tr>
<tr>
<td>Corn</td>
<td>35</td>
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</tr>
</tbody>
</table>

Normal water requirements for corn, grain sorghum and soybeans are found in Table 2 after stages of growth and maturity. **Use Wheat to Reduce Pork Production Costs**

Nebraska pork producers should grab the opportunity to decrease production costs by feeding wheat instead of corn to swine this summer. Consider substituting wheat for corn in swine diets if the price is right. Pigs can replace all the corn in a growing finishing diet (40-125 lbs.) bodyweight. Pigs will gain and convert the same regardless of which grain source is used. However, recent university research indicates that carcass yield of swine fed wheat instead of corn may be decreased by about one percentage unit. Thus, pigs fed wheat might be worth slightly less at market time than those fed corn sold on a pound and yield basis but not if sold on a price per pound basis.

Diets with wheat can be formulated two ways. First, wheat can be substituted for corn on a pound for pound basis. Secondly, greater diets (40-125 lbs.) can be formulated to a lysine level of 80 and finisher diets (150-250 lbs.) to a lysine level of 65 using wheat as a component of the soybean meal. The latter method will provide a dietary level of soybean meal up to 75 per cent of its protein content without increasing feed costs. Producers are cau- tioned not to formulate wheat-based diets on a crude protein basis. If they do, a resulting lysine defi- ciency will cause de- creased performance. Producers using complete commercial supplements should substitute wheat for corn on a equal weight basis while those using a grain-basis meal pro- gram can use either method.

Producers who wish to take advantage of the extra lysine in wheat to reduce soybean meal us- age should run a test to obtain a representative sample of wheat and sub- mit it to a commercial labora- tory for crude protein analysis. If the crude pro- tein content is 12.5 percent or greater on a "as-fed" basis, then a wheat lysine content of 1.5 percent can be assumed with reasonable accuracy. Less protein means less lysine in the wheat. Savings in soybean meal may be significant because the lysine content of wheat. Wheat should be rolled to a medium consistency in a hammer mill with screen sizes of 1/4 inch to 3/8 inch. Avoid fine grinding of wheat. Wheat should be lower by ac- ceptance by pigs. Producers who use a grain-basis meal pro- gram and wish to take ad- vantage of the extra lysine in wheat can economically feed wheat instead of corn if the price of wheat is less than about 104 percent of the price of corn on an equal weight basis. For example, if corn is worth 4.5 cents a pound ($0.52 per bushel), use of wheat instead of corn would result in cheaper feed pigs. A wheat could be purchased for less than 4.7 cents per pound ($0.52 per bushel). Producers using a complete commercial sup- port can afford to feed wheat if its price is less than that of corn on a pound-for- pound basis.

The recommended STORP levels for Nebraska are listed in Table 2. These recommendations are for aerated grain where heat and moisture are reduced. One pound of this material should be used to reduce 1 percent moisture for low quality grain (this includes cracked and damaged grain and grain subject to previous mold activity). Values in Table 2 refer to the wettest grain in the bin before any drying equipment is used.
Computer Boot Camp

A 4-H computer camp will be held February 15, 16, 17 at Eastern Nebraska 4-H Center. This will be a learning experience, teaching youth about the practical application of computers through sharing, hands-on experience and demonstrations.

To teach this world, computers are a necessary part of everyday life. Learn to use computers as a tool in your life. Computers open doors to knowledge, education and fun. Any teenager, ages 13 to 19, may attend. Four H membership is not a requirement. The registration fee for the three day camp is $35. Camp will begin at 7 p.m. Friday night and end at 2 p.m. Saturday.

The Eastern Nebraska 4-H Center is located in Schramm Park, on the bluffs overlooking the magnificent Platte River Valley. About six miles south of Interstate 80 on Highway 71.

Please call Dave for additional information and a registration form.

Camp topics will include:(Social Significance of Computers)

What to Look for in a Computer

Equipment Demonstrations

What Can I Do With My Computer

Telecommunications

Computer Care and Maintenance

Computer Hazards and Confined Spaces

Urban dwellers concerned about air pollution from emissions autos, industry and home heating may envy farmers with their open air. But the open air often is no better and may even be life-threatening with the dust, organic gases, chemicals and allergens. Entering confined spaces can be dangerous without appropriate protective measures.

- When working around silos, bins and manure storage, you're dealing with confined space hazards—oxic, gases, lack of oxygen, entrapment. Know the hazards and be properly equipped.
- Due to risk of exposure to nitrogen dioxide and carbon dioxide and other gases, stay out of silos during filling and for 3 weeks thereafter unless you wear an air-supplying respirator. Pesticides, gases from manures and dust can be hazardous to everyone.
- Always ventilate the silo headspace before entry. Wear a lifeline and have outside help available.
- Before entering a grain bin, open it up to allow fresh air to circulate. If possible, blow air into manure tanks and dust disposal equipment to help flush out the dust before entry. Use a lifeline and lock out the unloading mechanism.
- Never enter a manure pit or spreader tank without an air-supplying respirator and lifeline connected to someone outside the danger area.
- Provide strong ventilation during pumping and agitating manure. Evacuate animals and keep children and non-workers out of the area.
- Wear the appropriate respirator when applying chemicals, spray painting, or working in dusty conditions, and where you may breathe allergens. Use the proper cartridge or canister for the chemical. Make sure the respirator fits properly.
- Respirators and personal protective equipment are required to reduce dust and proper storage of chemicals and products.

Respiratory Hazards

Sweet Potato Storage Tips

Sweet potatoes are not an easy crop to store. Harvest them carefully to avoid damaging them. Use any damaged ones soon, since they will cause problems in storage. Those that are to be stored need to be cured before being put into storage.

Curing will be keeping them in an area maintaining a temperature of 80-85 degrees F for about a week to 10 days. The humidity in this area should be about 85-90 percent. If it is not possible to cure them at this temperature, cure near a furnace (65-75 degrees F) for 2-3 weeks before storage.

After the curing is completed, the sweet potatoes must be stored at 50 to 55 degrees F in a dark location. If the temperature drops below 50 degrees F, there is the possibility of freezing damage. Check the sweet potatoes every 2-3 weeks for signs of decay. Remove damaged sweet potato potatoes immediately.

This is a nice way to root sweet potatoes outdoors, suggested by a resident of her county. First, you need to locate some sweet potato plants to be cured. Place them into a holding area to cure before planting. The sweet potatoes will not ripen in storage and should be harvested when they are fully cured.

Sweet potatoes must be cured before being put into storage.

On-the-Grow Horticulture News continued...

R基辅 Cuttings in Cans and Under Jars?

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Mary Jane McReynolds
Extension Assistant, Horticulture

Donnie Miller, Ext. Agent, Chair
Warder Shimek, Ext. Agent, Ag
David Varnier, Ext. Agent, Ag

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Rooting of Rose Cuttings

To aid rooting of rose cuttings stick them in the refrigerator. That’s the advice of Washington rossarion Joseph Petti.

Rose hardwood cuttings form callus, from which new roots can develop, at low temperatures (around 40 degrees F.). By cooling the cuttings while callus forms, more roots are slowed and the chances for drying out are reduced. Put cuttings in plastic bags and refrigerate for two weeks to a month or so (watch out for mold). Then put in a warm-high humidity environment (use of rooting hormones is advisable).

Leaves should appear within a month. Don’t forget to harden-off the new plants before transferring them to the garden.

Rose Hips

Rose hips are the vitamin C filled fruit of the rose. After the blossoms fade and the petals drop, rose hips turn deep red, as purple seedpods of different sizes and shapes. Ruggosa roses often have very large hips and in great profusion. In addition, the ruggosa rose hips contain an exceptionally high quantity of vitamin C.

Rose hips should be gathered when they are fully ripe, but not overripe. They should be bright scarlet. If orange, they are underripe; if dark red, overripe. Some varieties won’t ripen until after the first frost, and some people believe that frost improves their flavor. The easiest method of preserving them is to pack the hips in mason jars and seal, freeze and store them for up to six months.

SEED STORAGE TIPS

In addition to storage of summer bulbs, many gardeners have leftover flower and vegetable seeds to store. Here are suggestions from the University of California-Davis:

1. Unfold and lay out a stack of four facial tissues.
2. Place two heaping tablespoons of powdered milk on one corner. Powdered milk must be dry.
3. Fold and roll the facial tissue to make a small peach. Secure with tape or a rubber band.
4. Place the pouch in a wide-mouth jar and immediately drop in packets of leftover seeds.
5. Seal the jar tightly to exclude moist air.
6. Use the seeds as soon as possible. Discard and replace the dry milk (desiccant) once or twice yearly.

Cut Farm Safety Risks in the 90’s

"Make it routine to inspect all equipment and facilities for hazards then correct them without delay. Avoid or learn to live safely with hazards that can be eliminated."

"Train employees and family workers to do things right and to take care of their safety and health, both on and off the job."

"Prepare for each activity. Know and respect each other’s limitations. Stay fit and seek care for health problems. Take time to do things you enjoy to add balance to life."

"Do what it takes to protect children, the elderly and others in your care. For example, don’t let kids ride on farm equipment and only give them work suitable for their age and development."

Shades Of Autumn

The fiery reds, golden yellows and deep purples of fall may be our consolation for having to face the oncoming of winter. Where every other life, you can bring fall colors to your landscape. It’s just a matter of choosing the right plants. Trees with fall yellow color include ginkgo, paper birch and quaking aspen. Those trees or shrubs with yellow to red colors are cherry, pear, persimmon, red maple, serviceberry and sugar maple, Japan­se barberry, red oak, blueberry and enormous burning bush have the stunning red fall colors. And for those of us who like red to purple fall colors, American sweat gum, flow­ering dogwood and Japa­nese maple could be among your choices.

Although the changing color of leaves in the fall appears to be magic, those yellows, reds and oranges were there all along; they were just masked by green chlorophyll. As the days be­come shorter and the weather turns cool, trees slow their rate of photo­synthesis and the chloro­phyll in the leaves begin to break down.

If you do not have a place to plant your favor­ite fall foliage tree or shrub, head to your near­est park or the Nebraska Statewide Arboretum on East Campus and enjoy the colors before they fade away.

Extension Calendar

All programs and events will be held at the University of Nebraska Cooperative Extension in Lancaster County unless otherwise noted.

October

1 Chris Clover Award Books due to Leader
1 County Award Books & Scholarship Appl. due
1-7 National 4-H Week
2 4-H Council, 7:30 p.m.
14 Teen Council, 2:30
23 4-H Achievement Program, 7:30 p.m.