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The NEBLINE, November 1994

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**EFNEP shopping tips**

Expanded Food and Nutrition Education Program (EFNEP) advisors help people save money when shopping for food. The best way to save money is to plan ahead. When you plan before shopping, you can save money and get the foods your family needs for good health.

**Before Shopping**
- Think about some of the meals you will make.
- Look at what you have on hand.
- Write a list of what you need to buy.

**At the Store**
- Compare prices of different sizes and brands of the food you’re buying.
- Use coupons only for things you usually buy.
- Try to buy just the amount you need or have space to store.

**Shopping Tip**
Package-mix dinners and other ready-to-eat foods are popular because they are easy to make and save you time in the kitchen.

**Package-mix dinners and ready-to-eat foods**

Many package-mix foods are high in fat and sodium. Be sure to read the nutrition labels. Choose the products that are lower in fat and sodium. You can lower the fat and sodium in foods you prepare from mixes. For example, when preparing macaroni and cheese, leave out the salt, use half the margarine. Lowfat milk may be used instead of whole milk.

Source: Making Healthy Food Choices, USDA Home and Garden Bulletin Number 250 (MB)

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**Farmers research for profit**

Dave Varner
Extension Educator
Area farmers know that maximizing profits from soybeans, corn and grain sorghum is the result of developing and fine-tuning production, management and marketing strategies. The Nebraska Soybean and Feed Grains Profitability Project (NSFGPP) facilitates this process.

Twenty-five area farmers participate in this cutting edge project which allows them to stay abreast of the latest agricultural research findings and learn from their neighbors.

Farmers cooperate with industry representatives and University of Nebraska Cooperative Extension personnel to determine profitable production strategies for localized areas. This goal is achieved through participation in the three major project components: 1) on-farm research, 2) farm record analysis and 3) educational programs.

**On-Farm Research**

On-farm research comparisons are the heart of the NSFGPP. These comparisons provide the opportunity to judge an alternative production strategy against the current production system. Comparisons are designed so participants’ equipment can be used to establish and harvest the research comparisons in field areas of 15 to 30 acres.

Participants use farm record analysis and new information from educational programs to identify production, management or marketing practices to be studied over a three-year period. Possible topics include: tillage systems, pesticide treatments, fertility management, cultural practices, alternative production strategies can easily be studied on the computer once the initial information is entered.

**Educational Programs**

Custom-designed, educational programs provide opportunities to learn new management skills that will increase participating farm operations’ profitability. Educational programs address specific needs of producers and are ongoing throughout the year. Opportunities include field tours, demonstrations, trips, and workshops that include hands-on learning throughout the growing season and during the winter months. Nebraska Soybean and Feed Grains Profitability Project members view this program as continuing education.

Participants invest $150 annually and three years of their time to help ensure their future in farming.

Enrollment for the 1995 growing season is open through December 31, 1994. Interested farm operators may obtain more information about the NSFGPP by calling Dave Varner at 441-7180.

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**“Helping you put knowledge to work”**

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

Car-rt sort
Postal patron
Mulching trees correctly

Overmulching—applying six to eight inches or more—can strangle and kill the roots.

Apply the mulch evenly over the roots. Then rake or push the mulch back from the trunk. Mulch that laps against the trunk can provide hiding places for mice, which can severely damage or girdle and kill woody plants by gnawing off the bark.

During the growing season, plants mulched with organic materials such as crushed corn cobs, sawdust, wood chips or straw may develop nitrogen deficiencies. This occurs because the soil microorganisms decomposing these materials remove appreciable amounts of nitrogen from the mulch, making it unavailable to the plants.

To counteract this, apply small amounts of nitrogen fertilizer in the spring, before additional material is applied, and again as needed over the growing season. Signs that plants need a nitrogen boost are yellowing foliage, brown leaves or stunted growth. Apply 1/4 pound of ammonium nitrate or ammonium sulfate for each 10 square feet, or two pounds of a complete fertilizer such as 5-10-5 or 12-12-12 per 100 square feet of area. (DJ)

Roses need winter protection

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 back. This can prevent severe winter damage and make it easier to control pests and diseases. However, do not be tempted to cut down the mum stems with leaves as long as the foliage remains green and normal looking. Like all perennials, the leaves provide food for the plant through the winter. After the leaves turn brown, the stems can be cut down to about two inches above the ground.

Two factors important to ensure 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. You can determine whether the soil is ready for mulching by carefully flexing a few stems and feel for a little bit of a wet feel at times, reduce the thickness of mulch.

A good winter mulch for mums can be a three-inch layer of shredded leaves, clean straw or pine needles. If this mulch is applied while the soil is still fairly warm, the roots may not reach a completely dormant condition and winter injury can occur. The word "hardly" has been mulched in the past few years because these should survive from year to year. However, mums from a florist that are set out in the landscape may not make it through the winter, since florist mums are often tender varieties. (MM)

Chrysanthemums

Hardy mums may well be the best known fall flowering perennial. Two questions often asked about mums are 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 quantity and quality of the flowers, depends on the care that was given to them during the summer. Fertilizing mums properly is like giving a 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 back. This can prevent severe winter damage and make it easier to control pests and diseases. However, do not be tempted to cut down the mum stems with leaves as long as the foliage remains green and normal looking. Like all perennials, the leaves provide food for the plant through the winter. After the leaves turn brown, the stems can be cut down to about two inches above the ground.

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Harvesting popcorn

There are no shortcuts to popcorn harvest. Popcorn must be mature enough on the stalk. It takes about 120 days from seed to harvest. The kernels are usually hard and ready to harvest by the time the stalks turn brown and dry. Harvest before cool, damp weather settles in, to prevent the possibility of mold growth.

After picking the ears, remove the husks and cure the ears for two weeks. To cure, place them in a mesh bag and hang in a warm, dry, well-ventilated place. After curing, remove the kernels by rubbing one ear against another, starting at the tip and working toward the base. Store the kernels in sealed one-quart jars, filled three-fourth full and store in the refrigerator, if possible. If you live in a warm climate or the kernels needed to keep for three to four years before becoming stale.

You can test the popping power of kernels by heating them in the oven. Pop all the kernels with your hand and ready to harvest by the time the stalks turn brown and dry. Harvest before cool, damp weather settles in, to prevent the possibility of mold growth.

A. The Christmas cactus blooms in response to either short days or bright light. Move your favorite, with its pure white petals, to a wall or trellis can make ideal support. They will suffer chilling injury that will shorten their storage life. Trying to store squash with nicks, dents or other injuries will also result in storage problems.

A. Most winter squash should keep for several months if stored at 40°F. Exposure to temperatures down there is generally in concrete floor. They will suffer chilling injury that will shorten their storage life. Trying to store squash with nicks, dents or other injuries will also result in storage problems.

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Guard your grain investment

Grain of high quality does not improve in quality in storage. At best, it will just remain at its initial quality. Only by storage, and under ideal conditions, can the quality be maintained. However, if proper storage conditions are neglected, the entire bin of grain becomes worthless, moldy, insect-infested, and full of foreign material. Be sure that only high-quality grain goes into clean storage bins. In an ideal condition, the rate of deterioration can be reduced by 90%. This means that you can store anything that is going into storage efficiently. Aeration and mechanical cleaning can be used to reduce the rate of deterioration. Various factors, such as the type of grain, the initial moisture content, and the storage environment, all affect the rate of deterioration.

Table 1. Maximum recommended moisture contents for properly managed, aerated grain.

<table>
<thead>
<tr>
<th>Storage</th>
<th>Corn +1%</th>
<th>Soybeans</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fed by April</td>
<td>15%</td>
<td>13%</td>
</tr>
<tr>
<td>Marked</td>
<td>15%</td>
<td>13%</td>
</tr>
<tr>
<td>By June</td>
<td>15%</td>
<td>13%</td>
</tr>
<tr>
<td>Up to</td>
<td>14%</td>
<td>12%</td>
</tr>
<tr>
<td>Over one year</td>
<td>13%</td>
<td>11%</td>
</tr>
</tbody>
</table>

Grain going into a bin should be clean. Broken kernels, foreign materials, and dust will add additional problems in stored grain, particularly when they accumulate in the grain. With the increase in the use of insecticides, broken kernels are more susceptible to spoilage than unbroken ones. Also, airflow from drying or aeration fans tends to go around particles of fine dust and blown fines so they are lost or cool and dry more slowly. These pockets often develop into hot spots that result in spoilage in stored grain.

The most effective way to remove broken kernels, fines, and dust from the grain is to use a high-capacity rotating grain cleaner. If this is not possible, a portable grain cleaner must be used to minimize concentration of fines, although a "doughnut-shaped" hopper will always result in a concentration of material occurring in the bin. If a power spreader is not used, install a grain cleaner to spread the grain and partially spread the fines.

More grain goes out of condition because temperatures are too high or too low for other reasons. When first storing grain, cool the prevailing temperature. While in storage, grain should be held at temperatures within 10°F of the average outside air temperature. Temperatures below 50°F will prevent insect feeding and reproduction. As grain is being augured into storage, apply a liquid or dust insecticide, especially if the grain will be stored for ten months or more. Use either a premixed insecticide, such as Reldan (corn and sorghum), Reldan (sorghum only) or Actellic (corn and sorghum). For many producers, 1994 will be rich in protein. However, actual nutrients that are lacking in the ration and causing poor animal performance. Average values are given in Table 2. Moisture content of the grain goes into clean storage bins.

At best, the initial moisture content should be reduced to 70% of the initial moisture content. To accomplish this, the grain is aerated to control temperatures. Reduce the recommended moisture contents by 50% at the 10% moisture content that is stored and are given in Table 1. This process is called "drying out" the grain is aerated to control temperatures. Reduce the recommended moisture contents by 50% at the 10% moisture content that is stored and are given in Table 1. This process is called "drying out" the stored grain. Moisture content of the grain goes into clean storage bins.

Don’t guess — take a forage test

For many producers, 1994 will be remembered as a year for grass and alfalfa. For many, weeds and poor timing of harvest accounted for some very low-quality hay. The forage quality of hay must be known to feed livestock efficiently. Average hay analysis is very useful; however, unless the actual nutrient consideration is known, complete analysis cannot be realized. For example, alfalfa is rich in protein. However, actual levels range from 15% to 25% in 1994. This makes forage testing necessary. If you plan to market your product, your buyer will want it and is interested in the nutrient value of the hay.

Computing the value of manure on farms

Whichever manure is thought of as a waste by farmers, its economic value is not right, it is a by-product with a liability attached. Farmers need to think of manure differently. Farmers think of it as a resource that can be used to make money. Feedlot managers think of manure as a waste because they have tons of it to dispose of. This is nonsense. Manure is a valuable resource. Whether you are a farmer or a feedlot manager, it will cost you less to dispose of it than to dispose of it properly. In this time of ecological awareness, dumping huge quantities of manure on the nearest field is no longer feasible. It may not be economically sound, either.

Two elements determine the value of any one thing: if the form it is in is usable and if it is scarce. Simply put, manure is both. The only way to get rid of manure, because, for the most part, it is a by-product and there is no incentive for feeding animals, is to not managing field productivity. On the other hand, farmers consider manure the economic manure as a soil conditioner need to determine its value relative to the alternative. The manure can be applied and the nitrogen in it utilized just as the nitrogen in commercial fertilizer. Has the Please turn to Manure page 11

Using multiple catch mouse traps

If you have a large mouse infestation, you might consider using automatic multiple-catch traps. These traps (Ketch-All, Mouse Master, Kwik Katch and Tin Cat) can be purchased at farm supply stores. There is a $200 refundable deposit required. We suggest calling ahead to confirm availability for the date you need. (WS)

Propar trap placement is critical. Mice and other small mammals catch mouse traps is placed along a wall almost forcing the mouse to enter the trap.

Make sure the traps are set far enough apart that there is a day or so between the days of trapping. Mice that are caught are then re-released. You might want to try using larger traps. Each sink in suspended ceilings or attics space, or they may be your roof, where the mice can enter the house.

Add bait. If food is in short supply, place a small dish of peanut butter or jam at the entrance.

Use enough traps. In large, active infestations, place traps 6-10" apart. For maintenance trapping, place them in prime sites 20-40" apart. Move traps away from locations where mice are never captured.

Set traps at entry points to intercept mice on their way inside. Trap Maintenance

Mice can die within a day or so — traps need to be checked often. Traps that are very dirty will generate odors and must be cleaned. Before replacing, make sure that the mechanism works. Please turn to Traps page 11

Fall application of anhydrous ammonia — when should you start?

Application of anhydrous ammonia (NH3) in the fall for corn or sorghum the following year is a practice which has been traditionally used to spread out the workload for next crop season and take advantage of lower fertilizer prices in the fall. In recent years, this practice has been discouraged, at least on some soils, because of the potential for conversion of the ammonia to the nitrate form (nitrification) following by leaching loss below the root zone, which can ultimately affect groundwater quality. Farmers are now encouraged to wait until soil temperatures are cool (below 50°F), which reduces the rate of nitrification and the potential for significant leaching loss. Producers are encouraged to consult with their local extension agents.

Although each year is unique, it is useful to consider seasonal averages for planning purposes. Nitrification slows when lower soil temperatures (about 20°F) are reached and may not occur if the temperature falls below freezing. A soil temperature of 50°F has been used as the "safe" temperature for ammonia application because the rate of nitrification is extremely slow at that temperature and it is likely that the soil temperature will soon be much cooler, lessening the likelihood that significant nitrification will occur. Farmers are encouraged to wait until soil temperatures reach 50°F for several days, rather than the first day that the temperature reaches 50°F, because soil temperature will not fluctuate from day to day. Generally, soil temperatures drop below 50°F in the first few weeks of December, when there is a constant risk the soil temperature will have been below 50°F for a week, they could then begin applying NH3, approximately the second week of November.

Declining air temperatures complicate NH3 application in the Fall. Since tank pressure is directly related to temperature. As the air temperature falls below 40°-45°F, it is difficult to accurately meter and apply NH3. Also, NH3 is difficult to apply one to two weeks later, because the criteria of soil temperatures between 32° and 50°F, and air temperatures greater than 45°F, the number of hours that NH3 may be applied can be calculated. The average time available to apply NH3 in the Fall, the field declines from 60 hours/day the first week in November to less than 2 hours/day the last week in November. This estimate will vary considerably and yearly based on temperature. These averages are probably overestimates, because they do not account for precipitation or wet fields. This analysis suggests that, on average, the amount of time available to apply NH3, in the fall will be limited, if best management practices are followed.

One option to consider is the use of a nitrification inhibitor such as ni-tro-amine (in the trade monolithes, corn and sorghum). For many producers, 1994 will be rich in protein. However, actual nutrients that are lacking in the ration and causing poor animal performance. Average values are given in Table 2. Moisture content of the grain goes into clean storage bins.

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Don’t guess — take a forage test

Forage testing helps identify nutrients that are lacking in the ration and causing poor animal performance. Forage testing also helps identify nutrients that are in abundance and need not be fed. There are many commercial laboratories in Nebraska that test forages using standard laboratory methods. However, the University of Nebraska Feed Test Laboratory will also serve your needs. University of Nebraska Cooperative Extension in Lancaster County has envelopes and instructions for taking hay samples (see NebGuide HN-93, Testing Livestock Feed).

A hay probe is available, free of charge, at the Extension office for sampling hay bales of the hay for their laboratory analysis. There is a $200 refundable deposit required. We suggest calling ahead to confirm availability for the date you need. (WS)
Environmental Focus

Bats in your belfry?

Barb Og
Assistant Extension Educator

If you’ve had bats in your attic, fall is the best time to bat-proof your home. Bat-proofing can be time consuming, but it is the only permanent way to prevent entry of these mammals. Bats are unique because they are the only group of mammals that truly fly. Bats have very poor eye sight, but they navigate with a system that is similar to a sonar system.

Bats are normally nocturnal, feeding at night and spending the day roosting in dark, sheltered places. Their ability to fly and their nocturnal habits have given them a bad reputation, superstition, and fear. All of the bats found in the United States are insectivorous and feed on insects that fly at night like mosquitoes and moths. Bats will not eat your fruit trees. Vampire bats, the basis of many fears and superstitions, are not even native to the United States. In Nebraska, the most common bats are the little brown bat and the big brown bat. The little brown bat is one of the most abundant species, often forming nursery colonies in accessible buildings during the summer. Adults and young wake up in the building in the fall to hibernate in caves and mines. Colonies may be as large as 1,000 individuals.

The big brown bat is probably the species that is encountered the most by people. Because bats have a small size, it is easy for people to forget that bats, like any other wild animal, can become infected with disease. Use common sense when handling bats that you find in your home, wreaths, and floral arrangements. Before beginning control, remember that bats are a problem after the bats die or move on. The best way to get rid of bats is to prevent them from coming indoors.

Damage and Identification

Bat droppings may be found along with bat guano (guano) and stains near eaves, gutters, and downspouts. Bats are a common cause of damage in buildings and sealing cracks may help eliminate the problem. Mice, rats, and squirrels make the same noises but do not carry the same diseases. Bat bugs (similar to bedbugs) will also move into buildings after the bats die or move on.

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While you are away, you may notice that many of your evergreens have attractive pine cones that could be used to decorate your home during the holiday season. Pine trees such as eastern white pine, ponderosa pine, Scotch pine and Austrian pine all have nice sized cones that are two to eight inches long. Gather a bunch of these pine cones and store them away for next year. (MM)

Guano and Insect Pests

Accumulated bat guano and urine in attic spaces attract flies and ants. Bats have numerous parasites, ticks, mites, fleas, and bat bugs (similar to bedbugs). These pests are most likely to be a problem after the bats die or move on. However, if your bats are parasitized, the pests are left behind. These pests die in the absence of bats, but they may bite other warm-blooded animals (including humans) in an attempt to survive.

Health Hazards

Rabies is the most important health hazard associated with bats. Bats are also known to carry other pathogens such as hantavirus. Hantavirus is not transmitted by bats. Because bats have teeth that easily break off, bites should not penetrate gloves.

Bats in the Home

If you have bats in your home, there are several steps to take. If you only have an occasional individual, simply capture it and release it outside. Always wear gloves or use a net or cardboard box. If frightened, bats will bite just like any other wild animal. If you suspect a resident colony in your attic, the solution is to deny the bats access by “bat-proofing” the home. Bat-proofing is the best and only sure way to rid your home of bats.

Successful bat-proofing includes a thorough inspection of the building and sealing any openings larger than one-half inch to prevent access. You can bat-proof your home or check the yellow pages for names of professionals who will permanently exclude bats from your dwelling. For information on how to bat-proof your home, call University of Nebraska Cooperative Extension in Lancaster County (441-7789) and ask for the information sheet on bats and bat-proofing.

Many people have come to admire the beneficial and environmental aspects of bat presence. By building and putting up a bat house next spring, you can attract hundreds of free pest control. These bats will help control insect pests such as mosquitoes around your house (see diagram). To minimize your chances of attracting them, place your bat house 12 to 15’ above the ground, and firmly attach it to the side of a building or a convenient tree. Sites near water are especially attractive. Try to bat-proof your bat house from prevailing winds. Bats are very temperature sensitive and select stable temperatures between 80 and 100 degrees F. In our climate, a sunny exposure will help maintain warm temperatures. A black roof on the house will also help. (IPRO)

White goods banned from landfills: September 1, 1995

The Little Brown Bat

Many bats are insect-eaters, and some can consume more than 500 mosquitoes in an hour. They catch their prey while flying, using their wings to “see” with sound waves emitted from specialized fingers. These sounds support their gliding membranes—to transfer captured prey to their mouths.

These bats are commonly found in Nebraska. They are most active at dusk and dawn. A faucet opened only halfway can help save water and energy. Some people may notice that many evergreens have attractive pine cones that could be used to decorate your home during the holiday season. Pine trees such as eastern white pine, ponderosa pine, Scotch pine and Austrian pine all have nice sized cones that are two to eight inches long. Gather a bunch of these pine cones and store them away for next year. (MM)

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Plans for a bat house designed by Bat Conservation International, a large conservation group dedicated to bats and worldwide bat conservation.
Infested nursery stock in Nebraska

Nursery stock (trees) infested with gypsy moth was distributed in Nebraska to nursery stock growers and dealers. The nursery stock came from Zelenka Nursery in Grand Haven, Michigan. Infested nursery stock included 15-18 and 18-24 inch Colorado spruce, Picea pungens; Black Hills spruce, Picea glauca; and eastern white pine, Pinus strobus.

In addition, from the Nebraska Department of Agriculture met with most of the people receiving the infested stock. Egg masses and moths were detected in four locations across the state.

Gypsy moth is a serious tree defoliator in the eastern hardwood forest. This type of moth is in highly visible buff-colored eggs. Eggs begin laying in April and larvae (caterpillars) feed on the leaves of trees until they develop into adults in mid-July. Adults live for one to two weeks, mate and lay eggs for the next generation. Female moths are unable to fly, therefore dispersal is slow.

State Entomologist Stephen Johnson has offered a few tactics that will help get rid of gypsy moth. The number is 1-800-554-6684. (D.J.)

Don't be overrun by roaches

Control Tips
- If you have suddenly seen roaches in your kitchen or bathroom? Or, you thought you could overlook this because it has a higher reproduction rate, getting rid of roaches. If you see that roaches live in damp, dark places in your house, they have cupboards, behind the refrigerator, or in the bathroom?
- Because these insects develop very fast in the hot and humid conditions of the summer. Bait may be slow-acting but will eventually kill roaches.
- “Waterbugs.” The most difficult roach to control is the oriental cockroach. Because they tend to be under refrigerators or stoves. These materials have a strong affinity for water and roaches travel through the sewer system where moisture is readily available. Desiccants damage the cuticle of roaches and thus inhibit their growth and development. Insecticides are best used as a barrier treatment as a supplement to baits.
- But recently have noticed a “catch” in the evening or at night. Insecticides labelled for roach control are used to simply kill the roaches. For example-are designed to protect the air and water. But this isn't necessarily true.
- The last misconception is that roaches are not found in or around the house. This is definitely not true! Each roach loves dog and cat chow! Also, don't forget pet food. (Roaches eat dog and cat chow!) Also, remove garbage daily to reduce this food source.

Because roaches like living in cracks and crevices around the sink, inspection and sealing these cracks and crevices is essential to get rid of roaches. If you see roaches during the day, it can mean that all the cracks and crevices are full of roaches.

Mites may be slow acting but are very useful for long term control. Roaches should be placed in the corners of cabinets, behind stoves, refrigerators, and near wares. Bait can be used to help get rid of roaches. These can also be very slow acting, but it is not true!

They also have strong affinity for water and roaches travel through the sewer system where moisture is readily available. Desiccants damage the cuticle of roaches and thus inhibit their growth and development. Insecticides are best used as a barrier treatment as a supplement to baits.

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Human Resources

Robert's remarks

Congratulations are in order for all new presidents! Please bear in mind, that as a club president, you are automatically the representative of your club for all council meetings. We encourage everyone, president or member-at-large, to attend all council meetings. You will gather information and support to your club members that will be given only at the council meetings. Plus, we always have very informative and entertaining programs at each meeting. It's fun to attend more meetings. Plus, we always have very informative and entertaining programs at each meeting.

Did You Know...?

• The National Association for Family and Community Education, Inc. is one of the largest adult volunteer educational organizations in the country.
• Our members have called themselves Home Improvement Clubs, Home Bureaus, Tomato Clubs, Canning Clubs, Homemakers Club and FCE members! (Although the name has changed several times, the mission has not changed.)
• "Bookmobiles" began with FCE volunteers hauling cardboard boxes out to country schools.
• Many clubs are wrestling with the difficult decision as to whether or not they will remain an FCE club in 1995. Others have decided to reclaim a club for another year after making a "wait and see" approach. I would suggest that if you are not satisfied with the direction FCE is going or have questions or concerns that we have not been able to answer to your satisfaction at the county level, please write to our State President Dee Rudolph, Route 1 Box 100, Dunbar, NE 68346-9744. Other addresses and phone numbers are available at the office for questions, too.
• I hope we will see you all in 1995!

—Robertna Berwanger

FCE club members recognized

Family and Community Education Club members with 25, 30, 35, 40, 45, and 55 years of service were recognized at the FCE Councils Annual Achievement Day. The following members received certificates.

55 YEARS
Stella May Ehlers, Get Together
40 YEARS
Esther Dollittle, Sprague
Mildred Edwards, Sprague
Susan McDonald, Waverly
Frances Lauterbach, Sprague
Visa Newton, Sprague
Norma Colvill, Jolly Docen
40 YEARS
Jean Bug, Jolly Docen
Dorothy Matson, Sharon
Leone McDonald, Emerald
Ann Miser, 49 yrs
35 YEARS
Lucille Azberg, Kitchen Rangers
Virginia Bagley, Sharon
Donna Damon, Helpful Homemakers
Doris Hall, Kitchen Rangers
Elizabeth Hall, Kitchen Rangers
Dorothy Helmink, Rosehill
LaVonne Millwood, Helpful Homemakers
Jeanette Priess, Helpful Homemakers
Marie Rockenbach, Rosehill
Nancy Tarr, Kitchen Rangers
Alice Uhrich, Busy Bees
Joyce Wescott, In-Between
Dorothy Williams, Jolly Janes
30 YEARS
Shirley Beranek, In-Between
Joan Daniels, Southeast
Colleen Dickson, Crawford
Carol Hudkins, Crawford
Jan Schaal, Glamour Girls
Mylsa Stile, North Hills
25 YEARS
Janet Brost, Time Out
Joyce Champoux, Helpful Homemakers
Barbara Hodgkin, Helpful Homemakers
Mary Jacobson, Southern Belles
Ann Hughes, Busy Bees
Velma Jacobsen, Southern Belles
Bettie Lowe, Willing Workers
Bertie Lowe, Willing Workers
Elaine Robertson, Sprague
Joyce Scott, Helpful Homemakers
Vergene Vanderschied, Southern Belles
Vernice Womans, Kitchen Rangers

Incentive Awards were given to FCE Clubs who attended all four Council meetings in 1994. Clubs recognized were:

Crawne Demeter
Emerald 49 yrs
Friendship Chain
Gourmet Gateway
Helpful Homemakers
In-Between
Jolly Docen
Kramer
Merry Mics
North Hills
Roehill
Southern Belles
Sprague
Glamour Girls
Yanke Hill

High school sports and nutrition

How many times have you heard these myths and wondered if they were fact or fiction? Unfortunately, some of these widely held beliefs are risky business. Here are the facts.

MYTH 1: Stuffing the turkey before the night is a good time saver.

FACT: Harmful bacteria can multiply, grow faster, and cause food poisoning even when the stuffed bird is refrigerated. The stuffing retains the cold temperatures of the refrigerator longer than the turkey itself, an incubator for harmful bacteria.

THE RIGHT WAY: The ingredients for the stuffing can be prepared and refrigerated separately the night before. Then mix your stuffing just before you put the turkey in the oven. Stuff the turkey and bake immedi­ately. Another option is to mix and pop the stuffing into the oven with the turkey several hours before or during the last hour or so the turkey is baking.

MYTH 2: If one turkey takes three hours to cook, two will take six.

FACT: Cooking two turkeys of about the same weight does not double the roasting time. In fact, cooking two takes no longer than if there were only one bird in the oven.

THE RIGHT WAY: Just make sure there is sufficient oven space for both turkeys so the heat can circulate properly, and check each one separately for doneness. When the birds are done, a meat thermometer, placed in the meatiest part of the thigh, should register 180°F. When you poke the turkey with a fork, the juices should run clear.

If you're microwaving turkey, however, cooking time is based on the weight of the turkey pieces. It takes longer to microwave several pieces. According to microwave manufacturers, it is better to determine when the pieces are done. After standing covered for 15 minutes, turkey breasts should reach 170°F; thighs and drumsticks, 180°F.

MYTH 3: Smoked turkey lasts longer.

FACT: Turkeys are smoked for flavor, not to extend the time you can keep them refrigerated.

THE RIGHT WAY: Store a fully-stuffed turkey in the refrigerator, unopened, no longer than one week. Once the packaging is torn, the bird will be ready to be consumed for four days. Otherwise, freeze it for use within six months.

Turkey can be stored two days in the refrigerator and frozen up to 12 months.

MYTH 4: Turkey tastes best roasted in a brown sugar bag.

FACT: The glue and ink on brown bags were never intended for use in cooking meat or poultry products. Also brown bags are usually made from less desirable materials and are not sanitary.

THE RIGHT WAY: To cook your turkey safely in a bag, use a commercial oven bag. The bags are tear-apart types, particularly if you're fixing a large bird.

MYTH 5: Thawing on the counter is quick and easy.

FACT: Thawing on the counter may be faster than defrosting in the refrigerator, but it's unsafe for turkey meal or poultry product.

Why? Bacteria on turkey grow rapidly at room temperature. When the outside portion of the bird begins to thaw, these bacteria can multiply rapidly and grow at dangerously high levels that cooking may not destroy.

THE RIGHT WAY: Defrost your turkey in the refrigerator. Gener­ally, allow 24 hours of defrost time for every 5 pounds of turkey. A 20-pound bird should take four to five days.

Thawing in cold water is safe too, but set the turkey in its wrapper in a deep sink of cold water and change the water every 30 minutes to keep it cold. Take 30 minutes per pound to defrost this way.

Microwave thawing is another option. Make sure your oven is large enough for the bird, and follow the Microwave Hotline's MA­JOR TIP: Because microwave defrosting can encourage bacterial growth if you cook immediately, set warm, cook the bird immediately. Do not refrigerate it for later cooking.

MYTH 6: Overnight cooking at a low temperature produces the best tasting turkey.

FACT: Cooking below 32°F is unsafe because low temperatures permit the bird and the stuffing to grow bacteria that could make you sick. Turkey frozen at 25°F to 140°F to 140°F too long. Bacteria can grow at these temperatures and some species multiply rapidly at these temperatures. It’s not the best way to defrost meat or poultry.

THE RIGHT WAY: Don’t play turkey “limbo” (how low can you go?) with your holiday bird. Roast at 325°F and use a meat thermometer to check for doneness. You can use an oven thermostat (thigh, 170°F in the breast, 165°F in the stuffing). Juices should be clear and not faintly blood-stained. Turkeys cooked at low, safe temperatures will taste delicious.

MYTH 7: Once it is safely cooked the turkey can sit on the counter all day.

FACT: No raw or cooked meat or poultry should be left out of the refrigerator over two hours. Harmful bacteria may multiply rapidly at room temperature, and it’s very easy to spread bacteria to a cooked bird by touching it with your hands.

THE RIGHT WAY: After the meal is over, remove all the meat from the bones. Store leftovers in small, sealed containers. Use leftover turkey and stuffing within three hours or four days, or freeze in two-day chunks. Refrigerate it within two days, or freeze for later use.

MYTH: It is hard to cook a turkey.

FACT: No! so, say the home economists and registered dietitians in USDA’s Meat and Poultry Hotline. With a little planning, and maybe some phone help from your staff, you can pull off a safe, delicious meal.

Further turkey questions? Call the USDA Meat and Poultry Hotline at 800-543-8155, 6 a.m. to 6 p.m. Monday through Friday, 9 a.m. to 4 p.m. CST. In November, hours are 8 to 4. The Hotline will be open the week of Thanksgiving, November 19 and 20, 8 to 4, and Thanksgiving Day 7 to 1. Call 800-535-4555.


Pregame

The time of pregame meals is over. Once you go? with your holiday bird. The right way is to stay in the

THE RIGHT WAY: Defrost your turkey...
There is nothing healthy about healthy competition, according to Alfie Kohn, author of the book No Contest: The Case Against Competition. His research shows that, far from improving performance, competition actually hinders excellence. One Brandeis University researcher had two groups of children work on collages. Only one group was told its art work would be judged in a competition. The researcher then handed over the finished collages to seven professional artists, who independently judged the noncompetitive collages as superior to seven professional artists; who independently judged the noncompetitive collages as superior to seven professional artists. When Kohn says competition is ineffective. Competitive environments prevent supportive and cooperative relationships. People feel better when they are working together, Kohn says. When they are competing against each other, communication is much less personal and effective. Competition itself comes from insecurity, not from strength. Wanting to "win" is an attempt to fill an emotional need. Since winning can never be complete and absolute, competing never fills the need from which it originates. Competition does not work because it: 

• creates anxiety
• produces predictable results.
Children who think that they can’t win will not work to their potential.
• passes the blame. Children are more likely to explain failure in terms of things they cannot control, like innate ability or luck.
• prevents cooperation.
• motivates for external rewards rather than internal satisfaction.
Kohn says competition actually undermines motivation. "Kids who are rewarded are less likely to find pleasure in what they are doing. Competition kills interest in the task. Kohn calls competitive environments destructive and says "healthy competition" is a contradiction in terms. Losing provides nothing that is psychologically useful and can only serve to harm self-esteem.
It is important in children’s lives to be alert to the unhealthy aspects of competition and encourage behaviors that build self-esteem.


Enjoy a warm, cozy and efficient winter

• Wash or replace furnace filters every month. A clogged furnace filter reduces energy efficiency.
• Replace screens in storm windows and storm doors.
• Install plastic covers on single-pane glass.
• Repair or replace loose weatherstripping and caulking.
• Remove window air conditioners or put on a cover to keep cold air out.
• Open drapes on sunny days; close at night and on overcast days.
• Humidify the air to keep warmer at cooler temperatures.
• Use cold water for most laundry, if possible. Remember to read the care label.
• Heat only rooms that are in use.
• Install flow restrictors on faucets and shower heads.
• Instead of turning up the thermostat, put on a sweater.

Hints for the holidays

As holiday time draws near here are some tips and reminders to help you plunge into the holidays in a healthy and satisfying manner:

• Avoid overdoing it. Don’t overshop, overeat, or overspend. Holiday time is probably the simplest way to avoid the stress many feel during the holidays.
• Be creative with your gifts. Give coupons for a home-cooked meal, child care, shopping, etc. Elderly friends and relatives may appreciate receiving stationary and addressed stamped envelopes. Homemade gifts or baked products—remember many elderly people must limit their intake of sweets—perhaps a gift of fruit (fresh or canned), rice, etc. Volunteer to help a needy family.

Mailing home-baked treats

Whether mailing a package of homemade goods to a college student, member of the armed forces, or a long distance friend, that surprise is sure to be appreciated.

The difference between cooking and baking can be in the packaging.
• Choose foods that travel well and do not spoil.
• Use a container just slightly larger than the contents. A strong cardboard box or plastic or metal container with a tight-fitting lid are good choices.

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Neb stress

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**To make the best better**

The 4-H motto is really a great explanation of what 4-H Leader Training is all about. 4-H leaders are a valuable asset to all clubs. The amount of time and energy these people give to the 4-H program is great and so are their efforts. But, have you ever wondered... how can I be a better leader? How could I get more parents involved? What other types of activities could we do besides project work? Leader training has all the answers.

Every year we provide three-part leader training and it’s not just for new leaders. Part 1 deals with setting up your club organized and figuring out how to make the most of club meeting time. This part also reviews the three parts of the club meeting and setting goals for the 4-H club. Part II involves more details on getting parents involved and some resources available through the club program. This training also gives ideas about “not burning out as a 4-H leader.” Part III is all about exhibiting at the county fair. Details are given on when and where exhibits need to be taken, how they should be brought to the fair, and what else is going on at the fair.

**Leader training will be available on the following dates:**

**Part I**—Monday, November 28, 1994, 9:30 a.m. and 7:00 p.m.

**Part II**—Monday, January 16, 1995, 9:30 a.m. and 7:00 p.m.

**Part III**—Monday, May 15, 1995, 9:30 a.m. and 7:00 p.m.

All evening trainings will be televised on CableVision Channel 21. Plan to attend these trainings and learn more about how you can make your best... better. (AMM)


**4-H Council enlarged**

Fourteen youth and adults will make up the 4-H Council for 1995. This represents an increase of one adult and one youth over previous years. The two additional members will be elected at large from throughout Lancaster County.

The 4-H program in Lancaster County continues to grow and change, and it is important that additional people were needed to do the work of the council. Members of the 4-H Council are responsible for making sure that youth in the county are provided with educational opportunities that develop life skills and that adult volunteers and families have the support they need to lead and encourage youth. The council uses the 4-H motto of “make the best better” as the goal toward which they work.

A 4-H Council member is expected to regularly attend council and committee meetings, represent 4-H at community events, convey needs and concerns to Extension staff, follow through on commitments and consider what is in the best interest of young people and their families.

We would like to encourage anyone interested in the welfare of youth to become involved in the activities of the council. Call any of members or LaDeane Jha to volunteer to work on one of the committees. The council meets 7 p.m. on the first Tuesday of each month at the Lancaster Extension Conference Center. Plan to attend and consider what is in the best interest of young people and their families.

We would like to encourage anyone interested in the welfare of youth to become involved in the activities of the council. Call any of members or LaDeane Jha to volunteer to work on one of the committees. The council meets 7 p.m. on the first Tuesday of each month at the Lancaster Extension Conference Center. Plan to attend and consider what is in the best interest of young people and their families.

Cindy is looking forward to meeting many leaders and VIPS convening at the 4-H Council meetings. Anyone with ideas or concerns to bring to the council meetings is welcome. The council meetings are open to the public.

Cindy and the other council members look forward to working with all of the new and continuing members.

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**Gifts Needed**

Interested in becoming a member of the 4-H cat committe? We need two adult and youth volunteers who plan, coordinate and conduct all cat activities. Just call Belinda Gillen at 464-6526 or 441-7180 for more information. (ALH)
Time to vote for 4-H Council

In 4-H, life skills are learned by participating in projects, workshops, activities, camps and demonstrations and by serving in leadership roles throughout the 4-H program. Life skills are also taught through the example of adult role models. The 4-H Council makes a difference by providing learning experiences in a climate that helps young people become the best they can be.

The membership of the 4-H Council consists of an equal number of youth and adults who share the leadership roles within the council. Members of the council are expected to regularly attend council and committee meetings, represent community needs and concerns to Extension staff, follow through on commitments and consider what is in the overall best interest of young people and families when making council decisions.

We have an outstanding slate of nominees for 4-H Council this year and that each of you will take time to vote for your choices.

All Lancaster County residents, 14 years and older, are eligible to vote. Ballots will be considered only if properly completed. Write-in candidates are allowed. All ballots must be postmarked by November 15, 1994. The ballot form may be copied or additional ballots may be requested from the Extension office. The voter declaration section must be completed, but it will be removed by the election clerk after recording voter information. Your ballot is kept secret and is placed in a ballot box in the office. You may vote, in person, at the Extension office during regular office hours through November 15, 1994; or send your ballot to 4-H Council Election, University of Nebraska Cooperative Extension in Lancaster County, 444 Cherry Creek Road, Lincoln, NE 68528-1507.

Biographical information

Mike Abbott—Two-year program leadership for Education, Development; Nebraska Lead Program; Masters in Ag Economics; Business; wife is Covey assistant.

Eric Edgman—Eight years of 4-H involvement; 16 years old; FFA, football, president, newspaper editor, and junior leader of Central Dairy 4-H Club; member of First Evangelical Covenant Church.

Rod Lemke—Twenty years of 4-H involvement in three counties (Knox, Scottsbluff, and Lancaster); 5 years as beef and sheep 4-H project leader; beef VIPS members and has provided clinic assistance; United Methodist Church of Waverly; past member of Sertoma Club; Evangelical Community Education Committee secretary; Waverly Community School Counselor.

Lindsey Harger—Seven years as 4-H member; 16 years old; cheerleader, HFALFA, VICA, German Club; CF; junior leader in Lancaster 4-H Club; church youth group.

Deb Heidbrink—Thirty years of 4-H involvement; 9 years as 4-H organizational leader; 9 years as 4-H project leader; has held all offices as livestock booster club treasurer; four years as senior youth director and treasurer at church.

Angie Krauli—Eight years of 4-H involvement; 17 years old; orchestra; International Club; Junior Achievement; National History Day; Politically Corrected Students; German Study Tour; honor roll; has held various offices in home economics 4-H club; current treasurer of horse 4-H Club; junior leader; assists with judging contests and functions; member of church youth group; Student Council; Bible quiz and Bible study; volunteer work at Roseau Elementary School.

Lancaster Extension Conference Center 444 Cherry Creek Road

 Achievement Night is an event to recognize the accomplishments of 4-H members. Scholarships, awards and special recognitions are presented during the event.

Voter Declaration: I hereby declare that I am a resident of Lancaster County and am at least 14 years of age.

Name ____________________________
Address ____________________________
City ____________________________ Zip Code ________

Return with marked ballot by November 15 to:
University of Nebraska Cooperative Extension in Lancaster County
444 Cherry Creek Road
Lincoln, NE 68528-1507

(Name will be separated from ballot by election clerk)

1995 Official Lancaster County 4-H Council Ballot

Northwest Adult—vote for one

Steve Schmalken
Deb Heidbrink

Northeast Adult—vote for one

Mike Abbott
Mark Umberger
Rod Lemke

Southeast Adult—vote for one

Frank Mitchell
Scott Lorenson
Ardel Harger

Southeast Youth—vote for one

Eric Mitchell
Lindsay Harger

Lincoln Youth—vote for one

Eric Edgman
Rhonda Tucker
Russell Princ

Lancaster County at Large—Adult vote for one

Jackie Nielsen
Galen Madsen
Jason Snover

Lancaster County at Large—Youth vote for one

Kent Rosenboom
Angie Krauli

Poultry scholarships

Three $500 scholarships are available through the Midwest Poultry Federation’s (MPF) Youth Achievement Awards Program. One scholarship is designated for a high school senior planning to prepare for a career in some phase of the poultry industry. Two other scholarships, sponsored by the Iowa Turkey Federation and the Wisconsin Turkey Federation, are open to high school seniors and post-high school students.

For more information and a MPF Scholarship application, contact University of Nebraska Cooperative Extension in Lancaster County. (LJ)

More 4-H news on page 10
The NEBLINE asked Marvin Ketelhut to write a series of stories. Over the next few months Marvin will share some of his early farm experiences with us. This is Part 2.

We all belonged to 4-H clubs. With the help of the county agent and other 4-H leaders, we organized the first 4-H fair the state in 1926. Once a month families would gather in different places each time and this would give everyone a chance to visit, elect officers, and learn the latest bulletin, plan demonstrations and exhibits at the county and state fairs—where all could meet new friends.

Most everyone on a farm has milked a cow and had a dirty tail swirl your face. We milked 10 or 12 head by hand. To teach a baby calf to drink from a bucket, hold its head down in the bucket of 1/2 gallon of milk. Put two fingers in its mouth and it will eventually suck and get some milk. After a few times it will suck the milk without the fingers. When it is about done, it will give the bucket a butt like the cow’s udder. Heifers were hard to milk because their teats were so small. You usually had to use two fingers and a thumb and have a lot of patience. Sometimes it would take forever, but we would just milk them outside in the corral. Pack your bucket and bend your back. Some are harder to milk than others and some give more milk.

Cows liked to be milked and would stand still even in the open, though probably not by a young heifer. Cattle could be 1/2 mile away in the pasture and once you start hollering, they will come marching in. In cooler weather they would be put in the barn to be milked. The barn had 12 stanchions and each cow knew where to go. You would lock their heads in the stanchions and hay and grain (usually ground corn) would be in front of them. At first we had dirt stalls; later they were cemented with a trough behind. This would make it easier to clean and we could even use the garden hose to wash it out. Certain cows had to be hobbled or they might kick or step in the bucket. We usually used fly spray in the summer and fall because cows will lift their leg to ward off the flies. The hobbler was just two bent ends of iron with a chain that was put around the outside two knees so the animal could not lift its legs. Anytime you are working with cows and horses, let them know you are behind them. How about a few jokes that I make up along the way? I feed my bird Wheaties. He got so big he chased the cat around the house. If the grass is greener on the other side, maybe you forgot to water your lawn. Back again to the cows . . . We milked mostly Holsteins which gave a lot of milk, but tested lowest in butterfat. Jerseys milked a lot, but tested highest in butterfat. Jerseys and Guernseys rate real high. The dairies suggested that the farmers build a small building with running water so the milk (10 gallon cans) could be cooled in a tank-like compartment. Also under more sanitary conditions, which was okay with us. The cream would come to the top of the can (1” thick). We would take a little for cereal, coffee and ice cream. It was not pasteurized and we all made it. People nowadays worry too much about what they eat. They are all health-conscious. TV does that to us. I see skinny people walking on a treadmill. Fat people should be doing this. A few more jokes. You do not see a farmer buying a treadmill. He gets plenty of walking and exercise. If you feel self-conscious about your weight, hide behind a fat person. If two is company, three’s a crowd, and four or more is a party. Farmers butchered and had their own meat and vegetables. No additives like on the store shelves today and no one knew what cholesterol was. After 100 years, they say you can eat more eggs now—2% less cholesterol than suspected. What are we going to have for breakfast? Just scramble a dozen eggs—they are cheap and I hear they are good for you. There were no vitamins and most old timers lived to a ripe old age. Joke time: 60 or 70 years ago if some male person would approach a farm family with long hair and earrings, he would be chased to the nearest tree. Boys paint your dead lawn green and then put up a sign “A nut lives here!” (DM)
Depression linked to violence

Urban teenagers exposed to violence, at home, report an especially high degree of hopelessness and depression, according to a study at Johns Hopkins Children's Hospital. Both hopelessness and depression are suggested as predictors of future suicide risk among adolescents. The study, which has not been fully implicated in the transmission of the hantavirus. In Nebraska, 60 percent had witnessed violence in the home. The study suggests that removing the protective effect of a witness in their community, can be passed to the offspring. The researchers compared exposure to violence of the teens self-reports of depression and hopelessness. Those who said they felt hopeless lived with a high degree of violence between other family members at home. The smaller number of adolescents who had been victims of violent crime had a higher than expected level of depression and hopelessness, but for those who had witnessed violence in the home. The study suggests that removing the protective effect of a stable home makes teenagers less able to cope with the violence they witness in their community.


Selection, handling of fresh produce

As fresh fruits and vegetables are now available almost year round, consumers should know how best to handle them to get the most benefit from the produce. At the store, look for fruits and vegetables that are not bruised, moldy, slimy or have an odor. Buy only what you need. Some items—apples, potatoes and most citrus fruits—can be stored longer than others. At home, put produce away properly. Fruits and vegetables can have a slightly higher humidity than the rest of the refrigerator which makes them spoil faster. It has to be done without throwing away any produce that gets moldy, slimy, or is past the best date. When preparing fresh fruits and vegetables, handle properly. Germs can adhere to produce surface and can be passed to the flesh when the item is cut. The most important practice is to wash all fruits and vegetables in clean drinking water before eating—do not eat the rind or skin. Except for leafy greens, wash just before eating or cooking—not when storing. Leafy greens should be rinsed before refrigerating to maintain crispness. Don't use detergent when washing fruits and vegetables. The detergent isn't labeled by the Food and Drug Administration for this purpose.

Other hints include:

- Clean surfaces, utensils and hands after touching raw meat and poultry and before using them on fresh produce.
- Keep refrigerators clean and cold. Cover refrigerated produce that's been cut so it doesn't absorb odors and lose vitamins.
- Wash hands thoroughly after using the bathroom or changing diapers and before preparing food.
- Keep fruit salads and other cut produce in the refrigerator until just before serving. Discard cut produce that's been out of the refrigerator four hours or more.

Source: Kathy Prochaska-Cue, Ph.D., Family Economics and Management Specialist, NUSSANR (LB).

Manure

Manure has been composted so it is not able to do the job of improving soil till and water retention qualities. Farmers need to do three things to determine manure’s relative value: 1) figure out how much nitrogen is in the manure source and 2) the number of tons of manure that is available.

Next is determining the cost of transporting and spreading the manure. Its bulk and weight determines specialized spreading equipment.

Researchers at Iowa State University have found that there is more value in transporting and spreading the manure from a borrow-to-finish hog operation within a three-mile radius, than to dump it on the nearest location. Different types of manure have different compositions. Manure’s cost effectiveness depends on its nutrient content. A simple test can determine that.

The cost of manure spreader is about $10,000. If the spreader is purchased by one individual and manure in spread over 100 acres each year for 15 years, the cost is $12 per acre just to own the machine. However, if three individuals purchase the spreader together, when manure is spread on 350 acres for five years, the cost is only $7 per acre.

Books for your heart

Are you looking for ideas in preparing low fat, low cholesterol foods? Here’s a list of cookbooks recommended by the American Dietetic Association’s National Center for Nutrition and Dietetics. Before rushing out to buy a book, you may want to check your local library for a copy and “try it before you buy it.” If a book is not available locally, libraries can often obtain it from another library for you.


Dr. Dean Ornish’s Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery by Dean Ornish. Ballantine, 1992.


Low Cholesterol Cuisine by Anne Lindsay Morrow, 1992.


Green

(VOCs), also found in some consumer products, can contribute to the formation of smog.

What about product labels making claims like "20 percent less packaging," or "contains 50 percent more recycled material?" Ask yourself, 50 percent more than what? The previous package? The leading competitor's package? Unless it's made clear what the comparison is made to, there's no way of knowing if the claim is meaningful.

Here's an example. Suppose a product advertises it now consists of 50 percent more recycled paper. That sounds like a big increase, so you choose it over others based on that claim. After reading the label more closely, you may learn that the new total is three percent. If other brand have been using ten percent all along, the claim is not as significant as it first appears.

When "made from recycled products" is listed, check if the waste is post-consumer waste (has been in the consumers hands at some time) or manufacturing waste or scraps which traditionally have been recycled. Of course both help eliminate waste to landfills, but be sure you understand what the phrase "made from recycled products" means. Source: Shirley Niemeyer, home environment specialist, NU/IANR. (LB)

Crisis Home Repairs

for Lancaster County homeowners

For more information, contact Judy Adams, Lancaster County Rural Coordinator, Lincoln Action Program (LAP), 2202 South 11th Street, Lincoln, NE. 68502, or call 471-4515.

Grants or low interest loans are available to low and moderate income rural Lancaster County residents to make repairs to owner occupied homes. Repairs are restricted to addressing hazards to health and safety for example: furnace, duct work, roofs, foundations, wells, bathrooms, etc. Requirements: One year residency prior to date of application. Meet income guidelines. Land contracts must be registered. This program is provided by the Lancaster County Board of Commissioners and administered by Lincoln Action Program.

Extension Calendar

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

November 1
4-H Achievement Night ................................................................. 7:00 p.m.
4-H Council Meeting (after Achievement Night Program)

November 8
4-H Livestock Booster Club Meeting ........................................... 7:30 p.m.

November 9
4-H Horse VIPS Meeting ............................................................ 7:30 p.m.

November 10
4-H Honors Banquet ................................................................. 7:00 p.m.

November 13
Teen Council Meeting ............................................................... 3:00-5:00 p.m.

November 15
4-H Council Ballots Due to Office
4-H Beef VIPS Meeting ............................................................. 7:30 p.m.

November 17
Fair Board Meeting .................................................................... 7:00 p.m.

November 21
4-H Shooting Sports Organizational Club Meeting ................. 7:00-9:00 p.m.

November 28
4-H Leader Training ................................................................. 9:30 a.m.-7:00 p.m.

November 29-30
Crop Pest Management Update—Ramada Inn, Kearney

December 1
Headstart Gifts Due in Office

December 1 & 2
Holiday of Trees—Unitarian Church, 6300 A Street ......................... 10:00 a.m.-9:00 p.m.

December 2-8
National 4-H Congress

December 6
4-H Council Meeting—Thorpes .................................................. 6:30 p.m.