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LaDeane Jha
Extension Educator

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

Carl was about to surrender when he saw an elderly couple together pushing their cart to the collection area. Now, firmly he told his son to look carefully at all the carts in the collecting area. "Danny, there are two



Part of Norris Elementary school's Wall of Character. Mural painted by Patty Elwood, art teacher with Summer Enrichment students.

kinds of people, those who put their carts away and those who don't. In this family, we put our carts away because it is the kind of people we are. Now don't forget and put the cart where it belongs." Which kind of "people" are you?

People all over Lancaster County have been asking that question and coming up with an answer— we want to be the "people" who put the cart where it belongs—people with character. People for whom CHARACTER COUNTS! These people ask, "Am I happy with the world children will grow up in? Could it be better?"

A survey by the Josephson Institute of Ethics reminds us

people know what they are doing is wrong. There is an inconsistency in what they say they believe and how they act."

The third week of October each year is designated as CHARACTER COUNTS! week, a week to highlight local efforts to turn "teachable moments" into learnable lessons of trustworthiness, respect, responsibility, fairness, caring, and citizenship. In Lincoln schools, as well as in all other corners of the county, halls are filled with posters, pillars, murals, and other messages reminding adults and youth good character is important. School assemblies focus on aspects of the pillars and months are set aside to zero in on a

Two Kinds of People

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

the world could be much better. Ninety-seven percent of 20,000 youth surveyed (see www.josephsoninstitute.org) say, "It's important for me to be a person with good character." However, nearly half of all high schoolers say they steal and seven in ten admit to cheating on an exam within the previous 12 months. Almost all teenagers admit to lying. Ninety-two percent said they lied at least once in the past year and 73 percent said they lied repeatedly. Curiously, 91 percent of these same students reported they "are satisfied with my own ethics and character." Michael Josephson says, "this is especially troubling." He explains, "Young

lar of the month." Kids are making better decisions based on the pillars and adults are

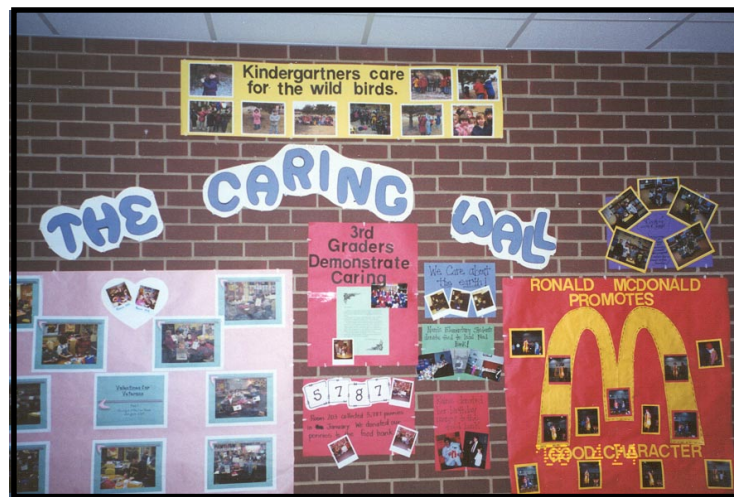


The Character Congress at Norris Elementary School. Kids submit applications to a character committee and are chosen on the basis of demonstrated character.

feeling the pressure to be better role models to children and youth who observe their actions. The CHARACTER COUNTS! program reminds us all adults should pay more attention to teaching, enforcing, advocating, and modeling good character. We need to remind ourselves to eliminate the "little lapses" in character, like 14

mean the act is okay? No. "Most lies are wrong because they violate the ethical principle of honesty and recklessly endanger human relationships," says Josephson.

We all know one week of celebrating good character is not going to fix what Michael Josephson refers to as the "hole in our moral ozone." It can,



Norris Elementary School's Wall of Character featuring the Caring Pillar.

items in the 10 item line at the grocery store, five miles an hour over the posted speed limit, a promise made to a child that is not kept because we're too tired or something more

however, awaken our basic instincts for doing the "right thing and revitalize our commitment to the shared ethical values we want to see not only in our children, but in ourselves."

In this issue...

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Community Focus

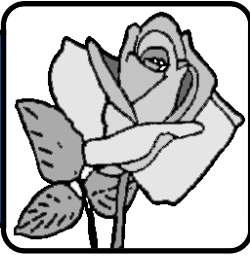
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Lancaster County 4-H Council
University of Nebraska
Cooperative Extension in Lancaster County
444 Cherry Creek Road • Suite A
Lincoln, Nebraska 68528-1507

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Horticulture

Storing Vegetables

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

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

Onions: Store cured onions in a dry location at 32-40 degrees Fahrenheit.

Potatoes: Cure fresh dug potatoes one to two weeks in a dark, dry location at 50-60 degrees Fahrenheit. Store cured potatoes in a dark location at 40 degrees Fahrenheit for five to six months.

Sweet potatoes: Cure fresh dug sweet potatoes at 80-85 degrees Fahrenheit for ten days. Store cured sweet potatoes in a dry, dark location at 55-60 degrees Fahrenheit for four-six months.

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

Winter squash: Cure vine ripen winter squash for ten days at 80-85 degrees Fahrenheit and high humidity. Store mature, cured winter squash in a dry location at 55 degrees Fahrenheit for two to six months.

Acorn squash will keep well in a dry place at 45 degrees Fahrenheit for 35 to 40 days. Do not cure acorn squashes before storing them.

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



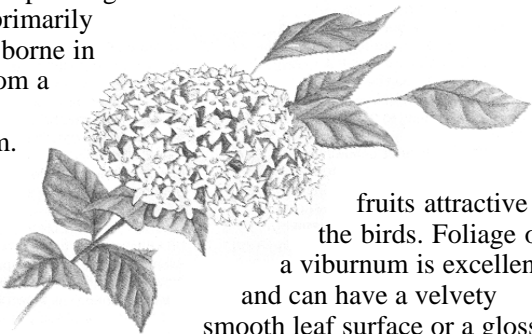
Viburnums in the Landscape

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

In the landscape, viburnums are effective in many situations. The smaller forms such as Korean spice viburnum (*Viburnum carlesii*) and European cranberry bush viburnum (*Viburnum opulus* 'Compactum') are excellent for planting close to the house. The larger forms, such as wayfaringtree viburnum (*Viburnum lantana*) and blackhaw viburnum (*Viburnum prunifolium*), provide good specimen and screen plantings.

The flowers, primarily white in color, are borne in clusters ranging from a rounded snowball shape to a flat form. The Korean spice viburnum is extremely fragrant.

In the fall, there is ornamental value in the shrub's berries. Of the red fruiting types, linden viburnum (*Viburnum dilatatum*), European cranberry bush viburnum (*Viburnum opulus*), and American cranberry viburnum (*Viburnum trilobum*), are among the best. Others like arrowwood viburnum (*Viburnum dentatum*) and nannyberry viburnum (*Viburnum lentago*) have blue



fruits attractive to the birds. Foliage of a viburnum is excellent and can have a velvety smooth leaf surface or a glossy leathery appearance.

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

Garden Cleanup

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

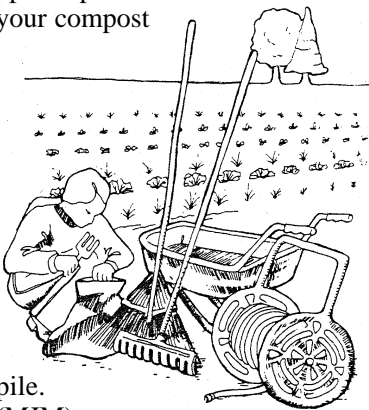
The garden cleanup includes: complete removal of old garden plants that had disease or insects, searching for and removal of all rotten or diseased fruits that may have fallen, and turning back into the soil all crop residue from plants that have been harvested but did not

die from diseases or pests. Trellises and stakes that are no longer needed can be taken out, cleaned and stored for next year.

Some gardeners may leave this cleanup of the whole garden until the last fall vegetable has been harvested or worse yet, until just before next spring's planting. It is a good idea to clean up each garden area when it is finished even though other parts of the garden are still producing fall crops.

Crop residues from healthy plants are a valuable source of organic matter, which most of our soils need. This term is used for all portions of plants left over after harvest: stems,

stubble, mulch, and root residues. These materials can be cut up and put on your compost pile. (MJM)



2000 October/November Garden Calendar

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

Many of us need reminders. That is the purpose of this calendar. Check the calendar each month and follow the recommendations if they are necessary in your landscape situation. (MJM)

Horticulture information center

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



To listen to a NUFACTS information center message, call the number above on a touch-tone phone, then enter a three-digit number listed below. Call 441-7180 to receive a brochure with all the NUFACTS message topics. (MJM)

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

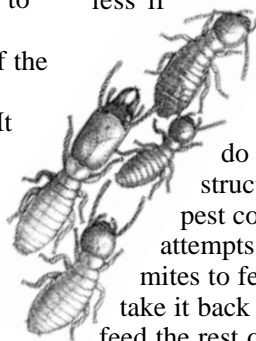
What is the Best Termite Control: Baits or Barriers?

Barb Ogg
Extension Educator

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

An effective barrier treatment completely surrounds the structure with termiticide by injecting it into soil around and under the foundation. This treatment protects the structure, but will not be detrimental to the colony. This treatment requires skill on the part of the pest control technician to insure a complete barrier. It is important for the technician to use the highest concentration and volume allowed on the label. An effective barrier treatment stops termite feeding quickly—there should be no more damage after a month or so. Disadvantages of the barrier treatment are: Holes must be drilled in basement floors, anywhere there are cracks in slab foundations; there can be an odor from the treatment—although some of the newer termiticides do not have a strong odor; and, some people are concerned about the injection of so much chemical, although there should be little environmental and health

problems if the termiticide is used properly. Unlike chlordane which could be effective for 30 years or more, today's termiticides may only be effective for five to ten years, less if lower concentrations and volumes are used.



Bait treatments do not protect the structure. Instead, the pest control technician attempts to get the termites to feed on a bait and take it back to the colony to feed the rest of the colony. If everything works as planned, the bait may eliminate or suppress the colony—depending on the bait used. Unfortunately, there is no way to determine whether the colony has been eliminated or suppressed because we cannot see what is happening to the termite colony in the ground. The biggest advantage of baiting is that no invasive procedures are required—no drilling or

See **TERMITE** on page 12

Watch for Fall Invaders

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

- Box elder bugs. Nymphs and adult bugs suck the sap from leaves of box elder or maple trees so watch for these bugs if you have these trees in your neighborhood. Box elder bugs overwinter in the adult stage and often congregate on south and west exposures. They readily come into houses and may become active during sunny winter days.
- Elm leaf beetles. Larvae and adults feed on the leaves of elm trees. Adult beetles overwin-

ter and readily squeeze through window frames. They are small oval-shaped tan beetles with indistinct striped markings.

- Cluster and face flies. Adult flies overwinter and squeeze into cracks and crevices. They are especially problematic for rural homeowners, especially those with older homes that have clapboard siding with many cracks and crevices. Active flies can be caught by hanging sticky fly strips in windows (be careful to pull curtains and draperies away from the sticky strips.)
- Multicolored Asian lady beetle. This is a species introduced to control pests that have

a tendency to prefer overwintering in houses. "Multicolored" refers to the tremendous color variations in this species, ranging from black with two red spots, to red with 19 black spots, with every combination in between. The most common color seems to be deep orange. There is a black marking on a white background in the shape of the letter "W" on the thorax. Because they overwinter in masses, lady beetle invasions can sometimes be overwhelming.

- Crickets. We have already receive calls of crickets invading homes.

See **FALL INVADERS** on page 11

Environmental Focus



Woolly Bears



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

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

Typically, the bands at the ends of the banded woolly bear caterpillar are black, and the one in the middle is brown or rusty-orange, giving the woolly bear its distinctive striped appearance. According to legend, the wider that middle brown (rust-colored) section is (i.e., the more brown segments there are), the milder the coming winter will be. If the middle section is narrow, there will be a harsh winter. As you might expect, science has

debunked this legend by showing that the amount of black varies with the age of the caterpillar and the moisture levels in the area where it developed.

Woolly bears do not feel like wool. They are covered with short, stiff bristles of hair. In field guides, they're found among the "bristled" species. Children and adults alike enjoy picking up and handling "woolly bear" caterpillars. Their fuzzy appearance and large black and rust-colored bands, and many "tickling" feet, make them a childhood favorite.

Woolly bears are one of the few caterpillars people can identify by name. It is also called the black-ended bear, woolly worm (throughout the South) and even the Hedgehog caterpillar, because it curls into a tight bristly ball and "plays dead" when picked up or disturbed.

Schools have turned woolly bear forecasting into science projects. Nature Centers and journalists report on woolly bear forecasts. For the past ten years, Banner Elk, North Carolina, has held an annual "Woolly Worm Festival" each October, highlighted by a caterpillar race. Vermilion, Ohio (east of Cleveland) holds an annual "Woolly Worm Festival" claimed to be the largest one-day festival in Ohio. Festivities include a parade, woolly bear races, and "official" analysis of the woolly bears and a forecast for the upcoming winter.

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

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

Last Household Hazardous Waste Collection for 2000

Cleaning closets, basements, or garages? You have one last opportunity to get rid of hazardous substances before winter sets in. Bring household waste items to the 4-H Youth Complex at State Fair Park on Saturday, October 28 from 9 am to 3 pm. Items that you can bring for disposal include:

- Heavy metals: items containing mercury such as thermometers and thermostats.
- Solvents: mineral spirits, turpentine, paint strippers and thinners, oil-based paints, varnishes, stains, polishes, and waxes.
- Pesticides: weed killers, garden sprays, wood preservatives, roach powder, rat poisons. You may also bring EPA banned products, like DDT, chlordane, 2,4,5-T, pentachlorophenol, silvex.
- PCB's: Ballasts from old fluorescent fixtures and capacitors from old appliances including radios, motors, and televisions.

Leave products in their original container and keep the label intact. Open, leaking, or rusted containers should be placed in a clear plastic bag during transport. Do not mix chemicals.

Do not bring latex paint, medicines, explosives or ammunition, fertilizers, used oil, general household trash, antifreeze, or batteries.

Remember, this program is available only to Lancaster County-Lincoln residents. For more specific information, call the Lincoln-Lancaster County Health Department at 441-8040. (BPO)



Head Lice Information in Spanish!

Muchos gracias to Lincoln Public Schools, ESL translation department, for translating one of our head lice fact sheets into Spanish. Call the extension office (441-7180) and ask for fact sheet #021-00, Guía Rápida para Eliminar los Piojos Eficientemente (Quick Guide to "Removing Head Lice Safely"). This fact sheet can be printed from our website at: <http://www.ianr.unl.edu/ianr/lanco/enviro/pest/factsheets/021-00.htm> (BPO)



Farm Views

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

Facing agricultural changes in the coming years will be a challenge. Undoubtedly, this year's drought and low market prices may have some farm and ranch operators looking for ways to stay profitable.

The University of Nebraska Farm Business Association (NFBA) helps Nebraska farms and ranches remain competitive and profitable through records and financial analysis. NFBA members generally receive counsel in keeping their records in order. This helps farmers and ranchers to get beyond their financial troubles and take action before it's too late. Records can provide a good basis of information to help producers make some tough decisions in hard times. Records also may, in some situations, provide facts to replace an often gloomy speculation of fact.

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

Other current issues may be addressed such as marketing alternatives, expansion or liquidation considerations, and capital expenditures. The NFBA also helps address farm and ranch questions such as, "Will this operation survive?" or, "Is

the farm operation large enough to support family living expenses and future expansion plans?" NFBA membership in the association allows farmers and ranchers to get answers to their questions and help to analyze their operations on their own.

Members also receive monthly accounting processing and reports, year-end business financial analysis, comparative analysis, and individual consultations at an annual fee determined by size of the operation. In addition, the program also includes detailed enterprise analysis, comparative data, individual consultations, detailed financial accounting, cash flow preparation, and income tax management. All individual farm data is confidential. However, average data is published each year allowing participants to compare themselves with the average.

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

For more information about the Nebraska Farm Business Association, call (402)472-1399 or e-mail jrosecrans1@unl.edu. (TD)

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

Making the "Right" Management Choices

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

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

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

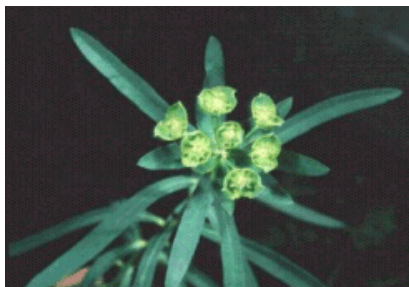
See **MANAGEMENT** on page 11

Fall Is a Good Time to Control Problem Weeds

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

Daytime temperature in the 50's are satisfactory.

In addition to obtaining excellent control on the target weeds, the potential for drift damage to non-target species is lessened in the fall. Field crops and gardens are finished producing by this time, and the current year's growth on perennial



shrubs and trees is hardened off making them less susceptible to damage.

One of the most difficult weeds to control, once it becomes well established, is leafy spurge. Fall herbicide treatments on actively growing plants helps control leafy spurge. On many warm-season grasslands, Dr. Bruce Anderson, Extension Forage Specialist, UNL, reports the best treatment is to use a relatively new herbicide called Plateau. Apply eight ounces of Plateau per acre at

least two weeks before a killing freeze this fall and then apply another four ounces next spring. This one-two punch is quite effective, and it does not injure most native grasses or wildflowers. Another option that's better for cool-season pastures is a tank-mix of Tordon 22K and 2,4-D. This mix is slightly less expensive but it doesn't work quite as well as Plateau.

Don't expect to eliminate

leafy spurge in just one or two years. Spray again each spring when plant tops of escaped leafy



spurge start turning bright yellow. Also, new seedlings often appear after a year or two. So, reexamine your grasslands each spring and if new seedlings appear, control them while they are small and easy to

kill.

Canada thistle is another perennial species that is occasionally found in pastures and waste areas in Lancaster County. The two most effective treatment periods are in the fall, as mentioned above, or during flower bud stage in the spring. A number of herbicides are recommended for control of Canada thistle, including: Tordon 22K, Curtail, Banvel/Clarity, Ally, and others.

Field bindweed is another hard to kill perennial weed that grows in pastures and cultivated fields. In pastures, a multi-year

See **WEEDS** on page 11

ARPA Bill Increases Crop Insurance Subsidies

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

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

The most direct and immediate impact on the crop insurance program will be an increase in premium subsidies. This will take effect with fall-seeded crops this year. The 65/100 coverage provides protection at 65 percent of the established yield for a particular farm unit and at 100 percent of the established price for a particular year. As an example, under the previous subsidy schedule, the Federal Crop Insurance Corporation (FCIC) paid 42 percent of the total

premium for 65/100 actual production history (APH) coverage and 32 percent of the premium for 65/100 crop revenue coverage (CRC). Under the new law, the 65/100 subsidy will be 59 percent for both APH and CRC programs. At the 75/100 coverage level, the old subsidy rates were 24 percent and 18 percent for APH and CRC, respectively. Under the new law, the 75/100 subsidy will be 55 percent for both programs. In general, the subsidies are weighted much heavier at the higher coverage levels than under the old program. For the CRC program, the subsidy increased 84 percent for 65 percent coverage, by a factor of three for 75 percent coverage and by a factor of 4 for 85 percent coverage—38 percent now versus 10 percent before.

Here's a CRC example for irrigated corn in south central Nebraska with 2000 prices. The APH yield is 154 bushels per acre and the coverage level is 80 percent. The comparison would be as follows: the farmer-paid premium in 1998 would have been \$19.85 per acre. The full premium would have been \$21.70 with a subsidy of \$1.85 or 9.3 percent. In 2000, with the 25 percent discount, the farmer-paid premium was \$14.89 per acre. Under the new program the premium will be \$11.38 per

acre. The subsidy will be \$10.32 or 48 percent.

The bill encourages expansion of crop insurance by allocating funds for the development of new products and for establishing partnerships to conduct research for under-served areas and crops. These funds will be allocated competitively. The Risk Management Agency (RMA), the parent organization for FCIC responsible for administering the crop insurance program, will no longer be involved in research and development. These functions will all take place in the private sector.

The bill also authorizes the development of pilot livestock insurance programs, improves multi-year loss coverage, and tightens compliance regulations.

The bill also included a supplemental income package only for this year. The major component of that is a \$5.5 billion package which will match the market loss adjustment payments made last year. These payments will be in addition to the payments already received or scheduled to be received as production flexibility contracts as part of the 1996 federal farm bill. (TD)

SOURCE: Doug Jose, Ph.D., farm management specialist, NU/IANR

Bait Stations for Rats and Mice

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

Bait stations are useful because they:

- protect bait from moisture and dust;
- provide a protected place for rodents to feed, allowing them to feel more secure;
- keep other animals (pets, livestock, desirable wildlife, etc.) and children away from toxic baits;
- allow you to place bait in some locations where it would otherwise be difficult because of weather or potential hazards to non-target animals;

- help prevent the accidental spilling of bait;
- let you inspect bait easily to see if rodents are feeding on it.

Bait stations can be designed for either rats or mice. They can contain solid and/or liquid baits.

You can purchase bait stations from commercial suppliers or make them yourself. Manufactured bait stations made of plastic, cardboard, or metal are sold to pest control companies and to the public. They come in various shapes and sizes for rats or mice. Some farm supply and agricultural chemical supply stores have them in stock or can order them.

Bait stations can be built from scrap materials, and you can design homemade stations to fit your particular needs. Make

them out of sturdy materials so they can't be easily knocked out of place or damaged. Where children, pets, or livestock are present, construct the stations so that the bait is accessible only to rodents. Locks, seals, or concealed latches are often used to make bait stations more tamper proof. Clearly label all bait stations with "POISON" or "RODENT BAIT — DO NOT TOUCH," or with a similar warning.

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

See **BAIT STATIONS** on page 12



Plant Seeds Not Seedlings

For many years, forest or woodlands were established by planting several hundred seedling trees on an acre; however, this approach was not always successful, as it was expensive, and it required many years of maintenance. Foresters in Iowa and Missouri began to question if planting seedlings was the best approach for establishing a forest.

They developed an idea of planting large amounts of seeds on an acre to get a dense forest in just a couple of years. Several approaches were attempted, but a machine capable of planting a variety of different seed sizes at different depths was needed. After some experimentation, a machine was developed.

Northeast Nebraska District Forester Steve Rasmussen wanted to have a direct seed planting machine available to landowners in Nebraska so he pursued a grant to purchase a tractor, trailer, and the tree seed planting machine.

The Nebraska Environmental Trust, the National Wild Turkey Federation, and the Nebraska Forest Service decided to fund the proposal and have shared the cost of purchasing the equipment.

The equipment is now available for use in Nebraska. A fee of \$10 per acre will go towards maintaining the equipment.

To help ensure the equipment is used to accomplish the original purpose, a natural resources professional must be present during the use of the machine. The equipment can be scheduled through the District Forester, Richard Lodes at 472-3646.

In other states where the machine is already available, the stands of trees have been exciting to see. Dense stands with a diverse mixture of species and high quality, straight trunks have been established in three to five years. (DJ)

Large Round Bale Storage

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

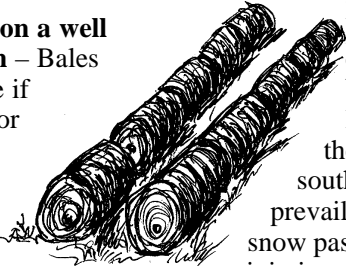
- Make a dense bale** – A dense bale will sag less and have less surface area in contact with the ground. A dense surface layer will shed more precipitation and protect the inner part of the bale from weathering.
- Use plastic twine** – Twine reduces bale sag, maintains bale shape, and provides a tight, smooth surface. Plastic twine will resist weathering, insects,

and rodents better than natural fiber twines. Twine should be wound tight and spaced six to 10 inches apart for best bale storage.

Store bales on a well drained location – Bales soak up moisture if placed on a wet or poorly-drained site, causing a large layer of spoiled hay on the bottom of the bale. The storage site should drain away in all directions. A well drained, four to six inch coarse rock base will minimize bottom spoilage.

Store bales end-to-end – The arrangement of large round bales in outdoor storage can significantly influence the

amount of storage loss. Under most conditions, position bales end-to-end in long lines. Orient the line northwest to southeast to allow prevailing winds to blow snow past the bales and minimize drifting and moisture soaking into the bales. Put the stem-down side of the bale to the north side of the line. The



See **BALES** on page 11

Poultry Pests

Poultry lice are small, wingless insects with chewing mouthparts. The most common in Nebraska are brown chicken lice and chicken body lice. Less important are large chicken lice, shaft lice, chicken head lice, fluff lice, and several other species which are rarely present.

Poultry lice chew dry skin scales and feathers; they do not suck blood. Irritation from louse mouthparts and movement on birds causes appetite loss, weakened condition, and susceptibility to diseases. Egg production is reduced, and heavily infested birds refuse to eat and gradually lose weight. Lice can be observed moving on the skin when feathers are parted, especially around the

vent, head, and under wings. Several kinds of mites attack poultry. The most common are chicken mites and northern fowl mites. Occasionally scaley-leg mites are a problem.

Chicken mites feed at night. During the day they stay in cracks around roosts and interior portions of poultry houses. At night, they feed on the birds as they roost or nest. Chicken mites are very small, grey to yellow in color, but darken after filling with blood. Control of chicken mites is directed more to their hiding places in houses than to the birds.

Northern fowl mites remain on poultry. They are very small, red or brown. Feathers are discolored by excrement and

eggs, and the skin is scabby. Control of the northern fowl mites must be directed to the birds.

Chicken and northern fowl mites suck blood, resulting in emaciation and lowered egg production. Continued heavy infestations can kill the birds.

Scaley-leg mites burrow under the skin, especially on the lower legs and feet. Legs become scaley, swollen, and exude lymph. Severely infested birds may be crippled or unable to walk. In addition to treating with insecticides, legs may be dipped in a mixture of two parts raw linseed oil and one part kerosene.

Fall Preparations – Asparagus, Cucurbits

Late fall is a good time to control perennial weeds, such as bindweed, that are out of control in your asparagus beds. Wait until the asparagus stems are dead, usually after the first hard freeze. You can apply a directed spray to the weeds. Treat the remaining perennial weeds with Roundup (glyphosate).

It is very important to disk or plow under all cucurbit residue as soon as possible to minimize the carryover of disease inoculum. If you briefly want to let cattle graze the area, fine. Just be sure all debris is incorporated before winter. This allows the debris to decay and fungal spores to be killed or consumed by other soil organisms. Any debris on or near the surface will not properly decay, so do a good job. Not all pathogens can be eliminated this way which is why you need a two year rotation out of cucurbits (eight years for watermelon).

An excellent habit to get

into is cleaning up each crop as soon as harvest is over. Tomatoes, crucifers, and all other crops should not be left in the field any longer than necessary. Although the plant may look – or be – dead, the fungal and bacterial spores will be blown about in the wind and rain. These spores infect other host plants along the edges of fields and roads, perhaps weeds that are more cold hardy than your crops, and then form overwintering structures both in the field and along the edges. The pathogen will be there when you plant in the field down the road next spring. You want to minimize this movement as well as the infection (inoculum density) of the present field. This is also a good time to incorporate manure or plant a winter cover crop so the soil can mellow over the winter and be ready to go next spring. Taking the time now to ready your fields for winter pays off. (DJ)

Mites and Lice Control		
Material	Dilution	Application and Restrictions ¹
Co-Ral (coumaphos) 25 percent WP	6 ounces in 5 gallons water	1 gallon per 100 birds, as low pressure spray. Do not apply more often than once each week.
Korlan (ronnel) 5 percent granules	— —	1 pound per 100 square feet over litter.
Malathion 57 percent EC	2 tablespoons in 1 gallon water	One gallon per 100 birds. Direct spray.
Ravap (23 percent Rabon, 5.7 percent Vapona)	1 part in 75 parts water	One gallon per 100 birds, high pressure mist spray.
Rabon (stirofos) 24 percent EC	1 part in 50 parts water	One gallon per 100 birds, high pressure mist spray.
Rabon (stirofos) 3 percent dust	— —	One pound per 300 birds on wire. One pound per 100 square feet of litter for floor birds.
Sevin (carbaryl) 5 percent dust	— —	One pound per 100 birds. Do not use within seven days of slaughter. Avoid contamination of eggs, feed, and water.
Sevin (carbaryl) 80 percent WP	4 ounces in 5 gallons water	One gallon per 100 birds. Do not use within seven days of slaughter. Avoid contamination of eggs, feed, and water.
¹ When treating for mites, soak cracks and joints in roosts, nests, and walls. (DJ)		



Alice Henneman, RD, LMNT, Extension Educator

Here’s a treat to enjoy at Halloween parties as well as the rest of the year.

Apple Pizza
10 servings

- 1 can of 10 refrigerator biscuits OR 10 unbaked homemade biscuits
- Softened margarine
- 2 tablespoons brown sugar
- 1/4 teaspoon cinnamon
- 1 tablespoon flour
- 2 large apples OR 3 medium apples OR 4 small apples, peeled and chopped
- 2/3 cup grated cheddar cheese

1. Preheat oven to 350 degrees F.
2. Spray two baking sheets with non-stick pan spray.
3. Pat each biscuit into a 4-inch circle on baking sheet, putting five biscuits on each sheet.
4. Spread tops of flattened biscuits with margarine.
5. Mix brown sugar, cinnamon, and flour.
6. Peel apples and chop or grate into small pieces.
7. Mix sugar, cinnamon, flour mixture with apples.
8. Divide mixture between the ten biscuits.
9. Sprinkle cheese on top of pizzas.
10. Bake for 12 to 15 minutes or until crust is lightly browned.

Kids in the Kitchen

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

Remember: Children have to be shown how to do these activities. Each child has his or her own pace for learning, so give it time and the skills will come. Expect a few spills—it’s a small price to pay for helping your children become comfortable around food.

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

3-year-olds: Can do what 2-year-olds do, plus . . . wrap potatoes in foil for baking; knead and shape yeast dough; pour liquids; mix ingredients; shake liquids in covered container; spread soft spreads; place things in trash.

4-year-olds: Can do all that 2- and 3-years-olds do, plus . . . peel oranges or hard cooked eggs; move hands to form round shape; cut parsley or green onions with dull scissors; mash bananas using fork; set table.

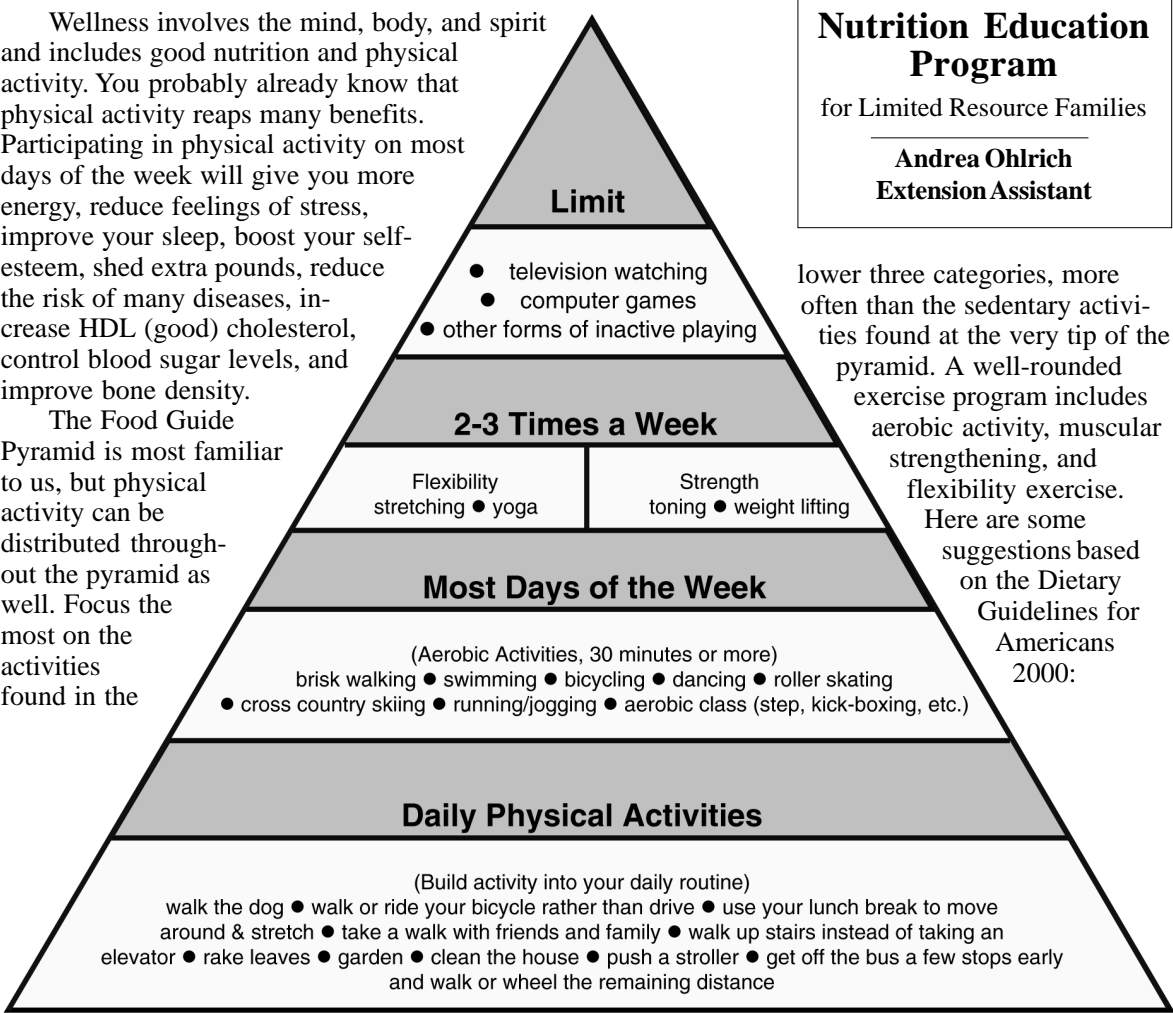
5- to 6-year-olds: Can do all that 2-, 3-, and 4-years-olds do, plus . . . measure ingredients, cut with blunt knife, use a manual egg beater.

When your child or grandchild is helping you with food preparation, remember to stress handwashing. Wash hands using soap and warm running water before and after handling food or utensils to prepare food. (AH)

Get Active! Pyramid

Wellness involves the mind, body, and spirit and includes good nutrition and physical activity. You probably already know that physical activity reaps many benefits. Participating in physical activity on most days of the week will give you more energy, reduce feelings of stress, improve your sleep, boost your self-esteem, shed extra pounds, reduce the risk of many diseases, increase HDL (good) cholesterol, control blood sugar levels, and improve bone density.

The Food Guide Pyramid is most familiar to us, but physical activity can be distributed throughout the pyramid as well. Focus the most on the activities found in the



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

Sources: “Fit Facts,” American Council on Exercise; “Fitting Fitness In,” American Heart Association; Dietary Guidelines for Americans 2000

Healthy Halloween Treats

Alice Henneman,
Extension Educator

It’s that time of year again of jack-o-lanterns, ghosts, goblins, witches, and creepy monsters. Here are some ideas for putting a special Halloween face on familiar foods you frequently serve.

1. JACK-O-LANTERN PIZZAS

Make mini-pizzas from your favorite recipe. Top with shredded cheese and let children make jack-o-lantern faces with bits of cut-up black or green olives. Bake as usual.

Or, pat purchased refrigerator biscuits into 4-inch circles and top with pizza sauce, shredded cheese and olive eyes, etc. as described above. Bake on a greased baking sheet in an oven that’s been preheated to 350 degrees F. Bake for 12 to 15 minutes or until crust is lightly browned.

2. GHOSTS

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

3. WITCHES’ BREW

Idea One: Serve orange juice topped with a small scoop of orange sherbert, vanilla ice cream or frozen yogurt.

Idea Two: Serve apple juice topped with a small scoop of orange sherbert, vanilla ice cream or frozen yogurt.

Idea Three: Add a few drops of green food coloring to milk. If desired, top with a small scoop of lime sherbert, vanilla ice cream, or frozen yogurt.

4. JACK-O-LANTERN BURGERS

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

5. MONSTERWICHES

Have available an assortment of bits and pieces of various vegetables, such as carrot shavings (use a vegetable peeler

to shave off thin strips of carrots), small slices of black and green olives, slices of red pepper (for lips), shredded lettuce, etc. Let children spread a piece of bread with cheese spread or peanut butter and add these toppings to make a monsterwich.

6. HALLOWEEN PASTA

Check grocery stores, food speciality stores, or craft stores for pasta that comes in Halloween shapes. Use in your favorite pasta recipe.

7. WITCHES’ SMILES

Core and cut a red-skinned apple (leave skin on) into long, about 1/2 inch wide, vertical slices. Spread one side of apple with a small amount of peanut butter and place on top of a second slice so it looks like the two lips of a mouth. Stick raisins between the red “lips” for “decayed teeth.” If you make ahead of time, coat any exposed

See **TREATS** on page 11



Clean Hands Campaign

Have fun using “glo-germ” to teach handwashing to youth and adults. Receive handouts for your group and a copy of reproduction ready handwashing activities. Call Alice Henneman (441-7180) to schedule a time to checkout the Clean Hands Kit and receive your materials. Kit must be checked out and returned within the same week. Available on a first come, first served, basis. This activity can be used with any number and takes about 20 minutes, depending on the size and age of your group. (AH)



YOUR
information
center...
around the
clock

NUFACTS

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

- 333 Packing Safe Sack Lunches
- 347 Safe Foods for Your Child’s Class Field Trip
- 359 Avoiding Foods That Choke Young Children

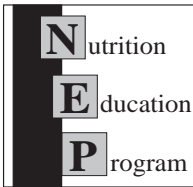
and many more...

Cook It Quick!

Tips and recipes for cooking healthy foods in a hurry:
www.lanco.unl.edu/food

FREE monthly Food Reflections e-mail newsletter.

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



Nutrition Education Program

for Limited Resource Families

Andrea Ohlrich
Extension Assistant

Clarice's Column

Clarice Steffens
FCE Council Chair



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

Autumn is a great time of year with its cool days, crisp nights, and changing leaves together with picking crisp

apples and selecting just the right Halloween jack-o-lantern. All these pleasant thoughts help when I think about turning another year older this month.

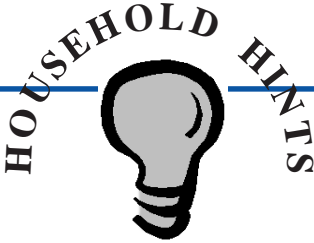
By the time you read this we will have already completed our last Council meeting for the year 2000. Our members will have returned from the Ainsworth convention and hopefully, our clubs will have all successfully reorganized and maybe even gained a few members.

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

individuals, families, and community through education, leadership, and action.

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

Family Living



by Lorene Bartos, Extension Educator

Fall cleaning hints:

To clean small areas like countertops, spray or gel products are convenient and easy to use. To clean larger areas, like floors or walls, powders or liquids mixed in a pail of water are more efficient.

To prevent streak marks when cleaning large vertical areas (walls, etc.), start at the bottom and work up. Overlap areas as you clean and use a circular motion. (LB)

FCE News

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

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

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

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

2001 Leader Training and Study Lessons

- The Family and Community Education (FCE) leader training lessons for 2001 are:
- Stretching Your Food Dollar in Quick and Easy Ways, January 4
 - Safe Surfing.Com, January 23
 - Popcorn, February 27
 - Family Storytelling, March 27
 - Indoor Air Quality: Know the Asthma Triggers, September 25
- All leader training lessons will be given at 1 p.m. If you are interested in these trainings, call the extension office at 441-7180 to register so we can have a supply of materials. Lessons are open to anyone interested in these areas.
- Study lessons that are also available are:
- Bridging the Miles: Long Distance Families
 - Healthy Homes—Managing Combustion Pollutants (previously titled Managing Mold and Mildew in the Home)
 - Long Term Care: Options, Costs, and Preparation
 - Parents Again: Grandparents Becoming “Grand” Parents
 - Servant Leadership
 - When a Loved One or Dear Friend Dies (LB)

Commitment to Learning

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

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

CHARACTER COUNTS! Corner Kind Words Cost Little but Accomplish Much

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

There’s a lot more good in people than bad. We need to get in the habit of looking for what’s good in others. Building people up is more effective than tearing them down. Nothing feels better than genuine praise from others. We all need recognition and encouragement. It feels good to make someone else feel good. Affirmation brings out the best in people—everybody wins!

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



NU for Families Week

NU for Families Week will be a month long (November) focus on educational events and programs designed in support of families. Programming will focus on family strengths identified in research conducted by Dr. John DeFrain, University of Nebraska Cooperative Extension, and Nick Stinnett, University of Alabama. This research identifies the following qualities which contribute to strong families.

- Appreciation and affection
- Time together
- Commitment
- Positive communication
- Ability to cope with stress and crisis
- Spiritual well-being

Kick-off for NU for Families features a statewide promotion of “Eat with Your Family Tonight.” Research shows families that eat at least five meals together a week are stronger. For more information, watch for the November NEBLINE.

**Start a Tradition:
Eat with Your Family Tonight**

Join thousands of other families on **November 1** by setting aside time to eat a meal with your family.





4-H & Youth

Make a Difference Day

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

4-H Bulletin Board

- Just a reminder—4-H leaders, remember to check your 4-H club’s mailbox at the extension office. Also, there are fair ribbons, comment sheets, and exhibits that need to be picked up. (TK)
- Teen Council meeting is Sunday, November 12, 3-5 p.m. All teens interested in joining Teen Council are invited to attend or call Tracy at 441-7180. See you there! (TK)
- 4-H Ambassadors will meet Sunday, November 12, 2 p.m. (LB)

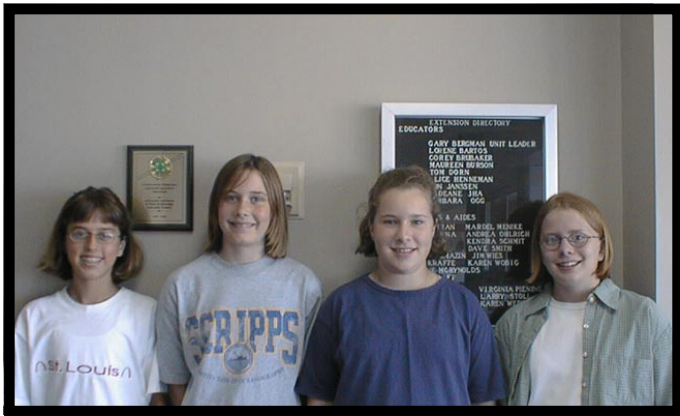
State Family and Consumer Science Contest Participants

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



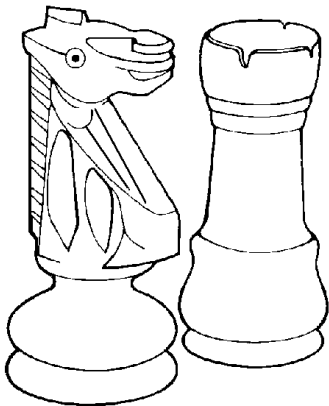
The Senior Division team members: Emily Veburg, Mary Conroy, Laura Conroy, and Andrew Kabes.

The Intermediate Division members: Laura Cassel, Karen clinch, Marie Spomer, and Monica Fujan.



Interested in Chess?

Interest has been expressed in starting a 4-H Chess Club. Playing chess helps develop critical thinking and organizational skills. If you are interested, please call Lorene at 441-7180. With enough interest a project will be developed and a club organized. (LB)



4-H BB Gun/Rifle Will Meet

The 4-H BB gun/pellet rifle discipline meets to practices every Tuesday at 7 p.m. in the Lancaster Building, State Fair Park. Practices started in October and are held throughout the year. The group will meet on Tuesday evening throughout the year. If you are interested call Gene Veburg, 421-1274, or Lorene, 441-7180, for more information. (LB)



Shooting Sports Meeting

Youth and parents interested in shooting sports are invited to the reorganizational meeting of the Lancaster County 4-H Shooting Sports Club Tuesday, November 14 at 7 p.m.

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

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

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

Halloween Safety

Each year as children prepare their Halloween costumes and trick-or-treat bags for yet another night of sugar consumption, parents should remember a few basic safety tips.

- Never let children go trick-or-treating alone. Make sure you have the time to go along for safety and supervision.
- Have your children trick-or-treat together, or if they are an only child, have them ask a neighbor or friend to go along. Two children approaching the door together may be safer, with parents still watching from the front lawn.

- Always carry a flashlight and have children carry a small one if they are wearing dark clothing.

- Bring coats or blankets if weather is cold or will be getting colder.

- Take children to well-lit, safe areas where trick-or-treating is popular.

- Find out where in your community indoor trick-or-treating activities are offered (such as a shopping mall, a church, or family center).

- Brief children on what is acceptable and unacceptable to discuss with unknown adults

they will be coming in contact with.

- Inspect all candy and “goodies” your children receive. Look for signs of damage, torn wrappers, etc. Throw away any fresh fruit or bread products.

- Limit their candy consumption after trick-or-treating so your children can avoid sickness and malnutrition.

Halloween can be a fun and safe holiday for children and parents if they are careful and cautious of their surroundings. Maybe you can even get your children to share their candy with you! (SS)

Bundle Up for Colder Weather

As colder weather makes its way to Nebraska, it is wise to be prepared. Parents especially need to make sure their children are wearing the proper clothing for winter weather.

Prepare your children for chilly outdoor conditions with at least one warm, thick winter coat. If you are shopping for coats, look for ones with attached hoods. It is easier for children to remember to put them on and they have fewer chances of getting lost. If you need to buy coats for your children, do so before cold

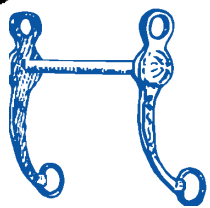
weather arrives.

Also, remind children to put on all necessary accessories for cold weather. This includes hats, scarves, earmuffs, gloves (waterproof is best for snow), and boots. These are all necessary to protect against frostbite. Bundle up babies for maximum warmth when going outside. Another important reminder for winter weather is to wear layers. It takes a little more time for dressing, but is smart if you or your children are heading for all day activities. If it warms up

slightly, you can remove one layer to be more comfortable.

If you are traveling, keep extra clothes, coats and blankets in the car at all times. Should the heater or the car break down, you can stay as warm as possible with these extra layers.

If you don’t have some of this winter weather gear, you may have to invest some money into it but staying safe during cold weather makes it worthwhile. (SS)



HORSE BITS

AkSarBen Horse Show

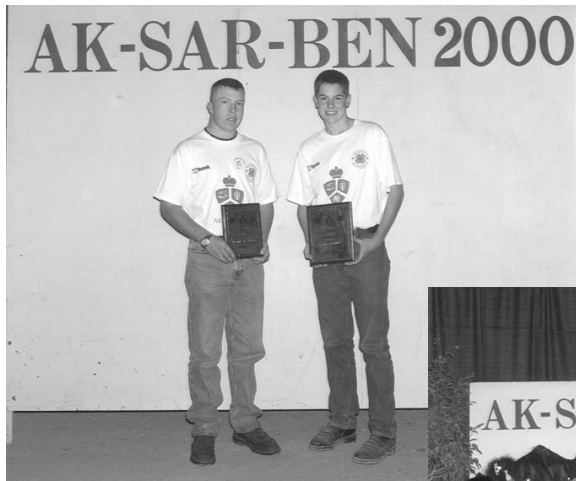
The AkSarBen Horse Show in Omaha was held on September 19 and 20. Lancaster County was represented by 17 exhibitors. They all showed well and displayed good sportsmanship throughout the two days of events.

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

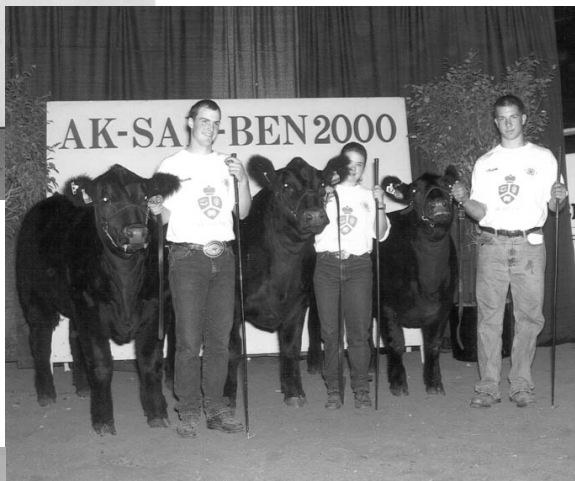
One of the newer competitions at AkSarBen is the Premier Exhibitor Award. This award is given to the exhibitor evaluated on a pre-scheduled interview, a skill-a-thon station consisting of four activities, a production and management quiz and points awarded on the highest ribbon received in the division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

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

2000 Ak-Sar-Ben 4-H Livestock Exposition



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



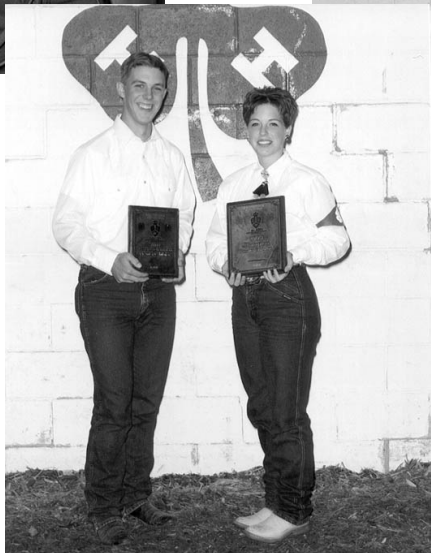
Market Swine-Premier Exhibitor
Champion went to Aaron Nabor and Reserve Champion went to Chad Mitchell.



Junior Western
Pleasure Champion-
ship went to Terra
Steinhauser.



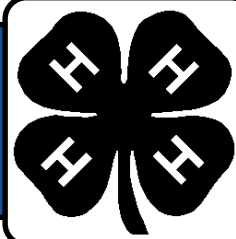
Senior Barrel Racing
Reserve went to
Lindsay Schoneweis.



Photos courtesy of
Ak-Sar-Ben.

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

4-H & Youth



Community Service Opportunities

Kiwanis Pancake Festival

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

Holiday Gifts

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

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

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

Lancaster County Born and Raised Beef

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

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

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

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



America Recycles Day Wednesday, November 15, 2000

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

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

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

So, celebrate America Recycles Day all year around by closing the loop and buying recycled products. (ALH)





Community Focus



TEENAGE PREGNANCY PREVENTION COALITION

LINCOLN-LANCASTER COUNTY

Teen Pregnancy Coalition Offers “The Right Stuff”

An innovative, holistic campaign that encourages child-parent communications and reinforces healthy behaviors is being offered during the month of October to 6th through 8th grade students in Lincoln and Lancaster County. Developed and produced by the Lincoln-Lancaster Teenage Pregnancy Prevention Coalition (TPPC), a non-partisan coalition of organizations concerned with the issues of teen pregnancy, the program is being offered with the support of Lincoln Public School, BryanLGH Medical Center, KFOR/KFRX Radio/Three Eagles Communications, Pepsi, Fairbury Brand Meats and Weaver's Potato Chips. Cooperative Extension in Lancaster County is a member of TPPC and supports the goals of the coalition. All students attending must bring a parent or adult and each program is limited to 250 participants.

“The Right Stuff” program have been held at Goodrich Middle School, Irving Middle School, and Park Middle School. The following dates and locations still to be held are:

- | | |
|------------------------|----------------------|
| • Mickle Middle School | Tuesday, October 17 |
| • Lefler Middle School | Thursday, October 19 |

Each program will be presented from 5:15 to 9 p.m. Each site will present speakers and activities on four topics during breakout sessions:

- Body Image - “Lookin’ Good!”
- Physical Activity - “Keep Movin’”
- Media Literacy - “Is What You See What You Get?”
- Friendships - “What Goes Around”

Each breakout session is 45 minutes. Adults and students will attend three of the four sessions at each school. Doors open at 5:15 for displays of resource information; dinner is served from 5:45 to 6:15; first session begins at 6:30.

Each program is FREE of charge and offers food/snacks, door

See **COALITION** on page 12



Lancaster County Welcomes New Extension Educator

Hello, my name is Lance Cummins-Brown and I am very excited about the opportunity to serve and assist the citizens of Lancaster County! I was raised on a small dairy and grain farm in southwest Nebraska and active in 4-H livestock and leadership projects. I received my bachelors degree in animal science and my masters degree in leadership education from the University of Nebraska-Lincoln. In this position, I will be sharing my time with Saunders County and plan on using my skills in leadership and teamwork to facilitate agricultural literacy programs for urban youth and assisting with the 4-H livestock programs of both counties. I will also be working to develop relationships between the counties, their 4-H clubs, and youth leaders to utilize the unbelievable resources and diversity of both counties. (LCB)

Lancaster County Extension Educator Wins National Award



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

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

The Communications Awards program is conducted by NACAA to recognize outstanding work in 13 different methods of communications. Dorn's website, www.lanco.unl.edu/ag, was selected as the winning entry from among 47 entries submitted nationwide. (GB)



E.N. THOMPSON FORUM ON WORLD ISSUES

2000-2001 E.N. Thompson Forum on World Issues Schedule

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

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

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

Future lectures:

November 28: David P. Forsythe (Charles J. Mach Distinguished Professor), Political Science, University of Nebraska-Lincoln, “**Justice After Injustice: What Response After Atrocities?**”

March 5, 2001: Sarah Blaffer Hrdy (Professor Emerita), Department of Anthropology, University of California—Davis, “**How Material Instincts Shaped the Human Species.**”

April 3, 2001, Rick Foster, Vice President for Programs, W. K. Kellogg Foundation, on “**International Food Systems.**” (GB)

Public Notice

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

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

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



Lancaster Event Center Progress Report

Concrete floor work has been completed for the Lincoln Room and concession areas of the Event Center’s Multi-Purpose Building. Concrete block walls defining the concession areas and restrooms are also complete. The main office area is currently receiving attention with stud and sheetrock construction. Also underway is

the installation of the arena’s air handling system and the Lincoln Room’s duct work. Most of the flat concrete work is completed in Pavilion I and installation of outside doors and trim is being finalized. Electricians are finishing electrical work in Pavilion II and painters have begun painting drywall, exposed steel beams and concrete walls. Hauling in of a

special clay and sand mix for the indoor arena floors is also scheduled to begin soon. Planning of the announcer’s stand that will overlook the Amy Countryman Outdoor Arena is underway. Construction is anticipated to begin this October. (GB)



Photos by Joel Armstrong

Extension staff and Board members recently visited the Lancaster Event Center to begin planning for the 2001 Lancaster County Fair.

Commitment to Learning

With each day, we all need to learn something new. It is an internal asset that helps us grow and maintain our physical, emotional, and mental health. We learn from each experience we encounter in life. For children’s sake, it is important to model a personal desire for learning and a commitment to continued growth. When children see parents involved in life-long learning, they are

likely to be more motivated to learn in school, to complete homework, have a desire to excel and to read for personal pleasure. Some ideas to instill a commitment to learning in your children include:
Talk to children about your perspective on education.
Make sure every child has a library card and use them frequently.
Play board games together.

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

MANAGEMENT

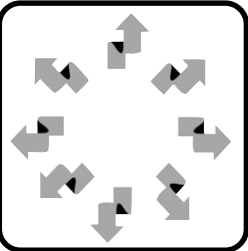
continued from page 4

operation? Could the available labor at cultivation time be used in some other enterprise such as putting up hay in a more timely manner? What is the environmental benefit of applying half as much herbicide worth to you personally?
This is a just one example of thousands of management decisions producers make every year, each choice having an affect, to some extent, on the overall operation. Most choices must be made quickly without much time to mull over the alternatives. However, the more informed a person is, the easier it is to make the “right” deci-

sions, even those which appear to be made quickly.
In keeping with my belief, the best choices are those based on sound information. I would like to call your attention to the many extension programs offered. The staff in the Lancaster County office are currently in the process of organizing educational programs and setting the agenda for the coming winter season. We would like to hear about any programming requests or ideas you feel would be beneficial to the people of this area. Once we set the agenda, the programs will be promoted in this newsletter.

Watch for the announcements and plan to attend those you feel will give you the little extra knowledge that will help you remain competitive.
We also maintain an extensive catalog of extension publications in the office and we have many links to information via our web pages. We would be happy to help you locate whatever resources you need so you can make the kind of informed choices that will help you make the “right” choices. (TD)

Miscellaneous



BALES

continued from page 5

stem-down side tends to shed rain and snow better than the stem-up side. The stem-up side will then receive more sun to provide some melting and drying to lessen spoilage. If more than one line of bales is needed, space adjacent lines at least 10 feet apart. This will minimize snow buildup between rows and allow the sun to reach the back row. Stacking large round bales usually increases losses. Stacking tends to trap moisture and limits drying action from exposure to the sun and wind.
Locate bale rows away from fences and tree lines to avoid contact with snow drifts. Keep livestock and other animals away from bales. Prevent weed growth around bales. Weeds shade the bales and can cause snow drifts.
Indoor storage and bale covers – If bales are to be

marketed, stored for more than one season, or the location is in climates with high precipitation (such as the eastern two-thirds of Nebraska), indoor storage or bale covers should be considered. Remember that the outer four inch thick layer of a six foot diameter round bale contains about 25 percent of the total bale volume. Studies have shown outdoor storage losses range between five and 35 percent depending on the amount of precipitation, storage site location, and original condition of the bale. Storage losses are usually reduced by approximately two-thirds with indoor storage and by one-half with good plastic covering outdoors. Beware of the side forces which stacked, large round bales can exert on the walls of storage structures. (DJ)



WEEDS

continued from page 4

regimen of 2,4-D plus Banvel/Clarity applied to vigorous fall growth with retreatment in the spring at flower bud stage, will most likely be necessary. In cultivated fields, a post-harvest, late fall application of Roundup or Touchdown plus 2,4-D or Banvel/Clarity can be quite effective. Retreating to control escapes and new seedlings will likely be necessary.
Musk thistle while not a perennial, is a common problem in Lancaster County pastures. Musk thistle is a biennial or winter annual, germinating in the fall or early spring and producing seed the following summer. A fall herbicide treatment, applied when the thistles are in the

rosette form, provides excellent control, because the plants have not developed a deep root system yet. As mentioned above, plants not killed outright will enter winter in a weakened condition, making them susceptible to winter kill. A second choice would be an early spring herbicide application while the plants are still in the rosette form.
For recommendations on specific herbicides and rates for control of weeds in the pasture, consult the 2000 Guide for Weed Management in Nebraska EC 00-130-D available for \$2 when picked up at the extension office, or call to visit with one of the staff for recommendations on specific weed species. (TD)



TREATS

continued from page 6

flesh of the apple with a little orange or pineapple juice to keep apple from turning brown.
8. HALLOWEEN COOKIES
Idea One: Mix red and yellow food coloring until you have an orange color. Mix a few

drops in with your favorite sugar cookie dough. Cut into pumpkin shapes and bake as usual.
Idea Two: Let children help decorate sugar cookies with orange colored frosting. Make faces with chocolate chips, raisins, or dried fruit bits.



FALL INVADERS

continued from page 3

• Spiders. Many ground-dwelling spiders find their way inside homes this time of the year. Wolf spiders cause the most panic, because they can be very large. They are not poisonous.
• Millipedes and pillbugs (roly-polys). These multi-legged critters live in the soil (or wood chips, mulch) and feed on organic matter. They sometimes wander in search of moisture or

a better place to live and will enter houses. They cannot live inside because it is too dry and will curl up and die within a few days.
Most of these insects do not survive very well inside, so non-toxic methods like vacuuming and trapping with sticky traps work well. The best and most permanent method of prevention is to seal cracks and crevices. (BPO)

TheNEBLINE

Nebraska Cooperative Extension
Newsletter
Lancaster County

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



Gary C. Bergman, Extension Educator–Unit Leader

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

- Lorene Bartos, Extension Educator
- Corey Brubaker, Extension Educator
- Maureen Burson, Extension Educator
- Tom Dorn, Extension Educator
- Soni Cochran, Extension Associate
- Lance Cummins-Brown, Extension Educator
- Arlene Hanna, Extension Associate
- Alice Henneman, Extension Educator
- Don Janssen, Extension Educator
- LaDeane Jha, Extension Educator
- Ellen Kraft, Extension Assistant
- Tracy Kulm, Extension Assistant
- Deanna Karmazin, Extension Assistant
- Mary Kolar, Publication & Resource Assistant
- Mary Jane McReynolds, Extension Associate
- Mardel Meinke, Extension Assistant
- Barb Ogg, Extension Educator
- Andrea Ohlrich, Extension Assisstant
- Sondra Phillips, Nutrition Advisor
- Kendra Schmit, Extension Assistant
- David Smith, Extension Technologist
- Suzanne Spomer, Americorps - VISTA
- Jim Wies, Extension Assistant
- Karen Wobig, Extension Assistant



Phone numbers & addresses:

- Office (leave message after hours)441-7180
- After hours441-7170
- FAX441-7148
- COMPOSTING HOTLINE441-7139
- NUFACTS INFORMATION CENTER441-7188
- EXTENSION OFFICE E-MAIL.....LanCo@unl.edu
- WORLD WIDE WEB ADDRESS.....www.lanco.unl.edu
- OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday



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Comments _____

Story Idea(s) _____

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

Extension Calendar

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

October 19

Fair Board Meeting 7:30 p.m.

October 23

Pet Pals 4-H Club Meeting 7 p.m.

October 24

FCE Achievement Meeting 6:30 p.m.

November 8

Horse VIPs Meeting 7 p.m.

November 9

Extension Board Meeting 8 a.m.

SNAP Information Meeting, Room A & B 7:00 p.m.

Rabbit VIPs Meeting 7:00 p.m.

November 12

4-H Ambassadors Meeting 2 p.m.

4-H Teen Council..... 3-5 p.m.

November 14

4-H Shooting Sports Meeting 7:00 p.m.

November 16

Fair Board Meeting 7:30 p.m.

COALITION

continued from page 10

prizes and other enticements for parents and students to attend.

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

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

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



TERMITES

continued from page 3

injecting of chemicals. Disadvantages are there is no guarantee of quick control to stop damage. There is no lure in the bait stations that attracts the foraging workers. Termites find the bait stations through their normal foraging activities. If termites are already feeding on the structure, they may not forage for new sources of wood. Another limitation is termites will not feed on bait stations placed at the soil surface during the winter months because of cold temperatures. If the termite colony is eliminated, how long before another colony will be introduced into the area? This is one question that we just cannot answer yet. These baits haven't been used long enough to give us this information.

There is one bait that is intended for do-it-yourselfers. The company that markets this bait, Terminate® says that if a

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

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

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

- Homeowners who are strongly opposed to having floors drilled or who are strongly opposed to the use of pesticides, might be happier with

a bait treatment. Although the use of conventional chemical barrier treatment poses no significant hazard to humans, pets, or the environment, some individuals are still apprehensive about the chemical barrier approach.

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

- Homeowners with a serious termite infestation and do not want to risk anymore damage might be happier with a barrier treatment.

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

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



BAIT STATIONS

continued from page 5

elaborate stations are completely enclosed and can contain liquid as well as solid rodent baits. Hinged lids provide convenient inspection of permanent stations.

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

the station.

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

Bait stations work best when you use commonly available

commercial rodent baits. Most of these baits are multiple-dose (anticoagulant) rodenticides. For these baits to be effective, rodents must feed on them over a period of days. Label instructions on such baits typically state, "Provide an uninterrupted supply of bait for at least 15 days or until all signs of feeding have stopped." (DJ)