



Webster County Acreage Living

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www.iowatreeplanting.com

Information provided by John Walkowiak, Chief of the IA Dept. of Natural Resources Forestry Bureau.

Trees and forests provide wildlife habitat, water quality improvement, recreational opportunities, soil erosion control, and wood products.

The web site [iowatreeplanting.com](http://www.iowatreeplanting.com) was developed to be the one stop shopping source of information for people who want to plant hundreds of trees on their acreages or one tree in their yard.

This web site provides the information and resources to understand all your options for planting and managing healthy trees. It provides tips developed by foresters and biologists on

creating wildlife habitat and on protecting Iowa's water quality.

The site also promotes the use of native trees and shrubs for conservation and landscaping purposes and has a complete listing of Iowa's native woody plants, along with a complete listing of Iowa public and private nursery sources.

Visit [iowatreeplanting.com](http://www.iowatreeplanting.com) today and start your own personal conservation effort with the simple act of planting a tree or, if you have the space, acres of trees.



Just How Important is Water?

Information provided by the NaturoDoc Web site

We all know that water is important but did you realize....

- 75% of Americans are chronically dehydrated.
- In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- Even MILD dehydration will slow down one's metabolism as much as 3%.
- One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
- Lack of water is the #1 trigger of daytime fatigue.
- Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- A mere 25% drop in body water can trigger fuzzy, short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
- Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.
- Are you drinking enough water? If you're not, you could end up with excess body fat, poor muscle tone, and digestive complications.

Gardening for Butterflies

Information provided by ISU Extension Reiman Gardens Publication RG601

The garden catalogs have started to arrive, so it must be time to start planning for the garden. How about making plans to encourage butterflies in your garden? A butterfly garden can be as simple as a massed planting of butterfly favorite plants in a sunny corner of your yard.

Butterfly Garden Characteristics:

- Sunny location. Butterflies depend on the sun to warm their body temperature to the 85° - 100°F range needed for flying.
- Rocks. On cloudy or cool days large rocks provide a basking spot to help warm butterflies for flight.
- Nectar plants and host plants. Both the butterflies and the caterpillars need specific plants or flowers to satisfy their energy needs. Remember too, that planting in clumps – not rows – increases the likelihood of butterflies finding and choosing your garden for a feeding stop.
- Shelter. Trees, shrubs, fences, and buildings can provide protection from prevailing winds. A leafy cover offers a hiding place from hungry birds.
- Untidiness. If you want to attract butterflies, it helps to be tolerant because butterflies prefer a “natural” look rather than a “tidy” garden. That may mean including some plants that your neighbors call weeds and it certainly means avoiding pesticides.
- Overwintering spots. We don’t see butterflies when the temperatures drop, but some of them do spend their winters in tree crevices, under bark, in log piles, or in building nooks. Hibernation boxes also are available.
- Favorite nectar plants. Asters, Black-eyed Susan, Chives, Daylily, Hollyhock, Lavender, Lilac, Phlox, Dill, Marigold, Parsley, Purple Coneflower, Catmint, Mexican Sunflower, Butterfly Bush, White Clover, Borage, Milkweed, and Zinnia.



Stopping the Spread of Illnesses

Information provided by Paulelda Gilbert, ISU Extension Nutrition & Health Field Specialist

Approximately one-fifth of the U.S. population attends or works in schools. Nearly 22 million school days are lost annually due to the common cold alone. The Center of Disease Control says that some viruses and bacteria can live 2 hours or longer on surfaces like tables, doorknobs, phones and desks.

The main way that illnesses like colds and flu are spread is from person to person in respiratory droplets of coughs and sneezes. Germs spread when a person comes in contact with these respiratory droplets as they move through the air or are deposited on surfaces and then the person touches his or her own eyes, mouth or nose before washing their hands.

To stop the spread of germs it is important to cover your mouth and nose when sneezing or coughing and wash your hands often. Hands are easily contaminated because they are always in contact with the environment. Shaking hands, handling toys, touching door knobs or other objects are typical ways to spread germs.

The success rate of hand washing depends on **when** as well as **how often** hands are washed. When you

wash your hands, use soap and warm water; rub your hands vigorously for 20 seconds (about the time it takes to sing the “Happy Birthday” song twice!). Wash all surfaces including backs of hands, wrists, between fingers and under fingernails. Rinse well. Dry hands – preferably with a single use towel. Turn off the water using a paper towel instead of bare hands. Then discard towel. Hand washing is effective because it can break the cycle of germ transmission from the hands to the mouth, eyes and nose.

When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used, but are not as effective as washing with soap and running water. Hand sanitizers are mainly alcohol which kills bacteria and some viruses on contact. They are effective against respiratory viruses but not against intestinal viruses. Hand sanitizers are generally not effective on soiled hands. Hand washing is necessary first to remove soiling.

The new anti-viral tissues have active ingredients that are effective against respiratory viruses by disrupting the coat of the virus. However, these viruses are controlled only in the tissue; any viruses that make it onto the hands or into the air may cause illness.



A Very Costly Way to Gain Just a Few Days on Tax Refunds

Information provided by the Iowa Attorney General Web-site

It is tax season, and tax preparers may invite you to get a “Refund Anticipation Loan” of “RAL” – a loan borrowed against the expected tax refund. Such a loan may come a few days faster than the refund – but you pay extremely high fees to borrow your own money.

A “Refund Anticipation Loan” is a very short-term loan, secured by your expected tax refund, arranged by a tax preparer through a bank. Your pay finance charges and most often, tax-preparation charges as well. The loan is repaid when the IRS sends your full refund to the bank.

“Refund Anticipation Loans” are expensive. According to a report last year by the Consumer Federation of America and the National Consumer Law Center, the loans cost about \$30 to \$90, depending on the size of the refund. That means the interest rate on “RAL” loans could range from about 67% APR (annual percentage rate of interest) to over 774%. This is a bad bargain for an “advance.” You need to realize that an “RAL” loan gets your refund to you in one to four days, compared to just seven to ten days if by ordinary electronic refund deposit to your bank.



Welding Safety Tips

Information provided by the Farm Safety & Health Resources Web-site

To Avoid Injury/Illness From Fumes and Gases:

- Use exhaust fans or open doors and windows for adequate ventilation.
- Read and follow warnings on rod/electrode container or MSDS.
- Use a head-mounted, full face welding helmet and position your head to minimize fumes in your breathing zone.

To Avoid Eye Injuries:

- Be sure your welding helmet has the correct strength filter for the type of equipment you are using and the work you are doing.
- Be sure your helmet is completely covering your eyes before striking an arc.
- Don't allow others to watch, even from a distance.
- Wear safety glasses under your welding helmet.
- Be careful your electrode or wire doesn't touch a grounded surface unexpectedly while your helmet or window is up.
- It is very important to wear safety glasses when chipping slag, as hot slag can seriously burn and scratch your eyes.

To Avoid Electrical Shock:

- Wear dry welding gloves.

- Do not touch electrically “hot” parts or electrode with bare skin or wet clothing.
- Keep electrode holder and cable insulation in good condition. Keep cords away from hot metal. Do not use them if they are damaged.
- Do not weld in a wet area (without special equipment).
- When possible, clamp parts being welded together rather than holding them.
- Be sure your work is well grounded.

To Avoid Burns:

- Wear welding gloves, leather apron and cape, welders cap, and proper footwear – not sneakers. Do not wear low shoes or tuck pant cuffs into boots.
- Do not touch a piece of metal without first holding your hand near it to see if it is hot.
- Pick up steel parts with pliers or tongs when ever possible; clamp parts to be welded rather than holding them when possible.
- Put hot metal pieces in separate area while cooling.
- Always have a fire extinguisher nearby.



A Rose is a Rose

Information provided by the ISUE Horticulture & Home Pest Newsletter

Roses are grown by millions of gardeners throughout the world. Roses are classified in various groups. The broadest classification separates them into species and shrub roses; old garden roses; and modern roses.

Species roses are those roses found growing in the wild. Shrub roses are closely related to the species rose but have been bred to make them more suitable for a garden setting.

Old garden roses are those varieties created before 1867. (1867 was the year established by the American Rose Society to commemorate the introduction of the first hybrid tea rose.) Old roses are very fragrant and offer a wide variety of growth habits.

Modern roses are the most common type of rose found at the garden center or nursery. There are five main groups of modern roses: hybrid teas, polyanthas, floribundas, grandifloras, and miniatures. The hybrid tea is the most popular rose grown.

Roses are often sold as dormant, bare root plants. Before purchasing, examine the plant carefully. Avoid those with deformed growth, abnormal swellings, and discolored canes which may indicate disease. The canes should be firm, plump, and green.

Good quality is important in the selection of any garden plant and roses are no exception. By selecting the best quality, successful rose gardening becomes much easier.



When to Turn Lights & Computers Off to Save Energy and Money

Information provided by the U.S. Department of Energy

Lighting accounts for around 20% of the electricity consumed in the United States. Personal computers are becoming standard equipment in most homes, and used by nearly every business, school, organization, and governmental agency. Turning lights and PCs off when they are not needed is a low-cost technique that reduces energy consumption and saves money, and avoids the environmental impacts of producing the electricity that would otherwise be consumed.

The energy and cost effectiveness of when to turn lights off depends on the type of light(s) and the price of electricity. The type of light is important for several reasons. All types of lights have a nominal or rated operating life, which is the total number of hours that they will provide a specified level or amount of light. However, the operating life all types of light bulbs is affected by how many times they are turned on and off. Basically, the more often they are switched on and off, the lower their operating life.

Incandescent lights or bulbs should be turned off whenever they are not needed. Only about 10 to 15 percent of the electricity that incandescent lights consume results in light – the rest is turned into heat. So turning off the light(s) will keep a room cooler, an extra benefit in the summer.

The cost effectiveness of turning fluorescent lights off to conserve energy is a bit more complicated. A general rule of thumb is if you are going to be gone out of a room more than 15 minutes, turn the light(s) off. Fluorescent lights are more expensive to buy,

and their operating life is more affected by the number of times they are switched on and off. Therefore, it is a cost trade-off between saving energy and money by turning a light off “frequently” and having to replace the bulbs “more” frequently.

Personal Computers with an ENERGY STAR® label come with a power down feature for the CPU and monitor. ENERGY STAR® labeled computers have the capability to power down to a “sleep” mode, in which they consume 1.5 Watts or less power, which is around 70% less electricity than a computer without power management features.

Note that screen savers are not energy savers. They in fact use more energy than not using one and the power down feature may not work if you have a screen saver activated. In fact, modern color monitors do not need screen savers at all.

The less time a Personal Computer is on, the longer it will last. Also, there is not a more effective security firewall than not having the Personal Computer on.

A rule of thumb for energy saving is that if you are not going to be using your Personal Computer for more than 20 minutes, turn the monitor off. If you are not going to using your Personal Computer for more than around two hours, turn the CPU and monitor off. You should definitely turn everything off if you won't be using the Personal Computer for more than four hours.



Super Bowl Quick Party Food Tips and Recipes

Information provided by Peggy Trowbridge, Your Guide to Home Cooking.

If you are planning a Super Bowl Party, the most important thing to do is prepare in advance. Get as much done ahead of time so you can enjoy the game with your guests. Here are a few tips to keep in mind:

- Do all your chopping and slicing in advance. Store chopped vegetables in plastic bags.
- Crockpots are great for keeping foods warm. Use for cheese dip, meatballs, or sausage links,
- Choose foods that require little, if any silverware. Be prepared with plenty of toothpicks and napkins for those finger foods.
- Have plenty of coffee and sodas ready well before you end the party.
- One of the hottest football party foods is chicken wings. Whether you make them Buffalo-style, sweet and sour, honey-glazed, or otherwise, they are sure to be a hit.
- Pick up a bottle of raspberry chipotle sauce or make your own. Pour over a block of cream cheese and serve with club crackers. Salsas over cream cheese with tortilla chips are another popular quick dip.
- For roll-ups spread tortillas with cream cheese, mustard, mayonnaise, or your favorite condiment, layer with thin slices of meat or poultry, roll up and slice into bite size pieces.
- Don't forget the chips and dips.
- Don't waste money on one of those giant submarine sandwiches from the deli. Pre-order a large loaf from the bakery or bake your own. Buy your favorite deli meats and cheeses. Load them up in the morning, wrap in foil and refrigerate for later. Set out a condiment platter and let guests specialize their own sub.
- Hollow out hard rolls, sourdough rolls, or nay rolls with a hard crust to use as edible bowls for chili.
- For dessert, go with bars, cookies and mini-muffins.

Pecan Praline Morsels

Recipe courtesy of Paula Deen

Ingredients:

2 cups whole pecans; 1/2 cup packed light brown sugar; & 4 tablespoons heavy cream

Directions:

Preheat oven to 350°F. In a medium bowl, combine all ingredients. Spread into a square baking pan, sprayed with cooking spray. Bake in the preheated oven for about 20 minutes, or until coating is dry, and slightly crystallized, stirring once. Remove from oven to cool and stir once more. If not serving immediately, store in an airtight container.

Chili Dog Nachos

Recipe courtesy of Rachel Ray

Ingredients:

1 tablespoon vegetable oil; 1 pound ground sirloin; salt and pepper; 2 hotdogs, sliced into 1/2-inch pieces; 1 small onion chopped; 2 teaspoons Worcestershire sauce; 2 tablespoons chili powder; 2 teaspoons ground cumin; 1 (8-ounce) can tomato sauce; 1 sack yellow corn tortilla chips; 1 sack, 10 ounces, shredded yellow cheese; and to garnish – sour cream; salsa and 2 scallions, chopped.

Directions:

Heat a medium skillet over high heat. Add oil then beef, and begin to brown and crumble with a wooden spoon, about 2 minutes. Season with salt and pepper, then add chopped hotdogs and continue browning, another 3 minutes. Add onions and seasonings, Worcestershire, chili powder, and cumin. Cook another 3 to 5 minutes. Add tomato sauce and simmer 5 minutes more. Preheat broiler. Arrange corn chips on a platter or in a casserole dish. Top the chips with the cooked chili dog topping. Cover the chili dog sauce with cheese. Melt cheese under hot broiler, 2 minutes, until melted and bubbly. Garnish with sour cream, salsa and chopped scallions.

Super Bowl Fun Facts:

- A football ticket for Super Bowl XXXV costs 27 times more than the highest-priced ticket at Super Bowl I.
- Cost of the Vince Lombardi Trophy: \$12,000.
- No NFL team which plays its home games in a domed stadium has ever won a Super Bowl, until the St. Louis Rams in 2000.



Conservation/Habitat Workshop

Information provided by Jim Patton, Webster CEED

Conservation programs, cost-share initiatives, wildlife habitat, water quality, windbreaks and CRP management are featured topics in the Conservation/Habitat Workshop to be held on March 1, 2005 at the Webster County Extension Office. The program will begin at 11:00 a.m. with lunch provided by Webster County Pheasants Forever. Presentations will include practical materials for landowners, acreage owners, tenants and anyone interested in wildlife and conservation.

The Webster County Extension web site (www.exnet.iastate.edu/webster) will have the agenda and features of the program by February 15, 2005.



F.D. Area Gardener's 2005 Spring Seminar

Information provided by Jim Patton, Webster CEED

The Fort Dodge Area Gardeners are holding the 2005 Spring Garden Seminar on Saturday, March 12, 2005 at the Triton Inn, Iowa Central Community College, Fort Dodge. The program begins at 9:00 a.m. and concludes at noon. Featured presentations include: Ken Groning, Eagle City Winery of Iowa Falls; Yvonne Nilles, Mid-Iowa Horticulture Coordinator, speaking on All-American Varieties; and Nancy Beatty, sharing information on Medicinal Herbs.

Garden exhibits, drawing for door prizes, free refreshments and fellowship with are gardeners are highlights.

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