

**WEST NILE VIRUS***continued from page 1*

- swimming pool covers, buckets, barrels and cans.
- Check for clogged rain gutters and clean them out. Remove discarded tires and other items that could collect water.
- Be sure to check for containers or trash in places that may be hard to see, such as under bushes or under your home.
- Reduce activity outdoors during peak mosquito hours — dusk and dawn.
- Use repellents
  - If spending time outdoors during the peak mosquito activity, wear long-sleeved shirts and pants and use a mosquito repellent containing DEET.

**So Then, How Much Should You Worry?**

I don't want to downplay the importance of this disease, but the chances are low that any one person will have a serious reaction even if bitten by an infected mosquito. Because this disease is in the news almost daily, even healthy people tend to become overly concerned about this disease.

You *should* be concerned if you or someone you care about is a high risk person. You *should* be concerned if you have horses.

**MIGRATING MICE***continued from page 3*

small amounts of liquid soap added are among homemade recipes. Extreme caution should be used in creating these as hot pepper extract is extremely irritating to mucous membranes.

Traps and/or toxic baits can be placed in storage areas where little amount of alternative foods are available to rodents. Snap traps or multiple capture live traps suffice in most situations. Set traps at three feet intervals along walls and in protected areas. These must be checked and re-baited daily until two to three days after the last capture. Reset, again in two weeks, if you suspect a reproducing population of mice.

Toxic baits are less labor-intensive than traps. Don't use these if odor due to large numbers of decaying mouse carcasses is of concern. Baits operate as anticoagulants, neurotoxins and cardiotoxins. If needed, alternate monthly between these classes of rodenticides to reduce rodent tolerance.

By eliminating what attracts rodents to storage areas during autumn and by keeping a watchful eye on rodent populations, we can reduce risks and eliminate most rodent problems before they start.

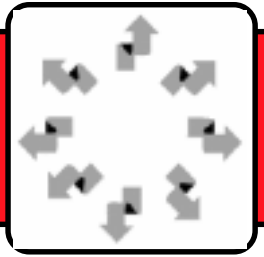
Note: For more information on Rodent Control and Cleaning Up After Rodents, visit [lancaster.unl.edu](http://lancaster.unl.edu).

**GRAIN STUBBLE***continued from page 4*

corn silage will also meet her protein and energy needs. If early-bloom brome hay is priced at \$69 per ton and drought-stressed corn silage is priced at \$23 per ton, either ration would cost \$0.83 per head per day.

When considering alternatives, the tenant should account for the cost of hauling animals to and from the field, any fence repair, extra cost for water, which many times must be hauled, extra daily travel to check the animals and extra risk (from predators, potentially high nitrates in the stalks or winter storms) as compared to feeding the animals at home. Also, there is no guarantee that the animal grazing corn stalks, especially in a drought year, will receive a ration as well balanced as the hand-fed forage choices described above.

Bottom line — One would expect the "fair" rental rate to be lower than the cost of alternative feeds but perhaps more than the rate paid in "normal" years. This suggests a "fair" rental rate might be somewhere between about \$0.30 and perhaps \$0.50–\$0.60 per head per day. Ultimately, the "fair" rental rate becomes whatever the market will bear and will vary from area to area. For more information, see educational resource "Grazing Crop Residues" (EC-98-278) at [www.ianr.unl.edu/pubs/beef/ec278.htm](http://www.ianr.unl.edu/pubs/beef/ec278.htm). (TD)

**Miscellaneous****PASTA***continued from page 6*

of pasta, starting several minutes before the package directions indicate it will be done. Then, cut the pasta with a knife or fork, or bite it. Pasta cooked 'al dente,' which means 'to the tooth' in Italian, will be slightly chewy with a very small white dot of uncooked core at the center. For more tender pasta, wait until there is no white uncooked core showing."

**The Scoop on Rinsing**

Once the pasta is cooked, 54% of survey respondents reported rinsing the pasta, with the majority of those (58%) choosing cold water. The most common reasons given for rinsing the pasta, whether in hot or cold water, were to remove the starch (26%), keep the pasta from sticking together (24%), keep it warm/hot for dishes that are served hot (15%), to cool the pasta/prepare a cold dish (10%), and to stop the cooking process (9%). "These responses indicate to me some challenges on the part of home cooks in handling the finished pasta," observed Bloom. "In fact, rinsing causes the pasta to lose its light starch coating which is actually important in holding the sauce. Plus, rinsing the cooked pasta, whether in cold or hot water, lowers its temperature. This means that even if you're combining it with sauce that's hot, you won't be able to maintain a good serving temperature," she noted. She suggests rinsing pasta only if you're using it in making a salad — and then use cold water to stop the pasta from overcooking.

Source: National Pasta Association, [www.ilovepasta.org](http://www.ilovepasta.org). (AH)

**YOUTH***continued from page 7*

- Youth Development strategies capable of engaging both adults and youth at the neighborhood level.
- 3) A structure that is well regarded and anchored in the community has a greater chance of successfully launching a Community Youth Development initiative than a newly created organization.
  - 4) Intermediaries with the resources credibility and neutrality to advance a Community Youth Development agenda can contribute positively to the success of local Community Youth Development Initiatives.
  - 5) A focus on changing adult perceptions of, and commitment to, young people, in addition to changing youth behavior is essential to the success of initiatives.
  - 6) Communities that are actively engaged in dialogue with youth are far more likely to obtain positive responses from youth.
  - 7) The involvement of key public systems, including juvenile justice, public schools and youth employment, in Community Youth Development initiatives, is difficult to achieve but necessary for real success

The field of youth development and the concept of community coming together around youth is relatively new. As various youth development frameworks evolve and are tested it is anticipated that more and more information will become available about what works most effectively.

Edwards, S.L. & Cutler, I. M. (Winter, 2002). *Linking youth and community development*. CYD Journal, (3) 1. (LJ)

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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 serve basis. This activity can be used with any number and takes about 20 minutes, depending on the size and age of your group. (AH)

