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Extension News

May June & July—2002-Volume 22

PRESTON COUNTY EXTENSION OFFICE
OFFICE HOURS: MONDAY-FRIDAY - 8:30 A.M. - 4:30 P.M.

4-H NEWS, FAMILY & CONSUMER SCIENCE, AND AGRICULTURE

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OFFICE CLOSINGS

May 14.....Primary Election Day
May 27.....Memorial Day
July 4.....Independence Day

**FOR MORE IMPORTANT EVENT DATES
 SEE LAST PAGE OF THIS NEWSLETTER**

Preston County WVU Extension Program Calendar

MAY 2002	
4-H Camp Clean Up-2:00 p.m. to 6:00 p.m.,- at Bruceton Mills	5
Master Gardener Meeting-7:00 p.m.-Extension Office-Guest Speaker-Beth Massey, Mon Co. Extn Agent	7
4-H Weekend Camp at Bruceton Mills	10-11
4-H Charting Workshop-7:00 p.m.-Extension Office	16
4-H Registration Deadline of OMC Forms Due to Extension Office	17
4-H Teen Leaders Meeting-6:30 p.m.-Extension Office	20
4-H Family Fun Night—6:00 p.m. to 7:30 p.m.-East Preston Middle School	21
4-H Leaders Meeting-7:00 p.m.-Extension Office	27
JUNE 2002	
4-H Field Day-9:00 a.m. to noon-4-H Camp at Bruceton Mills	1
Friends of Jackson's Mill-noon to 10:00 p.m.-at the Mill	1
Master Gardener Meeting-7:00 p.m.-Extension Office-Guest Speaker-Bill Slagle from Bruceton Mills	4
CEOS International Student	4-5
Dog Skill-A-Thon-9:00 a.m. to 10:45 a.m.-Lewis County High School	8
State 4-H Days-11:00 a.m. to 5:00 p.m.-Lewis County High School	8
4-H Registration Deadline of Alpha I & II Forms Due to Extension Office	14
Relay for Life-Preston High School	15 & 16
CEOS County Council-9:30 a.m.-Extension Office	16
4-H Teen Leader Meeting-6:30 p.m.-Extension Office	17
Farm Safety Day Camp-9:00 a.m. to 4:00 p.m.-Buckwheat Festival Fairgrounds	22
CEOS Executive Committee Meeting-9:30 a.m.-Extension Office	27
Older 4-H Member Conference-Jackson's Mill	23-28
4-H Leaders Meeting-7:00 p.m.-Extension Office	24
4-H Registration Deadline for Volunteer Leaders Weekend	25
JULY 2002	
Master Gardners Meeting-TBA-Will be touring Hudnall's Garden in Hutton, MD	2
Preston County Older 4-H Camp-Bruceton Mills	7-12
Alpha I Camp-Jackson's Mill	7-12
CEOS County Council Meeting-9:30 a.m.-Extension Office	11
CEOS Lesson Leader Training-1:00 for Aug, 2:00 for Oct. 3:00 for Nov	11
Alpha II Camp-Jackson's Mill	14-19
State 4-H Livestock, Land, and Horticulture Judging Contest-Morgantown	18
Preston County Younger 4-H Camp-Bruceton Mills	21-26

WREATH MISSING

Anyone knowing the whereabouts of the gold CEOS wreath that used to hang in the entrance hall of the Extension Office, please contact Diana or Kay.

This wreath belongs to Jean Slagle and she would like very much to have this wreath returned.



CEOS WEEK

CEOS Week is May 19-25. All clubs are encouraged to submit media blitz information to Opal Myers. This information will be published in the county newspaper.



RELAY FOR LIFE

The 2002 Relay For Life will be held June 15-16, at Preston High.

The Aurora CEOS are supporting the relay. If you would like to make a donation, contact Ressie Conrad at 735-5428.



STRAWBERRY FESTIVAL QUILT SHOW & RECIPE CONTEST

We have received information regarding the Strawberry Festival Quilt Show and Recipe Contest May 14-18 in Buckhannon. For further details regarding either event, contact the Extension Office at 329-1391.

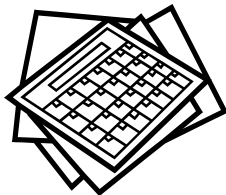
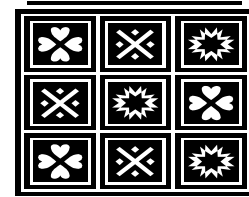
HOLIDAY BAZAAR

All CEOS clubs and members are encouraged to be creating crafts or other items for sale for this event to be held on October 26. There will be workshops to be presented throughout the day. This event is also open to all 4-H clubs and individuals. More details will follow at a later date.

REMEMBER FATHER'S DAY JUNE 16TH

FESTIVAL OF IDEAS

The next "Festival of Ideas" will be held June 20. A "Take-a-Long" quilt, container gardening and floral arrangement will be the classes offered. Look for future mailings for registration information.



AREA MEETING

The Area Meeting will be held this year on May 15, at Jackson's Mill. Preston County is responsible for the flag salute. Jean Slagle will be supplying one door prize and Linda Miller will be making a craft to be used as the second door prize.

NVON CONFERENCE

The NVON Conference will be held July 18-20, in Springfield, Illinois. No registrations will be accepted after June 25. Contact the Extension Office for a registration form. A bus is scheduled to leave July 16 and returning the 22.



WV-Family Nutrition Program (a.k.a. Be Smart! Eat Smart!)

Are you tired of making the same things for dinner?
 Would you like to stretch your food dollar?
 Wouldn't it be nice to have your meals planned ahead?
 Do you want to save money?
 Do you want to cook nutritious meals in 40 minutes or less?
 Do you want to win prizes and have fun?



Hi, I am Karen Bright. I am a Nutrition Outreach Instructor for the Extension Service in Preston County. If you answered yes to any of these questions than the WV-Family Nutrition Program is for you!!

On July 8, 2002, 6:00 to 8:30 the WV-FNP will be offering classes for 8 weeks and the best part is these classes are FREE!

These classes are geared to creating fast and friendly meals and saving money! We all would like to save some money!!

If you have the desire...
 If you want to learn some new cooking techniques...
 If you want to have fun...
 If you would like to play in a brand new kitchen.....



Then please call the Extension Office at 329-1391 to sign up.
 The Extension Office located at 115 W. Court Street. (Behind Naylor's Hardware)

SUMMER SPINACH SALAD

The combination of greens and fruit surprises people.
 The clincher is the dressing. A refreshing salad for the summer.

1/2 cup canola oil
 2 to 3 Tablespoons of cider or white vinegar
 2 to 3 Tablespoons sugar
 1 Tablespoon lemon juice
 1/2 teaspoon salt
 1/2 teaspoon ground mustard

10 cups torn spinach
 2 cups sliced fresh strawberries
 1 cup chopped pecans, toasted
 1/2 cup vidalia or sweet onion



In a jar with a tight lid, combine the first six ingredients; shake well. Just before serving, combine spinach, strawberries, pecans, and onion in a large bowl. Add dressing and toss to coat. Yield: 8-10 servings.

Calories-160
Fat-14 grams
Saturated Fat-2 grams
Protein-2 grams
Carbohydrates-10 grams
Fiber-3 grams

DINING WITH DIABETES CLASS REUNION

Class participants mark your calendar for **May 28** to attend the six month reunion. The reunion is scheduled to begin at **6:00 p.m., at the WVU Extension Office** on Court Street, if the renovations are completed in the conference room. If by chance the renovations are not completed, I will be making other arrangements and will be contacting you by letter. To register for the reunion, call the office at 329-1391 by May 23.



FALL DINING WITH DIABETES CLASS SCHEDULED

If you are a diabetic or a caretaker of a diabetic and have never attended a Dining with Diabetes Cooking School, well here is your chance to receive some vital information, great recipes, good eats, and a lot of fun. The fall class is scheduled for **October 15, 22, & 29, from 6:00 p.m. to 8:00 p.m., at the WVU Extension Office on Court Street**. It is necessary to attend each class as one class builds on another. If you or someone else is interested in attending these free classes, call 329-1391 to pre-register.

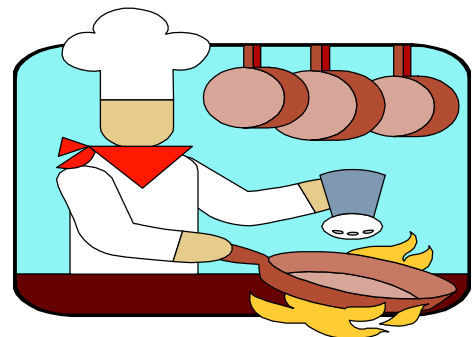
KITCHEN LAB UPDATE

Just a little update regarding the renovations on the kitchen lab in the conference room. The appliances have been delivered and linoleum has been installed, and we are currently awaiting the cabinets and counter tops.

PRESTON COUNTY COMMUNITY DIABETES EDUCATION GROUP

As you probably know already, Preston County has a newly organized educational group that is primarily looking at issues concerning diabetes, its care, and maintenance. Monthly meetings are scheduled for the **fourth Thursday of each month from 6:00 p.m. to 8:00 p.m., at the WVU Extension Office.**

These free classes are open to the public. In the next few months, we will be discussing topics such as foot care, the need for physical activity, OTC drugs and diabetes, eye care, and a special workshop on how to use your monitors correctly and making sure they give you correct readings.



JAPANESE BEETLES

If your lawn and garden is usually infested with Japanese beetles in June and July, and you want to do something about them, now is the time to start planning. Most insecticides that are available to the homeowner will kill the adult beetle. However, treating the adult is usually not a very effective means of control. The adult insect is very mobile and many will be missed. The best way to control Japanese beetles is to take advantage of the characteristics of their life cycle and kill them while in the form of larvae (similar in appearance to white grubs).

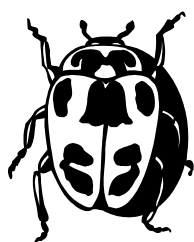
The life stages of Japanese beetles are similar to white grubs. Eggs are white and oval shaped, about 1/16 inch long and 3/64 inch wide. They are placed in the soil by the adult female where they absorb moisture and become more roundish. The larvae are typical of white grubs but are distinguished by the presence of a V-shaped series of bristles. First instar larvae are about 1/16 inch long while the mature third instars are about 1-1/4 inch long. The pupae are first cream colored and become light reddish-brown with age. The average pupa is about 1/2 inch long and 1/4 inch wide. The adults are a brilliant, metallic green color, generally oval in outline, 3/8 inch long and 1/4 inch wide. The wing covers are copper-brown and the abdomen has a row of five tufts of white hairs on each side.

Adults emerge from the soil in late May and June and can be observed until the first frost in the fall. They are most active during June and July when they eat leaf tissue between the veins. What's left is a leaf with a lace-like appearance that soon withers and dies. Grubs can attack and kill seedling plants, but most often they damage turf. Damaged turf first appears as off-color as though water-stressed. Irrigation can cause a brief recovery, but generally the brown spots remain in irregular shaped patches.

Adults mate during the summer. The female burrows into the ground 2 to 4 inches to lay the eggs. They generally lay 1 to 5 eggs at a time, return to feed and mate again, then lay more eggs. This cycle continues until the female has laid 40 to 60 eggs. Eggs hatch in 8 to 9 days. The young larvae develop and remain near the soil surface until late September or October when they burrow up to 8 inches deep for the winter. In spring, as the soil warms, they come closer to the surface to feed on turf roots. This occurs between early-April and mid-May when they pupate and emerge as adults to complete the growth cycle.

It is during the periods from August through September and from April through May, when the larvae are near the soil surface that treatment with insecticides or biological controls to kill the larvae are most effective. There are four common treatment options.

1. Bacterial Milky Disease. The bacterial milky diseases, *Bacillus popilliae* Dutky and *B. lentimorbus* Dutky, have been quite effective at controlling grubs in certain areas of the eastern United States. The spore count must build up for 2 to 3 years for maximum effectiveness. During this time you should not use an insecticide against grubs because their presence is needed to complete the bacterium cycle.
2. Entomophagus Nematodes. Preparations containing *Heterorhabditis* spp. seem to be the most effective of the currently available nematodes. Apply the nematodes when the white grubs are in the second phase of larvae development (August to September). Irrigation before and after nematode application with 1/4 inch of water minimum greatly increases the efficacy of the nematodes. Nematodes can die under dry conditions. They also must be applied each year.
3. Trapping. Several traps have been developed to capture the adults. These traps generally use a mixture of the aggregation and sex pheromones. Recent data indicate that these traps do not significantly reduce grub populations and in some cases may actually contribute to increased foliar plant damage. There has been no correlation between trap captures and reductions in white grub populations in surrounding turfgrass areas.
4. Insecticides. The most commonly recommended insecticides for grub control are Turcam (bendiocarb), Spectracide (diazinon), and Sevin (carbaryl). These should be applied to the turf when grubs are near the surface. That occurs from mid-April to mid-May and from early-August to late-September in our region.



POULTRY LITTER FERTILIZER

While you are waiting for your soil test results, think about how you are going to apply nutrients to your soil. The tried and true method is to visit your local fertilizer dealer and have the appropriate dose of 10-15-10 or some other amount applied. Most larger dealers can custom mix bulk loads of fertilizer, deliver it, and spread it right on your fields.

One source of fertilizer that has been used by many producers in the last few years is poultry litter. Expansion of the poultry industry in West Virginia during the 1990s led to increased use of poultry litter as a fertility amendment on state farms. A 1994 poultry producer survey showed that farmers used 82 percent of their litter as a fertilizer amendment on their hay and pastureland.

Tom Basden, Water Quality Specialist and Ed Rayburn, Forage Agronomist, WVU Extension Service established four demonstration plots in Grant, Pendleton, and Preston counties to study poultry litter utilization and grazing management. The grazing plots consisted of four fertility treatments: (1) high poultry litter (4 tons per acre per year, with 2 tons applied in the spring and 2 tons in the fall); (2) low poultry litter (2 tons per acre per year, usually applied in the fall); (3) commercial fertilizer and lime as required by soil test; and (4) lime only as required by soil test.

All plots were overseeded each spring with red clover to improve the botanical composition and reduce the need for purchased nitrogen. Forage quality and yield data were collected from these demonstration plots between 1996 and 1999. Pastures were rotationally grazed when the pasture reached a height of 8 to 10 inches.

The high poultry-litter treatment increased yield primarily because of its nitrogen content, compared to the commercial fertilizer programs based on proper lime and phosphorus applications and the use of legumes. However, this high-litter rate of 4 tons/acre/year is not environmentally sustainable because of the high phosphorus load it puts on the land.

Compared to conventional fertilizer treatments, both the high- and low-litter treatments increased the grass and reduced the legume content of the pastures. The use of litter did not improve the distribution of forage production. In April and May, pasture production appeared to be limited mainly by soil and air temperatures. In June and July, the high-litter treatment produced the most growth. In July to October, the high-litter treatment also produced the most forage, but this depended on rainfall since soil moisture was the limiting factor for forage production response to soil fertility.

In very dry conditions, the high-litter treatment produced the same as the other treatments. Litter increased crude protein in forage because of higher soil nitrogen availability and quicker forage regrowth, resulting in younger forage at grazing based on the 8- to 10-inch pasture height when cows were turned in. Because the high-litter treatment had younger forage at turn-in, it had a lower sugar and starch content than the conventional fertilizer treatment (more fiber, less energy). The low-litter and conventional fertilizer treatments resulted in more energy and less fiber. For legumes, both litter treatments resulted in reduced sugar and starch compared to the lime-only treatment.

Litter consistently gave forage higher in phosphorus and potassium than the conventional fertilizer treatments across both grasses and legumes. Compared to conventional fertilizer treatments, litter reduced the content of calcium in legume forage. Magnesium uptake by plants was not affected by fertilizer treatment. Plant sulfur content was highest when litter was applied.

Grassland farmers in West Virginia having soils testing low or medium in phosphorus can profitably use poultry litter as a soil amendment. Using poultry litter at the high rate (4 tons per acre per year) over a period of years is an unsustainable practice because soils will accumulate excessive levels of phosphorus and nitrogen and risk losing these nutrients to the environment.

The low-litter rate (2 tons per acre per year) applied over several years is also unsustainable because of the excess accumulation of phosphorus in the surface layer of soils. It has the same risk of phosphorus loss to the environment as the high rate of application.

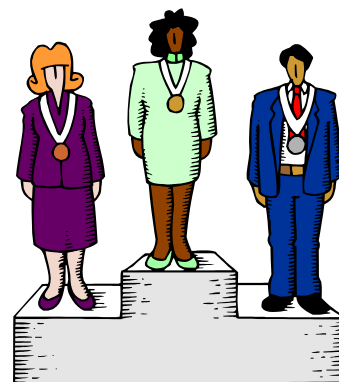
Poultry litter should be applied until the soil test results show optimum phosphorus levels. At that point, the farmer's best option is to manage the hay or pasture for optimum legume content to ensure sufficient nitrogen for the grass component of the pasture. This reduces the amount of nitrogen fertilizer the farmer has to buy and improves the sustainability of the forage production system. For more information on poultry litter as fertilizer, contact your local county extension agent.

4-H NEWS

**2002 4-H FIELD DAY
(Rain or Shine)**

This year 's 4-H Field Day is scheduled for **Saturday, June 1, from 9:00 a.m. to noon at the PC 4-H Camp.**

We will be utilizing an olympic theme complete with each club making their own "flag." Awards will be presented on the olympic stand. The club winning the scavenger hunt will truly have the opportunity to bring home the gold, as the host clubs are offering a \$50.00 cash prize for the first club to find all the items on the list. The event will be held rain or shine so bring your rain gear.


2002 STATE 4-H CAMPS

Summer is fast approaching and with it comes the need to get your registrations for 4-H State Camps turned into the Extension Office. The information on this year's camps are as follows:

OMC-June 23-28

This camp is open to all 4-H members who will be entering the ninth grade and above this fall. The cost with scholarship is \$115.00, and the pre-registration deadline is **May 17.**

Alpha I & II

Alpha I—July 7-12

Alpha II—July 14-19

These camps are open to all 4-H members who will be entering the sixth grade and above this fall. The cost with scholarship is \$115.00, and the pre-registration deadline is **June 14.**


4-H Volunteer Leaders Weekend-July 26-28

This volunteer leader training and recognition program is available for all organizational, assistant, activity, and project leaders. The cost will vary depending on the length of your stay and the activities that you choose to participate in. There will also be a training during the weekend for the State 4-H Shooting Sports program. The pre-registration deadline is **June 25.**

All of these camps will be held at Jackson's Mill, the State 4-H Camp. To receive registration materials, call the Extension Office, and we will be glad to send them to you. If it is after hours when you call, please leave your name, address, and what registration material you are requesting on our answering machine.

329-1391

DON'T MISS OUT—CALL TODAY!

STATE 4-H DAYS

This year's contest are set for **Saturday, June 8, at Lewis County High School in Weston.** The presentations should be from 11:00 a.m. to 5:00 p.m.

The third annual **Dog Skill-A-Thon** will be held the same day at the Lewis County High School with the dog activities beginning at approximately 9:00 a.m. and lasting until 10:45 a.m.

4-H members who won their class at Preston County 4-H Days in both visual presentations and public speaking have been registered for the state contests. The complete information will be mailed to them directly in a separate mailing.

SPRING FROZEN FOOD SALE

The spring frozen food sale proved once again to be quite successful for us and resulted in a profit of over \$1,200.00 to the program. We want to thank the volunteers who helped deliver the orders and showed up in the rain to help fill the orders. Several of our members, club, and leaders earned scholarships to be used toward the 2002 county camp fees. Those who qualified are as follows:

\$15.00

Craig Bolinger, Cassandra Bowman, Etam Eagles, Jordan Feather, Ethan Funk, Kayla Huggins, Kara Jenkins, Brittany Moser, Ashley Shaver, Ashley or Janelle White, Debbie Wilhelm, and Melanie Zinn

\$30.00

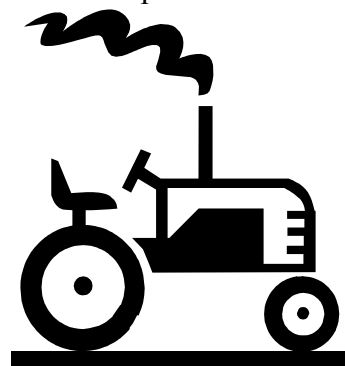
Country Kids, Andrew or Matthew Mercure, and the TA Hilltoppers

\$60.00

Megan Casteel, Kayla Goodwin, and Debbie Wilhelm

FARM SAFETY DAY CAMP

The second annual Farm Safety Day Camp will be held on **Saturday, June 22, at the Buckwheat Festival Fairgrounds, from 9:00 a.m. to 4:00 p.m.** This camp is for children ages 8-18. Some of the safety classes scheduled are tractor, fire, ATV, food, lawn & garden, gun & hunting, electric, grain, and drug. The cost of this camp is \$3.00 and parents are encourage to attend the camp with their children. There is a limited number of registrations for this camp. For further information, contact Becky Montgomery at 864-5462 or Donna Montgomery at 864-5696. The deadline to register is **May 31.**



COUNTY 4-H CAMPS

Plans are finalized for this year's summer camping program.

Older Camp will be held July 7-12. The theme will be "We Are Different, to Make a Difference,," and will be a celebration of our 4-H camping heritage with a focus on providing service to our local communities. We are also planning in-depth workshops in charting, drama, art, shooting sports, water sports, and pre-charting.

Younger Camp will be held July 21-26. The theme will be "4-H The Greatest Show on Earth." The program will revolve around this circus theme by emphasizing a different aspect of circus life each day. There are special plans for a party "under the big tent."

All of the county camp registration materials will be sent to members in the near future. The mailing will include everything you'll need to get registered for this year's county 4-H camp.