In This Issue:

- The Time to Lime ~ Pg. 2
- Winter can Mean More Problems with Predators ~ Pg. 3
- Cattle Producers should be on the lookout for Acorn Poisoning ~ Pg. 4
- EHC Christmas Council Plans ~ Pg. 5
- Spinach Dip ~ Pg. 5
- 4-H Record Your Efforts ~ Pg. 6
- One Day of Service ~ Pg. 6
- What is the 4-H Foundation ~ Pg. 6
- Thanksgiving Food Safety ~ Pg. 7
- EWAP Graduates ~ Pg. 7

4-H Achievement Banquet
Honoring 2013-2014 Van Buren County 4-H Members
Special Recognition for members who participated or received awards from 4-H related projects
RSVP by November 20th ~ 501.745.7117
Each 4-H family may receive 4-H youth member tickets & 2 adult tickets for free
Additional tickets are available for $9 ~ Kids under five $5
Appropriate Attire: Business Casual
All tickets must be picked up from the Van Buren County Extension Office

December 1st, 2014
At First Baptist Church Clinton, Family Life Center
Doors open at 6 p.m.

Danny Griffin Torrie Caston
County Extension Agent – Staff Chair County Extension Agent – FCS/4-H

The Van Buren County 4-H Program is open to all youth between the ages of 5 and 19 without regard to race, color, national origin, religion, gender, disability, or any other legally protected status. Persons with disabilities who require alternative means for communication of program information (large print, audio tapes, etc.) should notify the county Extension Office as soon as possible prior to the activity.

We Hope your Family has a Happy Thanksgiving & a Merry Christmas

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.
**Fall/Winter: The Time to Lime**

The correct pH levels are essential to ensuring healthy pastures, and fall and winter are the right seasons to combat soil acidity, said Dirk Philipp, assistant professor for the University of Arkansas System Division of Agriculture. “In parts of Arkansas, pH of pastures can easily be 5.5 or even lower,” he said. “Soils become acidic over time when the alkaline cations, such as calcium, magnesium, or sodium leach out and are replaced with hydrogen, an acidic cation.”

Philipp said that when the pH sinks below 5.5, nutrients such as nitrogen, phosphorus, and potassium become less available to plants, and the effectiveness of fertilizer is reduced.

At lower levels, phosphorus can bind with aluminum, keeping the plant from absorbing the phosphorus. Overall fertilizer efficiency is reduced at lower pH levels. Many forage species, notably legumes, are sensitive to acidic soils and those same low pH levels can favor weeds.

Ideally, a neutral pH is the best bet for pasture plants. “Phosphorus is most available to plants when the soil pH is between 6.0 and 7.0,” he said. Soil tests, taken every other year, will enable growers to know their pasture’s pH. Growers should keep in mind that “if soil tests call for increasing the pH, it will take at least six months or even longer to elevate the pH,” Philipp said.

**What lime to use?**

In terms of lime sources, dolomitic lime contains more magnesium and may be used if magnesium concentrations in the soil need to be corrected. On the other hand, if magnesium isn’t a problem, then calcitic lime sources work as well, he said.

**When it comes to application principles, growers need to keep this in mind:**

Lime calculations are based on correcting pH in the top 6 inches of the soil. Deeper tillage, such as in row crop systems, mix calcareous soils into the top soil and keep pH longer. In pasture systems with essentially no tillage over long periods of time it is crucial to monitor soil pH regularly as pH may drop more quickly than in pastures. Frequent fertilizer applications combined with surface-applied lime may reduce pH much quicker than in a row crop/tillage operation.

**How frequently should lime be applied?**

Philipp said if soil is tested regularly, the test reports will tell whether to apply lime or not, and says attention should be paid to the cation exchange capacity, or CEC.

“In a soil with less CEC, it should take less lime to correct pH but lime has to be applied more often,” he said. “In a soil with high CEC, larger quantities of lime may be required to correct the pH, but the pH will stay in the desired range much longer.”

If you would like more information on forages or livestock contact your county extension office or visit us online at [www.uaex.edu](http://www.uaex.edu).
Winter can mean more problems with predators

As winter nears, farmers and ranchers can expect more trouble with predators, warned David Fernandez, Cooperative Extension Program livestock specialist at the University of Arkansas at Pine Bluff. Prey become harder to find as reptiles, amphibians and rodents burrow under the ground or beneath deep snow, and many birds migrate south. Livestock, especially those kept on smaller acreages, become easy prey.

“Knowing what is attacking your livestock is important before you can begin to control prey,” Fernandez said. Most livestock producers think of coyotes when they think of predators. Coyotes are efficient predators; they typically kill their prey. They bite the neck and eat most of what they kill. The digestive tract may be dragged away from the carcass and left behind.

In many areas, dogs run loose, and one or two dogs or a pack of dogs may attack and kill livestock. Dogs tend to attack the flanks, belly and legs of livestock, but they will occasionally attack the head and neck. They are not very efficient predators and often injure or maim livestock instead of killing it, says Dr. Fernandez. Ears, noses and lips are often badly mauled. The result is a large veterinary bill and lost production. It is not uncommon for mauled livestock to die even after extensive cost and care. Dogs often do not eat their prey, and dogs will “thrill kill.”

Bobcats rarely attack adult sheep or goats, but small kids and lambs may be taken. Bobcats usually attack from above and kill by biting through the top of the neck or head. The hindquarters are preferred by bobcats, and the forequarters are often left behind uneaten.

Few producers consider feral hogs as predators, but increasing populations in Arkansas and elsewhere are causing increased livestock losses. Hogs leave little behind. Their tracks tell you they were responsible, Fernandez said. Like feral hogs, black bears are becoming more populous and a problem for livestock producers. Bears bite the neck or break it with a slap. Carcasses are often mauled and badly torn. Udders, hearts and livers are eaten, and the intestines will often be spread over the area where the animal was killed.

Don’t forget attackers from the air, he said. Hawks, owls, crows and eagles migrate, searching for prey as they move south for the winter and later north to breeding grounds. All of them can main young or small livestock. Only the rumen and skin of sheep and goats may be left. Once the source of predator damage is identified, then effective control can begin.

All organisms, including predators, need three items for survival – water, shelter and food. Eliminate any one of these, and the organism will leave or perish. Water is not possible to eliminate since your animals need water, too. You can attempt to disrupt predator denning locations and removing shelter, but that may violate state or federal wildlife laws.

Fernandez advises denying predators access to food, namely your livestock. Good fences are an important key to keeping livestock safe. Electric fencing is especially useful against dogs, coyotes and hogs. Place a hot wire about 6 inches off the ground around the perimeter. You may have to add an offset hot wire at the top of the fence to keep coyotes and dogs from jumping over. Additional electric wires may be needed to prevent predators from slipping through the fence. Four-inch square wire can prevent predators from entering property. Serious consequences can result from killing protected species or out-of-season game animals. For example, crows, which can injure or maim young livestock, are considered migratory game birds and are protected under state and federal game laws.

Guardian animals help deter predators. Equids, such as donkeys and mules, can be effective against dogs and coyotes. Use equids singly since they will often herd together with other equids leaving the sheep and goats to fend for themselves.

Livestock guardian dogs have a long history of successful use. Use guardian dogs in pairs at the very least so they can protect each other in a fight, or so one can remain with the livestock while the other intercepts the predator. Three or more dogs are better.
Cattle Producers Should Be On The Lookout for Acorn Poisoning

This year’s acorn crop and dry fall pastures pose a serious threat to Arkansas Cattle Producers. Most animals are susceptible to acorn poisoning, although cattle and sheep are affected most often. Most species of Oak in North America are considered toxic. Clinical signs occur several days after consumption of large quantities of green acorns in the fall. Dams consuming acorns during the second trimester of pregnancy have produced malformed calves. Some cattle can apparently eat acorns with no ill effects, while others develop kidney and digestive problems that can lead to death. Symptoms of acorn poisoning include lack of appetite, rough hair coat, a dry muzzle covered with dry, crusty blood, abdominal pain, excessive thirst, frequent urination, and thin rapid pulse. This usually is not a rise in body temperature. Constipation is a common early symptom. The droppings are often tipped with dark blood, a condition followed by diarrhea with blood and mucous. Edema, or fluid in the tissue, occurs in the lower portion of the body. Large amounts of fluid may be found in body cavities.

Acorn poisoning is thought to be caused by tannic acid, which can cause death due to severe kidney damage. Cows may drink large amounts of water, which is eliminated by the damaged kidneys in a clear dilute form.

The best way to prevent acorn poisoning is to keep cattle away from acorns, but if you fence off an area covered with acorns, you may have to leave the fence up for a while. Acorns retain high levels of tannic acid for several months.

You can partially protect mature cows grazing on acorn-laden pastures by feeding them 4 pounds of the following mixture each day – Cottonseed meal, whole cottonseed or ground soybeans (40%), cottonseed hulls or corn (44%), hydrated lime (10%) and liquid molasses or vegetable oil (6%). Use liquid molasses with either whole cottonseed or ground soybeans. For calves feed 2 pounds of the mixture per head per day in a creep feeder.

The goal is to get the mature cows to consume about 0.4 pounds of hydrated lime each day. Other mixes that provide this rate of intake can be used, but because hydrated lime is unpalatable, the mix should generally contain no more than 10% lime. It is difficult to thoroughly mix hydrated lime in supplemental feeds, so molasses or vegetable oil is recommended to prevent the lime form settling out of the mixture. If a mature cow is constipated because of acorns, administer 2 to 3 quarts of mineral oil orally. Continue the treatment as needed.
EHC Christmas Council Plans

The annual Christmas Council Meeting is planned for **Wed., 10 Dec**
*at Petit Jean Electric’s Community Room* with registration from 9 – 9:30 am.
The Theme will be: “**Ozark Christmas Traditions**”

Clubs are asked to bring a Centerpiece that brings the theme to life; and those centerpieces will be used as door prizes. The meal will be pot luck with each member bringing a dish for the luncheon. Each club is asked to prepare a 3 minute report on projects and goals for the upcoming year.

Thelma Murray, Vice President of the Executive Board, is in charge of entertainment. Carl Trahan-True, County Council Parliamentarian, will provide plates, napkins, and flatware. Earlene D. Brecheen, County Council Secretary, will provide name tags and prepare the programs. Clubs may bring scrapbooks/project books for judging; and then during the following years those project books will be judged at the Fall Council.

AR Children’s Hospital’s has needs for 2014 Christmas gifts - **all Items must be NEW**. All EHC members are asked to purchase at least one of the items listed below and bring to the Christmas Council on 10 Dec.:

**Infants:** Rattles, Link Rings, Teethers, Wooden Puzzles, Board Books, Mega Blocks

**School:** coloring Books reg. size (non-holiday), Crayola Markers and/or water color sets, Cards games, Books, Play-Doh & accessories, Puzzles, matchbox cars, Lego kits, Barbie & Ken dolls, Baby dolls

**Teens/Adults:** Playing Cards, Hats, Caps, T-shirts, Nail Polish, Table top games

**Family Items:** Throws, Blankets, Gift Cards – Sonic, Mac Donald’s, KFC, Wal-Mart, Best Buy, and/or Target.

*For questions call Patty Munson or Earlene D. Brecheen.*

---

**Spinach Dip ~ Van Buren County EHC Recipes Book**

If you are interested in your own copy, contact any EHC member or the county office.

**INGREDIENTS**
- 1 Box frozen Chopped Spinach, thawed and drained
- 1 can Water Chestnuts, chopped
- 2 cups Monterey Jack Cheese, shredded
- 1 Can Rotel
- 1/2 cup half and half
- 8 oz. Cream Cheese
- 1 medium onion, diced

**INSTRUCTIONS**

Preheat oven to 350 degrees. Combine all ingredients in an oven proof dish; bake for 20 to 30 minutes. Serve with crackers or tortilla chips.
Arkansas Food Safety

FEATURE: THANKSGIVING

Thanksgiving meals can be tough, but if you are ready the meal will be tasty and memorable in good ways. A safe Thanksgiving takes planning and is worth the effort! First decide on your menu. Choose a range of foods that include foods cooked on the stovetop, in the microwave and oven plus some foods that can be served at room temperature. Then remember to clean, separate, cook, and chill properly. First clean your sink, counters, cutting boards, pans, knives, thermometers, and other utensils with warm water and soap. Then separate raw meats from fruits and vegetables during the preparation process. Cook foods to their appropriate internal temperatures. That means the turkey and any stuffing packed inside the turkey to a minimum internal temperature of 165° F. Leftovers should also be reheated to 165° F and gravy brought to a boil before consumption. Finally, chill leftovers in labeled containers in a refrigerator set at 40° or cooler within 2 hours of heating to reduce your risk of foodborne illness. Also when cooling leftovers it is a good idea to place food in shallow containers with lids.

HELPFUL TIPS

Thaw:
Thaw frozen turkey in the bottom shelf of your refrigerator in a rimmed baking sheet allowing 24 hours for every 4 lbs.

Temperature:
Refrigerator 40° F or lower, freezer 0° F or lower, cook turkey to 165° F minimum internal temperature and fruit/vegetable/grain dishes to 135° F.

Clean:
Wash hands with warm water and soap for 20 seconds before handling food & wash fruits and vegetables even when you plan to peel the skins.

Leftovers:
Reheat leftovers to 165° F and eat within 3 to 4 days and gravy within 2 days.

Prepared by Serena M. Fuller, Associate Professor Nutrition and Food Safety, for the University of Arkansas Cooperative Extension Service. Adapted from the Partnership for Food Safety Education at www.fightbac.org.

THANKSGIVING FOOD SAFETY RESOURCES


Featured Left to Right Back Row: Liz Alvord, & Marge Koone,
Featured Left to Right Front Row: Debra Huie & Judith Jackson
Record Your 4-H Efforts

Through the use of a 4-H Record Book, 4-H’ers can show others what they have done in their 4-H career. Start by recording their last 5 years in 4-H or at least one 4-H year. Remember you must start somewhere. It is important to keep track of your activities and take a few photographs to help you remember your accomplishments.

Do you want some help? The agents at the Van Buren Cooperative Extension Office will be glad to assist you. Appointments can be made as needed.

Record Books are due in at the Van Buren County Extension Office on January 26th, 2015.

4-H One Day of Service

The 4-H One Day of Service for Van Buren County was conducted during the month of October. We set our focus to help the local food banks. Some gathered food and others worked in the food banks.
Thanks to all of the 4-Hers and their families that participated in this effort.

What is the Van Buren County 4-H Foundation?

The Van Buren County 4-H Foundation is a board of 9 local volunteers from the community. These volunteers meet on a quarterly basis throughout the year to meet financial needs and set guidelines for the Van Buren County 4-H program. We really appreciate the service the board contributes to our program. The members of the Foundation include: President, Phillip Jones; Vice-President, Andy Andregg; Secretary, Carrie Ward; Treasurer, Lisa Nunley; and members Steve Bone, Vonda Crocker, Darla Mcjunkins, Nick Palangio, and Matt Stewart. The 4-H Foundation assists with financing camps, enrichment programs, and other county 4-H activities throughout the year. They also provide a Graduating Senior Scholarship to a Van Buren County 4-H Member each year. One other thing that you may not be aware of is the Van Buren County 4-H Foundation can provide partial financial assistance to 4-H Members and Leaders when attending regional, state, and national 4-H Camps, conferences, and trips. For more information on these types of 4-H opportunities and the guidelines for financial assistance for any of the state and national 4-H activities contact us here at the Van Buren County Extension office at (501)745-7117.
All meetings and activities announced in this newsletter are open to all eligible persons without regard to race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the county Extension office as soon as possible prior to the activity.