Pesticide Applicator Training for Restricted Use Pesticides
December 15th
Petit Jean Building in Clinton
At 6:30 PM

A Private Pesticide Applicator Training will be conducted by the University of Arkansas Division of Agriculture Van Buren County Extension office on Tuesday, December 15, 2015 at 6:30 p.m. at Petit Jean Electric in Clinton. Please be on time for the meeting! This two hour training is primarily for producers of some sort of agricultural product who purchase and apply Restricted Use Pesticides (RUP’s). However, the training may also be useful for homeowners and citizens interested in learning more about pesticide regulations, labeling, application equipment and safety issues. This training is not for certification of commercial (for-hire) pesticide applicators.

You don’t need to pre-register for this program. There is a $10 fee for the training payable at the door. Please contact the Van Buren County Extension office for more information. If you received a letter from the Plant Board saying you need to be recertified for Private Applicator Licenses you need to attend this training or another in a surrounding county or the Plant Board will require you to take a test to get your licenses when there are no more trainings close to our area.

Since the new 4-H year has begun, 4-H leader training hours have been reset. Each 4-H volunteer is required to receive 4 hours of training every year. On **Monday December 14, 2015 at 6:00 PM**, there will be a 4H Volunteer training. Volunteers will learn how to use 4-H online and another training topic. You will receive 2 hours of training. Contact Torrie Caston at 501.745.7117 or tcaston@uaex.edu to let her know if you can attend or NOT.
Insect-Proofing Your Home

Most people are annoyed when lady beetles, boxelder bugs, crickets, various stinkbugs, or spiders invade their homes this time of year in an attempt to escape the cooler weather outside. The first thing most people think of when trying to prevent a pest problem is, “WHICH INSECTICIDE DO I SPRAY?” There are other things that should be done, however, to help prevent the pest problem that may even eliminate the need for an insecticide application. Insect-proofing your home is the BEST way to prevent unwanted pest invaders at this time of year. Some pest-proofing guidelines to follow to stop these invaders include:

**Outdoors, try to eliminate entryways used by pests:**
1. Inspect and repair all caulking around windows, doors, attic vents, and utility openings. Expanding foam products can be helpful.
2. Inspect and repair weather stripping around doors and windows.
3. Repair all window, door, and vent screens.
4. Repair loose siding or foundation cracks that may act as an entry point.
5. Copper gauze may be used for holes that are too large for caulking or may require air movement through the opening (weep holes of brick veneer). Steel wool is not recommended if conditions for rust exist.
6. The use of residual insecticides labeled for perimeter application can also provide a barrier to prevent pest entry.

**Indoors, try to eliminate areas that can harbor insects or serve as food or moisture sources:**
1. Seal indoor cracks and crevices to eliminate harborage sites.
   • This will reduce the need for repeated pesticide applications to these areas.
   • It also forces hiding insects to relocate and increases their likelihood of exposure to other management strategies.
2. Eliminate any plumbing leaks or other sources of moisture that provide an essential resource to the invaders.
3. Make sure food is stored properly and garbage cans have tight-fitting lids.

If the above-listed maintenance and sanitation guidelines are carried out, pests will be discouraged or prevented from invading in the first place. However, if nuisance pests do get inside:

**In large numbers:**
1. They can be vacuumed up, and the vacuum bag can be discarded outside.
2. Line vacuum hose with a stocking and insects will be conveniently bagged.
3. NO INSECTICIDE RECOMMENDED! Many insects will die in inaccessible places, making cleanup impossible; and these dead insects will serve as a food source for other pest insects, like dermestid beetles.

**In low numbers, or individually:**
1. Pests can be swept up and removed, or
2. Treated with an over the counter aerosol insecticide and removed.
3. Over-the-counter residual insecticides labeled for “crack and crevice” and/or “surface treatment” may also provide relief (low numbers only).

Finally, insect-proofing – or preventing nuisance pests from gaining entry in the first place – is the BEST control strategy against insects trying to invade your home to escape the cooling weather.
The early test results are in for our yearly Winter Feeding and Hay Testing Extension meetings across the state, and these results can be informative to examine. So far, the Forage Testing Lab at the University of Arkansas Southwest Research and Extension Center has analyzed 94 samples from producers in four counties. We expected hay quality to decline this year with our exceptionally wet and cool spring and early summer, limiting our ability to harvest our first cutting of hay until late June or July in some cases. This also limited our ability to control weeds and fertilize our hay fields further impacting hay quality. To date, the average crude protein of these samples is 9.85 percent, and the average total digestible nutrients (TDN) of these samples is 54.5 percent. From 2012 to 2014, we analyzed 334 samples with average crude protein of 11.3 percent and TDN averaging 56 percent; the decline in average hay quality from our previous three-year average appears to be minor until we dig deeper into the analyses. A dry (non-lactating) mature cow that is in the third trimester of pregnancy requires about 10 percent crude protein and 50 percent TDN. In the previous three years, only 39 percent of the samples tested were deficient in crude protein for the dry cow and only 15 percent of the samples tested were deficient in TDN. In the current year, 12 percent of the hay samples analyzed are considered deficient in TDN, but 64 percent are deficient in crude protein. These results are different from the long-term average (10 year) hay test results, where crude protein content was deficient for dry cows in 28 percent of the samples and TDN deficient in 53 percent of the samples. In essence, TDN has not been declining at the same rate as crude protein. The downward trend in crude protein is troublesome because it indicates that fertilization of hay fields is likely decreasing, which also decreases hay yield and indirectly (because of extending harvest interval to maintain yield per harvest) decreases TDN. A lactating mature cow (in peak milk) requires about 12 percent crude protein and 60 percent TDN in her diet. The previous three-year average hay results indicate that 57 percent were deficient in crude protein and 76 percent were deficient in TDN for this lactating cow, but 84 percent of the hays sampled in the current year are deficient in crude protein, and the downward trend in crude protein is troublesome because it indicates that fertilization of hay fields is likely decreasing, which also decreases hay yield and indirectly (because of extending harvest interval to maintain yield per harvest) decreases TDN. Ninety-seven percent are deficient in TDN. In most cases, the hays sampled this year were deficient in both crude protein and TDN for the lactating cow, and potentially large amounts of supplemental feed will be required to meet the cow’s requirements. In previous years, there were hays (24 percent of samples) that would be adequate for a lactating cow without any supplementation, which proves to me that high quality hay can be produced if properly managed with fertilizer and short harvest intervals. What can you do? In the short run, the first step is to analyze each cutting or lot of hay separately and feed the lowest-quality hay to the cows with the lowest nutrient requirements, increasing the quality of hay offered as cows get closer to calving. Use the right supplements that meet the cow’s needs. Do not rely on a one-size-fits-all approach to supplementation this winter. In the future, take steps to minimize the length of time lactating cows are fed hay, by either changing calving seasons to fit the supply of growing forage or by planting complementary forages (cool season annuals for instance) to offset low hay quality for cows with high nutrient requirements. Also, hay producers should consider intensifying management of hay fields by fertilizing to meet soil test requirements for high production levels and shortening harvest interval of hay crops. Intensified hay production of at least some of the hay acres will ensure high-quality hay is available for cows with the highest nutrient requirements.
Family & Consumer Science

Holiday Shopping Tips

The Holiday Season is full of fun activities. From baking cookies for Santa to putting up the Christmas Tree, there are many things to enjoy. One of the biggest parts of the Holiday Season is shopping. This shopping could be done in the store or online; Either way you like to shop, you should always want to find the cheapest deals. Here are some tips to save you the most money this Holiday Season:

1. **Comparison Shop.** You always want to shop around from store to store to make sure that you are paying the lowest price. Check local ads from the paper and different store websites. Some stores will price match other stores circular ads.

2. **Make a list.** Make a list of the people you want to buy gifts for along with the gift idea you would like to give them. If you make a list of gifts you need to buy, you are less likely to buy extra gifts. Once a gift is purchased, mark that person’s name off the list so you know you are finished buying for that person.

3. **Only us trusted sites.** Beware of scams this holiday season and only shop on trusted store sites. If you find a good deal on a site you’ve never heard of, it’s probably a scam. Always remember, if it sounds too good to be true it probably is!

4. **Pay with Cash.** Avoid using a credit card whenever it is possible. By using cash to pay for presents, you know there is not going to be any additional costs that comes with using a credit card. You will feel much better when the holidays are over if you are not still trying to pay off your credit cards. If you do use a card, pay it off immediately to avoid additional charges.

These are just a few helpful ways to save a little money this Christmas. If you have a favorite money saving practice, share it on the Family and Consumer Science Facebook page at www.facebook.com/UAEX.FCS.VBC/.

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**SLOW COOKER COCOA**

**SERVING SIZE: 1 CUP**

**Ingredients:**
- 5 cups nonfat dry milk
- 1 cup cocoa
- ¾ cup Splenda (18 packets)
- 11 cups water
- 2 teaspoons vanilla

**Equipment/Utensils:**
- Slow cooker (5-6qt.)
- Large spoon
- Measuring cups and spoons

**Directions:**
1. Mix dry milk, cocoa and Splenda in a 5 to 6 quart slow cooker.
2. Stir in water.
3. Cover and cook on low heat setting 3 to 4 hours.

**Variations:** Add ½ teaspoon ground cinnamon. Adults, for Mocha Cocoa, add ¼ cup dry instant coffee.

**Nutritional information**
- Calories: 52
- Carbohydrates: 9g
- Protein: 5g
- Fat: 1g
- Cholesterol: 2mg
- Fiber: 2g
- Sodi-
The VBC Extension Homemaker Club's Christmas Council is scheduled for Thursday, 10 December, at the Simmon's First Bank Community Room (park behind the bank and enter at the basement level). Registration will be from 9:00 AM - 9:30 AM. The meal will be Pot Luck, so bring at least one dish for the meal. The Theme is Christmas in Arkansas. Each club is asked to make a table decoration/centerpiece related to the theme that will be used as a door prize at the end of the meeting. All EHC members are asked to purchase at least one item from the Children's Hospital Christmas Wish List and bring it to the meeting. Entertainment is being planned for all to enjoy, so please let's have all clubs represented for an enjoyable meal and fellowship. The Nurses Scholarship Opportunity Quilt Raffle will take place at the Christmas Council so sell those quilt tickets to make the $1,000 Nurse's Scholarship possible for another year.

Thank you, Earlene D. Brecheen

Family & Consumer Science "Dining In" Day

Invite your family and friends, make a menu, and head to the grocery store. The American Association of Family and Consumer Sciences is encouraging you to dine in Thursday, December 3. Research has shown that the whole family benefits from family mealtime by having better nutrition, improving family communication, fostering family traditions, and teaching life skills, such as meal planning, budgeting, and food preparation.

You can participate in “Dining In Day” by planning a simple, healthy meal to cook with your family and eat at home on Thursday, December 3rd. It doesn’t have to be fancy, just a wholesome meal prepared at home. Take a selfie with your family cooking and post it to Facebook, Twitter, and/or Instagram using #healthyfamselfie and #FCSDay. Encourage your friends to do it too! Be sure to go on-line and commit to participating at www.aafcs.org/FCSday. Last year, more than 100,000 people committed to preparing and eating a healthy meal together on December 3. This year, we want to double our results and reach 200,000 commitments! This is a nation-wide effort, so let’s represent Arkansas!

Here are 10 tips for making dining in easy and enjoyable:
* Make family meals a priority and agree upon a schedule.
* Try to have regular family meals two to three times a week.
* If dinnertime doesn't work, have family breakfasts or snacks.
* Keep meals simple. Slow cookers save time in the evening.
* Double recipes and freeze food for a second meal.
* Set aside 30 minutes on the weekend for meal planning.
* Make family meals fun and include children in food preparation.
* Discuss neutral or positive topics at the table.
* Eliminate distractions like TV and cell phones.
* Eat slowly and enjoy your time as a family.

For more information on healthy eating and happy families, visit www.uaex.edu and like us on Facebook at www.facebook.com/UAEX.FCS.VBC/

VBC Extension Homemakers Club Christmas Council

Happy Thanksgiving & Merry Christmas
2015 Record Books are due at the Van Buren County Office by 4:00 PM on January 11th. Record Books will be divided into four categories based on the participant’s age as of January 1, 2015.

**Cloverbuds (age 5-8)**  
**Beginners (age 9-12)**  
**Intermediate (age 13-15)**  
**Advanced (age 16-19)**

County Record Books in the beginner, intermediate, and advanced categories will be sent to Little Rock to be judged in the State Record Book Competition. The official Record Book template can be found on the uaex.edu website: [http://www.uaex.edu/4h-youth/resource-library/docs/Arkansas%204H%20Record%20Form%20Fillable.pdf](http://www.uaex.edu/4h-youth/resource-library/docs/Arkansas%204H%20Record%20Form%20Fillable.pdf) OR contact Torrie Caston at 501-745-7117 or tcaston@uaex.edu for a more user friendly template. If you would like the Cloverbud Record Book template contact Torrie Caston at 501-745-7117 or tcaston@uaex.edu and she will email the Cloverbud form.

**Check out these great tips for completing Record Books:**  
[http://www.uaex.edu/4h-youth/docs/Tips%20for%20Completing%20Your%204H%20Record%20Book%20March%202014.pdf](http://www.uaex.edu/4h-youth/docs/Tips%20for%20Completing%20Your%204H%20Record%20Book%20March%202014.pdf)

Record Books are great way to show case your hard work and earn scholarships. If you have any questions or would like help with your Record Book contact Torrie Caston at 501-745-7117 or email tcaston@uaex.edu

### 4H Online Re-Enrolling Family Tips

Arkansas 4-H Online is available for 4-H family enrollment. Here are some helpful tips for enrolling your family in 4-H.

1. Open your internet browser.
2. Go to [https://arkansas.4honline.com](https://arkansas.4honline.com)
3. Click “Edit Family” to update information or scroll down to a family member’s name. Click edit and update age, grade, school, project, club information, etc.
4. In the “Club” section of the profile, select at least one club for membership. You may add additional clubs as needed. For example; select your community club and project clubs to which you belong.
5. In the “Project” section, you must select at least one 4-H project. You may add additional projects as needed. You do not have to order a project book. Project books cannot be ordered on the Arkansas 4-H Online system.
6. After updating all family members, please log out of Arkansas 4-H Online.

**Tip: Do not hit your browser’s “Back” button while within the 4-H Online system!**

**Useful information on completing profiles for your family:**

1. When entering name, address, etc. for each family member, please pay close attention to the birth date, gender, and 4-H County fields. These fields are very important when registering for 4-H activities such as O-Rama and camps.
2. There is a “Volunteer” section in the profile. This is for youth and adults. For example; if a youth serves as a club officer, on the Expansion and Review committee, etc. then mark “yes” on the volunteer section. If an adult is a club volunteer with completed youth protection forms on file in the county Extension office, then mark “yes” on the volunteer section.
2015 Livestock Show Completed

The Van Buren County Extension Office congratulates all the Van Buren County 4-H members on their successes this Fall in the show ring. The Show season is the time in which all the hard work put in by the 4-H Member shines. Van Buren County 4-H members were very successful this year in the show ring and had a great year in the exhibition of their animals to showmanship contests that tested their personal abilities to present their animals. Congrats to the all members and thank you to all the leaders, advisers, and parents for your support of these kids and their projects.

Planning for 2016 Livestock Projects

I know as was just stated in the previous article that the 2015 show season just ended, but It is time to start thinking and planning for 2016. The time to shop and purchase some projects begins now. 

Cattle Projects – Market Steers, Commercial Heifers, and Breeding Beef are usually purchased in late Fall or Early winter(November or December)
Sheep, Swine, and Goats are usually purchased in late spring into April and May.

When considering a livestock project consider these factors:
1) Kid’s age and ability to handle an animal in relation to being able show it.
2) Expense of the animal project itself. Cattle projects are usually more costly than goats or swine.
3) Expense of feeding and care. Just because it is small doesn’t necessarily mean it will be cheaper to feed.
4) Facilities to keep an animal. Animals need some type of pen and preferably a shelter out of heat and rain.
5) Ability to get the animal to shows or other necessary events. Cattle and Swine are going to require a trailer where goats and sheep could be hauled in a cage in the back of a truck.

There are just some of the things you need to consider in the beginning and each person’s circumstances can be somewhat different. If you need assistance in choosing a project or with what type of animal to select once a project is chosen, please give us a call at (501)745-7117 to allow us an opportunity to help you. Remember Proper Planning reduces the chance of Poor Performance.

2016 4-H Poultry Projects

In 2016, the Van Buren County 4-H program plans to conduct or participate in the typical 4-H poultry activities as we have in past years unless there is an outbreak of Avian Influenza that would stop us from conducting these programs. Poultry projects offered by the state or county include the 4-H Poultry Chain (layers) exhibited at the county fair or the annual broiler project for the Arkansas State Fair. Be watching for information in late January to early February on ordering the 4-H poultry chain chicks which are usually delivered in late March to early or mid- April. The Arkansas State Fair Broiler chicks are usually order in July, delivered in August, and exhibited in October at the Arkansas State Fair. As with the other livestock projects, proper planning is the key to success in raising and exhibiting these birds. You will need a clean, dry, warm area to brood these chicks for the first 3 to 4 weeks or until they have their feathers and then you will need a proper space to be able to raise them in a clean and dry environment with proper lighting. One of the biggest problems I see with these birds is coccidiosis due to overcrowding in their pen which leads to unclean conditions and then disease problems. So, get you a plan if you want to raise these birds for show and be prepared to place your order in February. To participate in the VBC Poultry Chain you have to be 5 years old the last day of the order deadline (TBA) or nine years old by the opening day of the state fair for the Broilers.
Van Buren County Extension Office
1414 Hwy 65 S. ~ Suite 137
Clinton, Arkansas 72031

501-745-7117

Danny Griffin
County Extension Agent
Staff Chair

Torrie Caston
County Extension Agent
Family & Consumer Science/ 4-H

Kerri Jones
Administrative Support Supervisor

Sincerely,

Danny Griffin
County Extension Agent
Staff Chair

Regina Chaney
County Extension Agent
Family & Consumer Sciences

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.