

1986
Forty-fourth Annual Report
CASS COUNTY SOIL CONSERVATION DISTRICT
Atlantic, Iowa

1986
9861

1986 Annual Report

- 1 Office
- 2 James Gulliford [Department of Soil Conservation]
- 8 Steve Stover [Soil Conservation Service]
- 1 Senator Jack Hester; Rt. 1, Box 136; Honey Creek, IA 51542
- 1 Senator Charles Grassley, U.S. Senate, 135 Hart Senate Building
Washington, DC 20510
- 1 Senator Tom Harkin, 705 Hart Senate Building, Washington, DC 20510
- 1 Congressman James R. Lightfoot, 1609 Longworth Building, Washington,
DC 20515
- 1 Regional director: Norman Kading, Casey, IA 50048
- 1 Davis Conservation Library, P. O. Box 776, League City, Texas 77573
- 11 SCDs in the following counties: Monona, Crawford, Carroll, Greene,
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Pre-Weaner before putting them on Nursery
Supreme. He's trying to prove that it'll give
me an even lower cost-per-pound of gain.
"Well, I told him this morning, 'It'll be a
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"But, hey, I was wrong once before."



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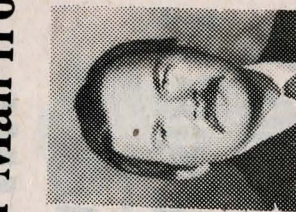
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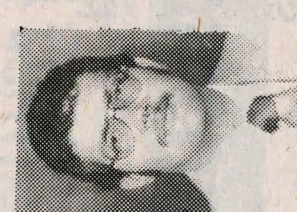
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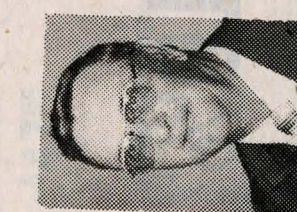
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ATLANTIC NEWS-TELEGRAPH FARM MONTHLY

Vol. 27 — No. 12

FEBRUARY 27, 1987 ISSUE

Soil Conservation Takes Many Shapes

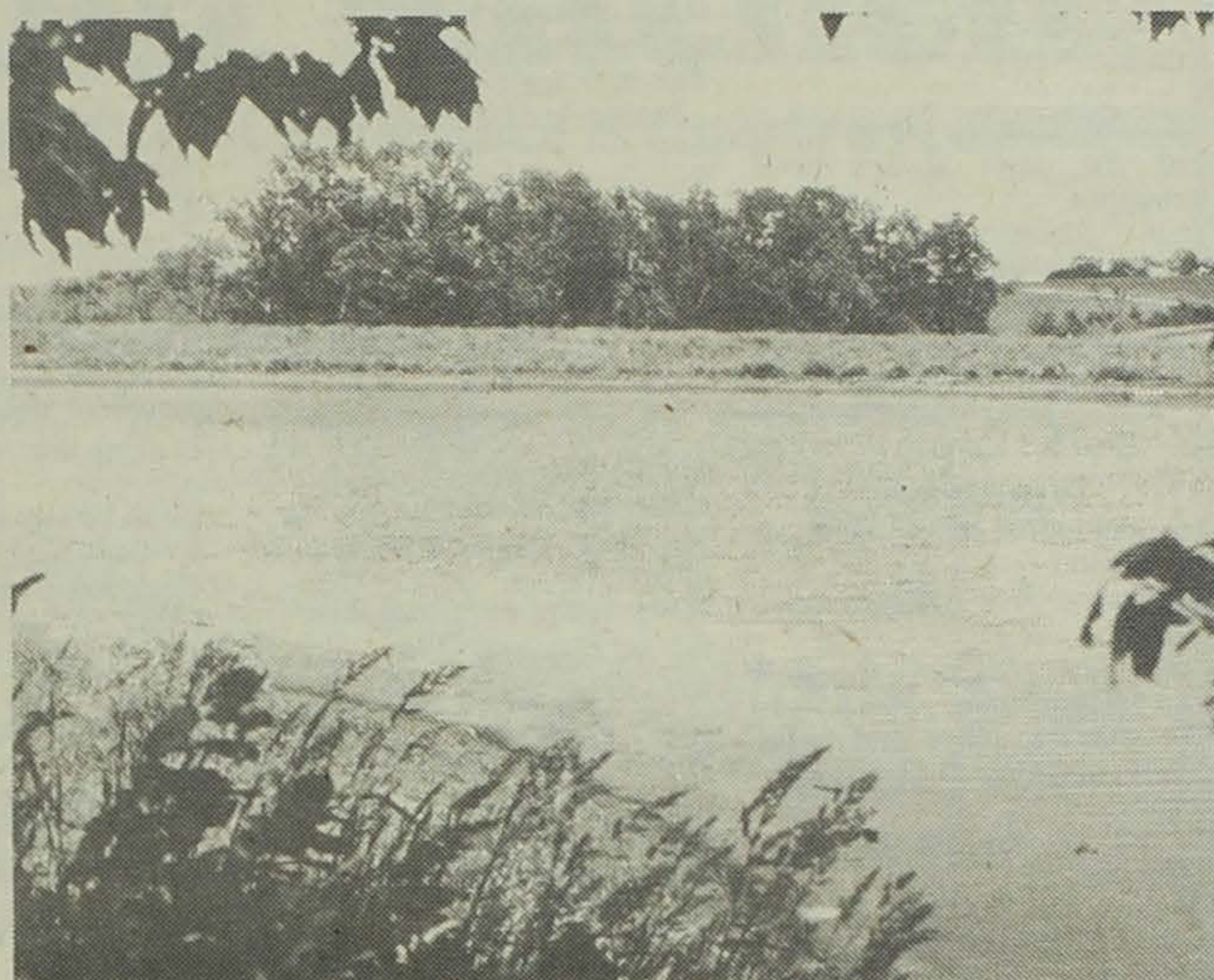
By BILL WILLIS
Soil Conservation Service

Soil Conservation practices assume a variety of shapes and appearances to solve the various problems of soil erosion. A broad selection of conservation practices can be employed to lessen the effects of soil movement including ponds, no-till, windbreaks, terraces, stripcropping, contouring, buffer strips, and more. All have a unique way of changing the appearance of the landscape.

Only about one-fourth of Cass County farmland is protected from excessive rates of soil erosion that average about 25 tons per acre per year. A goal of five tons per acre per year will insure that the long-term productivity of the soil can be maintained. At the time when these soils were first broken from the native prairie, 14-16 inches of topsoil were available. Today, only 6-8 inches of topsoil remains.

Throughout this issue of the Farm Monthly, many articles appear dealing with a variety of soil conservation measures intended to protect our valuable soil resource. From the broad aspect of watershed projects to the specific advantage of an individual terrace, the emphasis is on keeping the soil in place where it belongs. Keeping the soil under a cover of residue is the objective of no-till, and, when combined with contouring, provides a very inexpensive method to dramatically reduce soil loss.

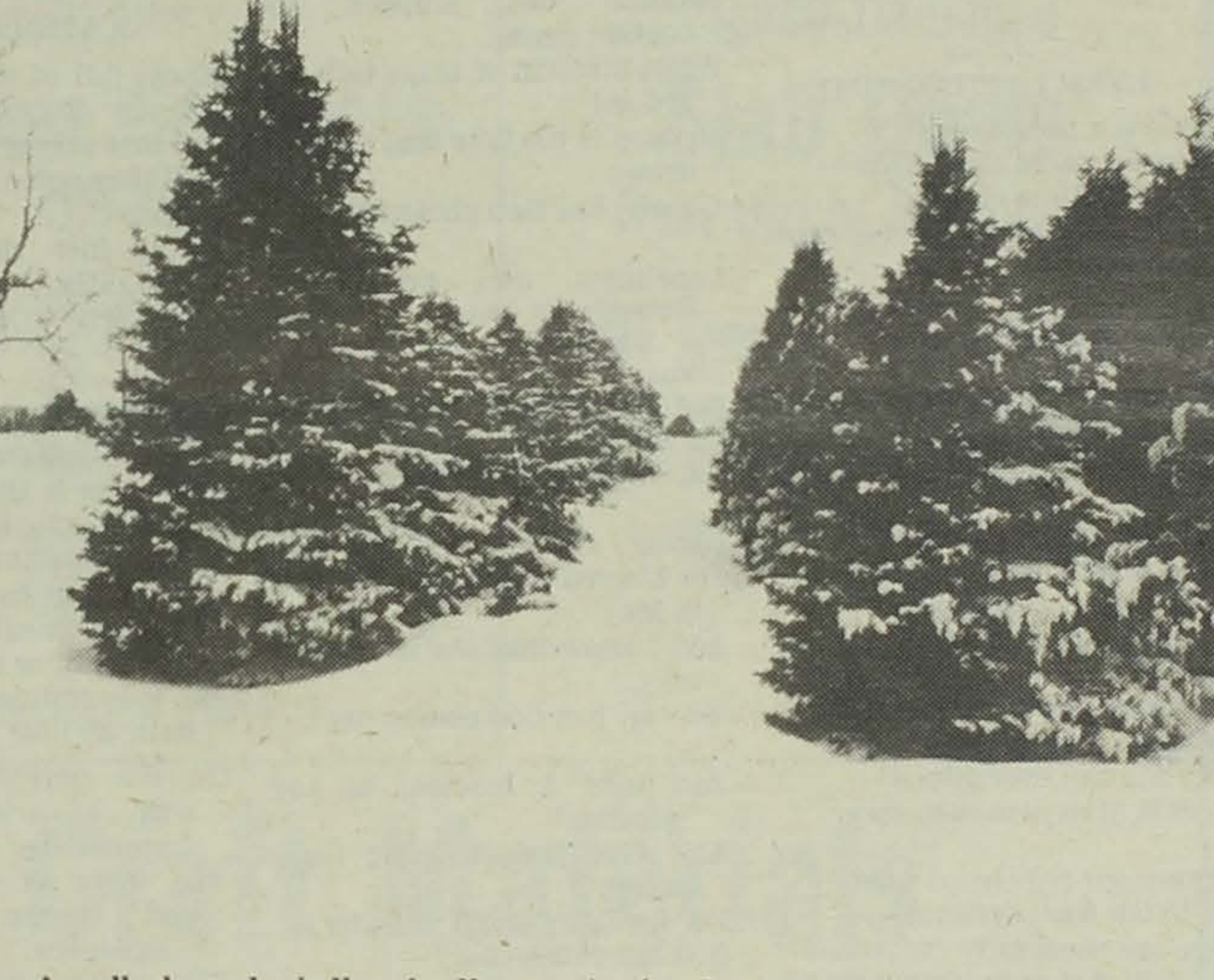
The No. 1 source of water pollution by volume is sediment. The newest concern for groundwater quality points quickly towards the need for wise use of chemicals and sound soil stewardship. Consequently, a renewed interest to employ that variety of soil conservation practices is needed on the land to preserve and protect our most valuable natural resource — our soil.



A pond served as a watershed structure on the Curtis Masteller farm in Grove Township. It helps control erosion on gullies and reduces downstream erosion. It also created additional wildlife habitat and recreational areas.



Close up of no-till farming.



A well planned windbreak offers protection for farm residents in many ways. This picture was taken after a heavy snowfall and the windbreak helped reduce the amount of blowing snow into the farmyard.

Conservation Measures In 1985 Food Security Act

The Food Security Act of 1985, commonly known as the 1985 Farm Bill, ties eligibility to participate in current farm program benefits to adequate control of soil erosion. The major provisions of the Bill are known as sodbuster, swampbuster and conservation compliance. Each provision applies to specific situations each with far-reaching requirements and penalties.

The sodbuster provision applies to situations where land devoted to forage or pasture production in 1981-85 was plowed up in 1986, or will be tilled in 1987.

This question is asked of anyone who signs up for the 1987 program. The signup is currently in progress through the month of March. Anyone in violation of the sodbuster provisions loses all program benefits unless: A conservation plan is developed immediately; one of the needed conservation

practices is applied in 1987; and all the practices are applied before the 1990 crop is planted.

The Swampbuster provision pertains to wetlands drained and converted to cropland. The area must contain specified wetland soil types and wetland plant species.

Again, the base years determine whether a violation has occurred, or will occur, is the 1981-85 land use history. It is expected that only a small number of situations will be affected by the swampbuster provision in Cass County.

Very few Cass County landowners will escape the conservation compliance provision of the bill. All highly erodible land in the county is affected by the compliance provision.

"As a rule of thumb, any hillside, in Cass County, farmed in a corn-bean rotation is in violation of compliance, said Bill Willis of the Cass County

Soil Conservation Service.

"Average annual soil losses of 25 tons per acre per year are taking place in these situations, and the impact of conservation compliance will be felt by virtually every landowner," Willis concludes.

To maintain farm program eligibility under conservation compliance, all highly erodible acres must be included in a complete conservation plan to control erosion by 1990. By 1995, all practices specified in the conservation plan must be applied.

"It is imperative that we begin immediately to prepare the tremendous number of conservation plans that will be required for Cass County farmers," Willis said. "We're going to need, and farmers are going to need, all the time we can get in order to accomplish this work. 1990 and 1995 will be here before we realize it."

The benefits in the farm program that can be denied if the provisions of the 1985 Farm Bill are not satisfied include: United States Department of Agriculture price and income supports, disaster payments, crop insurance, FmHA loans, Commodity Credit Corporation storage payments, farm storage facility loans, and other programs under which payments are made with respect to commodities produced by the farmer.

In response to the depressed farm economy, a high percentage of Cass County farmers participate in the farm program every year.

One possible solution to correct the erosion problem on highly erodible land is to contract the problem acres into the 10-year Conservation Reserve Program.

This new USDA program permits entering land into a contractual arrangement where

the land is seeded for 10 years for which the federal government will pay an annual rental up to \$75 per acre.

The government will also pay up to 50 percent of the initial cost of seeding. The landowner must carry out all weed control and exclude grazing and harvesting during the 10-year period.

"It is essential, even imperative, that every Cass County farmer become accurately informed about how the 1985 Farm Bill affects his or her land," cautions Willis. "Loss of farm program benefits could have a devastating effect financially on many area farmers. We want to help avoid those situations by counseling with farmers on their specific erosion control needs, and start pulling these conservation plans together to meet the 1990 deadline and the more crucial deadline of 1995."

Poets Corner

LIVE

Make your own fun or be entertained?
The choice is yours to make,
But don't just watch while the world goes by.
It would be a big mistake.

Each and every one has a handicap.
Sometimes it's for better or worse.
Accept it and respect it.
By the authority of a doctor or nurse.

There are so many things to do
And you don't always need supplies.
Your thoughts and your memories will be there.
Search out the best, the ones you prize.

Mae C. Nelson,
Urbandale

INTROSPECT

I'm looking in the windows of my mind
And in the dark recesses there I find,
Pushed back against the wall so you can't see,
The worries, fears and hates that poison me.

I'll not let you look in, when you pass by.
I'll draw the shades, and hide them from your eyes.
But when you're gone, then God and I look in
And see the snakes and scorpions of sin.

Pauline Martens,
Lyman

EVER LASTING TIME

Time is a measure of past-present and future —
In the lifetime of man and the earth — he must nurture!

Time has been adjusted to earth's rotating flight —
To measure the months and years and our daylight and night!

Time is extremely useful as a working man's device —
For reason and seasons in maintaining all life!

We may buy it — share it — and waste time away!
No one can ever stop it!
It is always here to stay!

From our first heart beat to our final decline —
We are constantly concerned with that ever-lasting time!

M.E. Wright, Atlantic

WIPE YOUR FEET

Wipe your feet!
A phrase so often heard
Just inside the door
Leave the mud outside, don't get it on the floor

Wipe your feet!
Of all the old year troubles
Don't carry them along
But start the new year with a song.

Wipe your feet!
The new days sun has risen
Don't hold the gloom of yesterday
To shade the present gleaming way.

Wipe your feet!
Our Lord comes down from heaven
A lost and seeking world to greet
That we should wash our brothers feet.

Wipe your feet!
When sins' gray cloud overshadows
And troubles grow from day to day
Never fear, if someone dear has washed them all away.

Ed Ruggles, Anita

CONSOLATION

In life's youthful years time is a good friend —
Used merrily with no thought that for all it must end.

We think we have time to accomplish life's dreams —
There that aging process becomes our enemy obscene!

The things we used to do With no effort at all —
Are beyond our endurance in this declining downfall!

It has often been said "time waits for no man!"
This inevitable age process creates a consolation plan!

Time is getting turned back by memories still bright —
Of all those useful years full of zest and delight!

ME. Wright,
Atlantic

PRINCE

Big old farm dog I have a problem with you
The only thing you seem to learn
Is to run and jump and chew

Big old farm dog Why do you follow me
Every place I go You're the one I see

Big old farm dog When you jump up I must try to remember
You are still a pup

Mrs. Howard Walker,
Brayton

IN MEMORY OF BEULAH HULTQUIST

Sadness has dropped its curtain down
While a storm of tears falls all around

So deep is the lake that I might drown...
Oh why has God chosen her?

Loneliness and pain runs through my heart
For they don't deserve to be apart
But I know in heaven she has a new start...
Oh why has God chosen her?

I know I shouldn't feel this way
For heaven is pretty as flowers in May
And I know that she is there to stay...
Oh why has God chosen her?

Just take a moment to say "goodbye"
And wipe the saddened tears you cry
For I will try to tell you why...
God has chosen her.

She was truly wonderful through and through
As she gave much love to me and you
And brought goodness to this worldly zoo...
While God was watching her!

She sang the praise to God above
And lived the Word Jesus spoke of
And became a disciple of His love...
As God was smiling at her!

All because she believed in Him
She was spared the suffering that could have been
God must have felt that now's the time...
So he has chosen her!

So now think of the joy she brought you and me
And have courage and strength to set her free
For life is just beginning for she
As God is sitting with her!!!

Melissa Barnett,
Atlantic
(Niece of Beulah Hultquist)

AGES

From birth through teens a girl needs Mom and Dad,
Teens through 35 beauty is her fad,
Middle age... personality's the bash,
When the golden years CREAK UP
A lady needs cash.

Nora Newman,
Atlantic

OL' JAKE

I used to have a dog, ya know, best dog I ever see.
Yes Sir, Ol' Jake was a one man dog,
Didn't like no one but me.

We used to go a huntin', That ol' dog and me,
Always had a good time A chasin' possum up a tree.

Sometimes for half a day or more,
We'd just sit and dream, Or maybe we'd go fishin',
In some lazy little stream.

Ol' Jake was always with me, No matter where I'd go.
That dog was 'most a part of me.
They get that way, ya know.

I 'member once when I got sick,
Doc said I almost died, For six long weeks I laid there,
Ol' Jake right by my side.

Now Ol' Jake's gone, and I'm alone,
Someday we'll be together again,
That ol' dog and me.

M.C. Dunblazier, Oakland

WATERS OF LIFE

Eyes, full of misery, stare intently down the jagged trail that serves as a road.

Will they come again; will they come?
Biting flies suck blood from thin little arms and legs,
But there's just not enough energy left to brush them away.

The listless little group just squats and stares.
What else is there to do in the shimmering heat?
No rain means no crops; no crops means no herds; no herds means no milk, or meat, or transportation!
No rain means no drink, no bath, no life!

On the quivering horizon a wisp of arid dust spirals smokelike;
The sound of a truck rattles and coughs rudely into existence.
The gaunt dark eyes brighten with hope;
Is it too good to be true?

But, there they are again, Bringing precious food, and water, and medicines,
Bringing The Word of Life and Hope
To break into the despair of nothingness!

It's December twenty-fifth, the day when some white men celebrate the birth of their God.

In their luxurious homes and cities they make elaborate preparations;
They sing and give each other gifts!
It is said they have mountains of food!

Who is this God they celebrate; Who is this Being that impels them

To come to us with sustenance and Life,
Leaving far behind their families their comforts?

Will they share the knowledge of Him with us
And let us be as one of them?
Will they pray to this God
To send us this "Water of Life" also?

— A. Watcher

OF FAMILY AND FRIENDS

Though miles are many or snowstorms hinder
Thoughts drift-misty, clinging of babies, youths and elders.

Our hearts are warmed as memories entwined,
Love's circle widens with loitering time.

Each life may be wrapped in God's eternal care,
Peace stills our hearts when He is there.

Let spirits be light, we know the reason
Why we may be glad this Christmas season.

Nora Newman,
Atlantic

I'D LIKE TO BE AN ARTIST

I wish I could be an artist
I'd paint all the beautiful scenes
Mother Nature has to offer
On her pretty seasonal screens

I would start out in the Spring-time
I'd try to paint her beauty there
For she has beautiful green grass

And budding flowers every where.
Then her summer brings more flowers
And all the fields of waving grain

The sunsets and all the rain-bows
So pretty just after a rain.
Then Autumn with its pretty leaves

Of bright yellow and gold and brown
Her colors really show off them
When all the leaves are falling down.

Winter gives us a different scene
Like a new white dress then to show

It's a restful scene and peaceful
When everything's covered with snow.

I'd rest a bit on rainy days
And all the days of blowing snow
When storm clouds form or fog is dense

I'd forget to paint then I know
There is a great painting — yet unseen
To be unveiled to all some day

It is God's Heaven with all its beauty
Jesus died to prepare the way.

Margaret Plagman,
Audubon

HOPE FOR THE NEW YEAR

This wonderful world has been created —

No one knows just why or how,
But people everywhere recognize its beauty
And believe it is controlled by some Divine Power.

All sorts of beliefs have grown out of this mystery,
Yet the earth and its universe unite us as one.

To love and respect the rights of each other
Is the only way that peace ever can be won.

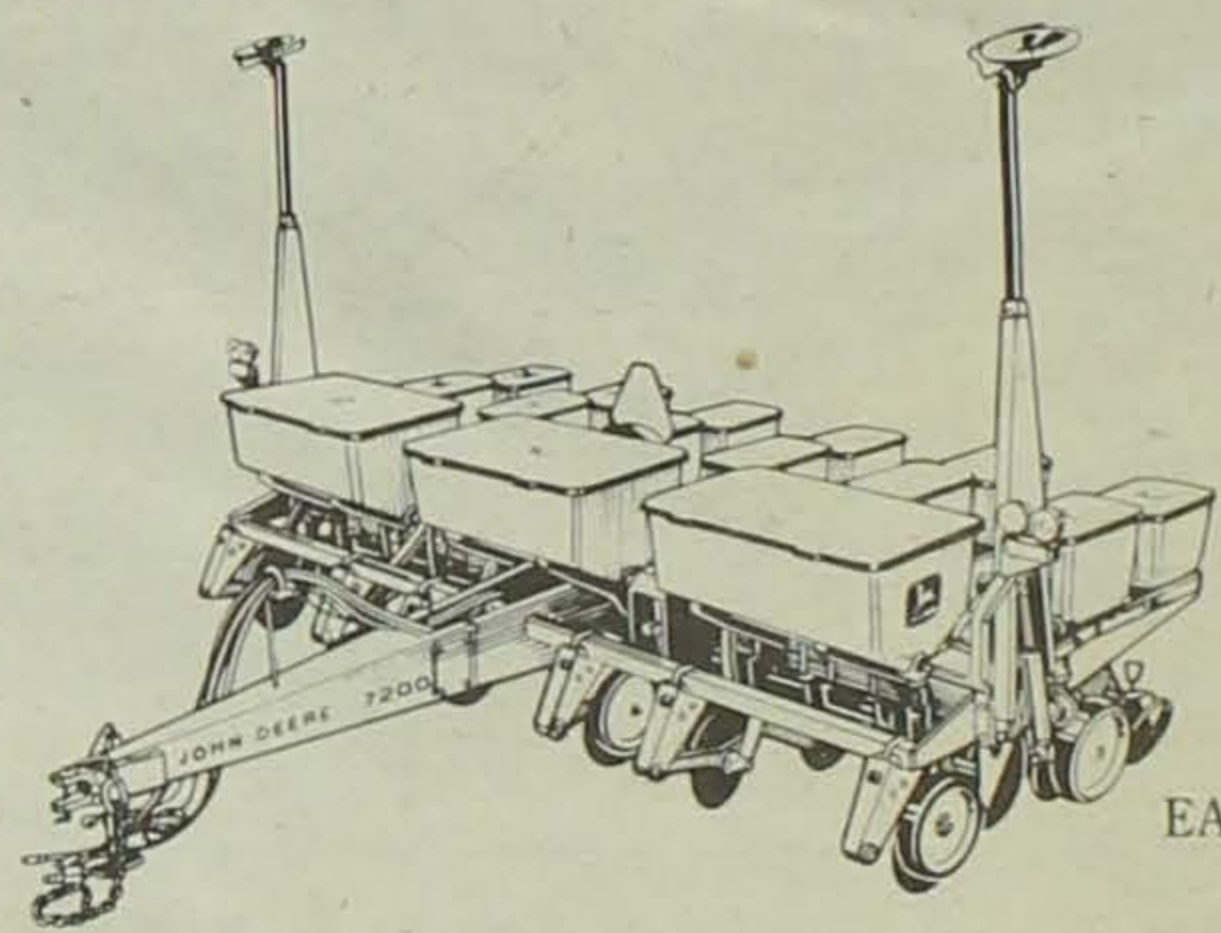
There are Christians and Buddhists,
There are Moslems and Jews,
There are a million other groups
Holding to various religious views.

So let us all see and welcome each other
As part of this wonderful miraculous plan

Where love and respect and caring can bring
Peace and prosperity to this wonderful land.

— Marjorie McVicker Sutcliffe,
Audubon

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First Step In Corn Production To Set Yield Goal

By Dan Merrick
Cass County
Extension Director

The first step in profitable corn production is establishing the yield one plans to achieve, not the yield that one hopes for, but the one a producer plans for. Will it be 100, 120 or 140 bushels per acre, or even higher?

Just as low yields are often unprofitable, aiming for unrealistic high yields is not the point of maximum profit. The last few dollars per acre spent on excessive inputs of fertilizer and seed, may increase yields slightly, but not enough to pay for the input.

Factors producers should consider in establishing a realistic yield goal include: (1) the soil and its capability to produce (2) the yields over the past five years from a given field (3) available sub-soil moisture reserve (4) your financial situation and attitude toward risk and (5) possible influence on yields of contemplated new production practices.

What Is Your Goal?

Producers often misunderstand what is meant by yield goal. When a yield goal of 125 bushels is selected, it means that yields during good years may reach 150, while in poor years, probably less than 100 bushels per acre will be produced. Production practices recommended for 125 bushels are sufficient for 150 bushels in a good year. Fertilizer rates, plant populations, and other practices recommended for 125 bushel average are capable of producing the higher yield when a very good year occurs.

The next step is selecting the proper hybrid and tying that with the planting rate that that hybrid is specifically recommended for. The Iowa State University corn yield test report provides a valuable tool in helping select hybrids related to moisture, yield, standability, lodging, etc. They are available free for the asking at the Cass County Extension Office.

Fertilizer, likewise, provides one of the keys for profitable production, however, farmers can no longer generalize as to the fertility needs of a given field. Fertilization over the past

ten years may have changed a field from a very low to a high or very high phosphorus or potassium test. To know the proper amount of fertilizers to apply, it is crucial that soil tests be taken to get a good idea of the natural fertility so that proper supplementation can be made to achieve the identified yield goal.

Weed Control

Weed control, likewise, is a major factor in proper corn production. For most people, weed control is a combination of cultural and chemical control methods. What herbicides to use needs to be designed to the specific weeds that are present in a given field. The same program may not be the proper combination for a multitude of fields. "Weed Control Recommendation for 1987" is a guide available at the Extension Office which rates the various herbicides according to the effectiveness on weeds which prove helpful to farmers in identifying what herbicides to purchase.

Likewise, insect control is crucial for high yields which means scouting the fields regularly to identify what insects are present and determining whether or not economic thresholds are present warranting control.

Fine tuning some of the management practices in our corn production as well as other crops is essential as we move ahead into 1987 if profits are to be achieved.

RAGS TO RICHES

INDIANAPOLIS (AP) — The Raggedy Ann doll was first manufactured by a New York bookseller as a means to promote Raggedy Ann books. Before long the customers wanted the dolls more than the books, reported Museum Magazine.

Today, Raggedy Ann can be found at the free Indianapolis Children's Museum, housed humbly among an extensive exhibit of other dolls, some dating back 150 years.

Raggedy Ann was created by the Indianapolis Star cartoonist, Johnny Gruelle, who wrote the first stories in 1915 to amuse his sick daughter.

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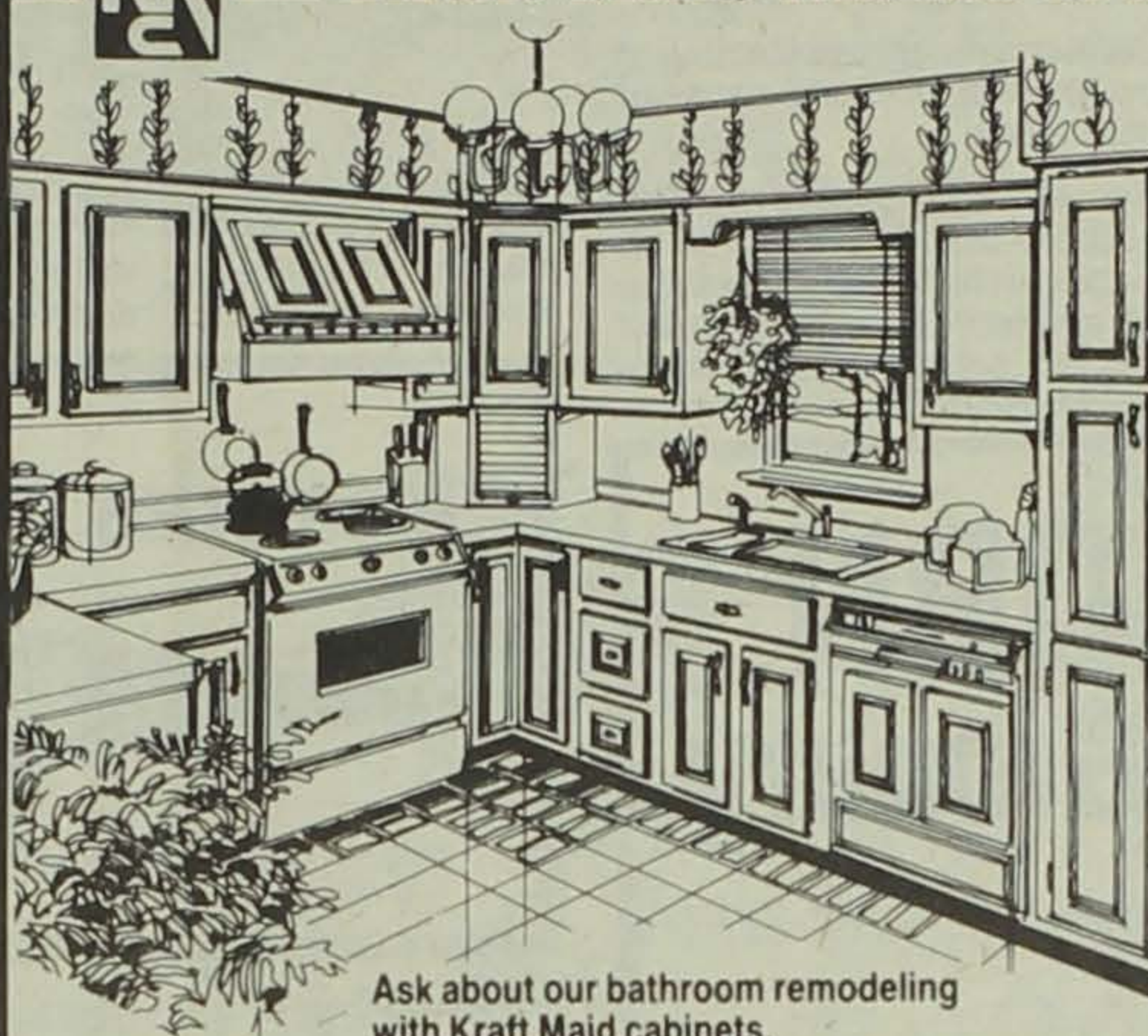
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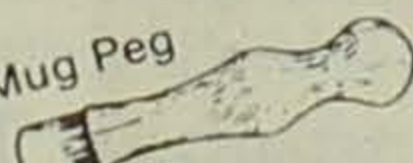
Toy Wheel - 2"



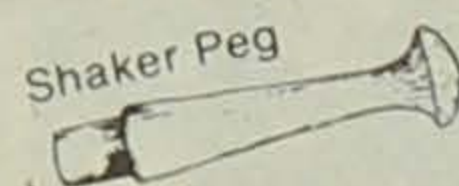
Spindle - Oak - 1 1/2"



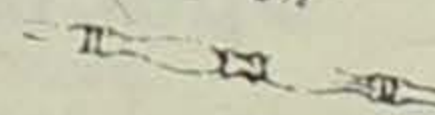
Mug Peg



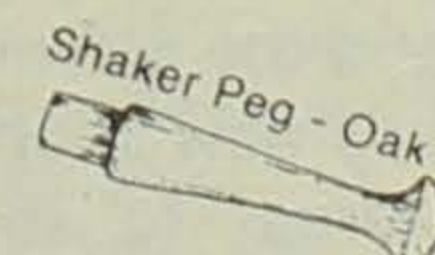
Shaker Peg



Spindle - 8 1/2"



Shaker Peg - Oak



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★ Cherry Blossom Parade, Wash., D.C., Gettysburg, Mt. Vernon, Arlington, Capitol, White House, \$390, 7 days, April 7.

★ New England, Boston, Niagara, Vermont. 10 days, \$579. Fall.

★ Cruise to McGregor on the elegant Mississippi Belle II. R.T. Oct. 7, 3 days, entertainment, 5 meals, 2 hotels, Amana. \$199.

★ Lake Of The Ozarks, May 15-18. \$259. Shows, shindig, picnic, 3 nights Lake Of Ozarks, 3 meals (special) fun, prizes.

★ 3-Day Mystery Tour, June 25. \$219. Many meals, surprises.

★ Banff, Pacific Northwest, Lake Louise, Buchart Gardens, 16 days, \$889.

★ Toronto, Montreal, Quebec, Windsor. 10 days. \$549.

★ Tours to Nova Scotia, Florida, Calif., Mackinac Isle, Cape Cod, Alaska, Hawaii, Mexico City, many foreign cities.

★ 1-Day Tour — Omaha. Upstairs Theater. "Squabbles," comedy. Bishops, March 11, matinee. From Atlantic, \$19.

★ 1-Day Tour — Omaha. Upstairs Theater. "Sound Of Music," April 8. Bishops, matinee. From Atlantic, \$19.

★ 3-Day Cruise to Heart of Bahamas, Nassau, on the Caribbean. R.T. airfare from Des Moines to Ft. Lauderdale, Fla. Board a Carnival Fun ship. Entertainment, all meals, limited cabins. \$375.

Gladis King
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Atlantic, IA. 50022

Evelyn Johnson
621 Poplar Street
712-243-1306

TITLES

NEW YORK (AP) — Some of the world's best-known books might not have made it if they had been issued with their original titles, according to Robert Moss, a teacher at Hunter College here and an author himself.

Moss recalled some famous books that started out with different titles. Charles Dickens' "David Copperfield," for example, was once supposed to be called "The Copperfield Survey of the World as it Rolled."

Somerset Maugham's "Of Human Bondage" was originally titled "Beauty and Ashes" and D.H. Lawrence's "Lady Chatterley's Lover" was slated to be called "John Thomas and Lady Jane."

The most famous — and to his eye awful — original title belongs to F. Scott Fitzgerald, who first called "The Great Gatsby" by the title of "Trimalchio in West Egg."

CHOW TIME

WINSTON-SALEM, N.C. (AP) — School and company cafeterias used to conjure up images of bland and unexciting fare, but things are changing.

Cafeteria diners are starting to see a growing preponderance of ethnic foods.

For example, surveys show that more than 90 percent of all college cafeterias offer Mexican fare, and more than 86 percent of all other school cafeterias include Mexican food on the menu.

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Front Quarters	\$1.05	Lb.
Beef Halves	\$1.19	Lb.

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10 Lbs. Roast
10 Lbs. Ground Beef
10 Lbs. Steaks \$49⁰⁰

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Lorah's Main Street

This was Lorah's main street before 1918 and the picture was taken when the street was muddy. The building at the left is the grocery store and the small structure at the extreme left

housed the "modern" gasoline and hand oil pumps. The implement store is the building at the right.

Memories Of



By TRENA CHINITZ

(Editor's Note — This is the first of a two-part series by Mildred Hansen of Anita, a contributor to Memories of Lorah. Her husband, the late Ted Hansen, son of Mr. and Mrs. George Hansen, lived in the area.)

The George Hansen family moved from Audubon County to a farm at Lorah about 1907 — when Ted was 3 years old, so some of his earliest memories are of the little town.

In those days there were two general stores — one on the south side and one on the north side of the street — that, unpaved and ungraveled, ran east and west, crossing the railroad at the east end of main street.

The Audubon branch of the Rock Island ran at a northerly direction through the town and a depot stood northeast of the store. The train was an important asset to Lorah in those days. Much livestock shipping was by rail. Farmers would drive cattle to Lorah and haul hogs by horses and wagons where they would load stock cars for shipment to Chicago or Omaha. Sometimes hogs were driven to Lorah, too! Coal came to Lorah by rail as did all other merchandise for the stores.

Grain Elevators

Two grain elevators bought grain from farmers and this also was moved to market by rail. Chester Brix operated first and Gund & Sien operated there for many years.

A rather large lumberyard stood north of the store on a north-south road. An early operator of the yard was Al Gaylord, then a Mr. Wier and later Floyd Green was manager.

Green also owned an implement store which stood directly south and across from the general store. He sold P & O Canton plows and Deering implements, twine and other merchandise. Mr. Bagley was an early blacksmith, also Mr. Iverson and then Perry Lowers was a town blacksmith. Before World War I another blacksmith shop was erected by George Hansen for his son-in-law, Vic Hansen, who was in business for many years.

The grocery store that survived the longest was on the north side of the street. It had a living quarters built on, which made the building an L shape. A white picket fence enclosed the houseyard.

Hitching Rail

Near the store was a hitching rail, with room for several teams. In later years after passing of the horse and buggy days, the hitching rail was used mainly by children playing "skin-the-cat."

A.H. Anderson was a typical old-time country storekeeper. He kept a stock of shoes and overshoes, lanterns, lamps, brooms, buggy whips, bushel baskets, scoops, shovels, sewing notions and bolts of percale. Many grocery items were carried in bulk; sugar, flour, salt, cookies, dried fruits, rice and beans.

He also handled smoking and chewing tobacco. A cutter stood on the counter to cut off plugs of chewing tobacco. Children were warned not to play with it, lest they cut off their fingers.

Old-timers tell of the time a couple of women tried to exchange tobacco plugs for groceries at the store. Seems like the plugs had been left at the house.

In the back room he had 45- or 50-gallon steel containers for gasoline and red kerosene. The customers brought their own containers to take small amounts home.

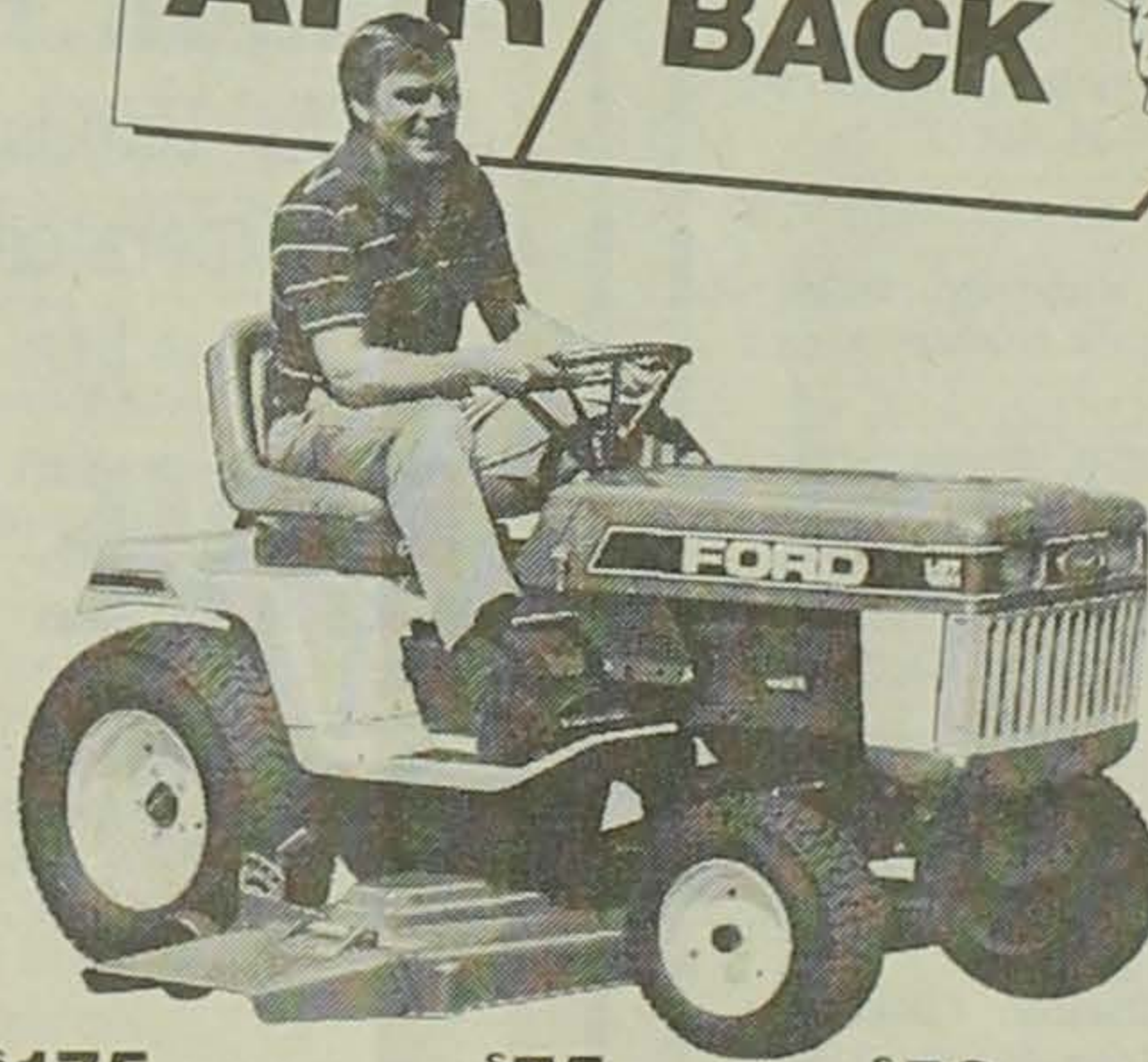
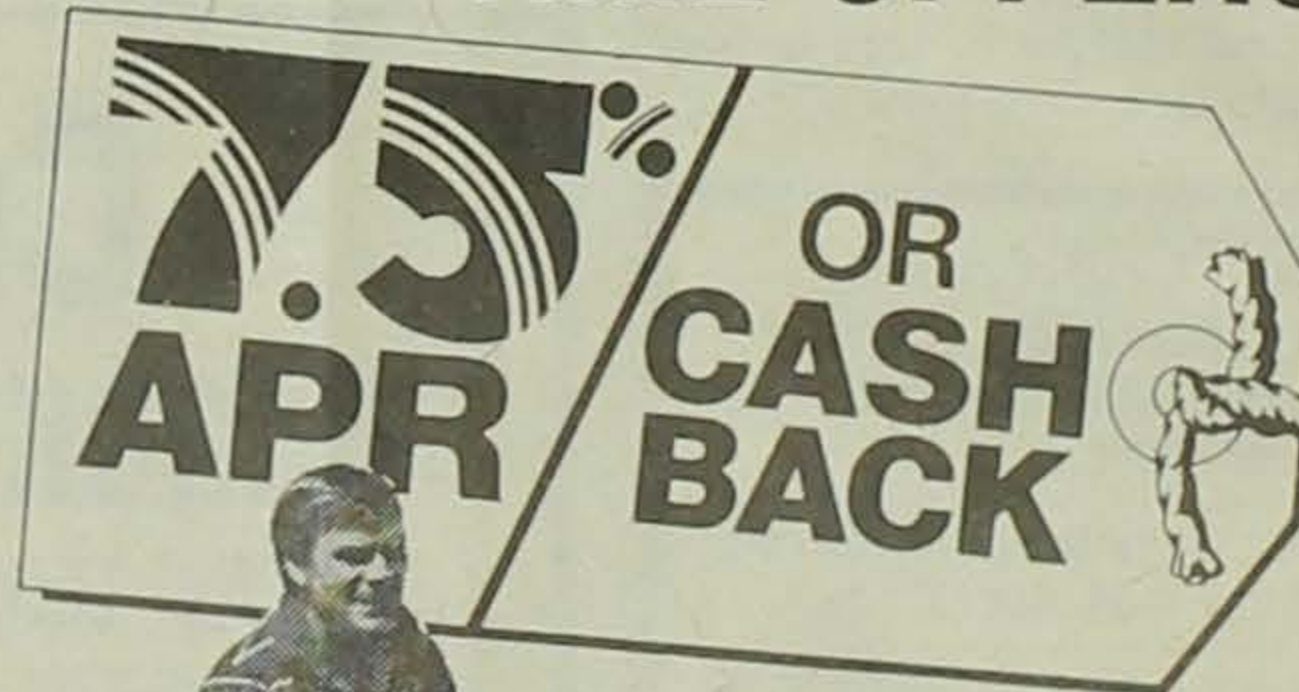
Mule Team

The petroleum products were brought by Standard Oil from Atlantic in a tank wagon drawn by mules. It was bucketed into Anderson's storage tanks. Later, a small wooden storage structure was built near the store to house "modern" pumps operated by hand.

In the store was also the Lorah Post Office operated by Anderson. Every noon he would read the official weather forecast when it arrived in the mail sack via the train.

(To be continued)

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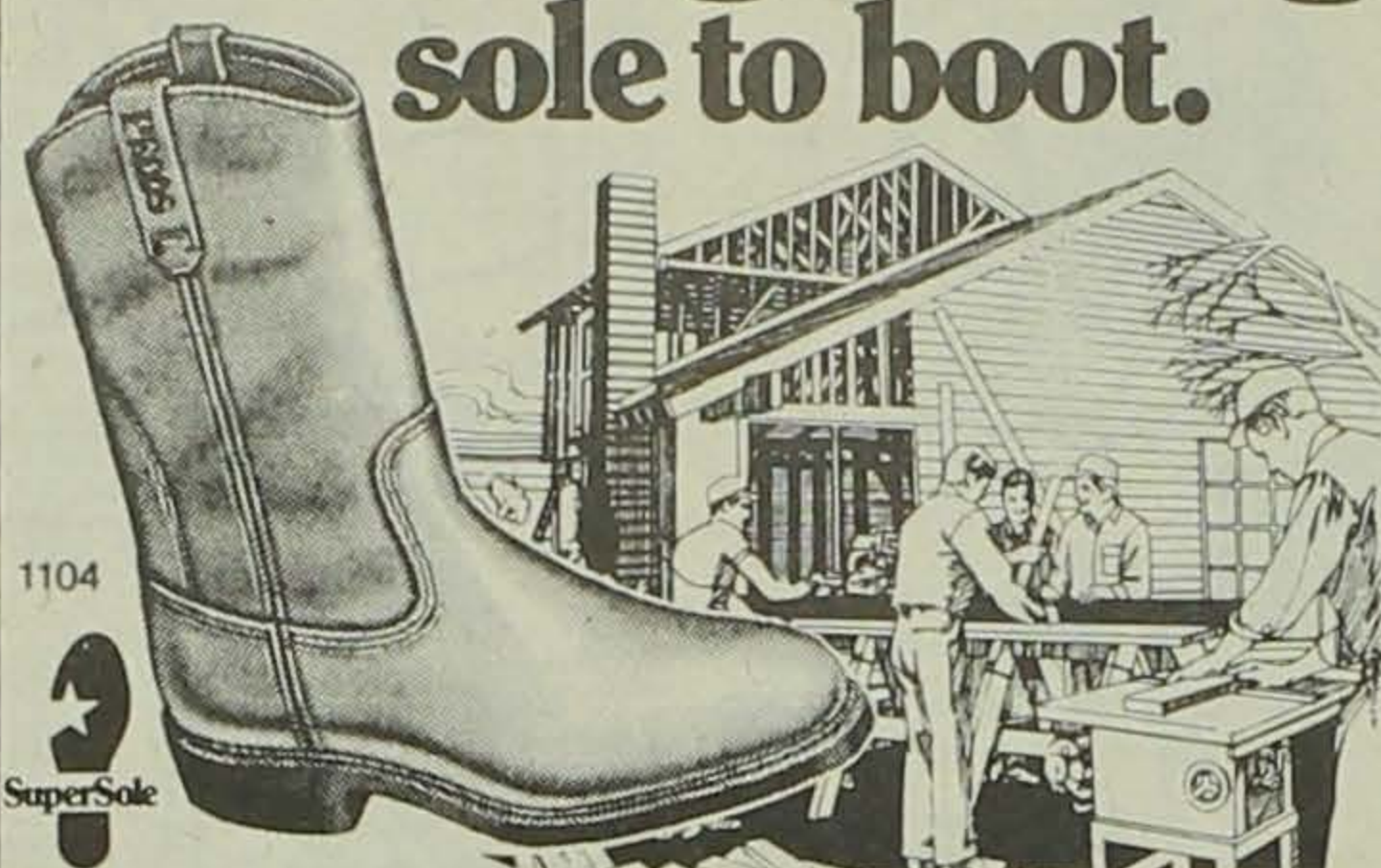
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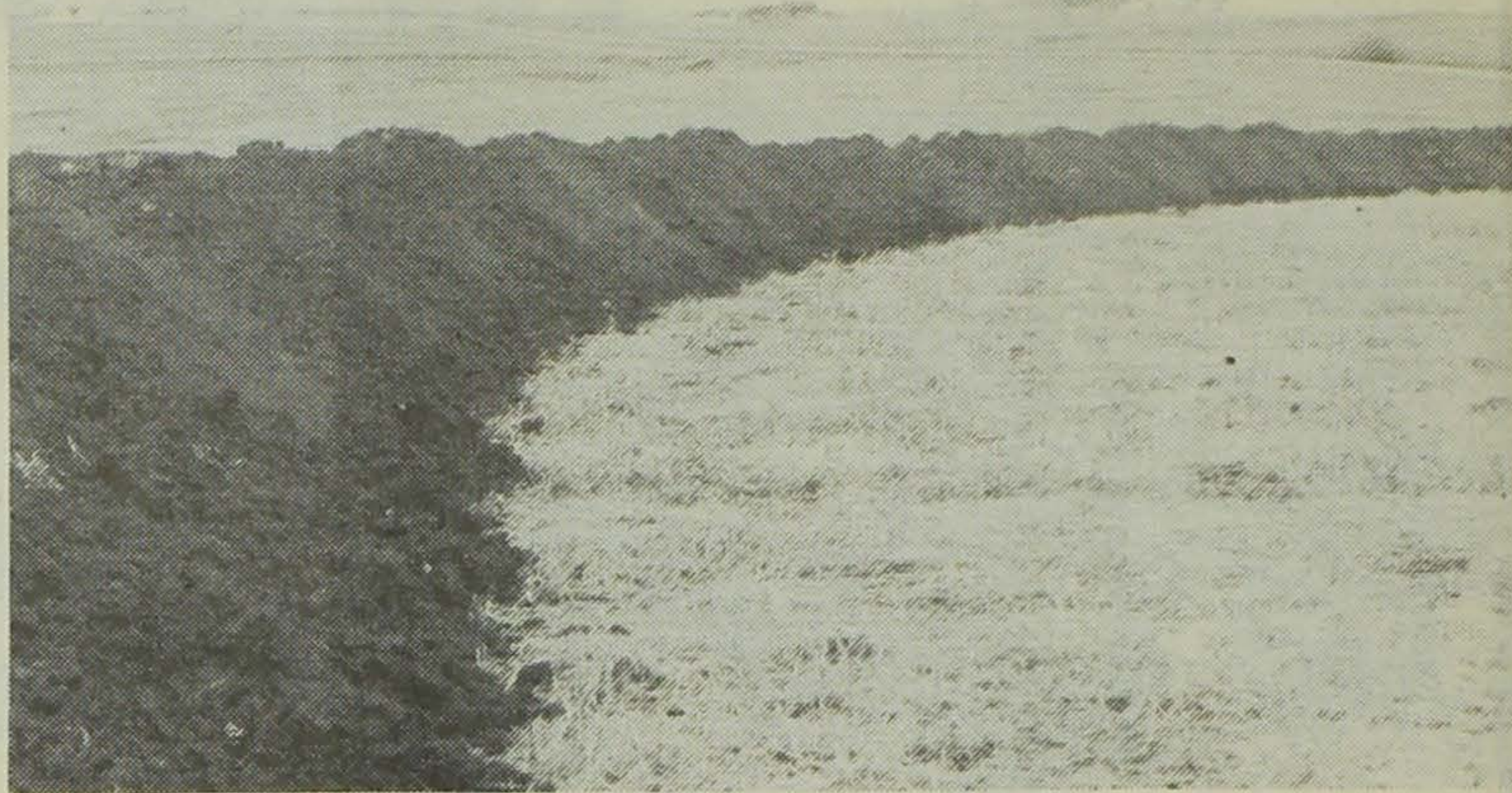
We must preserve the rich fertile soil and all that it provides. What we take from the land we must replace. What we destroy through negligence and carelessness we must rebuild or this "endless spring" of bounteous earth will surely run dry. We must start now!

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Terrace Workhorse Of Soil Conservation



A newly-built terrace in Cass County.

The workhorse of soil conservation practices is still the terrace. Shortening the length of slope exposed to rainfall is the secret to the conservation advantage of terraces. Where continuous rowcrops are produced, terraces are essential in any erosion control effort on sloping land.

Last year, Cass County farmers installed 138,880 feet of terraces protecting nearly 946 acres of cropland. These terraces combined with the increasingly popular reduced tillage and no-till systems can reduce soil loss to tolerable limits.

Terraces have evolved from the early style of broadbase for small equipment into newer designs constructed for the very largest farm machinery. In the

1970s when four-row equipment was prevalent, the steep-back-slope tile-outlet terrace was introduced.

As machinery becomes still larger, the newer, narrow-base terrace has become increasingly in demand. Last year, more than 75 percent of the terraces built were of the narrow-base design adapted to 12-row or larger equipment.

Cass County farmers who build terraces on their land last year to control soil erosion were Harvey Garside, J.L. Jenkins, Bill Walkinshaw, Mike Hall, Ernest Thomsen, Charles Scase, George Kopp, Max Miller, Don Brahms, Royal Bierbaum, Boyd Bailey, Lyle Chestnut, Ned Embree, Walter Kuehl, Kenneth Harris, Vallie Pellett, James Pellett, Mrs. Lawrence Ford, Walt Ihnen, Ted Wickman, George Behrends, Vale Thomsen, Art Friday, Steve Nelson, Louise Temple, D. Shey Estate, Ted Cooley, Nelson Brothers, Dale Pauley, Richard Rudolph and Clarence Chamberlain.

"Cost-share funds are available from both the district and Agriculture Stabilization Conservation Service to pay 50 percent of the cost of terrace construction," reports George Hosfelt, chairman. "These funds are available now for the asking, and a simple applica-

tion is all that is required," Hosfelt continues. "In fact, careful selection of set-aside acres for 1987 can set the stage for summer construction of terraces by planning ahead."

A corn-soybean rotation on hill ground, without erosion control practices, causes excessive rates of soil loss.

"Soil losses over 25 tons per acre per year are very common," states Bill Willis of the Soil Conservation Service. "This is over five times what we can sustain and expect to continue crop production. Terraces are a necessary evil if we expect to continue cropping these hills. 'It's easier to farm without the terraces, but without the control terraces provide, there will rapidly become nothing left to farm.'"

Layout and design of terraces is a service provided free to any Cass landowner by the Soil Conservation District. These services, along with cost-share assistance, is available by contacting the service in Atlantic.

Before Halley's Comet last appeared in 1910-11 — and which will be seen again in 1985-86 — entrepreneurs sold "comet pills" and other items guaranteed to ward off illness or other problems cause by passage of the Earth through the comet's tail.



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NEW MASK

ROCHESTER, N.Y. (AP) — A mask that helps prevent injuries on the squash court has been invented by Dr. Taft Y. Toribara, a professor at the University of Rochester Medical Center.

Twice winner of the national squash championship for men over 60, Toribara, like other squash enthusiasts, found that he risked severe injury to eyes and face from opponents' racquets and fast-flying balls. So Toribara made a mask that protects his head in front and on the sides.

Windbreak Plantings Decline In Cass

For whatever the reason, maybe the wet spring, lower farm prices, or a combination of factors, Cass County farmers planted 20 percent fewer windbreaks and 60 percent less acres than in 1985, according to the Soil Conservation Service (SCS) records, reports R. Elmer Ouderkirk Jr., soil conservationist in Atlantic.

Possibly, some farmers might refrain from planting windbreaks because they have no idea as to what the costs might be. Total costs of trees for planting a minimum three-row windbreak eligible for Agricultural Conservation Program (ACP) cost share assistance generally will range from \$125-\$200 per 100 feet of windbreak. ACP cost share assistance is available for spring plantings. As a rule, an average sized windbreak will be about 400 to 500 feet in length, according to Ouderkirk.

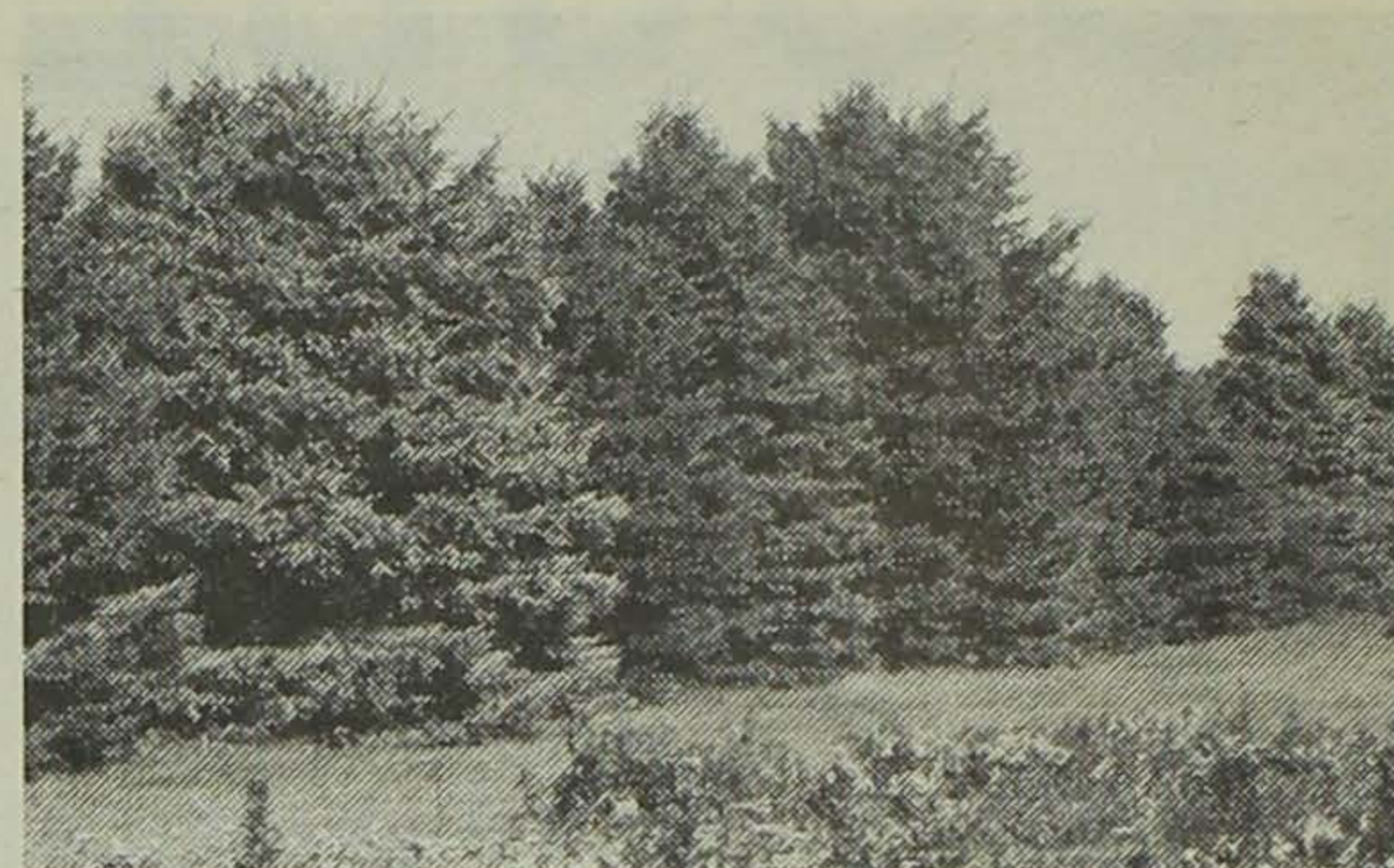
No Problem To Plant

"Planning a windbreak is no big problem," says Ouderkirk. "Planning assistance is provided to the farmer or landowner by the Soil Conservation Service upon request. An on-site inspection is made by the farmer and SCS technician with measurements taken to determine the number of trees needed, site suitability, and a selection is made of approved trees."

A plan is then drawn up by SCS personnel. This plan is provided to the Cass County committee for considering ACP cost-share applications and allocating funds for windbreak approvals.

Cass County farmers or landowners who might be interested in planting a windbreak next spring are encouraged to visit the Soil Conservation Service office in Atlantic for assistance in planning.

Now is the best time to start planning for next spring's planting in order to avoid unnecessary delays in site preparation, such as the removal of fences or



Windbreak on Amdor farm in Victoria Township.



Mr. and Mrs. Gene Amdor receive award from George Hosfelt (center) of the Cass County Soil Conservation District.

old dead trees and to obtain a better selection of nursery stock. Not only will survival rate usually be increased by early planting, but the trees can be planted usually before any large amount of field work has to be started, according to Ouderkirk.

Song Birds

Numerous studies and reports have shown that a number of song birds have a voracious appetite for berries and seeds produced by various shrubs. This asset alone can justify the addition of one row of shrubs to any well planned farmstead windbreak.

By placing a shrub row on the windward side of two or three

rows of conifers (pines, spruces or firs), a snow catch is soon established that will reduce the amount of blowing and drifting snow from around the buildings and lots.

Since it was first started in 1977, the Cass County Soil Conservation District has supported and participated in the Izaak Walton League Windbreak Award Program, according to George W. Hosfelt, chairman of the board. "We are pleased to honor and recognize our Cass County farmers for planting so many excellent windbreaks in Cass County." The windbreak planted on the farm of Mr. and Mrs. Gene Amdor in Victoria Township won the award this year.



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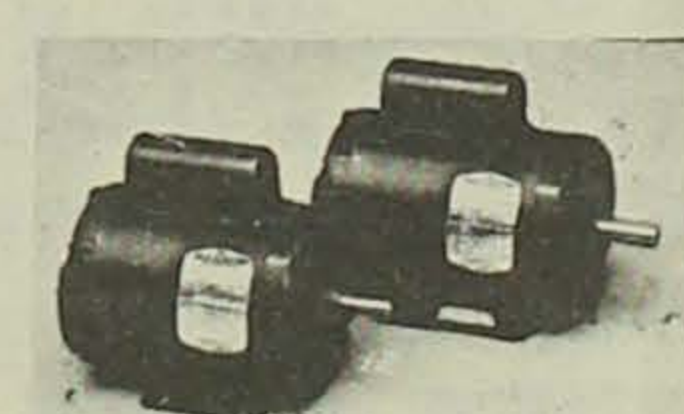
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Lake Project Moving Ahead

By George Hosfelt
Cass County
District Commissioner

The Massena Lake project accomplished another step of progress toward becoming a reality with presentation of the municipal water budget at the City Council meeting in Massena Dec. 10. The information assembled in this report represents the final segment of data needed to prepare the plan for implementing this project.

The measure plan will be prepared by the Soil Conservation Service (SCS) who has pledged to complete its work during the current fiscal year. Once the construction and development plan has been prepared, the search for construction dollars can begin.

220-Acre Lake

The proposed lake located just northwest of Massena will provide a municipal water supply for Massena and possibly Bridgewater. The 220-acre lake will also create new recreational areas, flood control, a possible source for a rural water district, along with much needed flood control. An important secondary benefit is the economic boost to the area created by recreational users of the area.

A project of this type requires careful use of the land in the drainage area to insure high quality water for municipal and recreational use. We need at least 75 percent good land treatment in the drainage area to go ahead with this project. We analyzed the land treatment

in 1983 and found it to be greater than 75 percent. In 1986, we monitored the situation again and found it to be still greater than 75 percent. This is just one indication of the support given this project by the people of Massena and the surrounding area. Agency people involved with this project have always been amazed at the local support for this lake.

To Draft Plans

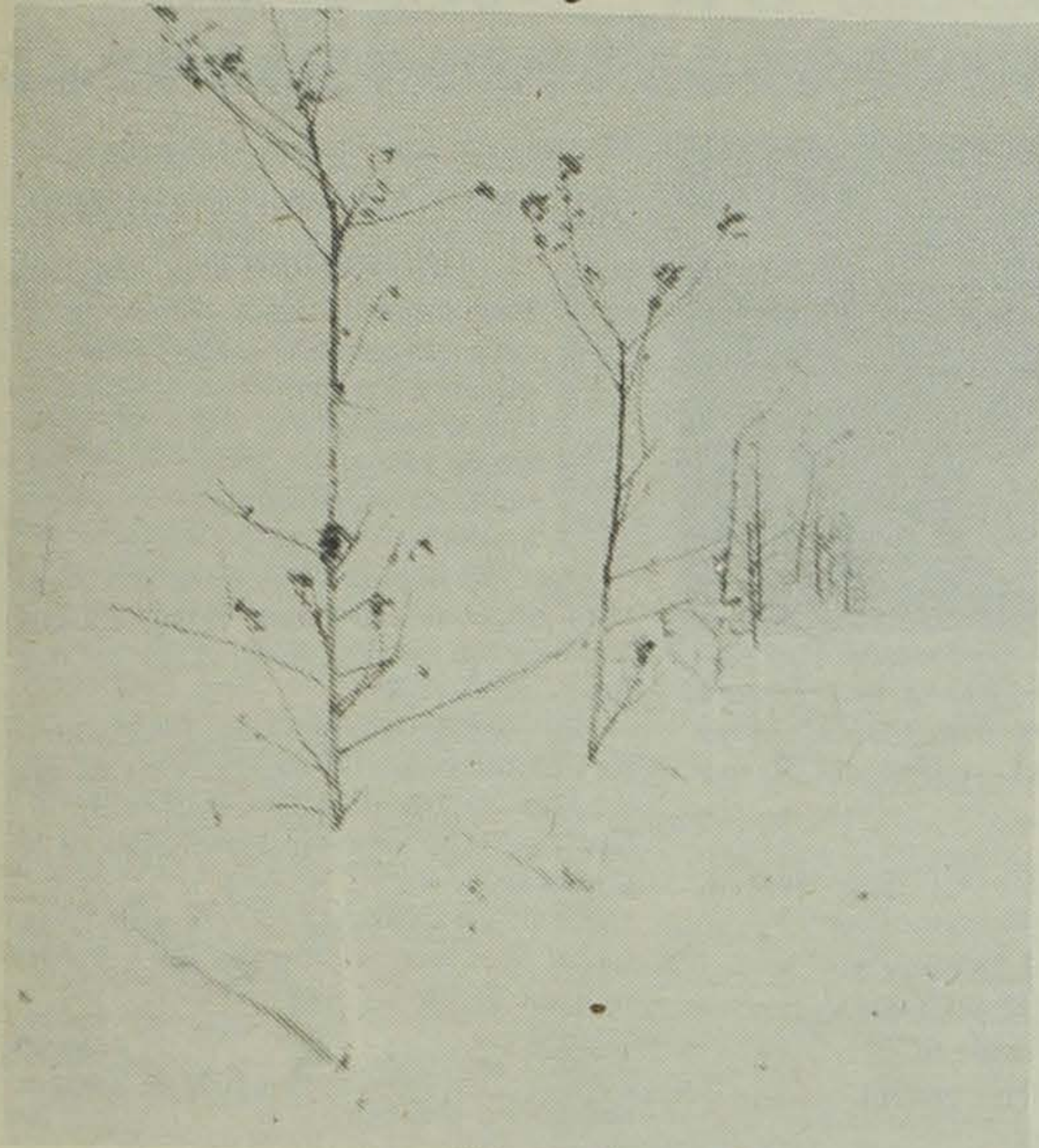
The SCS will begin soon to draft the actual development plan. Much of the construction detail will be based on the topographic map of the site and adjacent area completed in 1984.

The preliminary design indicated that a 220-acre lake would provide the needs for sediment storage, recreation, and municipal water at a total cost of approximately \$1.3 million.

At this point everything about this project has been progressive, due to a lot of effort by the local people. We have worked closely with the Golden Hills Resource Conservation and Development office in Oakland, the Department of Air, Water, and Waste Management, and the State Hygienic Lab to follow established guidelines in this project, and we're looking forward to moving into the land acquisition and construction phases once the final plan is complete.

Don't be a litterbug. Deposit trash in containers, not along the streets and roadways.

Apples Alternate Crop For Corn-Soybean Land



Apple trees on Carolyn Scholl farm.

By Bill Willis
Cass County Soil
Conservation Service

Apple trees, and lots of them, are growing on the Carolyn Scholl farm near Anita. This is an excellent example of an alternate use of land traditionally used for corn or soybeans. At the same time, soil erosion is not a problem on these sloping acres of land.

As the provisions of the 1985 Farm Bill become more fully understood, alternate uses of farm land become more enticing. Tree planting, wildlife habitat for fee or leased hunting, hay production as a cash crop, and even orchards and truck gardening have warranted a second look. The search for land uses that are either more profitable or which cause less soil erosion has been almost mandated by passage of the 1985 Farm Bill.

Apple production is not new to western Iowa, nor is growing of potatoes. Around the turn of the century, Cass County had canning factories, and even later, potatoes were grown in the Wiota area. A commercial apple orchard still operates near Griswold. So, these ideas are not new and unique. There

is ample reason today to be looking for a profitable replacement for the corn-soybean rotation on the marginal acres.

Every year, a few farmers have been contracting to produce edible beans. In Harrison County, a group of landowners are actively working to organize a commercial apple growers association.

The Southwest Iowa Hay Growers Association has been operating for several years to develop a cash market for high quality hay aimed at the dairy and horse markets.

The Massena Lake project hopes to capture a portion of the recreational market by attracting outside money. Locally, the search for profitable, alternative land uses is growing each year.

A renewed interest in crop rotation has been generated as an inexpensive way to control erosion and satisfy the requirements of the 1985 Farm Bill. It will be necessary to seriously consider practices like strip-cropping and rotations to save eligibility in the farm programs of the future. More expensive practices like terraces may be too slow and expensive to meet the deadlines imposed by the current farm bill.

The United States bought three islands in the Virgin Islands group from Denmark in 1917 for \$25 million. The inhabitants of the islands, which

lie east of Puerto Rico, are American citizens but because the islands are unincorporated U.S. territory they have no voice in Congress.

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POWER TRAIN

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- ___ 31. Clutch Operating Oil Pressure.
- ___ 32. Differential Lock Operation.
- ___ 33. Trans. Gear Shifting.

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- ___ 34. Steering Operation.
- ___ 35. Brake Operation.
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Recipe For A Traditional St. Patrick's Day Celebration

Every year about this time a funny thing happens: People start wearing green hats, and shamrocks on their lapels. Their voices take on a melodious lilt, and they start telling stories to anyone who will listen. You might even spy some carrying shillelaghs.

The reason for this sudden outburst of green is quite simple: on St. Patrick's Day everyone wants to be Irish. Known for their kind heart, quick wit, literary abilities and wonderful gift of gab, the Irish people are the poets, dreamers and storytellers of the world. And in a sense, the American version of St. Patrick's Day is, more than anything else, a tribute to this indomitable Irish spirit.

For, the traditional St. Patrick's Day in Ireland is a very different holiday from what we experience in the United States. The mood is quite somber on St. Patrick's Day in Ireland. There are no parades and certainly no parties, for the Irish are a religious people and this day is viewed as a religious holiday.

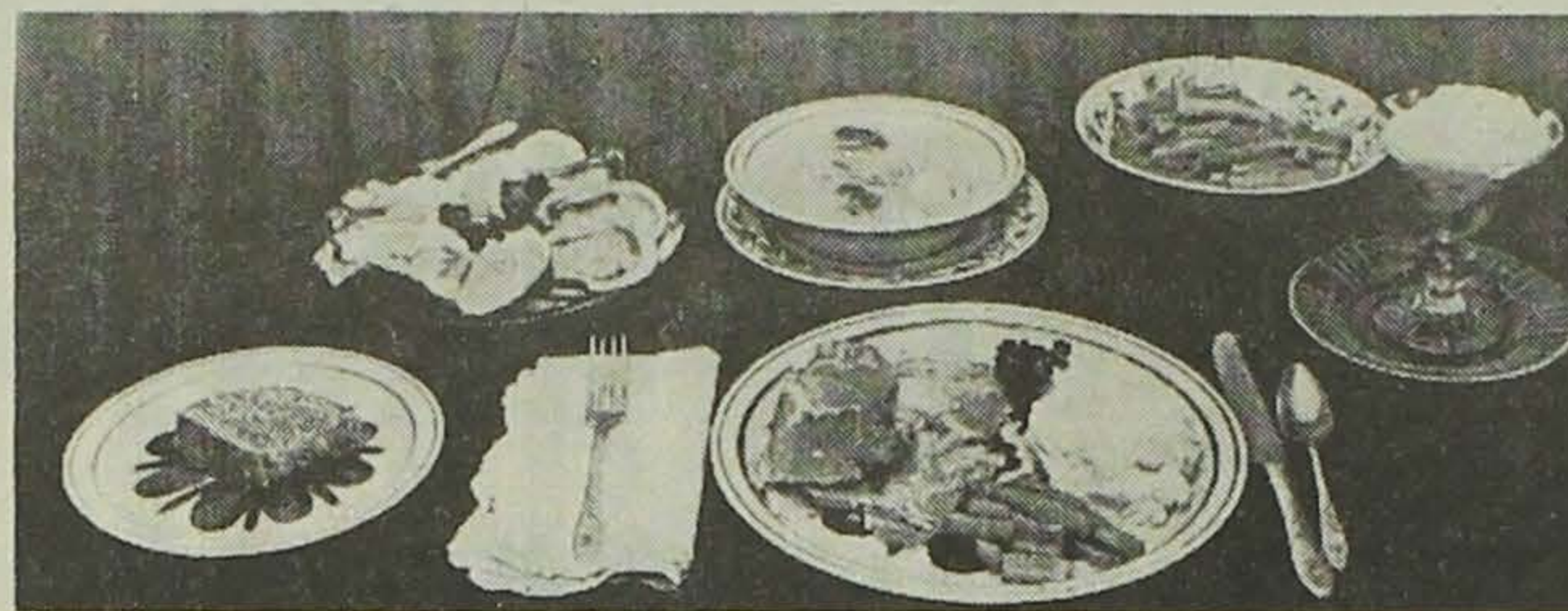
Steeped in tradition, the Irish are often said to be 50 years behind the rest of the world. Much of this claim can be attributed to its simple lifestyle, which, in many cases, includes farming. And, although Ireland has started to see some improvement in its economic situation with the influx of new industry, the people still remain very much a part of the old world.

And yet, these are the things we love about the Irish people: A simplicity of life that carries over to everything they do, a suspicion of things that have no past, deep and abiding loyalties, a quick tongue and a kind heart.

The food of Ireland is as traditional as its people. Recipes for Boiled Ham and Cabbage (never corned beef!) and Irish Stew have been passed down from generation to generation.

St. Patrick's Day is just not St. Patrick's Day without some traditional Irish fare, and the following recipes might be just the thing to inspire in you that unflagging Irish spirit.

The recipes for Baked Salmon and Irish



A TRADITIONAL ST. PATRICK'S DAY MEAL — Galway Bay Oysters, St. Patrick's Day Soup, Boiled Ham and Colcannon, Steamed Carrots Glazed with Honey, Whole-Grain Soda Bread and St. Patrick's Day Trifle — from *The Irish Heritage Cookbook* (Tribeca Communications, Inc.), by Mercedes McLoughlin and Marian McSpirt.

Stew were culled from *Traditional Irish Recipes* (Appletree Press Ltd.) by John Murphy.

BAKED SALMON

- Parsley
- ¼ lb. butter
- 1 whole salmon
- ½ pt. cream
- Salt & pepper

Clean the salmon & rub with butter. Place in a dish, pour the cream & chopped parsley over it, then season lightly. Cover & bake in a moderate oven (allow ten minutes per lb.) baste a few times.

IRISH STEW

- 1 pt. water
- 1 lb. onions
- 2 lb. potatoes
- 2 lb. breast of mutton or gigot chops
- Salt & pepper

Trim the meat & place in the bottom of a stewing pan, add some sliced potatoes and onion, season with salt and pepper, and add the water. Bring to the boil & simmer for about an hour. Add the remaining sliced potatoes & onions, cover & simmer for a further hour. When cooked, serve on a hot dish with the potatoes & onion surrounding the meat.

Mai Liston's Summer Pudding is taken from *The Country House Cookery Book*

(St. Martin's Press) by Christian Hesketh, Elisabeth Luard and Laura Blond.

MAI LISTON'S SUMMER PUDDING

Serves 6

- 2 lb loganberries and/or raspberries
- 6 slices crustless white bread
- ½ lb (1 cup) sugar

For sauce:

- 1 lb blackcurrants
- ½ lb (1 cup) sugar

Wash the berries thoroughly and put them in a saucepan, with the sugar but no water. Simmer for 15 minutes. Line a soufflé dish with the bread cut into fingers. When the berries are cold, force them through a sieve and pour the resulting purée over the fingers of bread. Put any remaining bread fingers over the top and press a weighted saucer or plate on the top as a lid. Leave in refrigerator overnight.

For the sauce, put the blackcurrants, sugar and 2 cups of water into a saucepan and simmer for 10 minutes. Allow to cool, and pour over the summer pudding when serving. This is delicious with whipped cream.

The recipes for Boiled Ham and Cabbage, and Grandmother MacNeely's Whole-grain Soda Bread were reproduced from *The Irish Heritage Cookbook* (Tribeca Communications, Inc.) by Mercedes

McLoughlin and Marian McSpirt.

BOILED HAM AND CABBAGE

INGREDIENTS

- ½ ham (about 6 lbs.)
- 2 cups gingerale or cider
- 1½ quarts of water
- 2 bay leaves
- 4 whole cloves
- 1 medium sliced onion
- 1 medium cabbage

Place the ham in a large pot and cover with gingerale and water. Bring to a boil and then reduce heat. Simmer for 1½ to 2 hours until tender.

Cut cabbage into 6 pieces. Twenty minutes before ham is cooked place cabbage wedges on top of ham. Cover with lid. Cook until cabbage is just tender (about 20 minutes).

Remove cabbage, drain and keep warm. Let ham cool in the stock for 20 minutes before serving.

To serve: Place sliced ham on a warm platter. Surround with cabbage wedges and boiled potatoes.

GRANDMOTHER MACNEELY'S WHOLE-GRAIN SODA BREAD

INGREDIENTS

- 3 cups whole wheat flour
- 1 cup all purpose flour
- 1½ teaspoons salt
- 1 teaspoon baking soda
- ¾ teaspoon baking powder
- 1½-2 cups buttermilk

Preheat oven to 375°.

Mix all the dry ingredients thoroughly. Make a well in the center and gradually mix in just enough buttermilk to make a soft but firm dough. Shape the dough into a ball. Knead on a floured surface for 2 to 3 minutes until dough is smooth. Form into a round loaf and with floured knife make a cross through the center of the bread. Place in a well-buttered cake tin or on a cookie sheet.

Bake in a preheated 375° oven for 35 to 40 minutes or until nicely browned. If bread sounds hollow when rapped on the bottom with knuckles, it is baked. Let cool before slicing.

Pork Sausage Adds Flavor To Nutritious Little Liver Loaves

One of the most valuable foods to be included in health-promoting menu plans is liver. It is an outstanding source of protein, vitamins A and C, the B-vitamins, iron and phosphorus.

To give liver special appetite appeal, feature it in Mini Liver-Sausage Loaves, suggests the National Live Stock and Meat Board. The liver is cooked and ground, then combined with pork sausage in a meat loaf mixture. The loaves are baked in muffin pans and topped with pizza sauce to further enhance their appeal.

MINI LIVER-SAUUSAGE LOAVES

- 1 pound beef liver, sliced
- 1 pound pork sausage
- 2 tablespoons lard or drippings
- ½ cup milk
- ¼ cup instant minced onion
- ¾ cup fine dry bread crumbs
- 2 eggs, beaten
- ½ teaspoon salt
- ½ teaspoon nutmeg
- 1 can (8 ounces) pizza sauce

Cook liver in lard or drippings to lightly brown both sides, about 5 minutes. Combine milk and minced onion. Grind liver and combine thoroughly. Pack mixture into 12 medium muffin pans, filling each approximately 2-3 full. Bake in a moderate oven (350 degrees) for 30 to 40 minutes. Serve with pizza sauce. 8 servings.

Flavorful Stew Lets Family Enjoy Lamb On A Budget

If your family is experiencing a letdown, put a little spice in their life with this Spicy Lamb Stew. It's sure to be a winter favorite for it combines chunks of tender lamb, bits of tomato, onion and green beans in a savory sauce that's seasoned with cinnamon and oregano.

This is an especially good menu choice for those who enjoy lamb but can't always fit it into the budget. For a small family, half the stew can be frozen before the green beans are added. The National Live Stock and Meat Board points out that lamb for stew is one of the most economical lamb cuts available yet it offers the same flavor as more costly cuts.

SPICY LAMB STEW

- 2 pounds lamb for stew, cut in 1-inch pieces
- ¼ cup flour
- 1½ teaspoons salt
- ¼ teaspoon cinnamon
- 1-8 teaspoon pepper
- 3 tablespoons cooking fat

CARROT SLAW

- 1 pound green cabbage, cored and shredded (about 6 cups not packed down)
 - 1 very large carrot, shredded (1½ cups not packed down)
 - 1 medium red Delicious apple, unpeeled and diced (¼ inch)
 - ½ cup raisins
 - ½ to ¾ cup mayonnaise
- Toss together cabbage, carrot, apple, raisins and mayonnaise. Chill. Makes 6 servings.

- 1 cup water
- 1 small bay leaf
- 1 can (16 ounces) tomatoes
- 1 medium onion, cut into wedges
- ½ teaspoon oregano
- ¼ cup water
- 2 packages (9 ounces each) frozen green beans

Combine flour, salt, cinnamon and pepper; dredge lamb cubes, reserving excess flour. Brown meat in cooking fat; pour off drippings. Add 1 cup water and bay leaf to meat, cover tightly and cook slowly 20 minutes. Remove bay leaf. Drain tomatoes, reserving liquid. Add liquid, onion and oregano to meat and cook slowly, covered, 1 hour. Blend reserved flour with ¼ cup water and use to thicken stew. Cut tomatoes into pieces, add to stew and continue cooking 5 minutes. Cook frozen green beans according to package directions; drain and stir into stew. 6 to 8 servings.

FINE HERBS FOR BASIC OMELET

- 1 tablespoon finely chopped Italian flat-leaf parsley
 - 1 tablespoon fresh tarragon leaves or 1 teaspoon dried
 - 2 teaspoons snipped chives or ½ teaspoon dried
- Combine ingredients in a dish. Add to Basic Omelet.

This Page By
Mrs. Leonard Hutchinson,
N-T Food Editor

CREAMED SMOKED BEEF

- ¼ cup butter or margarine
 - ¼ cup finely chopped onion
 - ¼ cup finely chopped celery
 - ¼ cup flour
 - ½ teaspoon salt
 - 1-16th teaspoon white pepper
 - 1 teaspoon prepared mustard
 - ½ teaspoon Worcestershire sauce
 - 2½ cups milk
 - 3-ounce package smoked sliced beef, cut in strips
 - 1 cup cooked green peas
 - 1 cup drained canned pitted ripe olives, halved
 - 10-ounce package (6) frozen pattie shells, baked
- In a medium saucepan over

low heat melt the butter; add onion and celery; cook, stirring often, until wilted. Stir in flour, salt, pepper, mustard and Worcestershire sauce. Remove from heat. Gradually stir in milk, keeping smooth. Cook over moderately low heat, stirring constantly, until thickened and boiling. Add beef, peas and olives; reheat. Serve in baked pattie shells. Makes 6 servings.

When cooking whole vegetables in their skins, such as potatoes, remember to pierce them with a fork to allow the moisture to escape.

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Lots Of 'Time, Toil And Oodles Of Food' Aid Center Project

A group of Lewis area residents are basking in the feeling of completing a community project and doing it without government aid.

Maxine Rhoads, secretary of the Lewis Activity Center, said efforts were started in the spring of 1985 to acquire a building for use as a center for entertainment and relaxation.

In January of this year the center was paid for in full.

"No government aid, just donations and, of course, the only way we can maintain our center is still through the good will of the people."

Former Tavern

She said that nine women got together two years ago and began making plans for a community center. They decided the right place was a building that had formerly been used as a tavern. It is located on the west end of Lewis's main street. Once the plans were announced, the ball started rolling to collect funds.

"After a great deal of calling on neighbors and all area people, this group finally acquired the necessary amount for a down payment," she said.

The owner of the property cooperated with the project and agreed to the monthly payment plan, allowing the group to be "on our way" to success, Mrs. Rhoads said.



Members of the board are, from the left: Maxine Rhoads, Opal Kuhr, Dorothy King, Gertrude Joyce, Georgia Blackman, Nellie Diven, Elsie Zimmerman and Berniece Casady. Lois Scarlett, another board member, was not present for the picture.

"Much work was involved and many gave willingly to help furnish and brighten our new center."

If it was officially opened in June 1985, with a "come as you are" breakfast. As part of the community's Freedom Days, celebration, the center held a homemade ice cream and pie sale. It was done again last year and plans call for it to be a yearly project.

Busy Place

The center has been a busy place. The second and fourth Saturdays are set aside as pinocle night, with anywhere from 8-12 tables being set up for the players.

From 1-5 each afternoon area residents are invited to stop in for coffee and cards or to read, take part in the quilting activi-

ties or just have conversation with others.

Mrs. Rhoads said many groups and clubs have made use of the facility and the afternoon attendance often includes visitors from Griswold and Atlantic.

"We hope to do lots of good things for our community through work here," she said. "In that way our appreciation will show for all the good people involved in our project."

She added: "In Lewis there is a firm belief that if a thing is wanted badly enough it can be accomplished."

The board members, for instance, have dedicated "Much time, toil and oodles of food" to make the center survive, she said.

INSIDE STORY

COLUMBUS, Ohio (AP) — While video games have proven computer graphics can entertain, experts in the field predict that soon they also will help educate and heal.

James Kristoff, president of Cranston-Csuri Productions a computer graphics firm here, says computer-generated pictures allow doctors to "see" inside the body and to study the function of the body as it performs.

Using a knee socket transplant as example, Kristoff points out that with computer graphics, doctors can study the effects of a transplant before the operation is performed.

Computer-generated graphics, he adds, also can be used for patient education. Films that demonstrate a surgical technique or the various body functions in a factual and realistic manner can be developed.

FIGHTING FLEAS

GREENSBORO, N.C. (AP) — Killing the fleas that bite isn't enough to solve flea infestation.

The fleas that feed on blood are adult fleas, and pesticides that kill them may not kill pre-adults. Pre-adults feed on organic matter such as carpet fibers, but mature quickly into blood-sucking adults if not eliminated.

Entomologists at Spectrum Home and Garden Products say effective flea control is a two-step process. Pre-adult fleas must be treated with an insecticide that prevents them from forming the hard adult shells they need to survive. Adult fleas must be treated separately, with a multi-purpose insecticide fogger.

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Best Of Two Worlds Through Country Living

By CHESTER LARSON
Of Griswold

There is no doubt in my mind that many Americans could have the best of both worlds by living in the country, and working at a good job in town or city.

Driving up to 20 miles or more to work is no barrier to living in the country. Many families have two or three cars and pickups. Good acreages are in demand and sell quite readily if they are not too much overpriced. Larger acreages divided for resale might be a good investment. In this day and age many farm homes and outbuildings and the land they set on are available.

There are never as many acreages to choose from as there are houses. Repair and remodeling isn't the hassle it is in the city. Practically all the country roads are rocky. A few buyers prefer solitude and quiet, but the majority like a hard surfaced road even if it costs considerably more.

School

Sending kids to grade and high school is no problem today with school buses running everywhere there are school kids. Extra-curricular activities can often be solved by sharing rides in the community. The good life in the country is certainly much better for children and youths of all ages. When high school kids get part-time jobs, they usually have their own car for sporting purposes.

According to the desires and the size of the acreage a family can keep various animals and pets, such as dogs, cats, rabbits, riding horses, ponies, a milk cow, calves, pigs and poultry for both pleasure and profit.

Being around and caring for animals is wonderful training for boys and girls. Many youth would love to romp with a dog, go hunting or trapping, or have a horse to ride. A pond might provide fishing and swimming.

Having a 4-H project to show at fairs, collect colored ribbons or a premium price upon sale is certainly not to be underestimated. Livestock can make good use of grass and any grain raised on additional acres.

There is practically no limit to the amount of garden, berries, fruit, and flowers one can raise on a few acres, without any problems with critical close neighbors.

Children have lots of room to play, even hide and seek, if there are other buildings. Some-

one else's dogs are not apt to bother. A nice grassy lawn, trees, shrubs and flowers, like estates in or near the city, is not out of reach of a modest wage earner.

A fringe benefit a person might not think of is, a place to bury garbage without paying X number of dollars a month for sanitation services.

A much better view of nature is possible in the country, such as growing vegetation, small wild animals, beautiful sunrises, sunsets, and rainbows after a rain are just some of nature's wonders.

There may be a few disadvantages to living in the country, but it is not my purpose to mention them in this article. My final question is, "When do we start looking for that suitable acreage in the country?"

Oklahoma Woman Turns Bank Into Unique Home

TERRAL, Okla. (AP) — In 1930, times were tough for Willis and Ida Mae Peterson. The newlyweds wanted to plant a crop, and the only way they could come up with the money was to seek a loan from the local bank.

The Petersons borrowed \$100 from the First National Bank of Terral.

For a while, the bank owned part of the Petersons. Revenge is sweet, they say. Mrs. Peterson now owns the bank.

The First National Bank failed about four years ago. At that time, it was taken over by the Federal Deposit Insurance Corp. and on Feb. 8, the FDIC auctioned off the building.

The bank that Mrs. Peterson bought isn't the same building she and her husband walked into 56 years ago to ask for a farm loan. It's a modern brick building located on the north edge of town and ever since it was built, Mrs. Peterson had liked it.

It didn't look much like a house on the inside, but Mrs. Peterson and her daughters, Alpha Hall and Virginia Tanner, had some visions of what it could look like, and in no time, she had herself a new home.

The teller area is now a modern kitchen and breakfast nook, complete with bay window. The living room-dining area is one wide open space big enough, Mrs. Peterson says, to hold all her senior citizen.

Offices are now bedrooms and baths and what was the bank's tiny kitchen area is now her utility room.

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In Atlantic

Beef, sheep, health, home improvement, food and nutrition, visual arts, communications, and clothing are just some of the projects Marci Pellett has been involved with during her eight-year 4-H career. The 17-year-old daughter of Jim and Nancy Pellett of rural Atlantic, she is a member of the Eldeen of Pymosa 4-H Club and has served on many club committees, including Christmas party, overnight lock-in and daddy date night. She has also held the offices of president, secretary, and is currently historian.

On the county level, she participated in the 4-H volleyball and softball tournaments, livestock judging contest, fashion revue and clothing selections contest, helped her club with initiation of honorary members at the county convention, worked on Mardi Gras and the anything goes contest.

In addition to showing livestock at the Cass County Fair, Pellett has been actively involved in showing beef and sheep projects at the Iowa State Fair, Ak-Sar-Ben, Beef Expo, Clay County Fair and other district shows.

She enjoys showing livestock because it gives her an opportunity to "meet a lot of other kids and have fun while I am learning."

Marci has also represented Cass County in the home improvement project with exhibits advancing to the Iowa State Fair.

Being chosen to the Cass County 4-H Youth Council and serving as co-president has been one of the highlights of her 4-H career.

"Being a junior leader gives me an opportunity to show what

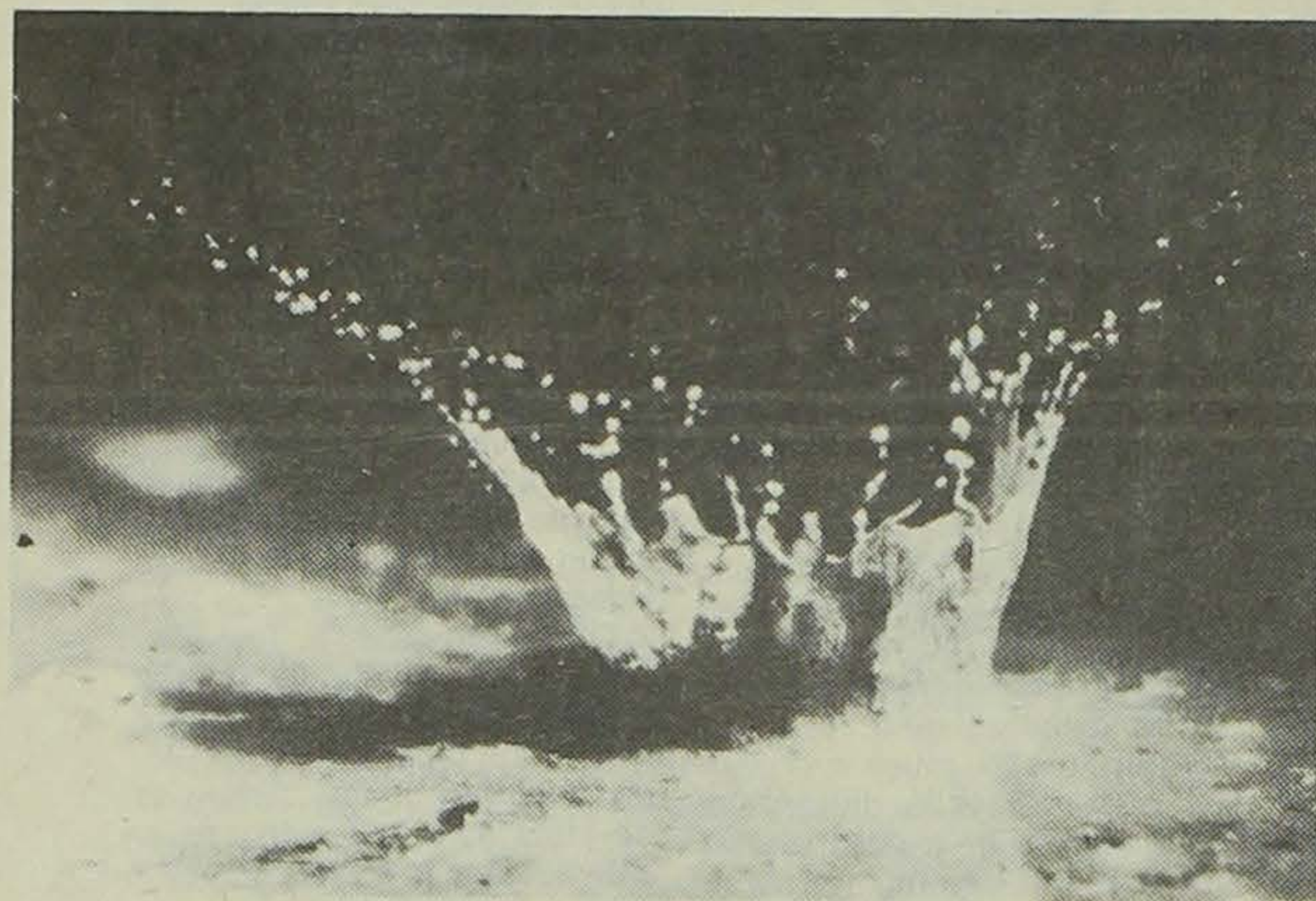


MARCI PELLETT

I have learned through 4-H to younger members."

By serving on the Youth Council, she has an opportunity to plan all county events and carry them out for other 4-H members.

In summing up her feelings about 4-H, Pellett said, "4-H has taught me a responsibility to others and myself. It has shown me how to see a positive aspect in everything. Through 4-H, I have met many new people who have become lifelong friends."



If you control the force of each falling raindrop, you have attacked the basic cause of soil erosion.

SOIL CONSERVATION

SOIL CONSERVATION DISTRICT PERSONNEL

Carolyn Wilson District Clerk
Gary Wolfe Engineering Aide II

USDA — SOIL CONSERVATION SERVICE (SCS)

Bill Willis District Conservationist
R. Elmer Ouderkirk Jr. Soil Conservationist
Gene Eyberg Soil Conservation Technician
Duane Ortgies Soil Conservation Technician

EXTENSION SERVICE

A. Daniel Merrick County Extension Director
LaVon M. Eblen Extension Home Economist
Mary E. Ottmar Ext. 4-H and Youth Leader
Bev Gunderson Office Assistant
Sondra Jensen Office Assistant

AGRICULTURAL STABILIZATION AND CONSERVATION SERVICE (ASCS)

Elaine Martens County Executive Director

OFFICE PERSONNEL: Marilyn A. Smith, Sharon L. Boken,
Jamie A. Newbury, Jeanine R. Christensen, Sherry M. Vais, Lynn
M. Eckles, Julie L. Anderson, Marcella J. Waltz, Sheri Andersen
and Diane M. Carspecken.

ASCS COUNTY COMMITTEE

Richard Follmann Folmer Nelsen Lawrence Wohlenhaus

FARMERS HOME ADMINISTRATION (FmHA)

Carol McDonald County Supervisor
Allan E. Olson Assistant County Supervisor
Madonna Nisson County Office Assistant
Julie A. Hansen County Office Clerk
Debbie L. Berrier Emergency Loan Clerk
Gary W. Ludington District Director
Forrest D. Vermillion Asst. District Director
Shirley A. Winston District Loan Specialist
Merlyn Rees District Loan Specialist
Diane Larson District Loan Technician
Joyce Heaton District Loan Clerk
Marvin Eblen Construction Inspector

FEDERAL CROP INSURANCE

Chuck Fillinger District Director

'86 ANNUAL

CASS COUNTY SOIL CONSERVATION



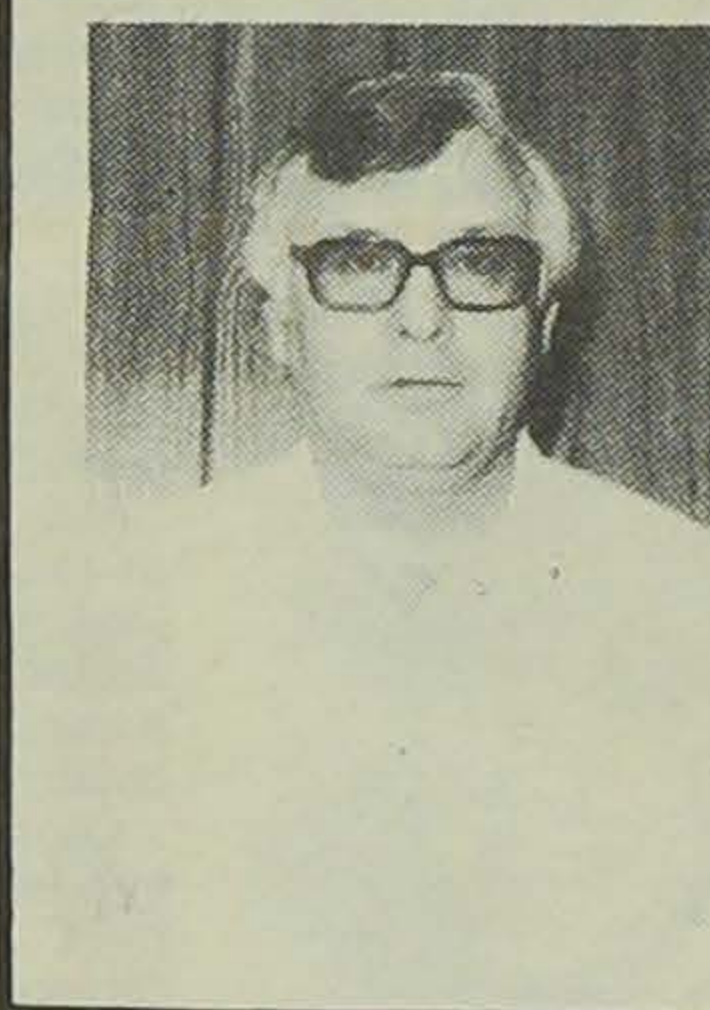
Gilbert Wehrman

Assistant Commissioner; active in SCD efforts to maintain existing watershed structures; recipient of the Omaha World-Herald Certificate of Merit — 1979; former District Conservationist for Cass County; Soil Conservation Society of America member.



Wendell Pellett

Assistant Commissioner and State Representative; District Commissioner for 18 years, and Assistant Commissioner for the past 15 years; Past Director of the Iowa Association of Soil Conservation District Commissioners (3 years); Member of the State Soil Conservation Committee (8 years); Outstanding ISU Alumni; State Soil Conservation Committee Award.



Duane McFadden

District Commissioner since 1983; actively involved in the promotion of the use of no-till on cropland for erosion control, and uses no-till on his own land. He is involved in farm machinery sales and is a well informed spokesman for no-till equipment with multi-county contact with land users.



Bill Fudge

District Commissioner since 1980; Assistant Commissioner — 1974 to 1980; Goodyear Award — 1970; Iowa Conservation Award — 1960; Omaha World-Herald Certificate of Merit — 1978; Outstanding Commissioner Award — 1984; Watershed Achievement Award — 1986.

SCS OFFICERS

Gene Eyberg, Elmer Ouderkirk,
Duane Ortgies, and Bill Fudge

This Land is Our Land
CONSERVATION

REPORT

CONSERVATION DISTRICT



Tom Magill

Assistant Commissioner for the last 5 years; District Commissioner for 6 years; Member of the Cass County Conservation Education Committee; Member of the Cass County Conservation Board.



George Hosfelt

District Commissioner; Commissioner since 1952 (34 years); Outstanding Commissioner Award — 1958; Outstanding Commissioner Award — 1976; Statewide Outstanding Commissioner Award — 1976; Honorary Member of Iowa Association of Soil Conservation District Commissioners — 1977; Omaha World-Herald Certificate of Merit — 1979.



G.M. Baier

District Commissioner for 17 years and Assistant Commissioner for one year; Outstanding Commissioner Award — 1983; Alternate Delegate to the Iowa Association of Soil Conservation District Commissioners; Chairman — Cass Co. RC&D Committee; Sec.-Treas. of Golden Hills RC&D Executive Committee.



Max Miller

District Commissioner since 1964; Assistant Commissioner for four years; Region 5 Outstanding Commissioner Award - 1981; Member Cass County RC&D Committee; Cass County delegate to Land Preservation Policy Committee.

Office Staff

Wunderkirk, Gary Wolfe, Bill Willis.

Protect It Through
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ACCOMPLISHMENTS

New Cooperators	No.	19
Landowners Requesting Assistance	No.	291
Landowners Applying a Practice	No.	102
New Conservation Plans	Ac.	4,141
Iowa 2000 Folders	Ac.	11,415
Terraces	Ft.	138,880
Tile Drainage	Ft.	64,720
Grassed Waterway	Ac.	1
Contouring	Ac.	1,330
Conservation Tillage	Ac.	6,219
Farmstead and Feedlot Windbreak	Ac.	3
Wildlife Habitat	Ac.	83

EXPENDITURE OF FUNDS

1-M Budget

Allocation	\$2,596	
Commissioner mileage		\$2,001.21
Office Supplies and expenses		216.08
Returned to State		378.71
Total		\$2,596.00

3-M Budget

84-85 Allocation	\$92,942.14	
Cost-share warrants paid		\$92,778.14
Released to the State		164.00
Total		\$92,942.14

85-86 Allocation	\$74,082.00	
Cost-share warrants paid	51,376.23	
Obligated but not paid	22,560.00	
Unobligated Balance	145.77	
Total		\$74,082.00

86-87 Allocation	\$77,815.00	
Cost-share warrants paid		\$21,396.00
Obligated but not paid		10,608.00
Unobligated balance		45,811.00
Total		\$77,815.00

CONTRACTORS:

Tom and Frank Eblen, Atlantic; Paul Griswold, Greenfield; Hoskin's Const. Co., Anita (Arthur and Terry); Duane Murphy, Anita; Bill McMullen, Atlantic; Nelson Bulldozing, Exira (Randy Nelson); Soper Construction, Adair; Frank Waters, Cumberland.

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Anita State Bank

"Thank You"

'86 ANNUAL REPORT

CASS COUNTY SOIL CONSERVATION DISTRICT



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Local And State Agencies Work On Conservation

By James B. Gulliford,
Administrator

Division of Soil Conservation

Since the first Iowa soil conservation districts (SCD) were organized in 1940, districts have been the center of the soil conservation effort in this state. In each district, five locally-elected soil conservation district commissioners continue to set local priorities for soil conservation.

In Iowa's 100 SCDs, the state Division of Soil Conservation (DSC) plays an important part in supporting the commissioners and the district staff in their work. The Division cooperates with the federal Soil Conservation Service, the Cooperative Extension Service, and other groups in offering this support.

The DSC serves the district in several major facets of its operation. For example, when you call the Cass Soil Conservation District office for help in controlling erosion on your farmland, the person answering the phone is the district clerk, a state employee located in the local office.

The district clerk handles all clerical details in the office, often in addition to other duties such as producing a newsletter, assisting federal personnel, or acting as secretary-treasurer for the soil conservation district commissioners. Iowa's soil conservation district clerk positions are assigned and supervised through the District of Soil Conservation.

If you decide to build a terrace or farm pond, state

engineering aides may be part of the planning process. Along with federal SCS personnel, these state employees provide technical assistance to landowners. Like the clerks, the technician positions are also administered through the DSC.

When you sign up for the state's 50 percent cost-share program for soil conservation work, the DSC is involved in a big way — the Iowa Financial Incentive Program (IFIP) is administered by the Division of Soil Conservation. This year, the IFIP appropriation totals \$6.6 million. DSC staff work with the State Soil Conservation Committee (SSCC) to prepare new cost-share rules in response to needs of landowners.

The SSCC has been the policy and rule-making body for the DSC and for the soil and water conservation effort in Iowa since 1939. This year, for example, in response to needs expressed by landowners, the SSCC voted to increase to 30 percent the amount of cost-share funds a district may allocate to conservation practices such as no-till, contour stripcropping, or ridge-till.

The DSC employs two field representatives who serve the districts. Field reps are available to supply information to commissioners, clerks and technicians in particular, and to help the districts in a variety of ways. Field reps take a major role in the planning of regional meetings, and in explaining program details. They are involved in the new Commissioner Leadership Development

Program as well.

The DSC serves the districts in many "behind-the-scenes" ways, too. Through involvement in projects such as the Soil Survey, the DSC helps advance the work of soil conservation in Iowa. Through management of an extensive awards program, the DSC helps see that those who make exceptional efforts in soil conservation are rewarded. A monthly newsletter, Resource Review, seeks to keep commissioners and district office personnel up to date with soil and water conservation activities across the state.

Recent changes in the structure of state government have brought soil and water conservation programs under the umbrella of the new Department of Agriculture and land stewardship. Despite reorganization, however, the DSC's services to districts remain essentially unchanged. We look forward to continuing to serve the districts and the people of Iowa in the soil conservation effort.

FmHA Loans Total \$13.1 Million In Two Counties

The Farmers Home Administration of the United States Department of Agriculture loaned \$8.2 million to farmers in Cass and \$4.9 million to farmers in Pottawattamie counties in fiscal 1986, according to Carol A. McDonald, county supervisor.

Of that amount, \$5,601,660 went for guaranteed loans and \$6,703,010 was loaned for farmer's operating purposes of which \$2,445,390 went to 44 new applicants.

Also loaned was \$293,650 for farm ownership purposes. In addition the agency has a rural housing program with loans totaling \$418,590 in fiscal 1986.

The number of people commuting to work by motor vehicle increased more in Louisiana during recent years than in any other state — 11.4 percent. South Dakota and North Dakota were close behind at 11.3 and 11.1, respectively.

Cass County Historical Notes

By MRS. ETHEL BERRY

Coffin Sale

This is the second in a series of articles about Eli T. Coffin and his family. He was one of the early merchants in Lewis.

After the death of Mary Rosette (Carter) Coffin in January 1873 and her husband, Eli T. Coffin, a few weeks later, a sale was advertised for April 3, 1873, to dispose of their property.

Following is a partial listing of sale items, with the price paid for the various articles. It shows what the articles were worth in those days. Items sold represented goods from the general store as well as personal property.

Some of the items sold were pair of suspenders, 31 cents; buffalo coat, 40 cents; two pair of gloves, \$1.20; blue jacket, \$1; 23 yards gingham, \$3.45; 14 yards of gray cloth, \$13.30; two spools thread, 10 cents; three

paper pins, 18 cents; summer thread, \$1.30; bunch pencils, 42 cents; six yards of cotton goods, \$2.40;

Six yards sheeps gray, \$6.60; 11 cards buttons, 40 cents; old reaper apron, \$1; lot matches, \$1.30; cake soap, 5 cents; spool cotton, 10 cents; pair pants, \$6.35; jacket, \$2; wool blanket, \$2.95;

Box coffee, 70 cents; five brooms, \$1; six yards checked flannel, \$2.10; wagon tyre, 85 cents; set harness tools, \$3.75; Spencer rifle, \$12.75; can powder, 50 cents; lot shot powder, \$2.25; set harness, \$29.50; saddle, \$8.75; sewing machine, \$3.45; wagon cover, \$15; 20 sacks, \$6.50; bay mare pony, \$130; bay mare, \$136; cook stove, \$1.45; wagon, \$28; U.S. map, \$1.50; two pairs small shoes, \$1.

The total of the sale was \$1,231.11.

Soil Losses High Unless Proper Measures Are Used

By Bill Fudge
Soil Conservation
Commissioner

Sam Rayburn, Texas representative in Congress, once made the statement, "The greatest domestic problem facing our country is saving our soil and water. Our soil belongs also to unborn generations."

As a district commissioner, I get disturbed when the staff at the Soil Conservation Service designs a waterway, and the first time the field is planted, end rows are planted parallel to the waterway. This is a "no-no."

Crops that are planted and cultivated with sweeps, or leave a depression between rows, prevent water from ever getting into the waterway. Water that is meant to reach the grass in the waterway begins running down the end rows instead. Before long, there is a ditch formed on both sides of the waterway. The waterway itself is virtually useless and a new erosion problem has been created.

Northeast Iowa

I had the privilege of being in northeast Iowa this past summer, and the commitment to soil conservation was very noticeable. The waterways and contour stripcropping in use, in that area, really looked great! There are a large number of dairy farms in that area to use the hay production, but I think there is a place for the waterways and stripcropping in our part of the state, too!

I have always hoped that some of the set-aside acres could be used to eliminate end rows up and down hills. Fields with slopes greater than 4 percent should not have 8, 12 or 16 end rows planted up and down the hill. Fields planted in this manner are a sad sight, and the erosion rate on these end rows is tremendous.

Costly Project

Cass County spends \$25,000 to \$50,000 each year to clean road ditches. The silt cleaned from these ditches all comes from erosion off cropland fields. This is dirt that has been lost, and is unmistakable evidence that we're losing too much soil too fast!

After 50 years of soil conservation efforts in Iowa, it's sort of disgusting to see road ditches cleaned by the county crews. It's even more disgusting to see the same road ditches cleaned

by the county after a few heavy rains.

The cause is the straight rows of corn and beans in the fields drained toward the road ditch. If conservation practices like waterways, stripcropping, terraces, contouring, and no till are used a lot of this needless waste of topsoil could be prevented.

Let's try to make 1987 a year to save soil!

Bit Of Quackery

DES MOINES, Iowa (AP) — At Drake University proficiency in reading is considered the norm. But in the case of Sir Lancelot, his reading ability attracts special attention.

Sir Lancelot is a duck.

"Lance," as he's called, is a 9-year-old male mallard duck that's been under the wing of Dr. Kenneth Lloyd, professor of psychology at the university. Training Lance to read was part of an experiment in behavioral psychology. Lloyd simply wanted to find out if an animal could read.

In Lance's case, Lloyd and his students decided that every time the duck turned his body, they would reward him with food to see if they could shape his behavior.

It worked, so the experimenters moved to the next step, a process called fading. Fading has to do with an animal's response to stimuli in the environment.

"Ducks have excellent eyesight and are very sensitive to color," explained Lloyd, "so we put black letters on colored cards. Lance learned that if he pecked at a red card, we would feed him. So we reasoned that if we slowly took the color away, but left a word such as peck he would respond to our command."

The team gradually faded out color on the cards by layering onion skin everywhere but over the words. Finally Lance was responding just to words, on white paper, not to color.

At this point there are seven words in his vocabulary: peck, turn, talk, do peck, no peck, bell and ball.

Lance's unusual talent has taken him to schools and libraries to promote reading.



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WANTED: Left front fender for 1/2-ton Chevrolet 1974 pickup. Virgil Penton, 779-3500, Massena.

WANTED: Orphan lambs. 712-243-2097. 3Feb.

★ FOR SALE

FOR SALE: Black Thunder, Mr. Angus, Harrison, Prime Rate and Marshall Pride Angus yearling bulls. 2-year old bull Elevation breeding. Complete weight records on all. Few bred cows and open heifers. Borkowski Angus Farm, Elliott, 712-767-2539.

FOR SALE: Seasoned firewood, \$45 pickup load. Will deliver in Atlantic. 243-2495.

HIGH pressure washers, new and used to 3,000 lbs. Hot, Cold, Portable, Stationary, Sales — Service. 712-589-3348. 6pDec.

FOR SALE: Burros for breaking club calves. 712-799-4794, Harlan.

FOR SALE: 1977 Monte Carlo, running condition or for parts. Chevrolet 350, motor good running condition. 712-779-3500. 2 Jan.

FOR SALE: 24" culvert pipe, various lengths. Harley Willoughby, 778-4282.

FOR SALE: Matching pair: Avocado side by side refrigerator, automatic ice cube maker with water access on door, textured front. General Electric double oven electric stove with microwave on top, black glass front, self-cleaning oven. \$300 each or would trade stove for single oven of equal value. 369-4866 Bridgewater.

FOR SALE: 12 new Victor 110 Conibear traps. Never used. \$25 or best offer. 712-779-3500. 2 Jan.

FOR SALE: Border Collie pups, weaned, wormed, ready to go. Max Roberts, Villisca, 712-826-7322.

FOR SALE: Large framed Angus bulls with outstanding performance. We keep only the top 10% of our calf crop as bulls. The minimum 205 day wt. this year is 650 lbs. Priced to sell. Richard Hall, Bridgewater, call evenings or before 8 a.m. 515-369-4013.

FOR SALE: Burros and goats. 799-4794.

FOR SALE: Dressed capons and geese. 243-2495.

SCHOOL LOCATED IN TWO STATES

WEST COLLEGE CORNER, Ind. (AP) — A school here must have the biggest gymnasium in the world. It has one basket in Ohio and the other in Indiana.

Actually, the Union School is on the state line. It was built in 1921 as a joint venture of West College Corner, Ind., and College Corner, Ohio as a symbol of how communities in different states could get along as one.

"There is no differentiation among the children as to whether they are Hoosiers or Ohioans," says Helen Walters, superintendent of school in that district. "And in athletics we follow the Ohio Athletic Association rules because we are a junior high school and Indiana has no rules for junior high school athletics."

Key Measures For Conservation In Farm Bill

By Mike Nethery
State Conservationist

Soil Conservation Service Conservation farmers have been saying for years that government programs shouldn't encourage soil erosion. In the past few years, a majority of Iowa farmers have said that taking care of the land should be a requirement for participation in other government programs.



MIKE
NETHERY

That's exactly what the 1985 Farm Bill has delivered. Passed into law as the Food Security Act of 1985, the bill offers the most dramatic change in soil conservation policies in the United States since the Dust Bowl days of the 1930s.

Provisions

This soil conservation legislation, which was heavily supported in Congress, says that anyone who plants crops on highly erodible land needs to have a conservation plan by 1990, and he needs to have the conservation work it calls for completed by 1995. If those two provisions aren't met, the farmer would be ineligible for most U.S. Department of Agriculture program benefits.

The act also says anyone who breaks highly erodible land out of sod or trees to plant a crop could be ineligible for the programs right now. The same is true for anyone who grows crops on wetlands.

The programs involved include price supports, disaster payments, crop insurance, storage payments, loans and others administered by the Department of Agriculture.

WASHINGTON, D.C. — More than 50 million Americans who have trouble sleeping can now do more than just daydream about getting a good night's sleep.

The Better Sleep Council, an organization dedicated to informing the public about sleep and its importance to health has listed 10 ways you can improve your nights by developing better sleep habits.

1 — Plan an exercise program. Fifty-six percent of people who do not exercise report sleep difficulties at least once a week. Any exercise can be effective as long as it doesn't lead to over-exertion and fatigue.

2 — Avoid stayawakes. Try to stay away from coffee, tea and colas with caffeine, and avoid late-night snacking of foods that will make your

ment of Agriculture.

While the law says you have until 1990 to begin a conservation plan, there are several reasons you should contact your local soil conservation office this year.

For one, if you get a plan now or update one you already have, you'll avoid the inevitable rush in 1989.

Secondly, you'll be able to take some time to work the practices into your operation, whether it's reducing tillage more, building terraces, or changing crop rotations.

Reserve Program

Another good reason is that there is still a conservation reserve, where the steepest land can be put to grass or trees for a rental fee from USDA. There is no guarantee how long this program will be offered.

There's also no guarantee how long government cost-share programs will be offered.

Remember the 1990 and 1995 dates. Better yet, get in touch with your local soil conservation office now, and get started on a conservation plan for your highly erodible land. That's the best way to insure your eligibility for future programs.

How To Have Good Sleep

digestive system work overtime.

3 — Unwind. If you have challenging work to complete, try to finish it before you try to sleep. Follow a bedtime ritual such as always brushing your teeth or opening a window.

4 — Check your bed. A worn-out mattress may be contributing to sleeplessness morning aches and daytime grogginess more than you think. According to Nancy Butler, director of the Better Sleep Council, "If your current bed is in the 8-10-year-old range, consider investing in a new bed. Unfortunately, we tend to get used to an old mattress like a well-worn pair of sneakers, and don't realize that it's gradually losing its support."

Butler's advice for those shopping for a new bed is: Ask questions. Do a comfort comparison. Look for good support. Choose a size that's large enough (two adults sharing a double bed each have only as much room as a baby in a crib). King or queen is best. Buy quality.

5 — Block out noise. For a more restful sleep, earplugs or a tape of sounds such as waves lapping against a shore or soothing music may be helpful.

6 — Dim the lights. Street or

car lights can turn night into day in your bedroom. Light-proof window shades, wall and floor covers of deep hues and heavy draperies can make your room a more restful place.

7 — Set the temperature. The ideal comfort range for sleep seems to be between 64 and 68 degrees. Use extra blankets or air conditioning or a fan to maintain the most comfortable sleeping temperature.

8 — Relax. Lock work and worries up in another room and save your bedroom for sleeping and restful reading. If you must use the bedroom for work, remind yourself to keep a psychological distance between day and night.

9 — Get help. Chronic sleeplessness or daytime drowsiness may be a symptom of a deeper problem. Talk to your doctor, psychologist or consult with a sleep clinic.

10 — Send for "Good Night America" booklet. For more information about sleep and bedding, send for the Better Sleep Council's 16-page booklet on a guide to better sleep. Write to Better Sleep, Box 13, Washington, D.C. 20044. Include 50 cents to cover postage and handling. This is one bedtime story guaranteed to put you to sleep!

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Torq-Gard 15W40	Quart	1.60	1.20
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	30 Gal.	161.31	133.95
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ATLANTIC

About 1 in 40 Americans — some 5.6 million people — were living on farms on April 1, 1980,

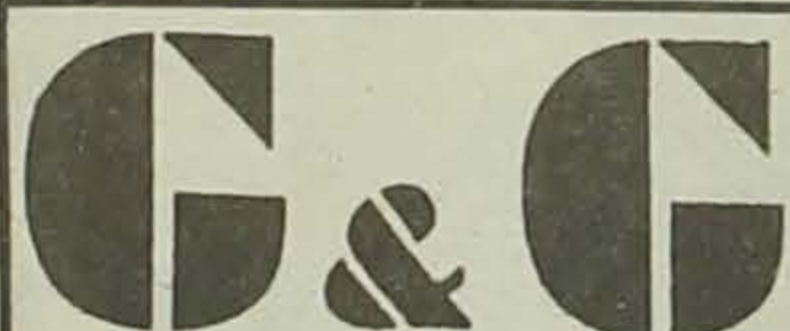
says the American Council of Life Insurance. In 1970, the ratio was 1 in 25.

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- 80 ACRES:** Section 13, Benton Township, Cass County, bareland.
- 40 ACRES:** Section 10, Grove Township, Pottawattamie County, bareland.
- 200 ACRES:** Section 26 & 27, Wright Township, Pottawattamie County, bareland.
- 157 ACRES:** Section 26, Bear Grove Township, Cass County, improvements.
- 240 ACRES:** Section 16, Douglas Township, Audubon County, bareland.
- 160 ACRES:** Section 4 & 9, Oakfield Township, Audubon County, bareland.
- 223 ACRES:** Section 28, Clay Township, Shelby County, bareland.
- 80 ACRES:** Section 22, Norway Township, Wright County, bareland.

All of the above farms are still available for this spring's possession. Cash is preferred for most offerings, but financing would be available to qualified individuals. For information on above properties, give us a call.

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The Werewolf Legends

And The Full Moon

**National Geographic
News Service**

Recent research substantiates the possibility of werewolf existence. In the past eleven years, new cases emerged, forcing the medical profession to take another look at lycanthropy.

Psychologist Kenneth R. Vincent and psychiatrist Harvey A. Rosenstock reported "A Case Of Lycanthropy" in "The American Journal Of Psychiatry" in 1977. Frida Surawicz and Richard Banta reported "Lycanthropy Revisited" in "The Canadian Psychiatric Journal" in 1975.

These four researchers released their findings on patients who, during full moons, would lose touch with reality, and display wolf-like behavioral patterns.

Vincent and Rosenstock's patient was a 47-year-old married woman, who considered herself a wolf at full moon, and acted like one. The patient claimed she saw herself as a wolf in her mirror on one occasion.

Surawicz and Banta diagnosed a 37-year-old single man, a Canadian farmer and ex-Navy man as lycanthropic. He developed a psychosis at full moon and displayed behavior patterns of wolves.

The farmer was determined to have an irreversible brain disease.

Disease could explain the existence of werewolves, according to Dr. Lee Illis of Hampshire, England. Lycanthropic symptoms resemble those of porphyria: skin rashes, lesions, discoloration of the skin, progressive mutation of eyelids, fingers, and cartilaginous structures such as the ears and nose, and a gradual reddening of the teeth.

Lunar phases affect lycanthropic behavior. For example, occurrence of psychosis and violent behavior are both known to increase during periods of full moons.

Dr. Frank A. Brown at Northwestern University in Evanston, Ill., found a significant correlation between lunar cycles and psychiatric emergency room visits. Dr. Arnold L. Lielber at Miami University found an unusual concentration of homicidal

crimes committed during new and full moons.

How werewolf legends began remains unknown. The legends exist in nearly every culture of the world. In regions without wolves, the fiercest animal takes its place. The tiger in Borneo, Asia, Japan; fox in China, Japan; boar or wolf in North America, cat or hare in Southeastern United States, portions of Europe; jaguar in South America.

Psychologist Robert Eisler, in his book "Man Into Wolf, An Anthropological Interpretation of Sadism, Masochism And Lycanthropy" (1969) offers an explanation for werewolf legends. He hypothesizes early man patterned hunting behavior after ferocious animals. In ceremonies, early man would wear symbolic wolf skins in hopes of acquiring hunting skill. Those best able to hunt like wolves became known as werewolves.

Robert Graves, expert in Greek mythology offers another explanation for Arcadian religious theory. "Werewolves" were men chosen to live among wolf packs in order to control and keep them away from domesticated animals and children.

When "werewolves" lost control of their packs, they fell from grace and were shunned from society.

One of the best-known werewolf trials of this period occurred in the Auvergne district of south-central France. Monsieur Fayrolle invited Monsieur Sanroche for an afternoon hunting. Sanroche declined, but later changed his mind and caught up with Fayrolle.

Fayrolle was out of breath, his clothes torn and bloody. A wolf had attacked him. Fayrolle managed to stab the wolf, and even severed a paw. When he produced the paw from his game bag, it was a woman's hand, wearing Sanroche's wife's rings!

Sanroche's wife lay in bed, pale, bleeding and with one arm severed. She confessed to being a werewolf and Sanroche turned her over to the authorities. She was burned at the stake and Auvergne was again safe.

Of course, much of werewolf legend is superstition, based on fear, not fact. Yet, the feat of werewolves remains with us today. Wolves do howl, and humans do become more psychotic with the full moon...

Wildlife Benefit For County

**By Ken Herring
Wildlife Biologist**

Both wildlife and three Cass County landowners are happy, following the signing of three Cooperative wildlife habitat restoration and development agreements last year.

These agreements between the DNR and private landowners will allow for almost 1,400 trees and shrubs to be planted on three different farms.

The cooperation landowners are Gail Burk, Byron Rogler and G. Wayne Olsen. The area were designed by the area wildlife biologist to provide both winter cover and nesting cover for many species of wildlife. All areas have had fencing completed, so livestock cannot damage the plantings. The plantings will be completed this Spring.

Conservation Reserve

When farmers in Cass County begin seeding their conservation reserve acres next spring, the pheasants will really have something to crow about as 3,735 acres of land in Cass County have been signed up for the conservation reserve and wildlife 10-year program.

The first, long-term setaside program in many years will provide pheasants, rabbits, quail and other wildlife the idle nesting cover that has been so critically lacking in the land use practices of the modern farm.

The key to producing wildlife from these CRP acres is still in the hands of the farmer. These acres must be left undisturbed during the critical nesting season.

For southern Iowa this would include the period from April 15 to July 15. Mowing for weed control only during July 15 to Aug. 15 will insure maximum wildlife production.

Noxious weeds which appear before July 15 can be "spot sprayed" or "spot mowed" to prevent disturbing the entire field.

Wildlife biologists are also encouraging the seeding of legume-grass mixtures and native grasses for top wildlife production from these CRP

acres. Biologists are also asking landowners interested in seeding CRP acres to avoid fescue.

While fescue has its soil conservation advantages it is not well liked by pheasants and other nesting wildlife species. If large acres are to be entered into the CRP and you have an interest in producing the maximum amount of wildlife from these acres, you may wish to contact the wildlife biologist for a farm game plan.

Just how good will the CRP be for pheasants? If desirable nesting cover is established, and left undisturbed, there is the potential to produce one pheasant per acre into the fall pheasant population. With another CRP sign-up around the corner, the pheasants really do have something to crow about!

Farm Pond Stocking

The Department of Natural Resources Fisheries Bureau completed several farm pond stockings in Cass County last year. Many of the privately owned farm ponds in the county have been stocked at no cost to the landowner.

The DNR will continue to stock farm ponds in the county, provided they meet the following criteria:

— New or renovated pond and free of fish.

— Surface area of at least one-half acre.

— Maximum depth of at least eight feet.

— Fenced to exclude livestock with a 60-foot minimum buffer between pond and fence.

If you feel your pond meets the above criteria, contact the Cass County SCS office to sign up. A DNR employee will contact you and certify your pond for stocking.

Cass county residents may want to mark their calendars to make sure that they plan to have their fishing poles ready when June 6 and 7 roll around. This year, for the first time, there will be a statewide free fishing days. You won't have to worry about buying a fishing license because for that weekend it's free fishing. This event will help celebrate national fishing week.

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Cass Coed Clan Members

Members of the Cass Coed Clan 4-H Club are, front row, left to right: Kim Jipsen, Kara Krause, Lana Williams, Kristi Eblen, Becky Smith, Tammie Freund, Dawn Jipsen, Nikkie Eblen, Rachel Viether and Mary Freund. Middle row: Ivy Rasmussen, Lisa Zellmer,

Amie Jahnke, Ann Freund, Tamie Jahnke and Michelle Travis. Back row: Marlys Berry, Marilyn Jipsen, Joel Williams, Kevin Jipsen, Mark Jameson, Jay Denne, Todd Weppler, Jeremy Jahnke, Corbon Kinney, Tom Freund and Raymond Butt.



Cass County 4-H Club Of The Month



One of the first coed clubs in the country is being recognized as the 4-H Club of the Month. Cass Coed Clan combined the Klassie Kassies and the Klassy Kassettes to form one coed unit. At the time of the union, Membership in the boys' and girls' clubs was dwindling. As a result of the merger, membership has grown and this year 25 members are enrolled.

Organizational leaders Raymond Butt and Marlys Berry try to include a variety of activities throughout the year, including project workshops as well as community service involvement. Organized recreation is conducted at each meeting which is held at the Lewis School.

Keeping family members involved has been an important goal of the club. Each year the club has a family potluck supper and try to include parents on the club tour.

Woodworking and visual arts workshops have been held and members have been involved in several countywide 4-H activities. These include Mardi Gras, volleyball tournament, softball tournament, livestock judging contest, new member event, county convention and county fair.

Members held a bake sale to raise money for some of their special projects. They donated cookies to the Bloodmobile and collected food and donated it to the Food Pantry. They have also been involved in a litter pickup project on the road leading to the Lewis Cemetery. For several years, members

distributed in Lewis the poppies made by disabled veterans.

Several members earned honors from the club. Mark Jamison represented the club at the Iowa State Fair with a dresser last year. Dana Kunze was the state winner in visual arts and received an all-expense paid trip to the National 4-H Congress in Chicago, Ill. Lana Bice, a former member, served on the 4-H Youth Council and the 4x5 Committee.

Butt has served as leader of the 4-H club for more than 25 years. Other leaders are Dolores Bice, food and nutrition and home improvement projects; Marilyn Jipsen, clothing and visual arts; Marlowe Weppler, livestock; Mary Viether, horse; and Ron Jahnke, livestock.

PERFECT FLOWER

NEW YORK (AP) — Gardeners are always searching for the perfect plant, one that would require little care, bloom with spectacular flowers, grow anywhere and last for years.

If these criteria are considered, the day lily comes close to being the perfect plant.

For most gardeners, the peak lily season is July and August, a time when many other border perennials have ceased to bloom. Colors span most of the spectrum. Only blue is missing.

Lynne Rosenthal, who has been growing day lilies for about five years in her Fairfield County, Conn., garden, describes day lilies as drought-proof and almost pest proof. Their needs are minimal.

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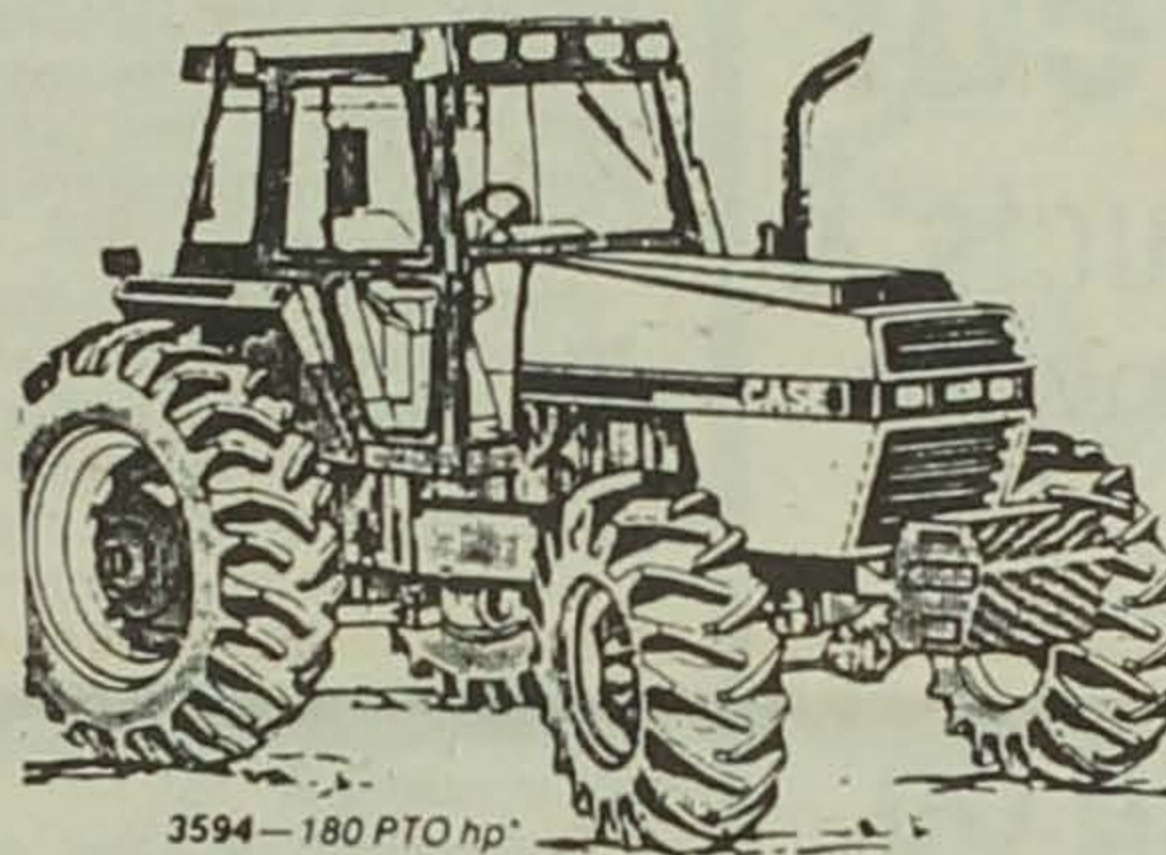


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Case-IH Area Manager

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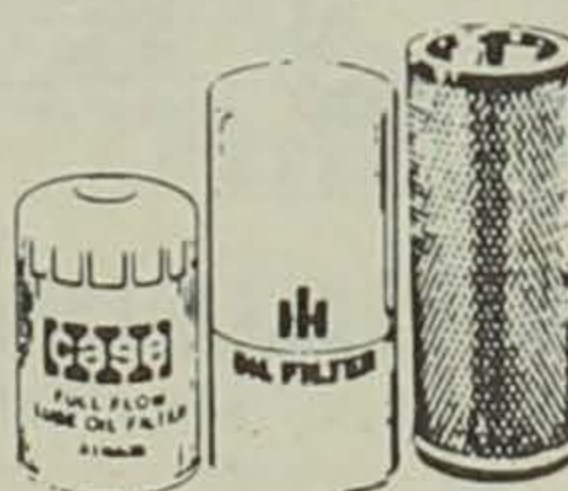
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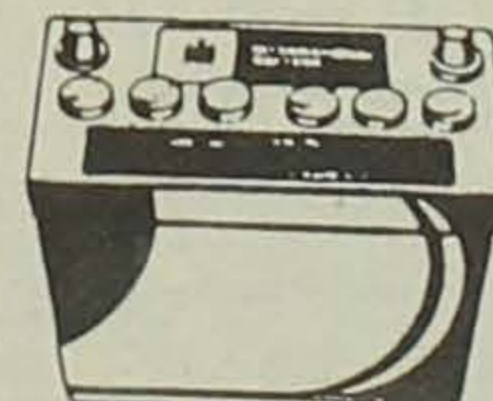
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Environmental Education At Work In County

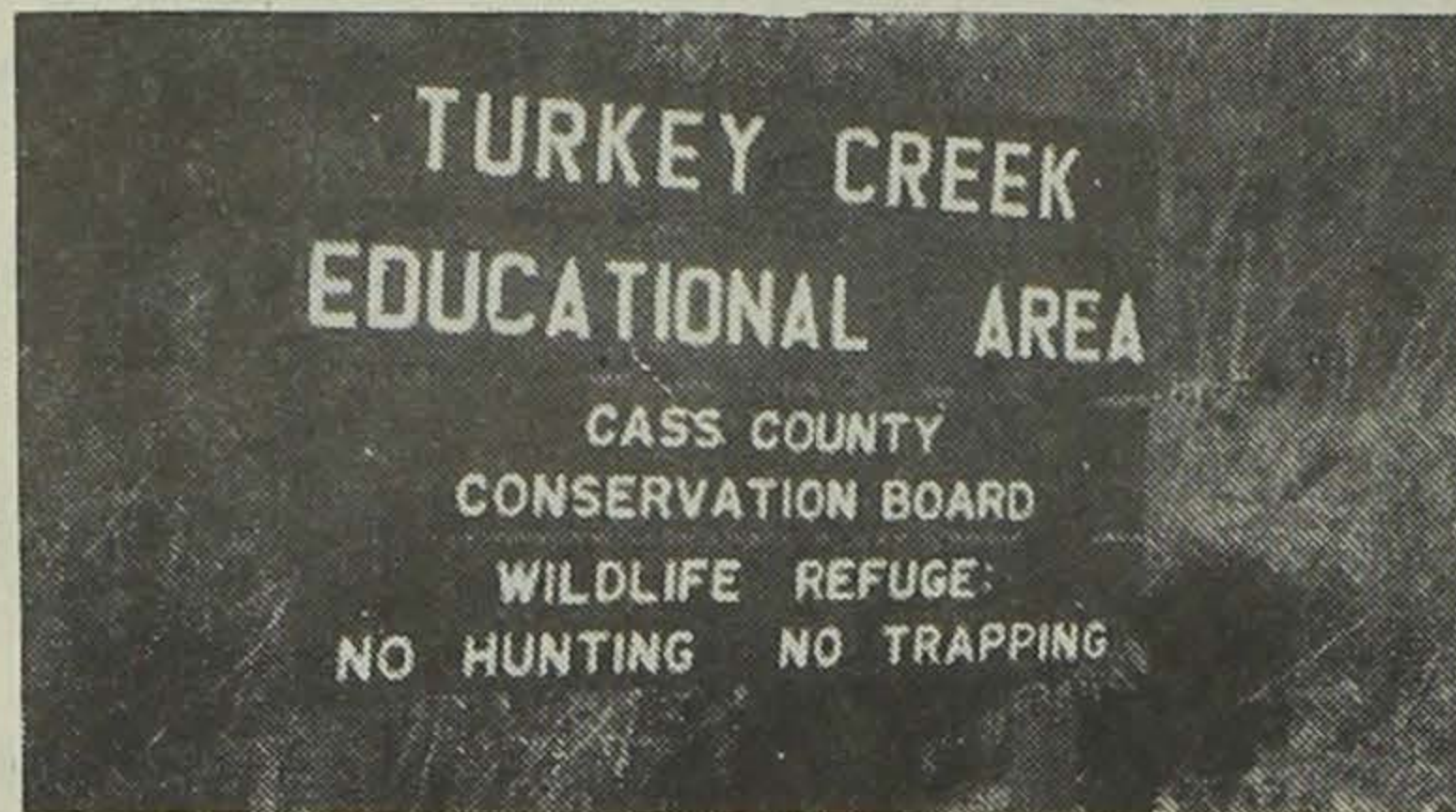
By Melanie Hayner, Naturalist
Cass County
Conservation Board

The earth has been described as a spaceship with all of its inhabitants dependent upon it for survival. The spaceship is an engineering masterpiece, containing everything that we all need to live long and productive lives.

There is clean water, fresh air and even a perfect medium, called soil, that with the proper care, can last and produce thousands of years. But, the lack of care and concern for our spaceships provisions has rendered our water and air supplies, in some cases, unfit to use and our soil has become weary and eroded.

Solutions to our problems are many, but one solution is working for you in Cass County! Environmental or conservation education attempts to teach more than textbook knowledge to people.

It teaches a type of ethic that includes respect for our land and a sense of responsibility that all of our actions good or



bad, will effect our environment in some way.

Many Programs

The Cass County Conservation Board provides environmental education to the citizens of Cass County through a variety of activities and programs. They stress the environmental education of our children because it is the children that must live on this spaceship long after we are all gone.

For this reason many of the activities offered by the board are for children and schools. Topics may vary from water pollution, to habitat, to reptiles

to animal tracks. About 15 different programs are now available to the schools of Cass County.

The Atlantic fifth grade schedules a conservation day in which the students spend an entire day at Cold Springs Park near Lewis, learning about their fragile environment. Different conservation personnel conduct talks and demonstrations on fishing tackle, turkey management, animal furs, plants, soil and fish identification.

Poster Contest

Fifth grades throughout the county become involved in a conservation poster contest for three months in the winter. Poster topics include "Soil Conservation," "Habitat the Key to Survival" and "Water the Key to Life."

The Cass County Environment Education Committee judges these posters on content, neatness and originality. The winners and their families are then invited to a potluck banquet to receive their awards. Last year, approximately 400 people attended.

Also attending the banquet are winners from the sixth grade conservation poster contest. For this contest, sixth grade students write reports, build working models or build dioramas to tell about or show different conservation measures for controlling or stopping soil erosion.

Our spaceship holds something new and exciting every season, for those interested in conservation. Spring finds the conservation board and the Department of Natural Resources sponsoring a fishing clinic at Cold Springs Park.



Eric Sansgaard, state conservation officer, shows students at the conservation field day a red fox fur from the collection owned by the Iowa Department of Natural Resources. Students on the other side of the water are at another station on the trail.



Children enjoy this old tree snag on the nature trail at the Turkey Creek Educational Area. Not only does it teach them about part of the life of a decaying tree, but it harbors several features, including the cartoon character, Snoopy, and what appears to be an upside down warthog.

Kids and their parents have a great time learning about fishing tackle, fish identification and how to clean the catch of the day.

If fishing isn't your thing spring also brings beautiful forest wildflowers for everyone's enjoyment. The conservation board conducts several wildflower hikes at this time to encourage people to take advantage of this beautiful, but little known, natural occurrence.

Bird Watching

The warm, sunny days of summer are ideal for bird watching. Birds are abundant now, as well as in the fall, so a series of bird hikes are placed for the public. Most of the hikes take place at conservation areas in the county, but we may venture to a special place like the bluebird heaven at Donna Rourick's home.

Have you ever noticed how children always look forward to summer, but two weeks after they're on the loose they're bored. For those children in fourth, fifth or sixth grade that need something to do and are interested in conservation, the conservation board holds a conservation day camp.

The camp is held at different locations throughout the county for a week. During that period the students have a great time learning about the outdoors and the creatures that inhabit it.

Nature Hikes

Fall is a special time here on our spaceship Earth. It boasts spectacular bird migration and

beautiful, cool, crisp, colorful days, all of which make outdoor trips a must!

Adults can enjoy a trip to De Soto Bend with the conservation board and children particularly enjoy class nature hikes at Turkey Creek Outdoor Classroom area. Actually, adults can also enjoy a trip to Turkey Creek by taking the self-guided interpretive nature trail.

Wintertime is no time to stop environmental education so the wheels keep right on turning with an abundance of public programs. The conservation board has a wide variety of slide programs available free of charge to clubs and organizations.

Environmental education is working for everyone in Cass County, whether you are young or old or whether you enjoy fishing, hunting or nature study. The new awareness and concern for our environment that it brings can and will make a difference in the quality of life that future generations will live here on our spaceship Earth.

HARTFORD, Conn. (AP) — The computer age is coming to the rescue of folks suffering from elevator phobia.

The affliction, which doctors believe mixes claustrophobia with acrophobia, the fears of closed spaces and heights combining, can be reduced by making elevators more interesting, friendly places, according to scientists at United Technologies.

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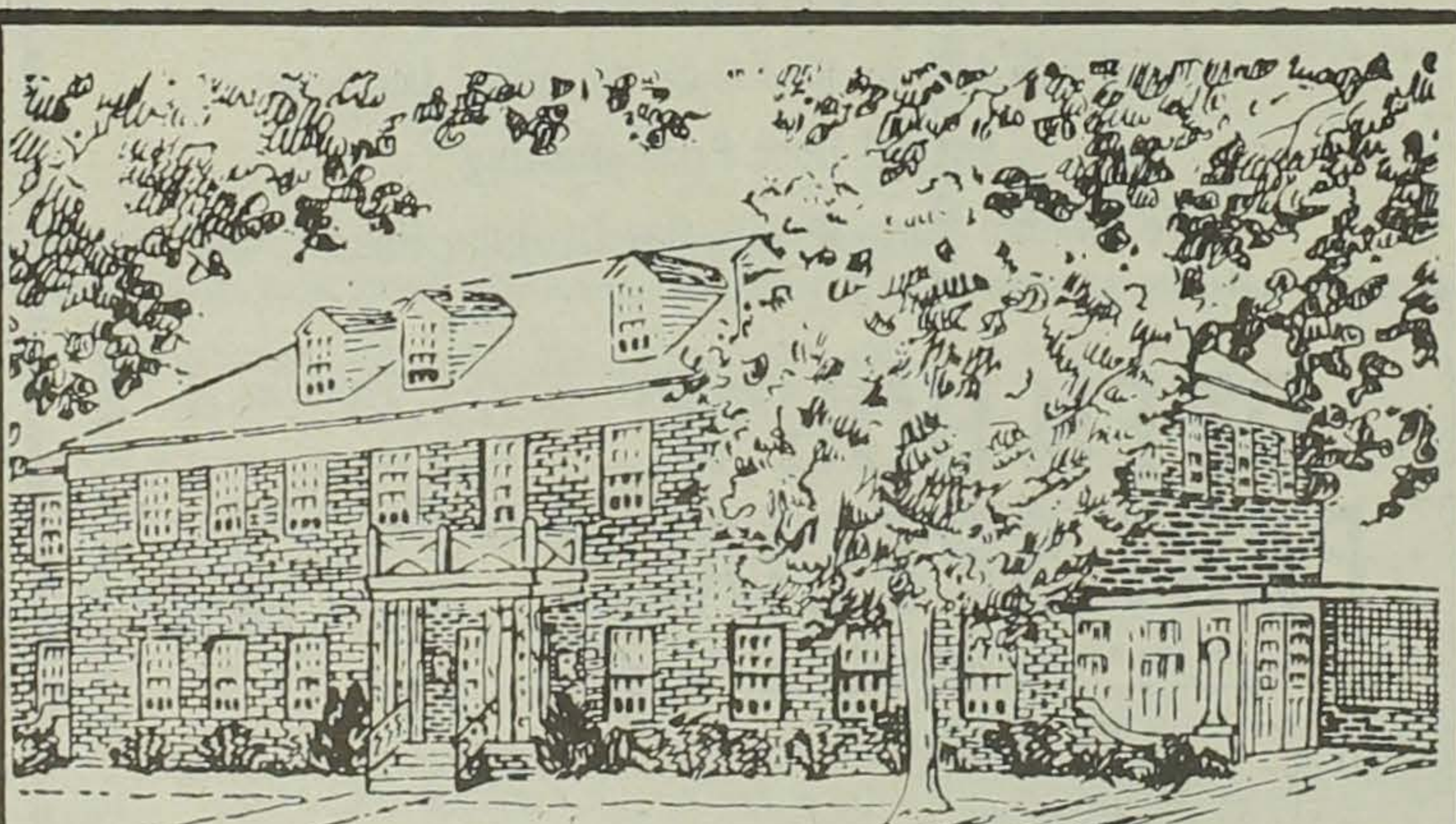
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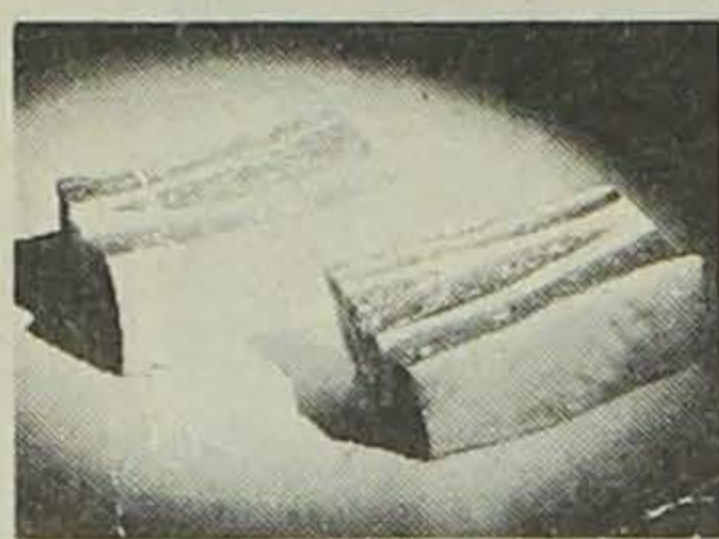
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Meat Cut Quiz



Q. What is the name of this cut of meat?

A. Beef Short Ribs.

Q. Where do they come from?

How are they identified?

A. Short ribs are cut from the thinnest part of the rib and chuck sections of beef and from the plate. They

contain the rib bones (a cross section of which is exposed) and alternating layers of lean and fat. They are usually rectangular in shape.

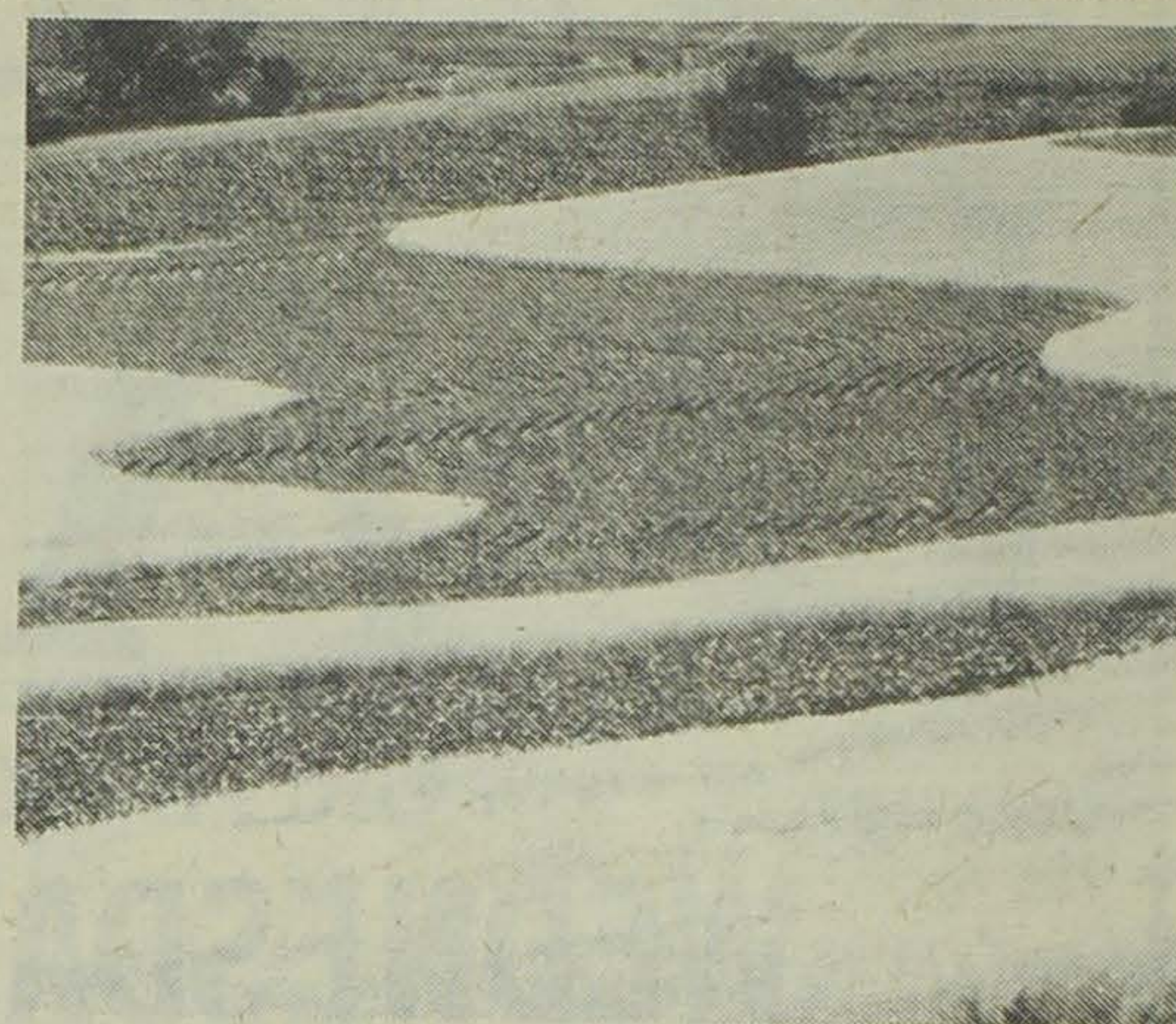
Q. How are they prepared?

A. By braising or by broiling, in range or on outdoor grill, after precooking. To braise, brown the ribs over low heat in a covered frying-pan for 1 to 1½ hours, turning occasionally. Pour off drippings, season as desired and add a small amount of liquid. Cover tightly and cook over low heat for 30 minutes to 1 hour longer or until meat is tender. To broil, first cook in covered pan as directed until tender. Then brush the ribs with barbecue sauce and broil 3 inches from the heat on an outdoor grill.

Contour Stripcropping Receives More Attention In Soil Conservation

"Contour stripcropping is probably receiving more attention than any other soil conservation practice today," states Bill Willis of the Cass County Soil Conservation Service. "Soil losses can be controlled for virtually no cost, and be a very eye-appealing addition to most farms."

The sodbuster and conservation compliance provisions of the 1985 Farm Bill are tied to effective control of soil erosion. Conservation practices like contour stripcropping provide inexpensive solutions to an erosion problem while maintaining eligibility in the current farm programs, he said. Combining stripcropping with other dependable practices like crop rotations and no-till will control



A field of contour stripcropping.

soil losses to within acceptable limits.

New Era

"The 1985 Farm Bill signaled a new era in government involvement in agriculture, and a drastic new approach to control steadily increasing rates of soil erosion," comments George Hosfelt, a Cass County Soil Conservation Commissioner. "If a landowner wants to continue participating in the farm program, it will be necessary to control soil losses to within tolerable limits. A hard look must be taken at the whole list of available ways to control erosion than ever before. The least cost methods, like stripcropping, are going to become very, very important in the months and years ahead."

Stripcropping is based on the principle that only about half of a hillside will be cultivated in any year. The other half is protected by a seeding of either small grain or hay.

The strips alternate between rowcrops and seeding beginning near the ridgetop and extending to the base of the slope. Strip widths are adjusted to fit the width of farm equipment to be used. The strips are established in a parallel pattern as much as possible to improve farmability.

Secondary Benefits

"Selection of stripcropping as the erosion control method creates some interesting secondary benefits," comments Willis. "Legumes such as alfalfa on the hay strips build nitrogen which is available to corn crops to follow. That's nitrogen that does not have to be

purchased in a commercial form."

"The crop rotation interrupts insect cycles and accomplishes very inexpensive weed control through mowing. If legumes only are seeded, no-till planting becomes very easy and reliable," Willis adds.

"In addition, an incentive payment to try this practice, of \$15 per acre, is available at the ASCS making this practice very attractive."

Technical assistance to establish stripcropping and to design a proper crop rotation is available at the Cass County District Office. This service is available free to any landowner in the county.

Needed Clues Of Roots

By Edna Christensen
Cass County

Genealogical Society

The National Archives field branches are alternatives to writing to Washington, D.C. In many instances the branches have records for a given area that are not held in Washington, D.C. Therefore, a regional contact may be more productive.

Many of these archives have records that you may use during their office hours. Charges and method of use may vary, a letter or phone call to the archive will tell you what is needed.

Following are addresses of some of the branches and the states served:

— National Archives, Boston Branch, 380 Trapelo Road, Waltham, Mass., 02154, telephone (617) 647-8100. Serves Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island and Vermont.

— National Archives, New York Branch, Building 22, Military Ocean Terminal, Bayonne, N.J., 07002-5388, telephone (201) 823-7252. Serves New Jersey, New York, Puerto Rico and the Virgin Islands.

— National Archives, Philadelphia Branch, Ninth and Market Streets, Philadelphia, Pa., 19107, telephone (215) 597-3000. Serves Delaware, Pennsylvania, Maryland, Virginia and West Virginia.

Next month I will give more of the addresses. These are a must for arm chair researchers as well as any one doing research.

The meetings of the Cass County Genealogical Society are held at the Atlantic Carnegie Public Library the fourth Tuesday of the month. Visitors are welcome to attend.

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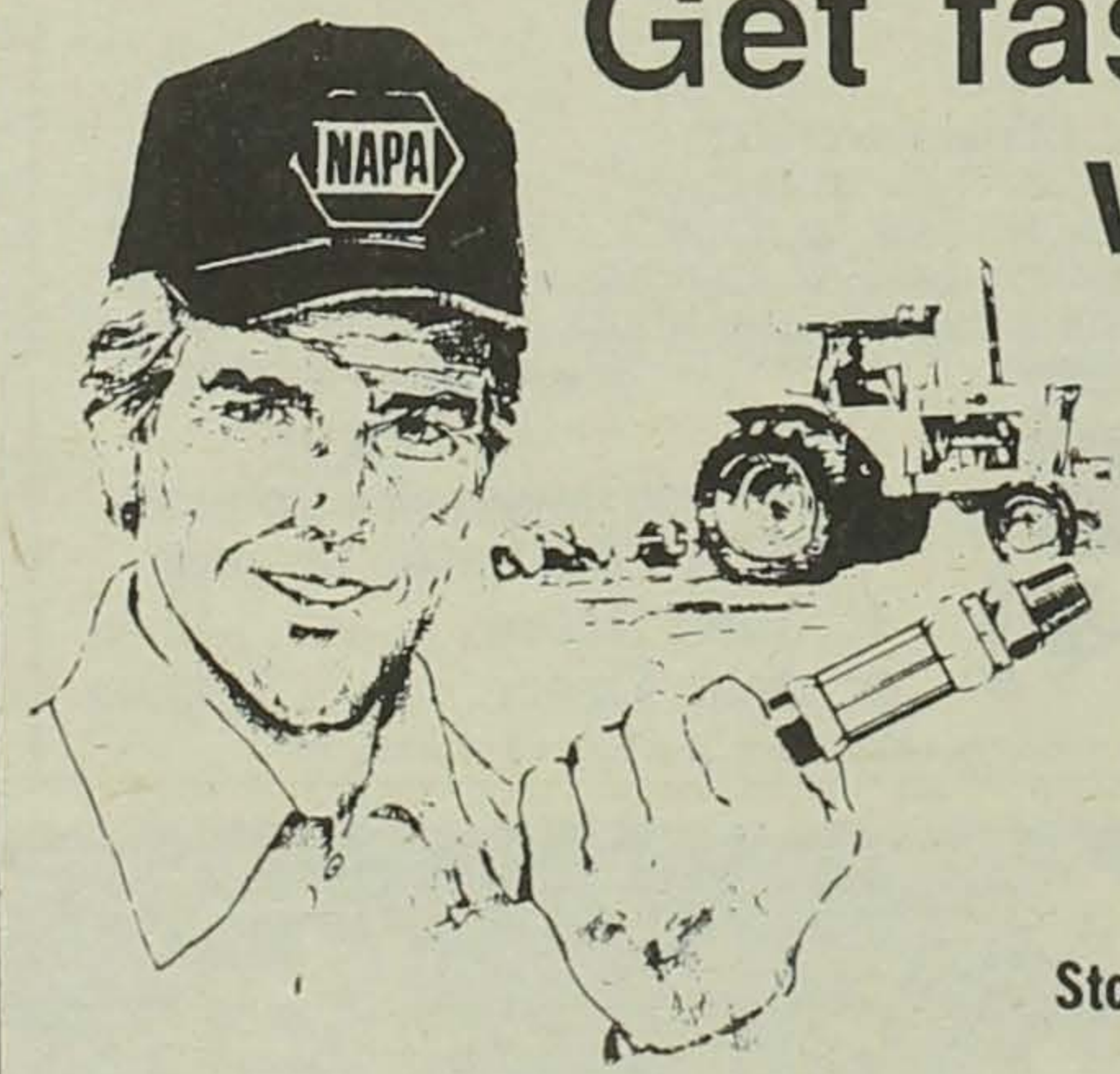
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Golden Hills Organization Working On Many Projects

By G.M. Baier

Secretary-Treasurer of
Golden Hills RC&D

The Golden Hills Resource Conservation and Development project (RC&D) based at Oakland was organized to coordinate the development of natural resources.

A second objective was to provide benefits from development of these resources to a large number of people. Consequently, an eight-county area in southwest Iowa is included in the RC&D project.

The RC&D project is moving rapidly into projects that focus on economic development. A hay marketing association, an alfalfa cubing plant, a multi-purpose dam for recreational development, a fruit growers association, and a biomass research project are all focal points for new markets for products based in natural resources.

Hay Growers

The Southwest Iowa Hay Growers Association has been in operation for several years and is growing to develop an aggressive market for high quality hay. By developing a dependable outlet to dairy farm and stables, an alternative to corn and soybeans can generate a new source of farm income. Soil erosion can also be reduced.

The groundwork is currently being laid for an alfalfa cubing plant at Red Oak. The organizers are seeking 4-5 year contracts on about 20,000 acres within a 15-mile radius of Red Oak to produce hay cubes for the dairy and horse markets. Again, a new market for a farm product, along with new jobs, is the objective.

The Harrison County Fruit Growers Association is organizing to capitalize on the production, processing, storage and marketing of apples. This is another way to capture a specialized market for a product that can successfully be produced in western Iowa.

Massena Lake

The Massena Lake project in Cass County is currently in the final plan stage of development. This project is designed to provide municipal water for Massena and a recreational area attractive to tourism. The Soil Conservation Service is completing the plan for the project estimated to cost \$1.3 million.

Twenty test plots of fast growing trees have been planted to determine the feasibility of produce woody material for an alternative fuel source. Large institutions and factories can use pelleted wood as a substitute for natural gas, fuel oil or coal for heating. Part of the campuses at Maryville, Mo., and at Ames are already using pelleted wood as part of their fuel requirements.

The RC&D project is also dealing with other more specific needs such as a flood control project at Farragut. A park plan is also being assembled for Glenwood.

The RC&D staff is headed by Richard Bolli, and maintains an office and staff at Oakland. The RC&D project provides a means to field new ideas, and combine these ideas with local support and outside funding through cost-sharing, loans or grants. The end result is development of natural resources for the expressed benefit of the people of southwest Iowa.

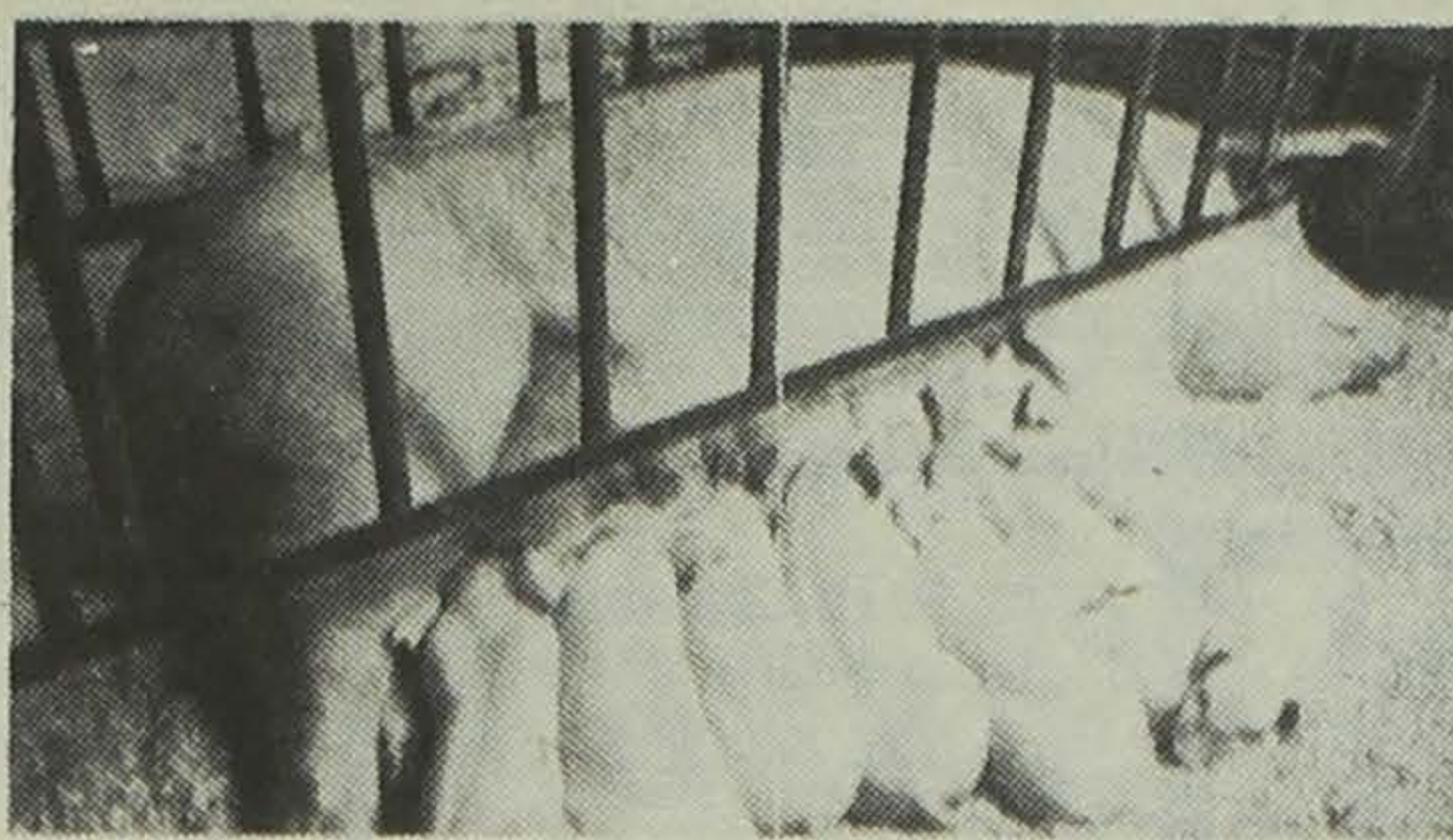
PIGEONS

MIDDLEBORO, Mass. (AP) — Tom Thayer, 13, enjoys pets — like many of his peers.

His pets, however, are not those you can usually find at a 4-H fair. Tom raises pigeons.

He got interested in the hobby through his cousin. "I'd watch him doing it and I decided that I wanted to try and beat him at shows," he said.

Tom owns four types of pigeons: Croppers, Show Homers, Racing Homers and Rollers. He has entered six shows so far and has come home with 13 ribbons.



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Pig Pro EW (Early Weaner) is a very palatable, nutrient rich pre-starter with a high level of energy and a high caloric density. Since the baby pig has virtually no tissue reservoir of vitamins and minerals, these critical nutrients are added to completely meet the requirements of the baby pig. All of this can add up to a baby pig that is bigger and stronger and can overcome weaning stress.

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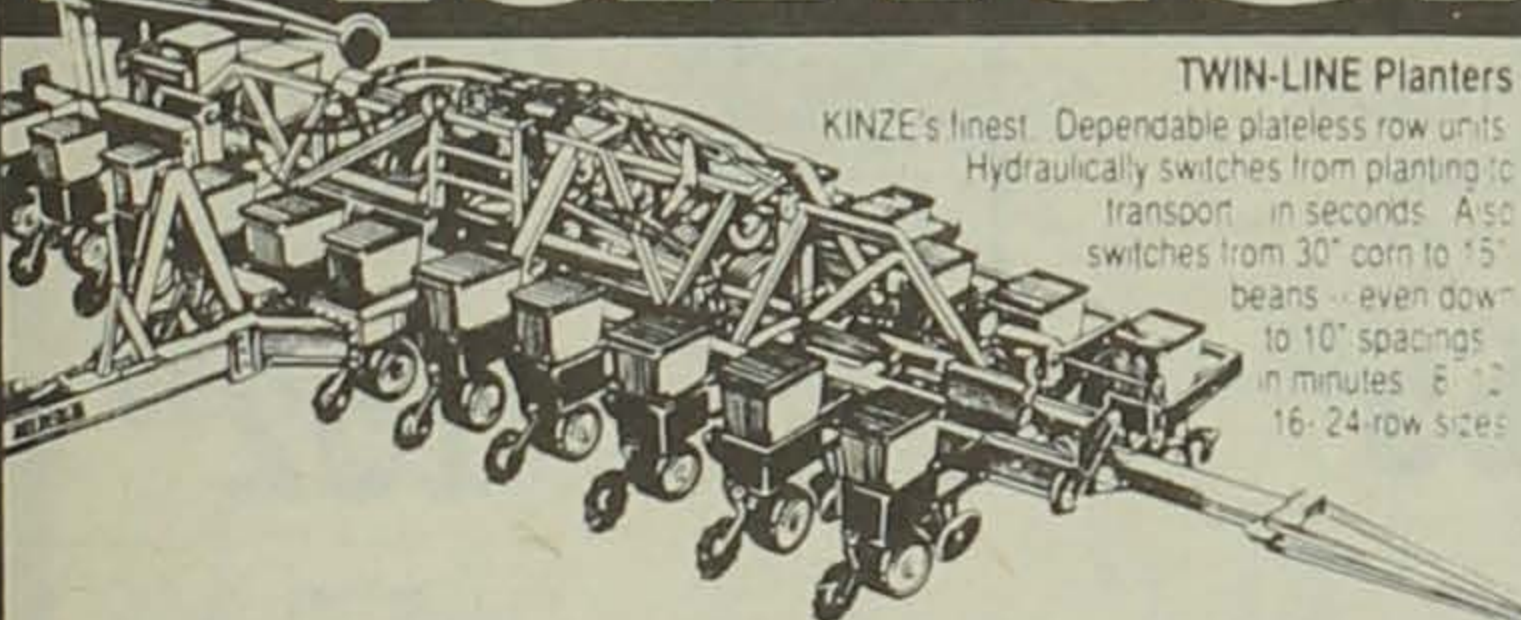
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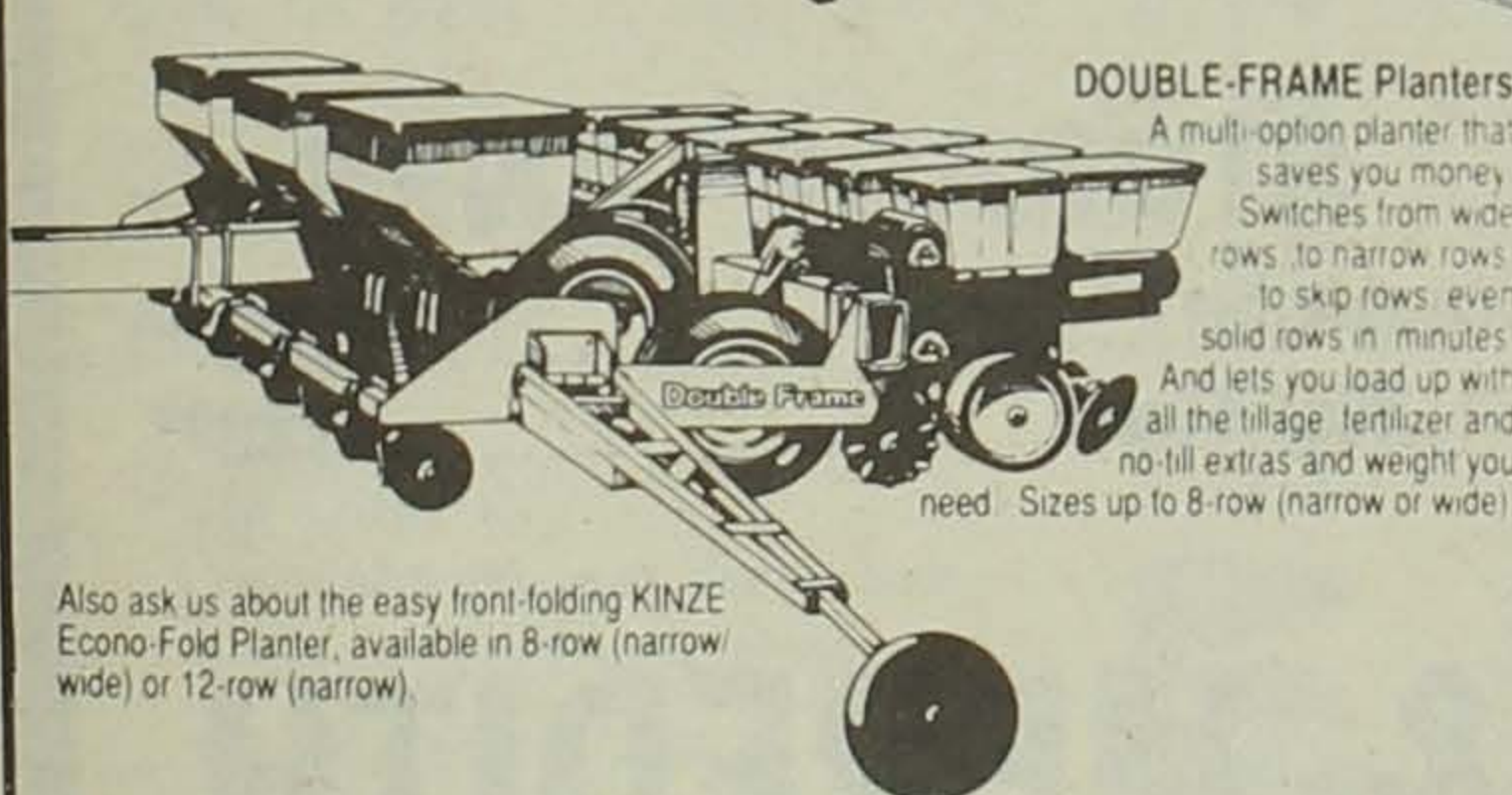
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ing in. It also carries rock fragments to the surface.

The time required to drill each well was reduced by four days. "At \$10,000 per day, total rig time saved for the eight wells amounted to roughly \$320,000," said Robert F. Wally, service engineer of Drilling Specialties.



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Coping With Stress

Almost everywhere you turn these days someone is talking about stress. It seems to have become the easy catch-all pass-word. When we are tired, sick, unhappy, unorganized, unproductive or unable to function effectively, we blame it on stress.

Most of us think of stress as negative. However, stress in and of itself is not negative. It is merely a reality of life.

Hans Selye, the noted pioneer researcher on stress, defined it as a "non-specific response the body makes to any demands upon it." The key word is "non-specific." If you are told you are going bankrupt, your pulse rate will quicken, adrenaline will flow, and you will feel the symptoms of stress.

On the other hand, Selye maintains, if you are told that you are being given a large promotion, your pulse rate will quicken, adrenaline will flow, and you will also feel symptoms of stress.

Selective

Rather than encouraging people to slow down, take it easy and try to avoid stress,

researchers are advocating individuals be more selective in picking the right kinds and amounts of stress for themselves on a daily basis.

Selye talks of stress as becoming either "eustress" or "distress". The eu refers to good as in euphonic while the di refers to bad as in disaster. Having abundant eustress is actually needed to make life healthy, exciting, challenging, productive and full.

Family stress has almost become a way of life in some homes. Researchers at the University of Minnesota have been studying family stresses and how families cope. They found six strategies families shared in coping effectively with stress.

Family Unity

One of these is maintaining family unity. Parents who do more things with their children are strengthening family ties.

Another strategy is building self-esteem and esteem in others. Individual family member's efforts to keep healthy and in shape, learn new skills and develop personally are important to the family as whole in its ability to endure stress. Showing appreciation for other members of the family and the help they give during periods of stress is also an important characteristic.

A third coping strategy involves developing social support. Families are better able to endure hardships if they are

actively part of a community. Friendships, community activities, and feelings of belonging are important parts of coping.

Fourth, families who enjoy the lifestyle they have chosen handle stress more easily than those who are not happy or feel forced into their current lifestyle.

Fifth, families who use a variety of tension-managing devices such as hobbies, relaxation, exercise, healthy diet and positive attitude are better able to cope with changes.

Pay Attention

Coping involves the ability to pay attention to family needs while managing tensions, and taking care of personal needs for help, self-esteem and fitting into a style of life.

Finally, is the ability of couples to nurture their relationship as a couple. Parents need to promote their own growth and emotional satisfaction. Not only are they better able to cope personally, but they are also better able to deal with family needs in time of stress.

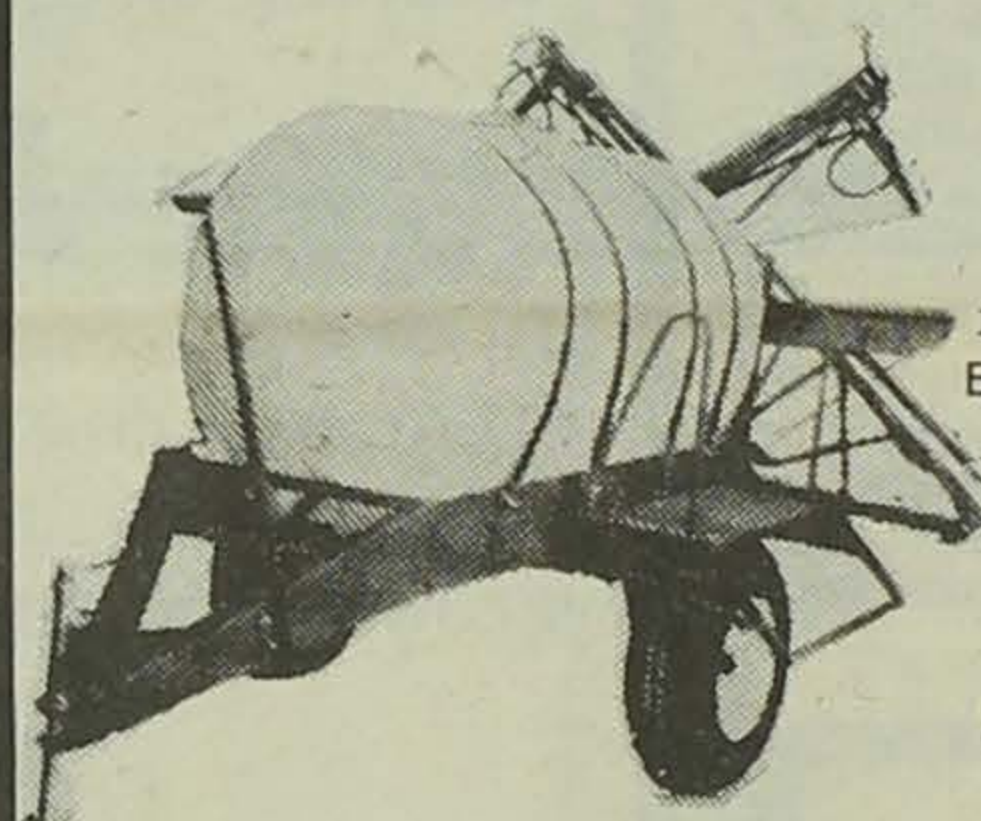
The secret is in figuring out what amount of stress keeps you in the eustress zone. Selye maintain, "some of us are turtles and some of us are racehorses. Force a turtle to run like a racehorse and you'll kill him. And force a racehorse to stand in his stall all day long and you'll kill him too."

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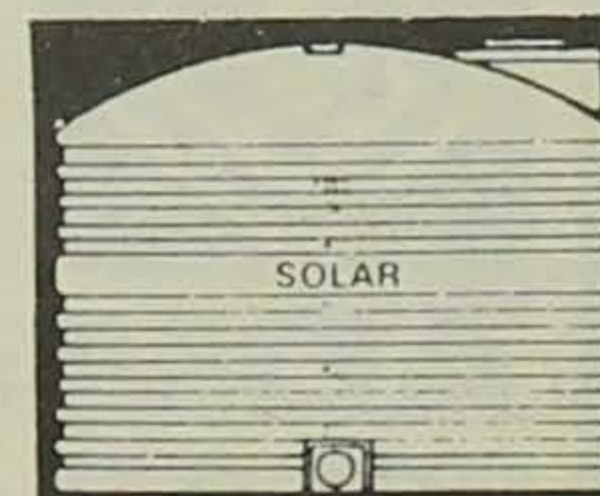
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Cites Value Of Strip-Cropping On Hillsides

By Delbert Westphalen
Of Atlantic

In recent years, there has been more of an awareness of soil conservation. Yet, many producers say that it 'costs too much' or 'I'm a tenant, so it's not my responsibility'. Soil Conservation is everybody's responsibility and moral obligation.

The only way for soil conservation to be expensive is for you to do nothing. One of the least-cost alternatives is the age-old practice of strip-cropping.

This means of soil saving is so flexible that it can fit into most conservation plans, including one of a tenant farmer. It is a little more labor intensive, but very little capital is required.

By means of alternating strips of a row crop and a grass, legume or cereal grain, you can slow or stop the movement of soil from the slope of the hill. Strips are of varying widths depending on the slope, length of slope, soil type, crop cover and amount of expected rainfall.

Ranging from possibly 70 feet to more than 100 feet wide, these strips can be configured to fit anyone's machinery widths and farming practices. Only the hillsides are affected as the hill-tops and draws or bottoms are farmed as a continuous row crop.

One of the most often overlooked aspects of the legume strips is the nitrogen production capabilities of the alfalfa plant and its rotational benefits.

By rotating your row crops with alfalfa, you can reduce or eliminate the use of some insecticides, herbicides and nitrogen fertilizers, a major expense in crop production.

Some farmers in the area are finding a new cash crop alternative in "good quality" square baled hay or in processed hay such as dehydrated or cubed alfalfa.

Several years ago a new organization, the Southwest Iowa Hay Growers Association, was formed. Its major goal is to educate farmers on production of top quality hay, the use of hay as a tool in the conservation of our soil and to help provide an alternative cash

crop for the area.

Board member Steve Olsen of Atlantic, says that most farmers don't take proper care of their alfalfa. He cites the need for proper fertilization and management to produce a top quality hay for the cash market.

Other options in the use of strip-cropping are use of diverted acres or cereal grains (oats, barley or wheat). Some farmers in other parts of the Corn Belt are using alternating strips of corn and soybeans in an attempt to reduce costs and improve yield.

Whatever your reason for using strip-cropping, the major factor has been and always will be the conserving of this nation's greatest asset — soil. We here in the Midwest take our soil for granted. The soil in the Corn Belt is some of the richest soil in the world.

Due to intense row-crop production in recent years, we in western Iowa have the distinction of having the greatest soil erosion in the nation. If you lose just one inch of top soil, it will take four generations to replace it.

If we don't conserve it, it will be gone. Someone has taken care of it for us! Remember — we didn't inherit this land from our ancestors, we borrow it from our children.

Farm Monthly Book News

By Grace Rasmussen
Of Manilla

Farm Monthly Book news would like to veer a bit this month and dwell on two magazines that have surfaced recently.

Soviet Life is as big as LIFE in size and is a bold publication that challenges our preconceived notions.

Soviet Life is published by reciprocal agreement between the governments of the United States and the Soviet Union. The agreement provides for the publication and circulation of the Soviet Life in the United States and the magazine, America, in the Soviet Union.

The latest issue has wonderful information on the city of Leningrad, its past, present and future.

The November issue contained a colorful article on the Good Will Games held in Moscow last summer.

"From Friendship in Sports to Peace on Earth" was the

motto of the first of these games. Eighty countries participated in 18 different sports.

In a country laden with monuments, a young philosopher has offered the idea of a town for the young, to be called Peaceville. His model was top prize winner in the UNESCO competition.

The price for the Soviet Life is \$12, from Subscription Dept., 1706 Eighteenth Street, NW Washington, D.C.

The next magazine I would like to tell you about is on a subject dear to my heart. Walking is a brave new publication in the magazine world. It offers information on world walking activities from wilderness treks in Oregon, Japan by foot and a Bay Breakfast walk by 3,000 senior citizens in San Francisco.

It offers films such as "Walk America" from the Rockport Walking Institute, Box 470, Marlboro, Mass. 01752.

Tops in the issue, though, is an article by Tom Wolf, a field biologist for the Nature Conservancy in Colorado. He made me lonesome for John Muir. He inculcates literature and a walk

through Rainbow Trail to the Summit of Electric Peak.

These selected articles are but a mere sip compared to the draught of information available in both magazines.

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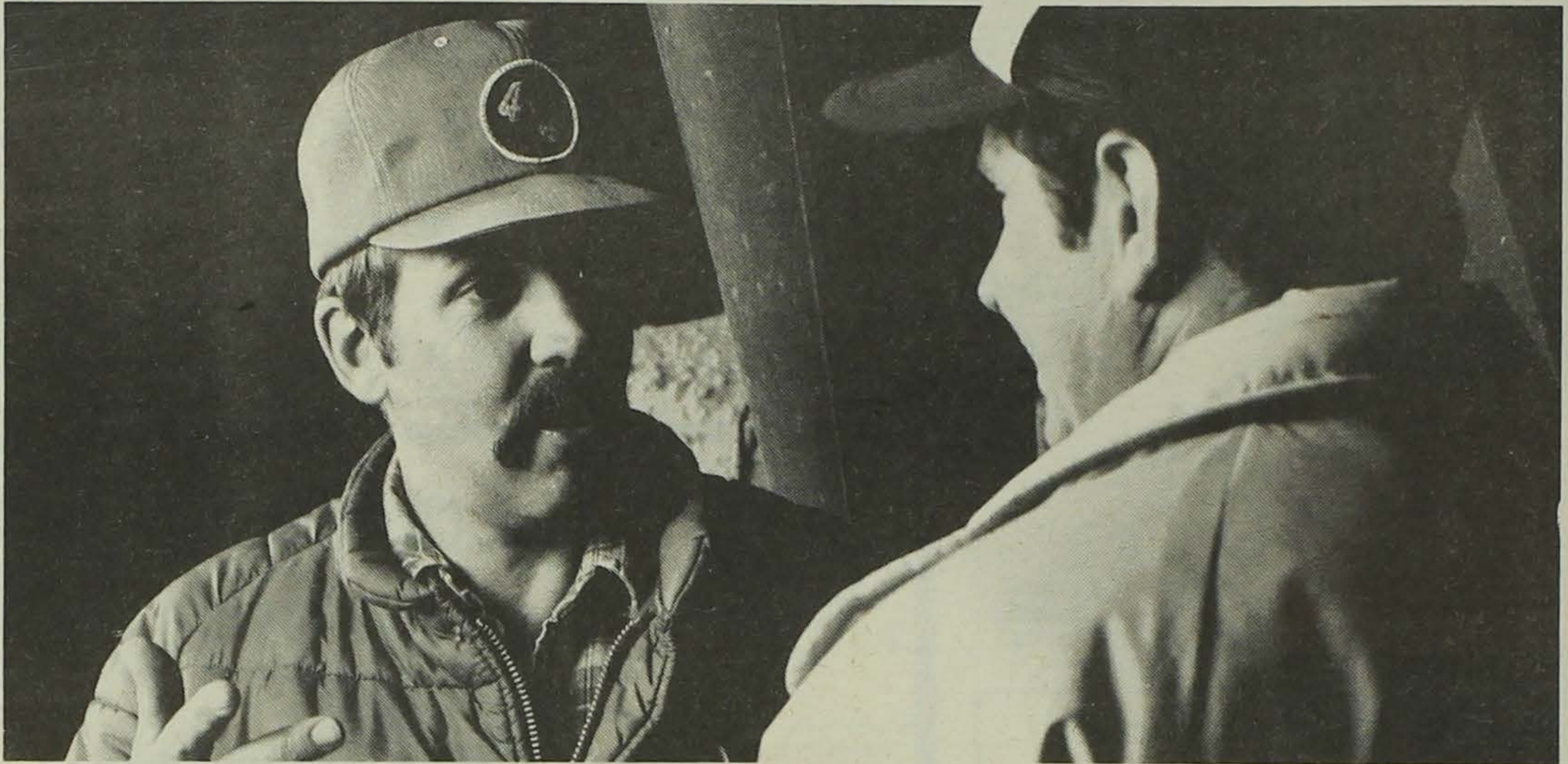
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chance in Hawaii."**



"Don't get me wrong," I told Greg. "I've always liked the results I get with Weaner Supreme. But with just one bulk tank, it's not convenient to feed two different rations. Can't you give me a complete feed that'll take my pigs to 50 pounds?"

"Greg kind of smiled and said, 'Glad you asked. Walnut Grove has a new complete feed that could be just what you need. It's called Nursery Supreme, and at our Research Farm, it's done a great job of taking pigs from weaning through the nursery.'"

"That was 6 months ago, and I had my doubts. But I've got to admit, the only thing I ever saw work as well to 25 pounds is Weaner Supreme. The difference is, with Nursery Supreme, I can keep on feeding it to 50 pounds out of the same bulk bin."

"Now, Greg's weighing some pigs that we started out on Pre-Weaner before putting them on Nursery Supreme. He's trying to prove that it'll give me an even lower cost-per-pound of gain."

"Well, I told him this morning, 'It'll be a cold day in August before I get better results than I'm getting right now.'"

"But, hey, I was wrong once before."



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