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The NEBLINE, July 2002

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2002 Lancaster County Fair 4-H Centennial Celebration
July 31–Aug. 4

One regular fair-goer claims the Lancaster County Fair is Lincoln’s best kept secret! With no admission fee and free parking, the fair has five full days of fun, food and entertainment for the entire family! The 2002 Lancaster County Fair will be held July 31–Sunday, Aug. 4, and marks the second year at the Lancaster Event Center at 4th and Havelock in Lincoln.

4-H Centennial Celebration
In honor of 100 years of 4-H, the theme of the County Fair is “4-H Centennial Celebration.” There will be 4-H exhibits, contests and livestock shows the entire five days.

4-H is Bursting Out All Over will kickoff the celebration with a big water balloon fight open to the public on Wednesday, July 31 at 8:30 p.m. People can preorder water balloons at the 4-H Information Booth. The event will also feature a frozen T-shirt contest with prizes — sign up at the 4-H Information Booth.

In recognition of the fact that former 4-H’er Jim Davis has designed Garfield 4-H Centennial promotional items that former 4-H'er Jim Davis has designed Garfield 4-H Centennial promotional items, Lancaster County 4-H is hosting a Lasagna Cook-off & Feast. Valentino’s lasagna (beginning at $10) will be served at 5:30 p.m. on Sunday. There is no advance ticket required. The public is invited to share their cultures by setting up an exhibit at the event. Lupe’s Mexican Cuisine and Kroak (Froggy 98) will provide food for the event.

4-H Table Contest
Sign up at the 4-H Information Booth. The event will also feature a frozen T-shirt contest with prizes — sign up at the 4-H Information Booth.

Teen Dance
Teen Dance with music DJ’d by Complete Music — Friday, Aug. 2, 8-11 p.m. Cost is $5 for ages 13 to 18.

Big Wheel Race
Saturday, Aug. 3 at 1 p.m. Ages 3 to 18. Register at the event.

Pedal Tractor Pull
Saturday, Aug. 3 at 1 p.m. Ages 4 through adult. Register at the event.

Car and Motorcycle Show & Shine — Sunday, Aug. 4, 9 a.m.–4 p.m. $5 admission per vehicle. Trophies for People’s Choice, Director’s Choice and Kool 105 Choice.

New at the Fair
The 2002 Lancaster County Agricultural Society (Fair Board) has worked hard to expand the Fair with new and exciting events and activities.

One event not to miss is the Backseat Drivers Contest on Thursday, Aug. 1 at 7 p.m. In this contest, teams of two drive through an obstacle course in a golf cart. There’s one catch—the driver is blindfolded and relies on verbal directions from the passenger!

The 2002 Lancaster County Fair is a 4-H Centennial Celebration with many traditional Fair favorites as well as several new events!

New also is a Wacky Rodeo on Sunday, Aug. 4 at 1 p.m. Open to all ages, contestants participate in outrageous activities such as a diaper race, catching a greased pig and milking a goat for prizes. For more information or to register, call Kim Soucie at 434-3620.

Fantastic Food
Not only are there the standard County Fair concessions that kids of all ages savor, but several events involve food:

• Watermelon Feed on Thursday, Aug. 1, 4:30 p.m., FREE!

• Family Barbecue on Friday, Aug. 2, 5:30–7 p.m., $3.50 per ticket.

• Cookie Eating Contest on Friday, Aug. 2, 5:30 p.m. Open to all ages, participation is limited — register at the 4-H Information Booth. Cookies will also be on sale.

• 4-H Teen Council Ice Cream Social on Friday, Aug. 2, 5:30–7 p.m. 4-H Clover Mint (from the UNL Dairy Store) and vanilla ice cream for 75¢.

For more information about the fair, call the Lancaster Event Center at 441-6545. During the fair, the Fair Board will have an office in Room 1 of the Exhibit Hall.

For the complete schedule of events, see special insert in this issue.
**Blue Flowers for the Garden**

**Virginia bluebells** *(Mertensia virginica)* This woodland flower blooms in the spring. This perennial has nodding clusters of blue, bell-shaped flowers. It grows best in shady areas of the garden. The plants grow 1 to 2 feet tall and spread about a foot. They go dormant in the summer, so I like them near hostas or other perennials that cover the space later. Virginia bluebells are cold hardy in USDA zones 3 to 9.

**Heartleaf brunnera** *(Brunnera macrophylla)* This spring bloomer prefers moist, shady areas. The leaves are heart shaped and the flowers are light blue. It will grow 12 to 15 inches high with a 15 inch spread. Brunnera is cold hardy in USDA zones 3 to 8.

**Crested iris** *(Iris cristata)* This little iris is native to North America. It prefers partial shade and well drained soil. Clumps of crested iris grow 3 to 6 inches tall. Crested iris is cold hardy in USDA zones 3 to 8.

**Balloon flower** *(Platycodon grandiflorus)* This reliable perennial emerges in late spring and blooms all summer. Bell shaped flowers open from balloon shaped buds. It grows best in moist well drained soil. Plant each at a height of about 2 feet.

**Other blue flowering plants include monkshood (Aconitum napellus), blue corydalis (Corydalis flexuosa), bugloss (Anchusa azurea), blue false indigo (Baptisia aurea), bellflower (Campanula spp.), delphinium (Delphinium elatum), gentian (Gentiana spp.), Stokes’ aster (Stokesia laevis) and veronica (Veronica spp.). (MJF)**

**Fall Webworm**

Adults are a satiny, white moth often marked with brown spots and a wingspan of 1 to 2 inches. The larvae have long, silky, gray hairs and are either pale yellow with red heads or reddish-brown spots or yellow-green with black heads, a broad black stripe and black spots. Fully grown caterpillars are about one inch long.

Adults emerge in spring and begin egg laying. After 10 to 14 days the larvae hatch out and begin feeding. Larvae have chewing mouth parts, allowing them to eat entire leaves, skeletonize them or leave holes in them. Leaves are completely consumed except for the midrib. The caterpillars feed in large groups, usually creating a protective tent that encloses branches and foliage on which they feed. The webs become filled with partially eaten leaves, cast skins and excrement and are very unsightly. Significant defoliation of the tree can also occur. There is one or two generations per year.

Use a rake or broom handle to pull the webs out of small trees. Limited pruning could be effective. When necessary, control the larvae with an application of Bacillus thuringiensis (Bt) or Dipel when damage is first noticed. (MJF)

**Lawn Care Tips Save Water During Drought**

**Latest U.S. Drought Monitor Map**

As of July 2, Lancaster County is in moderate drought. Watering from 4 a.m. to 9 a.m. is ideal. Irrigating during the day wastes water because much of the water evaporates in the heat. If water limits are imposed in your community, follow them. Watering on alternate days can save 40 to 50 percent of water. Turf does not need to be watered every day.

**Kentucky Bluegrass and fescue will not retain their color without watering, but they can survive about a month without water. It is recommended to water lawns lightly after three dry days. As long as your community allows watering.**

For more information, consult NeGuide OP-1400-A, “Watering Nebraska Landscapes,” available at the University of Nebraska Cooperative Extension in Lancaster County or at [http://www.ianr.unl.edu/ pubs/horticulture/1400.htm](http://www.ianr.unl.edu/pubs/horticulture/1400.htm) on the Internet. (MJF)

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**2002 July/August Garden Calendar**

**For the most recent map, visit** [www.drought.unl.edu](http://www.drought.unl.edu)

**Weekly Drought Monitoring**

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Chiggers are the larval stage of the harvest mite. The adult harvest mite is easy to spot. You find them crawling on top of soil in the spring. They are a brilliant red and look like velvet. The adults are completely harmless to humans. The tiny larval stage is parasitic on many animals including rodents, birds, rabbits, livestock, snakes, toads and humans. You won’t be able to see the chigger with your naked eye.

Chiggers are found among weeds and thick vegetation where there is moisture and shade. Parks, roadside ditches, tall grass areas, “fishing holes” and more are great locations to come in contact with chiggers. The tiny chigger moves quickly on the ground and crawls onto feet or legs. Once it is on your body, it moves until it finds a somewhat confined area. You can expect these bits around your socks, behind your knees, under belts, on your crotch/waistline especially under elastic waistbands. Sometimes chiggers can get to your upper body and under your armpits. If you are going out into chigger-infested areas, use an insect repellent containing “DEET” (diethyltoluamide). Put the repellent on your skin 20 to 30 minutes before going outside to allow it to penetrate your skin. If you are outdoors for several hours, reapply. Most DEET products provide complete protection for several hours.

Future Repellents

Piperidine. The USDA Agricultural Research Service is looking at a molecule which has repellent properties and is found in black pepper. Advantage to piperidine-based repellents is they won’t dissolve plastics, such as sunglasses lenses or auto paint.

Catnip. Researchers at Iowa State University have found a chemical compound in catnip that repels mosquitoes. In some studies IR3535 provided protection for four to six hours, but another study performed at USDA laboratories found that 25% IR3553 was 10-100 times less effective than DEET.

Skin-So-Soft bath oil. Made by Avon, this oil has been shown in laboratory tests to have a minimal repellent effect. In one 1983 study, 12.5% DEET provided protection from bites 10 times longer.

Bayolea oil. Geranium oil and Coconut oil. These oils have been formulated into a product called AloeDerm which has been available in the U.S. since 1997. This “natural” repellent tested better than citronella-based repellents. In some studies, Blocker provided complete protection against mosquito bites for several hours.

The concern about West Nile Encephalitis, a mosquito-transmitted disease, has prompted many questions about mosquito control. Reducing mosquitoes around your home can be challenging and requires education of neighbors. Being good neighbors, females mosquitoes can move several miles from an emergence site, but most mosquitoes will emerge in your neighborhood.

Prevention: To reduce mosquitoes around your property, eliminate mosquito breeding areas. Examine leaf-clogged gutters, bird baths, old tires, cans, bottles, children’s wading pools and anything else that might catch and hold rain. Drain water from these containers. Rinse the bird bath weekly—dissolve plastics, such as sunglasses lenses, and tight. Screening should be 16-inch mesh or smaller. Keep porch lights off as much as possible. Cover the evening or replace bulb with yellow ones that are less attractive to night-flying insects.

Bug-free barbecuing: Treat flower borders, smaller trees and shrubs around the patio with an insecticide several hours before your outdoor event. Mosquito foggers are reasonably effective (some active ingredients contain pyrethrin, permethrin, and tetramethrin). Check the labels to verify uses on plants to avoid 30 days control of mos- quito larvae. These products specifically target mosquito larvae and will not harm fish or birds or wildlife that drink the water.

Working outdoors: Wear long-sleeved shirts and full-length trousers. Two layers of clothing are more difficult to penetrate by biting mosquitoes. If you spend a lot of time outside, buy a mosquito net at a sporting goods store and wear it over your hat or cap. You may also elect to use DEET.

Changes in the Nebraska Pesticide Act May Affect Termiticide Applications

During the 2002 session, the Nebraska legislature managed to pass LB 436 which was no small accomplishment considering the budgetary issues it had to deal with. This bill amends the Nebraska Pesticide Act, enforced by the Nebraska Department of Agriculture (NDA) since 1995. The Nebraska Pesticide Act updates late-season insecticides, herbicides, fungicides and pesticides.

One change may affect how some companies treat homes for termites using barrier treatments. In the past, some termite control companies have used low concentrations of termiticides—lower concentrations than are recommended on the label. Under Nebraska law, a pesticide using insufficient chemical has not been labeled and would probably not be as effective as a treatment done at the proper application rate. To remedy this problem, LB 436 amended the Nebraska Pesticide Act so it will be illegal to apply a post-construction termiticide at a concentration less than specified on the label for pre-construction treatments. To find out what the concentration is, ask the termite control company for a copy of the termiticide label and read it carefully for the concentration given for pre-construction treatments.

According to Tim Cregger, NDA Pesticide Program Manager, “This change in the Nebraska law will take place July 20, 2002. This means the changes are technically effective and enforceable, but the NDA will be writing and proposing regulations to help them and the public understand exactly how these changes in the law will be enforced.”

The hearing for the regulation changes will be scheduled for the Nebraska Section of EBI. The changes to the Nebraska Pesti- cide Act by LB 436 can be found at the NDA Web site: http://www.agr.state.ne.us/division/bpi/pei/pestchg2.htm (BPO)
Soybeans American Style
Using Innovation & Experience to Increase Profitability

Soybeans American Style is the theme for the fourth annual Soybean Management Field Days. Four field days are scheduled across the state this year. The Southeast Nebraska field day will be held Aug. 16 at the David Antholz Farm, Burr - located 3 miles west of the Highway 50 and Burr Interchange south of Seward.

The event features field stops with demonstration plots, plus time for questions and answers. This year’s field stops will focus on managing soil water and salinity, understanding insect and disease interactions, getting the upper hand in weed control, and bringing stronger links to profitability.

Soybean Management Field Days is sponsored by the Nebraska Soybean Board in cooperation with the University of Nebraska Cooperative Extension. Thus, the information and demonstrations are unbiased and research-based. Presenters include University of Nebraska specialists, educators and industry consultants.

There is no charge for admission or lunch. Continuing education credits are available for Certified Crop Advisors. The event runs from 9 a.m.-2:30 p.m. and is open to all growers. More information can be obtained by calling 1-800-852-BEAN, 1-800-529-8030 or visit http://nso.unl.edu/soydays.htm (TD).

Grazing

Plant Turnips for Fall Grazing

Are you still searching for a high-quality pasture for late-fall and early-winter grazing for beef cows? Turnip seed is very small, so it creates a fairly rough surface. A few growers work soil like a fully prepared seedbed. Others heavily shallow till stubble to kill weeds and then plant no-till. And still others actually use a moldboard plow and rely on the very rough surface it creates as their seed bed.

Whatever method you choose, good early weed control is essential. Turnips do poorly if weeds get ahead of them, but once turnips get started they spread everywhere. Since no herbicides are labeled for turnips, weeds must be controlled either by cultivation or using contact herbicides like Roundup or Gramoxone before planting. Turnips plant quickly to get the turnips off and running. Plant only one to three pounds of turnip seed per acre. Turnip seed is very small, so barely cover it. If you drill your seed, just scratch the surface with your openers. Broadcasting works well for many growers, especially on light soil where rainfall washes soils onto the seeds for soil coverage.

Then wait. With a few timely rains you will have excellent green feed for October. November, and December. (TD)

Aeration Systems

Check fans, heaters, transitions and ducts for corrosion and damage. Remove any accumulated dust and dirt that will reduce the operating efficiency. Be sure all connections are tight to prevent air leaks that will reduce operating efficiency.

Bins

Inspect bins and foundations for structural problems. Repair as needed. Check the bin roof for all openings of old grain from combines, truck beds, grain carts, augers and any equipment used for harvest. Transports and handling grain. Even small amounts of moldy or insect-infested grain left in equipment can contaminate a bin of new grain.

Site

Check the bin site. Spilled grain harms insects and draws mice and rats. Clean up and dispose of any spilled grain at least twice a day. Use a recy- cling opportunity for plastic from one and 2-2/1 gallon contain- ers. Crop oil and adhesive containers may also be recycled.

The Nebraska Pesticide Container Recycling program, currently with US Cooperative Extension, provides a recycling opportunity for plastic from one and 2-2/1 gallon contain- ers. Crop oil and adhesive containers may also be recycled.

Treating Empty Bins

Fumigation of Empty Bins

If a bin was infested with insects during the past year and it has a perforated drying floor, consider fumigating the empty bin if you anticipate carrying new grain this year into a bin with holes in the floor, and can be fumigated.

For more information about the pesticide container recycling program, call Tom Dorn at 441-7180 or visit online at http://pest.ext. unl.edu/pestrecy.htm.

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Safely and Risk Management in Agricultural Tourism

Agricultural tourism can be a mutually beneficial exchange between agriculturists and urban residents. Though it helps agriculturists learn more about urban concerns, while enabling urban residents to learn about farming and enjoy nature. It can also increase farm income if a fee is charged for farm tours or if products are sold to visitors. However, farm visits imply risks and may be dangerous to the owner, should accidents occur that result in injuries to visitors. There is a need, therefore, to pursue prudent risk management strategies to minimize your liability exposure.

Safety is your first priority when entertaining visitors to your farm or ranch or when consumers visit your operation to participate in picking or other farming experiences, including farm tours.

Your visitors’ safety is largely your responsibility. Review the following suggestions as a guide to assessing your far or nature tourism facility for potential hazards and to prepare for a safe, enjoyable visit to your farm, ranch or nature operation.

Managing and Reducing Risks

One essential tool to manage risk exposure is insurance. Before hosting groups of visitors or planning a public event, check with your agent and concerned agencies about the adequacy of your liability coverage. An event insurance rider may be necessary.

Identify the specific areas that guests will visit; the activities in which they will participate, how they will be supervised, the safety precautions you will take and any rules you will need to post. For some activities (horseback riding, for example) a “hold harmless” or “release of responsibility” may be a good idea. A “hold harmless” agreement indicates that the guest assumes responsibility for certain risks. It does not, however, totally absolve you of a certain liability exposure.

Plan for Emergencies. Keep a well-stocked first-aid kit. Have farm personnel check farm equipment. Never allow visitors to drive farm equipment. Provide hand washing facilities, hand wipes or sanitizing hand cleaner in a convenient area.

Livestock and Animals

General concepts: All interactions between animals and guests should be supervised by farm staff. Animals will behave differently around a crowd of people. They should be penned or confined for viewing, with limited, controlled access for petting. Carefully select your most healthy, “user friendly” animals for public interaction, but remember that animal well-being comes first. Give adequate attention to odor, ventilation, hygiene and pest control in the visitor area.

Facilities and Equipment

Parking: Do you have adequate space for the expected number of vehicles?

Buses: If buses must park away from your farm, plan for a drop-off and loading area.

Bathrooms: Do you have clean, well stocked, public restrooms in good operation? If you are expecting a large number of visitors, consider renting portable units.

Security: Depending on the event, you may want to employ additional help to ensure that guests do not put themselves or other persons at risk of farm operation at risk. Use additional staff as必要 when visitors exceed your supervised capacity. Discuss tractor safety and install respect for your equipment. Never allow visitors to drive farm equipment.

Lagoons and Ponds

Water is of special concern because of its attraction to children. Make sure that no visitor will be near water (secure with temporary fencing, cones and orange). Do not trust parents to watch their children.

Hayrack Rides

Hayrack rides are popular with farm visitors, but safety precautions need to be taken. Also, additional insurance may be necessary for this activity. Establish a hay ride rider load that provides safe seating for all occupants. Establish a hay rack that participants follow the rules (no smoking, stay seated, legs away from wheels). The tractor speed should be no faster than an adult can jog. If there are problems, stop the ride immediately.

Caring for Animals When Gone

When you are gone for any extended period of time, they must still be cared for on a regular basis. Your animals should be looked on daily to ensure that they are in good health. Automatic feeders and waterers can break. Daily proper nutrition is very important to the overall health of the animal.

Therefore, when you are away, get a reliable person who can trust to serve as relief chore person. Find a person who is familiar with the care of live stock. It is important that your animals are getting the proper nutrition they require and are in good health. It also ensures that you are able to relax and not worry while you are gone. Provide your relief chore person with phone numbers (i.e., police, fire and local veterinarian) in case of an emergency. Include a detailed description of what animals need, specific feed and other chores to be done.

There is much automation involved in many livestock buildings today. It would be wise to have at least a minimal inventory of common repair parts. Add information on how to get help for any repair items needed while you are away. It’s also a good idea to give a relief chore person the number where you can be reached.

Pets: Ensure that only very friendly, social dogs will be near the public. Even friendly dogs can do damage. Cats and kittens: Be wary of their sharp claws and teeth. Calves should be controlled. Hand milking is not recommended.

Horses and ponies: Warn visitors that animals may bite. Horse and pony riding requires special rules and insurance. Consult your agent.

Post a “Please wash your hands after handling animals” sign.

Water is of special concern because of its attraction to children. Make sure that no visitor will be near water (secure with temporary fencing, cones and orange). Do not trust parents to watch their children.

The latest U.S. census data shows some encouraging trends in rural Nebraska’s population. Many rural counties rebounded from previous population losses during the 1980’s or showed slower rates of decline during the 1990’s. The future of Nebraska’s rural communities looked bleak after the 1990 Census data was released. Findings showed rural Nebraska’s population declined by 50,000 during the 1980’s. However, 2000 census data shows rural Nebraska’s population grew by 20,000 during the 1990’s.

Several counties that lost population during the 1980’s grew during the 1990’s. For example, the populations of Loup and Gosper counties declined 20.5% and 9.9% during the 1980’s, but grew 4.2% and 11.2% in the 1990’s. Overall, less than 5% of rural counties gained population in the 1980’s, but nearly 40% gained in the 1990’s. Fifty-three of Nebraska’s 87 rural counties rebounded in both decades, but the rate of decline slowed during the 1990’s. For example, Frontier County lost 15% of its population in the 1980’s, but only 0.1% during the 1990’s.

Whether or not the trends of the 1990’s will continue is unknown. If these trends do continue, the historic concern over population loss in rural Nebraska should decrease.
Enjoy Nebraska Foods!

Alice Hennemann, RD, LDN, Extension Educator

Enjoy these two salad summer recipes from the National Cancer Institute’s 5 A Day Program. The goal of the National 5 A Day for Better Health Program is to increase the consumption of fruits and vegetables in the United States from 5 to 9 servings every day. Eating fruits and vegetables can improve your health and reduce the risk of cancer and other diseases, including heart disease, hypertension, diabetes and macular degeneration. Both these recipes were created by TV cooking personality and cookbook author, Graham Kerr. For more recipes and health promotion tips from the National Cancer Institute, check: www.5aday.gov

Cucumber Salad With Tomatoes

2 cups diced cucumber
1 cup seeded and diced tomatoes
1/4 cup chopped sweet onions
1/4 cup chopped cooked or raw rice
1/2 cup low-fat vinaigrette salad dressing

Toss together the cucumbers, tomatoes, onions, cooked rice, and vinaigrette salad dressing in a large bowl. Mix well and let sit for at least one-half hour. Serve on lettuce leaves with a good slice of crusty whole wheat bread.

Serves: 4

Nutritional Analysis Per Serving: 153 calories, 5 g fat, 1 g saturated fat, 26 g carbohydrates, 4 g fiber, 118 mg sodium

Sumptuous Summer Salad

1 cup chopped zucchini
1 cup fresh, canned or frozen corn kernels
1 cup chopped, seeded tomatoes
1/4 cup fresh or frozen peas
1/4 cup sliced green onions
2 cups cooked rice, quinoa, bulgur or millet
1/4 cup chopped fresh basil
1/3 cup low-fat vinaigrette salad dressing
6 large butter or leaf lettuce leaves

Combine the zucchini, corn, tomatoes, onion, rice, basil and salad dressing in a large bowl. Mix well and let sit for at least one-half hour. Serve on lettuce leaves with a good slice of crusty whole wheat bread.

Serves: 6

Nutritional Analysis Per Serving: 154 calories, 5 g fat, 1 g saturated fat, 24 g carbohydrates, 2 g fiber, 107 mg sodium

Get Creative Packing Your Lunch!

Here are some easy, practical ideas to help you either start packing your lunch or to help you think of some new ways to expand your take-it-with-you lunch.

• Perhaps the most obvious is to use “leftovers.” With the variety of inexpensive, individual servings and bags and holders available on the market, this has gotten easier and much more fun. For best safety and quality, eat leftovers in a day or two or freeze them.

If you have a bit of lasagna, casserole or soup left over, save it for lunch the next day. Use the microwave oven at the office to re-heat your entree. To use leftovers, such as pasta, rice or potatoes as a “starter” for your entree. Add sliced, chopped or ground meat or cheese to make a simple casserole. Divide it up into several containers for meals other than lunch.

• If you decide to “go with the sandwich,” make it interesting! It is much more likely you will look forward to taking your lunch break. Besides plain bread, create and think about what other grain products you can use to create a sandwich.

| Make a pita pocket or a sandwich using a bagel or English muffin or biscuit. Try two waffles, crackers, hamburger or hoagie buns. Use lettuce, chopped tomatoes, flour tortilla, flat bread or a lettuce pancake. Try different types of bread, including rye bread and other whole-grain breads. For variety, roll up sliced greens such as lettuce, red or spinach, or cabbage to make a sandwich. What you put in the “sandwich” can be just as tasty and creative. Low-fat, low-salt deli and pre-packed meats are readily available. The lunch meat can be ground, sliced or chopped and low-fat ranch dressing, low-fat mayonnaise, sweet and sour sauce, barbeque sauce or spicy mustard added for flavor. Perhaps you prepared roast beef, pork or even hot dogs or hamburgers over the weekend. Just slice and freeze the meat in small containers for use in lunches. Cook chicken breasts and slice or make into chicken salad. Cook extra ground meats including beef, pork, turkey or chicken and freeze in small containers to be used for Sloppy Joes or taco salad or added to pasta, potatoes or rice.

| Tuna, salmon or other canned seafood provide great variety and add nutrients to your lunch routine. Other possibilities for sandwiches which are good sources of protein include sliced hard-cooked eggs, sliced cheese or spread or legumes including navy, black, or white beans.

It is much more likely you will look forward to packing your lunch. Other possibilities for sandwiches which are good sources of protein include sliced hard-cooked eggs, sliced cheese or spread or legumes including navy, black, or white beans. Make a pita pocket or a sandwich using a bagel or English muffin or biscuit. Try two waffles, crackers, hamburger or hoagie buns. Use lettuce, chopped tomatoes, flour tortilla, flat bread or a lettuce pancake. Try different types of bread, including rye bread and other whole-grain breads. For variety, roll up sliced greens such as lettuce, red or spinach, or cabbage to make a sandwich. What you put in the “sandwich” can be just as tasty and creative. Low-fat, low-salt deli and pre-packed meats are readily available. The lunch meat can be ground, sliced or chopped and low-fat ranch dressing, low-fat mayonnaise, sweet and sour sauce, barbeque sauce or spicy mustard added for flavor. Perhaps you prepared roast beef, pork or even hot dogs or hamburgers over the weekend. Just slice and freeze the meat in small containers for use in lunches. Cook chicken breasts and slice or make into chicken salad. Cook extra ground meats including beef, pork, turkey or chicken and freeze in small containers to be used for Sloppy Joes or taco salad or added to pasta, potatoes or rice.

Cucumber Salad With Tomatoes

• Pack the biggest and best food/physical activity changes first. This is the best way to start your healthy eating habits. One of the points people tell if they’re drinking enough fluids? What dangers might be associated with being chronically dehydrated? Nancy Clark: If your urine is pale yellow (like lemonade) and of significant volume, you’re getting enough fluid. You should need to urinate every two to four hours. If you urinate only once or twice a day, and your urine is dark brown and smelly, you are dehydrated. Dehydration leads to needless fatigue, headaches and poorer exercise performance.

Let’s discuss how you could save money. Say you spend an average of $3 a day on lunch at a fast-food or other restaurant. Over just a one-month period, you could easily save over $50. That easily adds up over the course of a year. There is some cost to packing a lunch, but by being creative and using your available resources, the cost is far less than eating out.

One way to pack your lunch is to pack it the evening before. Then, all you have to do the next day is take your lunch bag out of the refrigerator. If refrigeration is not available at your work site, carry food in an insulated lunch box or bag and include an ice pack or gel freezer pack before you head for work. Have your foods

“refrigerator-cold” before you pack them in the insulated bag. It is important to keep foods cold until the refrigerator to prevent any potential bacteria growth and to discard any leftovers held at room temperature for more than two hours.

When we pack our lunch, we often include more foods and vegetables to get more calcium sources than when eating at fast-food places. Also, we can control the portion-size of foods and choices foods lower in fat while eating at home. The nice part of bringing your lunch, as noontime approach, you can look forward to taking a break and eating at your convenience. There are many reasons to pack your own lunch and saving money is just one of those reasons.

The Food/Physical Activity Connection

Many of us become more physically active during the summer months. Whether you’re an easy-going exerciser or an avid athlete, how you eat affects both your PERFORMANCE and your PLEASURE during physical activities. Whether you’re taking a walk through the neighborhood or tackling a triathlon, you’ll likely do better if you fuel up with healthy foods. Recently I had the opportunity to interview sports nutritionist Nancy Clark for my online Food Reflections newsletter (http://lancaster unl edu/food/ foodtalk.htm). To help you make the best food/physical activity connection, here are some suggestions from Clark based on her Sports Nutrition Guidebook.

Although adequate fluid is important to keeping an active person well-hydrated and at peak performance. How can people tell if they’re drinking enough fluids? What dangers might be associated with being chronically dehydrated?

Nancy Clark: If your urine is pale yellow (like lemonade) and of significant volume, you’re getting enough fluid. You should need to urinate every two to four hours. If you urinate only once or twice a day, and your urine is dark brown and smelly, you are dehydrated. Dehydration leads to needless fatigue, headaches and poorer exercise performance.

Nancy Clark: It’s a common belief that physically active people require high protein diets. What would be a sample meal plan that includes enough protein for most active lifestyles? What are some consequences to eating TOO MUCH protein?

See FOOD ACTIVITY on page 11
Pre-Fair Schedule

**WEDNESDAY, JULY 17**

4-H Horticulture/Tree/Grass-Weed Judging Contest  
(Lancaster Extension Education Center) ..................... 10 a.m.

4-H Family and Consumer Science Judging Contest  
(Lancaster Extension Education Center) ................. 1 p.m.

**FRIDAY, JULY 19**

4-H Demonstration Contest  
(Lancaster Extension Education Center) ................. 1 p.m.

**WEDNESDAY, JULY 24**

4-H Style Revue Judging (Exhibit Hall) ................. 8 a.m.

**SATURDAY, JULY 27**

Open Class Horse Show (Multi-Purpose Arena) ........... 8 a.m.

**MONDAY, JULY 29**

4-H Horse Check In Begins (Pavilion 2) ................. Noon

4-H & Open Class Static Exhibit Check In  
(Lincoln Room) ............................................. 4–8 p.m.

**TUESDAY, JULY 30**

4-H & Open Class Static Exhibit Judging  
(Lincoln Room) ............................................. 8 a.m.

4-H Interview Judging (Lincoln Room) ............ (pre-scheduled)

4-H Horse Dressage (Multi-Purpose Arena) ............. 8 a.m.

4-H Horse Hunter/ Jumper-Hunter Hack  
(Multi-Purpose Arena) ...................................... 3:30 p.m.

4-H/FFA Early Animal Check In (Pavilion 1) .......... 4–8 p.m.

4-H Rabbit/Poultry Check In (Pavilion 1 - Walkway) . 4–8 p.m.

Volunteers Needed

Volunteer helpers (ages 12 and over) are needed to help at the County Fair in the following capacities:

- Check in exhibits on entry day (July 29)
- Assist judges on judging day (July 30)
- Put up project displays (July 30)
- Help at the Fair Fun Day (Aug. 2)
- Help in the information booth (July 31–Aug. 4)

Call 441-7180 to sign up. Your help is appreciated!

Food Booth Training

ALL county fair food booth volunteers are encouraged to attend this training at the Lancaster Event Center, Thursday, July 25, 6–7 p.m. Learn about food safety, customer service and volunteer responsibilities. See you there!
## Fair Schedule

### Rainbow Amusements Carnival
- **Sponsored by:** [Blueschild & Froste 98]
- **Dates:** July 31–Aug. 4

### Beer Garden
- **Sponsored by:** [Blueschild & Froste 98]
- **Dates:** July 31–Aug. 4

### Yo-Yo Artist “The Amazing Arthur”
- **Dates:** July 31–Aug. 3

### Stiltwalker Shawn Gregory
- **Dates:** Aug. 1–3

### Shriner Clowns
- **Dates:** Aug. 1–4

### Petting Zoo
- **Sponsored by:** [Goan Enterprises]
- **Dates:** Aug. 1–4

### Rainbow Amusements Carnival
- **Dates:** July 31–Aug. 4

### 4-H Rabbit/Poultry Check In
- **Venue:** Pavilion 1 - Walkway
- **Time:** 8 a.m.–Noon

### 4-H English Horse Show (Multi-Purpose Arena)
- **Time:** 8 a.m.

### Static Exhibits Open (Lincoln Room)
- **Time:** 9 a.m.

### Open Class Poultry Show (Pavilion 1 - Walkway)
- **Time:** 10 a.m.

### 4-H Household Pet Check In (Exhibit Hall)
- **Time:** 10–11 a.m.

### 4-H Household Pet Show/Quiz Bowl (Exhibit Hall - Room 3)
- **Time:** Noon

### All 4-H/FFA Animals Must be In Stalls (Pavilion 1)
- **Time:** Noon

### 4-H Horse Judging (Multi-Purpose Arena)
- **Time:** 2:30 p.m.

### 4-H Horse Roping, Working Ranch Horse (Multi-Purpose Arena)
- **Time:** 5 p.m.

### 4-H/FFA Beef Weigh In (Pavilion 1 - East Area)
- **Time:** 6 p.m.

### 4-H Style Revue (Exhibit Hall)
- **Time:** 7 p.m.

### 4-H Is Bursting Out All Over (South Parking Lot - Fair Tent)
- **Time:** 8:30 p.m.

### 4-H/FFA Swine Weigh In (Pavilion 1)
- **Time:** TBA

### Exhibitors Breakfast for ALL 4-H Exhibitors
- **Time:** 6:30–8 a.m.
- **Location:** Covered Walkway

### 4-H Goat Show (Pavilion 1 - West Arena)
- **Time:** 8 a.m.

### 4-H Horse Showmanship/Groom & Care/Halter/Bareback Equitation (Multi-Purpose Arena)
- **Time:** 9 a.m.

### 4-H/FFA Sheep Show (Pavilion 1 - West Area)
- **Time:** 1 p.m.

### 4-H Horse Western Pleasure/Western Horsemanship (Multi-Purpose Arena)
- **Time:** 2:30 p.m.

### 4-H Poultry Show (Pavilion 1 - Walkway)
- **Time:** 4 p.m.

### Watermelon Feed (South Parking Lot)
- **Time:** 4:30 p.m.

### 4-H Rabbit Judging Contest/Quiz Bowl (Pavilion 1 - Walkway)
- **Time:** 5 p.m.

### 4-H Table Setting Contest (Exhibit Hall)
- **Time:** 5:30 p.m.

### Lasagna Cook-off & Feast (Exhibit Hall - Room 2)
- **Time:** 5:30 p.m.

### 4-H Llama Show (Pavilion 1 - East Area)
- **Time:** 6 p.m.

### 4-H Rabbit Pet Class/Breeders Choice (Pavilion 1 - Walkway)
- **Time:** 7 p.m.

### Backseat Driver Contest (South Parking Lot)
- **Time:** 7 p.m.

### Town Hall Meeting (Exhibit Hall - Room 3)
- **Time:** 7 p.m.

### Farm Family and Recognition Awards (South Parking Lot - Fair Tent)
- **Time:** 7 p.m.

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### Wednesday, July 31

#### Exhibitors Breakfast for ALL 4-H Exhibitors
- **Time:** 6:30–8 a.m.
- **Location:** Covered Walkway

#### 4-H Goat Show (Pavilion 1 - West Area)
- **Time:** 8 a.m.

#### 4-H Horse Showmanship/Groom & Care/Halter/Bareback Equitation (Multi-Purpose Arena)
- **Time:** 9 a.m.

#### 4-H/FFA Sheep Show (Pavilion 1 - West Area)
- **Time:** 1 p.m.

#### 4-H Horse Western Pleasure/Western Horsemanship (Multi-Purpose Arena)
- **Time:** 2:30 p.m.

#### 4-H Poultry Show (Pavilion 1 - Walkway)
- **Time:** 4 p.m.

#### Watermelon Feed (South Parking Lot)
- **Time:** 4:30 p.m.

#### 4-H Rabbit Judging Contest/Quiz Bowl (Pavilion 1 - Walkway)
- **Time:** 5 p.m.

#### 4-H Table Setting Contest (Exhibit Hall)
- **Time:** 5:30 p.m.

#### Lasagna Cook-off & Feast (Exhibit Hall - Room 2)
- **Time:** 5:30 p.m.

#### 4-H Llama Show (Pavilion 1 - East Area)
- **Time:** 6 p.m.

#### 4-H Rabbit Pet Class/Breeder Choice (Pavilion 1 - Walkway)
- **Time:** 7 p.m.

#### Backseat Driver Contest (South Parking Lot)
- **Time:** 7 p.m.

#### Town Hall Meeting (Exhibit Hall - Room 3)
- **Time:** 7 p.m.

#### Farm Family and Recognition Awards (South Parking Lot - Fair Tent)
- **Time:** 7 p.m.

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### Thursday, Aug. 1

#### Lasagna Cook-off & Feast
- **Time:** 5:30 p.m., Aug. 1

#### Recipe is required with entry and must be typed or printed on 8–1/2" x 11" sheet of paper.
- **Entry must consist of 9" x 13" pan of lasagna.
- **Class(es):** (1) traditional, (2) nontraditional (each class must have 2 or more entries for competition).
- **1st and 2nd place prizes in each category.
- **Preregister by:** July 26 by calling 441-7180.
4-H Livestock Times Differ This Year

The 2002 4-H/FFA livestock check in and show times are different from previous years. Please note new times and locations listed.

4-H Alumni Showmanship in Livestock

In celebration of the 4-H centennial there will be an alumni showmanship following each livestock show. If you are a Lancaster County alumni in an area of beef, sheep, swine, goat or dairy, practice up. Don’t worry, an animal will be provided the day of the show. Registration will be taken during each 4-H and FFA show. This is a great opportunity to prove you haven’t lost your touch.

New 4-H/FFA Livestock Exhibitor T-Shirts

New county fair T-shirts are here for livestock exhibitors to wear! These shirts will replace the simple white T-shirts. The new shirts have both 4-H and FFA logos displayed on the front. The 50/50 cotton/polyester shirts are stone (tan) with burgundy design. Adult sizes available are S, M, X & XL. Cost is $6.50 at both extension offices and at the county fair.

COURSE & MAP

FRIDAY, AUG. 2

4-H Dog Check In (Exhibit Hall) ................. 8 a.m.
4-H/FFA Swine Show (Pavilion 1 - West Arena) .... 8 a.m.
4-H Miniature Horse Show (Multi-Purpose Arena) ......................... 8 a.m.
4-H Rabbit Doe & Litter/Market/Breed/Fur (Pavilion 1 - Walkway) 8 a.m.
Fair Fun Day (Exhibit Hall - Room 3) ................. 9 a.m.
4-H Dog Obedience and Showmanship/ Costume Contest Show (Exhibit Hall) ................. 9 a.m.
4-H Horse Reining/Working Pleasure/ Western Riding (Multi-Purpose Arena) ................. 10:30 a.m.

Open Class Dairy Cattle Show (Pavilion 1 - East Arena) ................. 11 a.m.-1 p.m.
4-H Rabbit Showmanship (Pavilion 1 - Walkway) ................. 1 p.m.
4-H Dog Agility (Exhibit Hall) ................. 1 p.m.
4-H Horse Trail (Multi-Purpose Arena) ................. 3:30 p.m.
Longhorn Show (Pavilion 1 - East Arena) ................. 5 p.m.
Cookie Eating Contest (South Parking Lot) ................. 5:30 p.m.
4-H Teen Council Ice Cream Social (South Parking Lot) ................. 5:30-7 p.m.
Family Barbecue (South Parking Lot) ................. 5:30-7 p.m.
Celebrity Swine Show (Pavilion 1 - West Arena) ................. 6 p.m.
4-H Rabbit Specialty Show (Pavilion 1 - Walkway) ................. 6 p.m.
Hay Hauling Contest (Multi-Purpose Arena) ................. 7 p.m.
Teen Dance (Exhibit Hall) ................. 8-11 p.m.

Try out 4-H Clover Mint ice cream developed by the UNL Dairy Store at the 4-H Teen Council Ice Cream Social. Vanilla ice cream will also be available. Cost is 75 cents.

Several area celebrities will participate in the 4th annual Celebrity Swine Show:
• Deputy Bartek (Lancaster County Sheriff’s Department)
• Tom Casady (Lincoln Police Chief)
• Courtney Cutler (Channel 8)
• Rod Fanders (Goodyear Tire & Rubber)
• Bernie Heier (Lancaster County Commissioner)
• Brian Jennings (96KX)
• Will E. Kroak (Froggy 98).

Participation in the Cookie Eating Contest is limited—so register early at the 4-H Information Booth. Everyone is invited to come watch the excitement! Cookies will also be available to purchase.

(Top photo) A proud 4-H'er poses with her swine and fair honors. (Second from top) A youth enters the ring in the 4-H Miniature Horse Show. (Left) A judge gives the sit command in the 4-H dog obedience ring. (Below) A 4-H'er takes care of her rabbit in the cage area.
SUNDAY, AUG. 4

Open Class Miniature Horse Show (Multi-Purpose Arena) ............. 8 a.m.
Open Class Sheep Show (Pavilion 1 - East Arena) .................... 9 a.m.--Noon
Car and Motorcycle Show & Shine (South Parking Lot) ................. 9 a.m.--4 p.m.
Open Class Swine (Pavilion 1 - West Arena) .......................... 10 a.m.
International Pedal Tractor Pull — U.S. and Canadian Finals (Exhibit Hall) ....... 1 p.m.
Micro-Mini Tractor Pull (Fair Tent) ......................................... 1 p.m.
Sponsored by WOLFE ACE HARDWARE
Open Class Dog Obedience (Pavilion 1 - East Arena) ..................... 1 p.m.
Wacky Rodeo — Fun Entertainment (Amy Countryman Arena) .......... 1 p.m.
All Animal and Static Exhibits Released .......................... 4–6 p.m.

New this year is a Wacky Rodeo. Open to all ages, contestants participate in outrageous activities such as a diaper race, catching a greased pig and milking a goat for prizes. For more information or to register, call Kim Soucie at 434-3620.

In its third year at the fair, the Car and Motorcycle Show & Shine is a don’t-miss for car and/or motorcycle lovers! Either show off your pride and joy or come see some of the best vehicles for miles around! $5 admittance per vehicle. Trophies for People’s Choice, Director’s Choice and Kool 105 Choice.

The 2002 Lancaster County Fair will host the International Pedal Tractor Pull finals. Last year’s winners from all 50 states will compete with competitors from Canada for the International Pedal Tractor Pull championship! Come cheer on the best of the best!

The National Barrel Horse Association (NBHA) Jackpot Barrel Race is open to NBHA and non-NBHA, all ages. Participants compete in cloverleaf barrel pattern for jackpot. Registration forms will be available night of the race.

In the Prettiest Cow Contest, teams of three 4-H’ers or FFA members dress up a calf, steer or heifer. Only animals shown in the Lancaster County 4-H/FFA Dairy, Beef or Bucket Calf shows can be used. Prizes will be awarded for: Prettiest Cow, Most Original, Most Unusual and others may be added day of show. Contact Julia French at 441-7870 for any questions.

Team Roping is open to the public. Top money winner of the day wins a saddle. For more information or to register, contact Kim Kohl at 526-2384.

4-H Clover Kids Show & Tell (South Parking Lot) ............... 1 p.m.

4-H Clover Kids are also invited to attend a 4-H Clover Kids PSA Workshop. This fun, educational workshop will provide an opportunity to create a PSA (public service announcement) and record it on tape. An adult or older teen partner is strongly encouraged to join in the fun with their youth.

To register for either of these events, call 441-7870 by July 26, or sign up at the stationary exhibit area July 29, 4–8 p.m.

SPONSORED BY LANCASTER COUNTY FARM BUREAU, COUNTRY INN & SUITES, AND DUTEAU CHEVROLET SUBARU
SPONSORED BY LANCASTER COUNTY FARM BUREAU AND FARM CREDIT SERVICES OF AMERICA

COMPLETE FAIR SCHEDULE & MAP

SATURDAY, AUG. 3

4-H Cat Check In (Exhibit Hall - Room 2) ......................... 8–8:45 a.m.
Open Class Dairy Goat Show (Pavilion 1 - West Arena) ......... 8 a.m.
Open Class Rabbit Show (Exhibit Hall) .......................... 8 a.m.
4-H/FFA Beef Show (Pavilion 1 - East Arena) ..................... 8 a.m.
4-H Horse Games (Multi-Purpose Arena) ...................... 8 a.m.
4-H Demonstrations (Exhibit Hall - Room 3) ........... 8:30 a.m.
4-H Cat Show/Quiz Bowl (Exhibit Hall - Room 2) .......... 9 a.m.
Open Class Pigeon Show (Pavilion 1 - Walkway) ............. 9 a.m.
4-H Bicycle Contest (South Parking Lot) .................... 9 a.m.
Big Wheel Race (South Parking Lot) .......................... 10 a.m.
4-H Clover Kids Show and Tell (Lincoln Room) .............. 1 p.m.
4-H Clover Kids PSA Workshop (Exhibit Hall - Room 1) .... 1 & 2 p.m.
Pedal Tractor Pull (South Parking Lot) .................... 1 p.m.
Open Class Beef Show (Pavilion 1 - East Arena) .......... 2:30 p.m.
4-H Horse Drills/Pairs (Multi-Purpose Arena) ............ 3 p.m.
4-H Bucket Calf Interviews (Pavilion 1 - Livestock Office) .... 3 p.m.
Open Class Miniature Horse Show (Pavilion 2) ............. 4–8 p.m.
4-H Bucket Calf Show (Pavilion 1 - East Arena) .......... 5 p.m.
Team Roping (Amy Countryman Arena) ..................... 5 p.m.
Sponsored by COLUMBIA INSURANCE AGENT BEV HIGGINS and WOLFE BROTHERS
Open Dog Agility (Exhibit Hall) .......................... 6 p.m.
4-H/FFA Prettiest Cow Contest (Pavilion 1 - East Arena) .... 7:30 p.m.
4-H Rabbit Awards Program (Pavilion 1 - Walkway) ........ 8 p.m.
National Barrel Horse Association Jackpot Barrel Race (Multi-Purpose Arena) ....... 7:30 p.m.

(Above) A FFA member grooms and clips his animal for the Beef Show. (Above right) A youth demonstrates how to model airplanes in his 4-H Demonstration. (Below right) Competing on the cloverleaf barrel pattern. (Below) The pedal tractor pull championship! Come cheer on the best of the best!

In the Prettiest Cow Contest, teams of three 4-H’ers or FFA members dress up a calf, steer or heifer. Only animals shown in the Lancaster County 4-H/FFA Dairy, Beef or Bucket Calf shows can be used. Prizes will be awarded for: Prettiest Cow, Most Original, Most Unusual and others may be added day of show. Contact Julia French at 441-7878 for any questions.

The National Barrel Horse Association (NBHA) Jackpot Barrel Race is open to NBHA and non-NBHA, all ages. Participants compete in cloverleaf barrel pattern for jackpot. Registration forms will be available night of the race.

Team Roping is open to the public. Top money winner of the day wins a saddle. For more information or to register, contact Kim Kohl at 526-2384.

4-H Clover Kids Show & Tell is for all 4-H youth age 5–7 (as of January 1, 2002). Kids may show and tell their 4-H exhibits or do a skit or song. See page 7 of the 4-H/FFA Fair Book for more information.

4-H Clover Kids are also invited to attend a 4-H Clover Kids PSA Workshop. This fun, educational workshop will provide an opportunity to create a PSA (public service announcement) and record it on tape. An adult or older teen partner is strongly encouraged to join in the fun with their youth.

To register for either of these events, call 441-7870 by July 26, or sign up at the stationary exhibit area July 29, 4–8 p.m.

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SPONSORED BY LANCASTER COUNTY FARM BUREAU AND FARM CREDIT SERVICES OF AMERICA
Lines from Lynn

Joy Kraus, Ann Meier and Donna Deshon were elected delegates to the State Convention in Sidney, Aug. 19-20. Jan Broer is the alternate.

Two of the four poster winners were present to receive their award.

Don’t forget July 15 is the Sizzling Sum- mer Sampler. Be sure to mail your $10 check to Joy Kraus to reserve your spot. You won’t want to miss this one. There will be a fashion show compliments of the Vickeredge and lots of good food.

Mark your calendar for Sept. 23, the next Council meeting (and the last one for the year). Children’s themes are Emerald, Live and Learn and Salt Creek Circle. Please bring food for the food bank to the September meeting and also to Achievement Day on Oct. 21. The food bank is our community service project.

Enjoy the rest of your summer and stay cool! (LB)

Lynn Bush
PCE Council Chair

Summer Learning Recipes for Parents and Children Grades 6–8

"Parents and families are the first and most important teach- ers. If families teach a love of learning, it can make all the difference in the world to our children." Richard W. Riley, U.S. Secretary of Education.

Parents who are actively involved in their children’s learning at home, their children are more successful learners both in and out of school. Early adolescent years are exception- ally important times to keep parent/youth communication strong.

The following are some easy and enjoyable ways to work with your child to build skills as well as develop healthy relation- ships between preteens and parents.

• Follow the news as a family. Ask each person to find as much information on a topic as possible, TV, the radio, newspapers, magazines, internet—and then talk about what everyone has learned.

• Try a game of Pro and Con: What do you think? Make a family game of discussing a special issue—for example, "There should never be any homework." Ask your young- sters to think of all the reasons they can to support their views. Then ask them to think of reasons against their views. Which views are most convinc- ing?

• How about a game of "How Much Does It Cost?" Help your child understand living costs by discussing household expenses with them. For example, make a list of monthly bills—heat, electricity, telephone, mortgage or rent. Fold the paper to hide the costs and ask kids to guess the cost of each item. Unfold the paper. How do the estimates compare with the actual cost? (LJ)

• Invite a child to read with you every day.

• When reading a book where the print is large, point word by word as you read. This will help the child learn reading goes from left to right and understand the word he or she says is the word he or she sees.

• Read a child’s favorite book over and over again.

• Read many stories with rhyming words and lines that repeat. Invite the child to join in on these parts. Point, word by word, as he or she reads along with you.

• Discuss new words. For example, “This big house is called a palace.” Who do you think lives in a palace? Why? What do you think people do in a palace? It’s a great time to turn to books for adventure and fun as well as skill development.

Choice Reading Recipes for Parents and Children Grades 6–8

To clean fiberglass showers and tubs liquid cleaners are best. Avoid abrasive cleaners because they may scratch, discolor or dull the finish. Follow the cleaning instructions that come with the shower stalls. In general, solutions of vinegar, baking soda or borax are effective for routine cleaning of fiberglass fixtures. For hard water deposits, rust scale or mildew, use a tub/tile/sink cleaner that states on the label it is effective on the specific soil.

Walking and Biking Safely for Young Kids

Children in kindergarten through third grade are learning to become independent. They enjoy walking, riding bikes and playing outside. They don’t have the judgement to cope with traffic by themselves, but they can begin to understand safety rules.

What Parents Need to Know

Parents often think their children are able to handle traffic safety by themselves before they are actually ready.

Children don’t have the skills to handle these risky situations until at least age ten. Boys are much more likely than girls to be injured or killed in traffic.

Bicycles are vehicles. Children should not ride bikes in the road until they fully understand traffic rules and show they can follow them.

Young Children Are NOT Small Adults

Young children often act before thinking and may not do what parents or drivers expect. They assume if they see the driver, the driver sees them. They can’t judge speed and think cars can stop in- stantly.

They are shorter than adults and can’t see over cars, bushes and other objects.

They have one-third of the five- to nine-year old children killed by motor vehicles are on foot. They are hit by cars most often when playing near home. They tend to run into the street in the middle of the block where drivers don’t expect them.

Children can be hurt riding on or off the road. Many children who are killed in bike crashes are 7- to 12-year olds.

Take Steps to Safety

Set limits for your child. As your children grow, set appro- priate limits on where they can walk or bike safely.

Find the safest place for riding and walking. Find places away from streets, driveways and parking lots. Safe choices are fences yard, parks, bike or walking paths or playgrounds.

Tell your children to look both ways before crossing.

The core of the Golden Rule is a moral obligation to treat others ethically for their sake, not yours. Thus, we should be honest to liars, fair to the unjust and kind to people who are cruel.

Why? Not because it’s advantageous, but because it’s right. The way we treat others is about who we are, not who they are. It is being respectful. (LJ)

Family Living

by Lorene Bartos, Extension Educator

LaDeane Iha
Extension Educator

Summer is a great time to keep enthusiasm for reading alive and well and to help children maintain or even gain additional reading skills during time away from school. Good reading skills are highly correlated with future success and a love of books opens wide the doors of life-long knowledge acquisition and enjoyment.

Some reading tips from the Partnership for Family Involvement, U. S. Department of Education for creating strong Summertime Reading

readers include:

• Invite a child to read with you every day.

• When reading a book where the print is large, point word by word as you read. This will help the child learn reading goes from left to right and understand the word he or she says is the word he or she sees.

• Read a child’s favorite book over and over again.

• Read many stories with rhyming words and lines that repeat. Invite the child to join in on these parts. Point, word by word, as he or she reads along with you.

• Discuss new words. For example, “This big house is called a palace.” Who do you think lives in a palace? Why? What do you think people do in a palace? It’s a great time to turn to books for adventure and fun as well as skill development.

• Discuss new words. For example, “This big house is called a palace.” Who do you think lives in a palace?

• Step and ask about the pictures and about what is happening in the story.

• Read from a variety of children’s books, including fairy tales, song books, poems and fiction books.

It is important to remember reading is essential to all learning and children who can’t read well are at a disadvantage in learning situations.

Summer doldrums are a great time to turn to books for adventure and fun as well as skill development.

Adapted from an article by Ke N. National Highway Administration (NHTSA) (LJ)

CHARACTER COUNTS! Corner

Respect and the Golden Rule

The Golden Rule is a basic principle found in every major religion and philosophy. The concept may have first been coined by Confucius 500 years before the birth of Christ.

According to Michael Josephson, when Confucius was asked which word could be used as a rule of practice for one’s life, he answered, “reciprocity.” “What you do not want done to yourself, do not do to others.”

The core of the Golden Rule is a moral obligation to treat others ethically for their sake, not yours. Thus, we should be honest to liars, fair to the unjust and kind to people who are cruel.

Why? Not because it’s advantageous, but because it’s right. The way we treat others is about who we are, not who they are. It is being respectful. (LJ)

CHARACTER COUNTS! Corner
Help 4-H Form Its Vision for the New Century

During the past several months, nearly 2,000 Nebraskans of all ages have participated in conversations on youth development held in conjunction with the 4-H centennial year. Nebraska 4-H is using this invaluable input to create a strategic plan called “4-H Visions: A Road Map for a New Century.”

A summary of the plan is available on the State 4-H Web site: 4h.unl.edu. Please take a few minutes before July 31 to read the two-page summary and offer your comments and suggestions. You can respond to the questions online. If you do not have access to the internet, please contact the Lancaster County Extension office for a hard copy. Thank you for helping Nebraska 4-H determine how to meet the needs and desires of 21st century youth!

Lincoln Journal Star will Publish a 4-H Special Section

The Lincoln Journal Star newspaper will publish and distribute a 4-H Special Section appearing in the paper on Saturday, Aug. 31 to coincide with the 4-H Alumni Reunion at the State Fair. If you wish to purchase extra copies of this section, please call the Lincoln Journal Star’s Circulation Department at 473-7300.

If your 4-H family or club is interested in purchasing space, please call the Lincoln Journal Star’s advertising department at 473-7450 or 800-742-7315 before Aug. 19. This is also an opportunity for businesses to advertise that they support 4-H.

Neighborhood Kids Wants Club News!

Neighborhood Kids, published the second Saturday of the month in the Lincoln Journal Star, is getting a whole new look! They will be featuring a club news page. Editor Nancy McGill has specifically requested 4-H club news! 4-H club secretaries (or other club members) are invited to submit notes from meetings or short articles about club activities. Photos are welcome! Please send your club news by the 28th of each month to Extension Publication and Marketing Assistant Vicki Jedlicka, Lancaster County Extension, 444 Cherrycreek Rd., Suite A, Lincoln, NE 68528 or e-mail vjedlicka2@unl.edu.

Note: Many local publications have supported Lancaster County 4-H with coverage of 4-H and 4-H-related events throughout the years. Some of these include The Hickman Voice, The Waverly News, Star City Sports and Neighborhood Extra.

Community Service Corner

Put 4-H Volunteer Opportunities on Volunteer Match Web site

With the focus on volunteering, community service, and civic engagement from The White House, the media, and communities...now is the time to get 4-H volunteer opportunities listed at www.volunteermatch.org. 4-H members and volunteers are encouraged to go to the site and fill in the online information using the volunteer job description that you already have. In the next few months, the White House and USA Freedom Corps will create a national volunteer job bank and migrate all the listings already posted in Volunteer Match and SearchNet to the new site.

Star City Llamas Adventures

Kacy Armstrong
President
Star City Llamas 4-H Club

In 2002, the Star City Llamas 4-H club has touched the lives of many people, such as elderly people of the Alzheimer’s unit at Madonna Rehabilitation Center and children from the sixth grade of both Elliott and Rousseau schools. A select few of us have also participated in the annual Llama Trek, which was hosted this year by the Little Hummers 4-H club.

On June 22 south of Lexington, is where and when the annual Llama Trek came into action this year. The hike was a short (compared to years in the past) but challenging twisting, tumbling tall grass “jungle,” and a short water obstacle (that most of the llamas jumped over anyway). After the hike was over there was many activities to do such as, a silent auction, llama cart rides, swimming in the sand pit, and of course, lunch! All in all, everyone had a great time.

On June 26, the people at Madonna were happy to see some fuzzy, four-legged creatures come walking through the gate of a nice courtyard they have. We stayed with them about half an hour, answering the questions they had, letting them pet and sometimes even walk the llamas. A lot of them were surprised when some of the llamas bent down and blew air in their face while they were petting them. When it was time to go, they all waved goodbye and watched us leave. Events like these are great for both the people and the llamas because the people get to know some things about a rare species of animal in Nebraska and the llamas start to like the attention of strangers. They have a calming affect on both the curious and shy.

District Horse Show Results

District horse shows were held in Nebraska the last two weeks of June in eight locations around the state. Fifty-five exhibitors from Lancaster County participated in the Crete and Wahoo shows. In all, they brought home 11 purple ribbons from Wahoo and another 11 from Crete. These blue and purple ribbon winners will go on to represent Lancaster County at the State 4-H Horse Show in Grand Island July 14-18.

Six trophies were also brought home by Lancaster County exhibitors. From Wahoo, trophy winners included Sierra Fredrick (Junior Western Pleasure), Kyle Ryan (Senior Western Horsemanship), and Jessica Frink (Senior Barrel Racing). In Crete they were Emily Morton (Junior Western Pleasure), Terra Striehnaker (Junior Western Horsemanship), and Mindy Leach (Junior Pole Bending).

Congratulations to all the exhibitors for representing Lancaster County so admirably! (EK)

Scrapbook Making 4-H Camp Aug. 5 & 6

The Eastern NE 4-H Center is hosting a camp Aug. 5 & 6 for those who love to scrapbook. With workshops for adults and camp activities for youth, it will be fun for everyone! The cost of the event is $70 for adults (both days) and $25 for youth (per day) and includes meals, lodging and programs. You may call (402) 332-4496 or email 4hcamps@unl.edu for more details. (TK)
Bailey Monroe Shows Cats Throughout the Year

Bailey Monroe
Independent 4-H member

My name is Bailey Monroe and I have been in 4-H for 7 years. I first became a member of the Eagle Eyes 4-H Club in 1995. This club was disbanded, another group formed, the Lancaster County 4-H Cat Club. This group was a lot of fun, too, but mainly because of the cats. This year, I am an Independent member of 4-H. At this year’s county fair, I showed my cat, Clifford. I liked showing my cats and meeting other kids who love their pets. I was really nervous about getting up in front of a big group of people but I did it and it turned out okay. In the following years, I exhibited many different cats and began to enjoy talking with the group more and more. I even gathered the courage to participate in the Quiz Bowl. I’ve worked my way up in showsmanship and now I’m an Advanced Senior.

Pretty soon, one cat show a year wasn’t enough—I needed more. I was bitten by the show bug and joined a local CFA (Cat Fanciers Association) Cat Show held by the Lincoln Cat Club in January 1999. This was a lot of fun and my household pet, Oswald took two Bests!—he got tired of waiting and just wanted to be in the ring. The show would run was explained to us. We then were sent back to get our cats.

First up were the Novices, then the Juniors, and finally, the Seniors. By the time I was to enter the ring, it was 1 p.m. and I was very nervous. I got up, went to the table, the judge asked me some questions and then I went to get my cat. Ebony. Ebony had been so good— he got tired of waiting and curled up in his cage. I woke him and presented him to the crowd. When I was finished, I put Ebony back and was told I could sit down.

 Ebony had not expected anything. We set up our show and left for home. The best experience ever! I also have judged a few cat shows. I love learning about new breeds. Many breeders have helped me learn about different kinds of cats and how to judge them. So far, I have judged nine different breeds of cats.

I wouldn’t have been able to do any of this without 4-H. It has helped me a lot. 4-H has helped me with my public speaking which is a life skill that everyone should have. 4-H has encouraged me to continue working with cats and learning as much as I can about them. I encourage anyone interested in 4-H to join. It will help you out a lot. 4-H intensifies your self-confidence and makes you capable of anything.

4-H Exhibit at Museum of Nebraska History

The Museum of Nebraska History in Lincoln plans to create a 4-H exhibit that will run from Aug. 1 through the end of December. The exhibit will contain items from throughout Nebraska. The Museum is located at 15th and P Streets in Lincoln, and is open 9 a.m. to 5 p.m. Monday-Friday and 1-4:30 p.m. Saturday and Sunday. Come visit this great 4-H display! (TK)

4-H & Youth

4-H Alumni Reunion at State Fair

Connect and reconnect with 4-H friends at the 4-H Alumni Reunion and Breakfast held Saturday, Aug. 31, 8-11 a.m. at the Nebraska State Fair in the indoor arena attached to the 4-H Exhibit Hall! The event is in honor of the 4-H centennial.

The breakfast will feature pancakes and sausage. You’ll find entertainment for the whole family, 4-H memorabilia, a chance to recognize four- and five-generation 4-H families, and honored 4-H alumni.

Check out the 4-H Vintage Fashion Show at 11:15 a.m. in the Open-air Auditorium. Everyone is invited to the FREE Ice Cream Social with 4-H Clover Mint flavor developed by NW’s Dairy Store. Ice Cream Social is at the 4-H Exhibit Hall from 3 p.m. until the ice cream runs out!

Tickets are $5 in advance at local Cooperative Extension offices. There is no charge for children age 5 and under. People purchasing their tickets by Aug. 20 will receive half-off the $6 State Fair gate fee from 8-10 a.m. on Aug. 31. Breakfast tickets will be sold at the door for $7.

Questions? Contact Trish Spencer at 472-9016.

Looking for Clubs 50 Years and Older and Four- and Five-Generation 4-H Families

4-H Clubs that are 50 years and older and four- and five-generation Nebraska 4-H families will be recognized at the Alumni Reunion on Aug. 31 at the Nebraska State Fair. Recognition may be limited to a verbal announcement; no funding is available for mileage, breakfast or gate fee reimbursement.

4-H Clubs that are 50 years and older are asked answer the following questions:
1) What year did your club begin? Where?
2) What was the name of the club? Where is the club today? Location?
3) Please list the names of as many charter members as possible.
4) Please share one or two interesting things about your club. (It could be that you’ve hosted the foodstand at the fair for 30 years, etc.)

Four- and five-generation Nebraska 4-H families are asked to answer the following questions:
1) Approximately what year did your family become involved in 4-H?
2) Without going to a lot of work, please name as many family members as possible who’ve been involved in 4-H as well as years and counties.
3) What is your family’s annual income in 4-H for four or more generations? What have you gained from your involvement?

Please respond by Aug. 1 to: Trish Spencer, State 4-H Office, 114 Ag Hall, Lincoln, NE 68583; or e-mail pspence2@unl.edu.

Volunteers Needed for Alumni Reunion

If you’re planning to attend the 4-H Alumni Reunion and Breakfast, please consider volunteering and helping to make this event an extra-special one. The Centennial Committee has a variety of volunteer options available, everything from serving as table hosts and greeters to dishing up ice cream and helping decorate. If you’re interested in serving as a volunteer, please call 472-9016 or e-mail pspence2@unl.edu.
Cultural Insights: Marriage Customs in Iraq

Marriage is a solemn and sacred social contract between a man and a woman. Both parties mutually agree to enter into this contract. Marriage customs are often a reflection of society’s culture, behavioral patterns, thoughts and feelings. In Iraq, these customs start when the groom’s family visits the bride’s home to ask for her daughter. If the response is favorable, there will be another visit to get the bride’s family approval, to pursue the marriage and reach an agreement. The agreement contains two main items: 1) a written statement specifying the monetary amount the groom will give the bride, which is considered a bride’s security and guarantee of freedom within the marriage; and 2) valuable jewelry gift.

The next traditional step is the bride and groom’s home will go together to buy the rings, jewelry and wedding gifts. They are usually accompanied by members of the families. Meanwhile, the groom will purchase things required for their new home.

The wedding will consist of two parts: the religious exchange of vows (the religious wedding ceremony) and the reception party. The groom will usually officiate the ceremony, he asks the bride if he is authorized to declare them as a husband and a wife. The bride and groom demonstrate their free-will by saying ‘I accept.’ The couple and two witnesses sign the marriage contract making the marriage legal according to civil and religious standards. Following is the exchange of rings and the groom presents the jewelry to the bride.

The marriage ceremony may not take place immediately following the engagement. It is customary for the couple to spend a few days together in their new home. This means the couple may be engaged for a number of months before they get married. Similarly, the reception is usually held a few months after the ceremony to give the couple and their families time to prepare for the wedding reception.

The Nebraska Crime Commission reports that July, August and September are the most likely months for burglary offenses in Nebraska and most of those involve residential properties. Before going on vacation some basic security precautions should be taken.

Consider the following measures:

- Arrange for a friend or neighbor to bring in the mail, newspapers and other deliveries. Better yet, cancel all deliveries until your return.
- Arrange to have pets fed, watered and cared for at home rather than at a kennel.
- Secure your home and care to be done during your absence.
- Leave for safe storage outside the home for certain valuables.
- Line a closet with 3/4 inch plywood and install a single deadbolt lock with a one inch throw bolt for added home security for your valuables.
- Make certain that all windows, patio and entrance doors are equipped with adequate locks and security pins.
- If you have an alarm system, make certain it is in working order.
- Use outside and inside lights that turn on and off automatically.
- Consider use of a dependable and trustworthy house sitter.
- Leave a vehicle in the driveway with names of house sitters and/or neighbors who will be looking in on your property.
- Never hide a key outside the home.
- For added protection, keep an inventory list including serial numbers of all valuable property in a safe deposit box.
- Know and understand your homeowners insurance policy.
- Before your departure, double check to see that all doors, windows and out buildings are secured and that you have taken all necessary keys. (GB)
FOOD/ACTIVITY

continued from page 6

Nancy Clark: The Food Pyramid allows for adequate protein: a small serving of protein-rich food at two meals per day (such as a peanut butter sandwich at lunch and some meatballs with pasta for dinner) plus some calcium and protein-rich dairy foods with each meal (milk on cereal at breakfast, yogurt for a snack, milk with dinner). This pattern provides the right amount of protein. Too much protein disbars the carbs you need to fuel your muscles. You’ll end up tired and unable to perform at your best.

Nebline: It seems like there are a lot of myths about drinking milk and athletic performance. What’s the truth about such concerns as “cotton mouth” and “stomach cramping?” What are some possible health consequences of avoiding milk? Nancy Clark: Milk is indeed an appropriate beverage for most athletes. Lowfat or skim milk, in particular, are healthful, easy to digest foods that provide the package of nutrients needed to build strong bones and bodies. If you are lactose intolerant and cannot digest the sugar that’s in milk, you should try Lactaid milk or take pills that digest the milk sugar. Your body needs calcium, regardless of your ability to tolerate milk, so don’t eliminate a food group without first consulting with a registered dietitian. Too little calcium can have you sidelined with stress fractures today and osteoporosis in the future.

Nebline: One reason some people participate in an active lifestyle is for weight control. As a part of trying to lose or maintain weight, they may skip breakfast. What have you observed during your work with athletes, as well as casual exercisers, about the relationship between skipping breakfast and physical performance?

Nancy Clark: Breakfast skippers tend to run out of energy, train poorly and then reward themselves with excessive calories at night. Skipping breakfast tends to invest in weight gain, more so than weight loss. If a dieter wants to skip any meal, I’d vote for dinner (but don’t skip meals!). The concept is: just as putting fuel in your car before you drive helps the car perform better, putting fuel (food) in your body helps your body perform better. Don’t fuel at the end of the day; enjoy higher energy during your waking, active hours. If you want to lose weight, eat less (diet) at night.

Nebline: Many busy people feel they don’t have time to eat. What are some solutions you’ve found that help always-on-the-go people?

Nancy Clark: For many people, having “no time” to eat is a choice that they hope will contribute to weight loss. For others, having “no time” means they choose to work, sleep or do something deemed more important than fueling their bodies on a regular schedule. I teach my clients to be responsible and have wholesome foods readily available—granola bars in the backpack, packets of peanuts in the car, a well-stocked refrigerator at home, etc. Good nutrition starts in the supermarket.

Nebline: Your book is over 400 pages long with over 120 recipes! There are so many things we haven’t covered! If you had to choose just one nutrition tip you felt was most important for people leading active lifestyles, what would it be?

Nancy Clark: Eat a big breakfast rather than a big dinner. By fueling for a high energy day, you’ll feel better, prevent cravings for sweet foods, improve the overall quality of your diet, have better workouts and invest in weight management.

For More Information

If you would like to learn more about “eating to fuel your active lifestyle,” Clark offers “Nutrition Links & Articles” on her Web site as well as information about her books at: www.nancyclarkrd.com

Reptiles and Amphibians of Nebraska

Learn more about the turtles, frogs/ponds, lizards and snakes that live in your neighborhood. Visit Insects, Spiders, Mice and More on the Lancaster County Extension Web site at www.lancaster.unl.edu. This site has a link to a terrific online resource—Reptiles and Amphibians of Nebraska.

On the Reptiles and Amphibians of Nebraska Web site, you’ll be able to listen to the call of a Northern Cricket Frog. Use handy on-line “Kwik-Key” to help you identify the snake sunning in your backyard. Get more information about poisonous snakes. Visit “Games” to test your knowledge of local reptiles and amphibians.

For information on Controlling Snakes Around Your Home, call 441-7180 and request NebGuide G-908. (SC)
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**Comments**

**Story Idea(s)**

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**Extension Calendar**

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

**JULY**

14 4-H Ambassadors Meeting, call for location ............................... 2:30-3 p.m.
14 4-H Teen Council Meeting, call for location .................................. 3-5 p.m.
15 Citizen Washington Focus (CWF) Reorganization Meeting ...................... 7 p.m.
15-18 State Horse Expo, Grand Island
16 Family and Community Education (FCS) Sizzling Summer Sampler .................. 6-9 p.m.
17 4-H Horticulture, Grass & Weed ID, Tree ID Contests .............................. 10 a.m.
18 4-H Family Consumer Science Judging .................................. 1:30 p.m.
19 Pesticide Container Recycling, Farmers Cooperative Waverly .......................... 9 a.m.-3 p.m.
20 4-H Demonstration Contest ........................................ 1 p.m.
21 Fair Board Meeting, Lancaster Event Center .................................. 7:30 p.m.
22 4-H Fair Superintendent Meeting, Lancaster Event Center ......................... 7 p.m.
23 4-H Style Revue Judging, Lancaster Event Center .................................. 8:30 a.m.
25 4-H Food Booth Training, Lancaster Event Center .................................. 6-7 p.m.

**July 31-Aug. 4 LANCASTER COUNTY FAIR, see insert for complete Fair schedule**

**AUGUST**

4 4-H Sat-Sun-Ben Entries Due
4 All Static Exhibits and Animals from County Fair, Lancaster Event Center ........... 4-6 p.m.
6 4-H Horse Achievement Night
6 Extension Board Meetings .................................................................. 8 a.m.
18 4-H Livestock VIPs Meeting (Fair review) ........................................ 7 p.m.
August 24-September 2 NEBRASKA STATE FAIR, State Fair Park
31 4-H Alumni Reunion, State Fair Park ........................................ 8-11 a.m.

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**4-H Clover College**

A four-day workshop for younger kids, Clover Kids Camp featured a wide range of hands-on activities, including this one in which they learned about oil, soap and water.

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**4-H Clover College**

Participants in the Babysitting Clinic learned how to make babysitting toys such as stretchable gel.

In Bird Seed Feeder, youth learned basic woodworking skills as they built bird habitats and feeders.

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**Employees from TierOne Bank – Clocktower Branch taught Money, Money. Money students the basics of banking, including balancing a checkbook.**

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**A young photographer took this photo in the Digital Photography class.**

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**Youth learned the most common insect orders and caught bugs to make their own display in Insect Collecting for Beginners.**