7-2000

The NEBLINE, July 2000
H. Parent and family members

time begins when youth join 4-H. Fair time is here. This involves
family fair starts long before.

Family involvement with the
family excursion. It’s a
is just around the corner. It’s a
time to plan a family excursion.

Enjoying time at the fair as a
family includes quality time
sharing in the
satisfaction of family
members, and the fun and
excitement of the fair atmosphere. Why is family, espe-
special need of family
members, and the fun and
excitement of the fair atmosphere. Why is family, espe-
cially parent involvement important? Research tells us when
families are involved in children’s educations, whether it be formal
or informal, children achieve higher grades, have better
attendance at school, demonstrate more positive attitudes and
behavior, graduate at higher rates, and have
greater enrollment in higher education.
(Henderson & Berla 1994, Becher, 1984). Parents can emphasize good
work habits, value learning, good character, set high expecta-
tions for their children, stay informed about their children’s
progress, and monitor their children’s activities.

Establishing daily family routines helps make life predictable and
satisfying to all family members. Discussion of daily events
at mealtimes, for example, is important.

Families can help children spend time constructively by guiding the use
of leisure time. 4-H is a positive extra-
curricular activity in which families can be
involved. Being involved in 4-H gives parents the opportunity to set realistic
goals and standards with their children and help them achieve these goals. Encouraging
children to do their best and praising them for their achieve-
ment, whether they win or come in second, is very impor-
tant in developing strong
responsible youth. Recognition

4-H & County Fair = Family Time

Lancaster County Fair time
is just around the corner. It’s a
time to plan a family excursion.
Family involvement with the

4-H & County Fair = Family Time

Lancaster County Fair time
is just around the corner. It’s a
time to plan a family excursion.
Family involvement with the

4-H & County Fair = Family Time

Lancaster County Fair time
is just around the corner. It’s a
time to plan a family excursion.
Family involvement with the

4-H & County Fair = Family Time

Lancaster County Fair time
is just around the corner. It’s a
time to plan a family excursion.
Family involvement with the

4-H & County Fair = Family Time

Lancaster County Fair time
is just around the corner. It’s a
time to plan a family excursion.
Family involvement with the

4-H & County Fair = Family Time

Lancaster County Fair time
is just around the corner. It’s a
time to plan a family excursion.
Family involvement with the

4-H & County Fair = Family Time

Lancaster County Fair time
is just around the corner. It’s a
time to plan a family excursion.
Family involvement with the

4-H & County Fair = Family Time

Lancaster County Fair time
is just around the corner. It’s a
time to plan a family excursion.
Family involvement with the

4-H & County Fair = Family Time

Lancaster County Fair time
is just around the corner. It’s a
time to plan a family excursion.
Family involvement with the

4-H & County Fair = Family Time

Lancaster County Fair time
is just around the corner. It’s a
time to plan a family excursion.
Family involvement with the

4-H & County Fair = Family Time

Lancaster County Fair time
is just around the corner. It’s a
time to plan a family excursion.
Family involvement with the

4-H & County Fair = Family Time

Lancaster County Fair time
is just around the corner. It’s a
time to plan a family excursion.
Family involvement with the

4-H & County Fair = Family Time

Lancaster County Fair time
is just around the corner. It’s a
time to plan a family excursion.
Family involvement with the

4-H & County Fair = Family Time

Lancaster County Fair time
is just around the corner. It’s a
time to plan a family excursion.
Family involvement with the

4-H & County Fair = Family Time

Lancaster County Fair time
is just around the corner. It’s a
time to plan a family excursion.
Family involvement with the

4-H & County Fair = Family Time

Lancaster County Fair time
is just around the corner. It’s a
time to plan a family excursion.
Family involvement with the

4-H & County Fair = Family Time

Lancaster County Fair time
is just around the corner. It’s a
time to plan a family excursion.
Family involvement with the
Vegetable Gardening in The Fall

By planning and planting a fall vegetable garden, it is possible to have fresh vegetables up to and even past the first frosts. Many varieties of vegetables can be planted in mid to late summer for fall harvests. Succession plantings of warm season crops, such as corn and beans, can be harvested until the first killing frost. Cool season crops, such as broccoli, beets, cabbage, cauliflower, kohlrabi, leaf lettuce, radishes, spinach, turnips, kale, and collards grow well during the cool fall days and withstand light frosts. Timely planting is the key to a successful fall garden.

Determine the time to plant a particular vegetable for the latest harvest, you need to know the average date of the first hard freeze. For Lancaster County, it is approximately October 10th. You also must know the number of days to maturity for the variety of vegetable you plan to grow. Count the days back from the frost date to figure your planting date.

When planting fall crops, prepare the soil by restoring nutrients removed by spring and summer growth. Use compost and rotted manure to add organic matter and nutrients. It is also important to prepare the soil for successions plantings of seeds. Tilling or cultivating the soil will make it ready for planting. (MJM)

Insecticides. Follow all label directions and precautions when using insecticide like malathion to the base of squash or pumpkin plants. The adults deposit eggs on the young stems and leaves. Apply an insecticide to the stems of the vines or bushes causing them to wilt. Caterpillars boring into the tender, lower pumpkin vines. Injury is caused by the most serious pests affecting squash and pumpkin. Injury is caused by the most serious pests affecting squash and pumpkin. Injury is caused by the most serious pests affecting squash and pumpkin.

Cauliflower, kohlrabi, leaf lettuce, radishes, spinach, and beans, can be harvested until the first killing frost. Cool season crops, such as broccoli, beets, cabbage, cauliflower, kohlrabi, leaf lettuce, radishes, spinach, turnips, kale, and collards grow well during the cool fall days and withstand light frosts. Timely planting is the key to a successful fall garden.

Watch for Squash Vine Borer

The squash vine borer is one of the most serious pests affecting squash and pumpkin vines. Injury is caused by the caterpillars boring into the tender, lower stems of the vines or bushes causing them to wilt. It is important to remove any squash or pumpkin vines that have already been affected by the squash vine borer. Spray now to prevent loss of this crop. To control squash vine borer, use a systemic insecticide such as carbaryl or chlorpyrifos. Carbaryl is a contact insecticide that is effective against a wide range of insects, including squash vine borers. Chlorpyrifos is a systemic insecticide that is effective against a wide range of insects, including squash vine borers. (MJM)

Lawn and Garden Water Check List

This check list will help you conserve water for lawn and garden use. To try and use this water conservation tips into your landscape and vegetable gardens.

• Mulch shrubs, perennials, annuals, and vegetable plants to retain moisture in the soil longer. Use shredded leaves, grass clippings, or chopped bark around the plants. Mulching also controls weeds that compete with garden plants for water.

• Vegetables that require more water should be grouped together in the garden to make maximum use of water applications.

• Collect rain water in a barrel or large bucket from down spouts.

• Use a drip irrigation system in your gardens. This method uses 25 to 50 percent less water than hose or sprinkler methods.

• Water the lawn during the morning hours. Avoid watering when it is windy or during the hottest part of the day. To avoid over watering, keep track of the time by setting a timer or alarm clock.

• When purchasing plants or developing a new landscape, select low water use plants. (MJM)

All America Rose Selections, All Time Classics

What makes an All America Rose Selections (AARS) rose award winner a classic? That all depends on who you ask. These five winners are mentioned again and again as gardeners’ all time favorites.

Peace, 1946 AARS Winner

1946 marked the 50th anniversary of the end of World War II. Also celebrating its 50th anniversary was the Peace rose, a true symbol that beauty and hope can survive even the face of destruction. Widely regarded as “the rose of the century,” Peace was the only AARS award winner in 1946. This rugged, leathery foliaged rose bears huge, yellow shaded flowers with a pink edge that last forever.

Mr. Lincoln, 1965 AARS Winner

For more than 30 years Mister Lincoln has been the gardeners’ rose of choice. Large, well-formed, dark red flowers bloom with an intense fragrance. This tall, robust hybrid tea rose is highly productive. The long-stemmed, beautiful blooms are scented by dark, green foliage and last through fall.

Queen Elizabeth, 1955 AARS Winner

Tall, stately plants are the idealization of grandifloras and Queen Elizabeth is truly the queen of this rose classification. This rose can produce an enormous display of coral shaded pink blooms. Queen Elizabeth is extremely Hardy and disease resistant.

Tropicana, 1963 AARS Winner

This extremely popular hybrid tea rose has been described as ranging from coral orange to red orange. Its brilliant colors are offset with dark green foliage. Not only do Tropicana’s large colorful blooms last forever, but so does its intense fruity fragrance. Big pointed buds are borne on long stiff stems, making Tropicana an excellent choice for cutting gardens.

Double Delight, 1977 AARS Winner

Double Delight is nicely formed and features creamy white blooms with bright strawberry markings on the outer petal edges. This hybrid tea rose is very free blooming, intensely fragrant and certainly one of the most popular varieties since it won the 1977 award. Double Delight is highly prized as a cut flower during the summer’s heat when its colors are most intense. (MJM)
Dina Bertolini
P3 Intern

The new buzzword in technology is “pollution prevention.” Pollution prevention isn’t just cleaning up the oil spills in the Atlantic or recovering toxic spills in old waste dump areas. The idea behind pollution prevention is much like the ideas behind car maintenance, the need for continuous updates on a systems performance. Many times, just like cars, pollution prevention saves money, either directly or indirectly, because it prevents unnecessary wastes from being generated and keeps companies and businesses updated with new technologies.

Pollution Prevention (P2) is, in essence, waste minimization. P2 is the practice of reducing the order of reduce, reuse, and recycle as a guideline in industrial processes. These P2 guidelines save money, but are environmentally friendly. Examples are replacing incandescent lights with energy-efficient fixtures in a heavily lighted office building or posting a sign in hotel bathrooms asking patrons to leave clean towels hanging so they won’t be washed if they’re not dirty. If all recommendations such as these were implemented, businesses in the Nebraska area could have saved reduced over 6.5 million pounds of land-filled solid wastes and have saved over $650,000 in Pollution Prevention program.

There are many free public opportunities available to learn how to implement pollution prevention practices. One particular program, Partners in Pollution Prevention (P3), has been offered every summer since 1997. This year, twelve student interns will apply their background in engineering discipline to offer free services to the Nebraska area from May 22 to August 8. The students assist businesses by providing money-saving techniques and suggestions, and also provide information to businesses so they can remain economically competitive in our present, rapidly changing technological world. A simple example would be helping a dry cleaning business that uses hazardous chemicals change to a cleaning process that uses carbon dioxide as the cleaning agent.

Currently there is a P3 intern working through the Lancaster County Extension office. Dina Bertolini is from Iowa State University completing a double major in Civil Engineering with an environmental emphasis and a major in Environmental Science within the next school year. She will be providing free services for small businesses ranging from three to one hundred employees and outreach activities for P3 education.

If any organization would like more information on P2 presentations, assessment services for P2 plans, or P2 information contact Dina Bertolini (for Lincoln area), (402) 441-7180 or Dr. Woldt (for P3 intern) for P3 intern (for Nebraska area) at (402) 472-8656.
Identification of drought-stress and effect on corn growth and yield

Inadequate moisture during any period of growth can result in reduced grain yields. Nutrient availability, uptake, and transport are impaired without sufficient water. Plants weakened by stress are more susceptible to disease and insects. Severe moisture stress is indicated when corn has been pollinated or was aborted after pollination is successful, because pollen grains may not shed pollen but no blisters have formed kernels will produce embryos. Only fertilization has occurred by slicing the young embryo. Only fertilization will be delayed. Before making and feeding silage, be sure all pesticides used to calculate a price for silage are removed from the ears before making and feeding silage. If drought-stressed corn is chopped for silage, test the silage based on both energy content for a range of corn grain silage and soybean meal prices. These prices were calculated assuming 30 percent dry matter corn silage with 16.5 percent TDN and 10 percent crude protein. The actual exchange price for drought-stressed corn silage may vary by area, depending on the relative supply and demand.

Fertilized silage is preferred to chopping or grazing because of the potential for nitrate toxicity. The potential for nitrate toxicity is practically eliminated during the fermentation process. Caution! Ensiling high-nitrate forage can result in production of various nitrogen oxide gases (known, collectively, as silo gas). These gases are highly toxic to humans and livestock. Do not enter a silo for the first few weeks after filling without first running a blower for 15 to 20 minutes.

If drought-stressed corn is green and shedding, it should be fed immediately after it is chopped and not allowed to heat. Feed only the amount that will be cleaned up within two hours. When drought conditions prevent normal plant growth, the corn stalk may contain abnormally high levels of nitrate. If fed in excessive amounts, it can cause animals to go off feed or die. Under most feeding situations, the nitrate level in feed must be over 2000 ppm to cause nitrate poisoning. The potential for nitrate toxicity is practically eliminated during the fermentation process. Caution! Ensiling high-nitrate forage can result in production of various nitrogen oxide gases (known, collectively, as silo gas). These gases are highly toxic to humans and livestock. Do not enter a silo for the first few weeks after filling without first running a blower for 15 to 20 minutes.

If drought-stressed corn is green and shedding, it should be fed immediately after it is chopped and not allowed to heat. Feed only the amount that will be cleaned up within two hours. When drought conditions prevent normal plant growth, the corn stalk may contain abnormally high levels of nitrate. If fed in excessive amounts, it can cause animals to go off feed or die. Under most feeding situations, the nitrate level in feed must be over 2000 ppm to cause nitrate poisoning. The potential for nitrate toxicity is practically eliminated during the fermentation process. Caution! Ensiling high-nitrate forage can result in production of various nitrogen oxide gases (known, collectively, as silo gas). These gases are highly toxic to humans and livestock. Do not enter a silo for the first few weeks after filling without first running a blower for 15 to 20 minutes.
Farmers’ Markets on the Rise (Part 2)

More and more farmers’ markets are sprouting up across the state. These markets have expanded from the basic ‘sell your extra produce’ to commercial food vendors, selling just what you have extra produce’ to commercial food vendors, selling just

Purple loosestrife has since eliminated many of these native plants, which are so important to animals as a food source, for nesting materials and to provide protection for birds, muskrats, turtles, and other species. Once purple loosestrife invades a wetland, the area will eventually become a solid stand of loosestrife, of no value to the wildlife that used to live there. Young purple loosestrife plants can be pulled by hand, as long as the entire plant and the root system are removed completely. Mowing or hand-pulling older, larger plants or applying herbicides is more difficult, expensive, and may only be a temporary remedy to control purple loosestrife within areas. Do not plant purple loosestrife in your garden. Biological control is the only long-term solution to manage purple loosestrife infestations and reduce populations of this invasive weed. The introduction of beneficial insects is part of a national purple loosestrife biological control program that began in the U.S. in 1992. (DJ)

Another plant will be added to the state’s list of noxious weeds. Beginning January 1, 2001, county weed superintendents will enforce the control of purple loosestrife, a plant that is most often found in wetland areas. Governor Mike Johanns approved the new noxious weed rule and regulations on May 1.

What is purple loosestrife? Purple loosestrife is an introduced perennial weed that aggressively invades wetland habitats, destroying these valuable ecosystems and reducing the diversity of native plants. Purple loosestrife plants can grow up to 10 feet tall and produce as many as 50 stems on a single plant. The leaves are opposite, lance-shaped, and are directly attached to the stiff, four-sided stem. Purple flowers are borne on tall spikes from July through September each year. One mature purple loosestrife plant may produce up to 2.5 million seeds each year. Purple loosestrife was originally introduced, in 1884, and was introduced into the U.S. and Canada in the early 1800’s. It is not a native, or naturally-occurring plant in any part of the U.S. and is considered an introduced, or exotic species. When purple loosestrife made its way over to America from Europe in the 1880’s, all of the beneficial insects that kept the loosestrife population under control in Europe were left behind. As purple loosestrife began to invade wetland habitats in the U.S., it aggressively took over areas where cattails, sedges, rushes, and many other native plant species were growing.

What are the requirements for the sale of red meat (beef and pork)?

All red meat must be processed in a USDA inspected facility and carry the marks of inspection. The packages must bear a label with the USDA establishment number, the net weight, price per pound, total weight, and name and address of the producer, packer, or distributor. This type of sale would require a convenience store permit.

What is purple loosestrife?

Purple loosestrife is an introduced perennial weed that aggressively invades wetland habitats, destroying these valuable ecosystems and reducing the diversity of native plants. Purple loosestrife has since eliminated many of these native plants, which are so important to animals as a food source, for nesting materials and to provide protection for birds, muskrats, turtles, and other species. Once purple loosestrife invades a wetland, the area will eventually become a solid stand of loosestrife, of no value to the wildlife that used to live there. Young purple loosestrife plants can be pulled by hand, as long as the entire plant and the root system are removed completely. Mowing or hand-pulling older, larger plants or applying herbicides is more difficult, expensive, and may only be a temporary remedy to control purple loosestrife within areas. Do not plant purple loosestrife in your garden. Biological control is the only long-term solution to manage purple loosestrife infestations and reduce populations of this invasive weed. The introduction of beneficial insects is part of a national purple loosestrife biological control program that began in the U.S. in 1992. (DJ)

Summer Care Yields Fall Harvest

Summers’ warm temperatures may be great for swimming, but hot days are tough on garden seeds. One of the biggest problems associated with soil for the seeds to germinate and grow. They also eliminate the problems associated with soil crusting and poor aeration. Use a light-colored material for a cooler seedbed. Seeding depth is still important when using materials like compost. Seeds should germinate better and begin growth within a few days. Do not allow the soil to dry out; apply water as needed. Once plants have emerged, apply a protective shade or cover on the west side of the plant to shield them from the summer sun. When plants are one to two inches tall, thin them to the proper spacing. (DJ)

Fertilizing Roses

Roses are heavy feeders, so a routine fertilization program is important for good plant health and vigor. It may be wise to get the soil tested if there hasn’t been a soil test performed on the planting bed recently. Roses grow best in the pH range of 5.5 to 7.0. Powdered sulfur can be used to lower the pH. For soils with a pH between 7 and 7.5, add one pound of sulfur per 100 square feet; for a pH between 8 and 8.5, add two pounds of sulfur per 100 square feet. Iron sulfate can be used instead of powdered sulfur to decrease the pH and provide the needed nutrients. It’s always a good idea to amend your soil with organic matter, such as peat moss, manure, or compost for an added source of slow-release nutrients. The addition of organic matter will also improve the soil’s drainage and nutrient holding capacity. It’s recommended two to four inches of organic matter be added and worked into new beds to a depth of 12 inches. Many gardeners find the combination of organic materials and a fast-release, complete, inorganic fertilizer, such as a 5-10-10, 10-10-10, or 12-12-12, works best to produce beautiful roses. In general, roses do well with an application of three pounds of actual nitrogen per 100 square feet (or 0.3 pounds of actual nitrogen per 100 square feet), divided into three applications per year. To calculate how much fertilizer to apply depends on the formulation, use the following example:

Using 5-10-5 fertilizer at the rate of three pounds actual nitrogen per 1000 square feet. Three pounds actual nitrogen divided by 0.05 (5 percent nitrogen in 5-10-5) equals 60.6 pounds divided by 100 pounds per 100 square feet equals six pounds of 5-10-5 fertilizer per 100 square feet.

Using the above example, a total of six pounds of 5-10-5 fertilizer will be applied to a 100 square foot rose bed every year. The six pounds will be divided into three applications (two pounds each); the first in mid-May for the spring planted roses, the fertilizer should be applied after new green vegetative growth begins, the second in mid-July, and the third in the autumn after a killing frost, or very early in the spring before new growth begins. (DJ)

Noxious Weed Number 7

Purple loosestrife has since eliminated many of these native plants, which are so important to animals as a food source, for nesting materials and to provide protection for birds, muskrats, turtles, and other species. Once purple loosestrife invades a wetland, the area will eventually become a solid stand of loosestrife, of no value to the wildlife that used to live there. Young purple loosestrife plants can be pulled by hand, as long as the entire plant and the root system are removed completely. Mowing or hand-pulling older, larger plants or applying herbicides is more difficult, expensive, and may only be a temporary remedy to control purple loosestrife within areas. Do not plant purple loosestrife in your garden. Biological control is the only long-term solution to manage purple loosestrife infestations and reduce populations of this invasive weed. The introduction of beneficial insects is part of a national purple loosestrife biological control program that began in the U.S. in 1992. (DJ)

Garden seeds. One of the biggest problems associated with soil for the seeds to germinate and grow. They also eliminate the problems associated with soil crusting and poor aeration. Use a light-colored material for a cooler seedbed. Seeding depth is still important when using materials like compost. Seeds should germinate better and begin growth within a few days. Do not allow the soil to dry out; apply water as needed. Once plants have emerged, apply a protective shade or cover on the west side of the plant to shield them from the summer sun. When plants are one to two inches tall, thin them to the proper spacing. (DJ)

Noxious Weed Number 7

Purple loosestrife has since eliminated many of these native plants, which are so important to animals as a food source, for nesting materials and to provide protection for birds, muskrats, turtles, and other species. Once purple loosestrife invades a wetland, the area will eventually become a solid stand of loosestrife, of no value to the wildlife that used to live there. Young purple loosestrife plants can be pulled by hand, as long as the entire plant and the root system are removed completely. Mowing or hand-pulling older, larger plants or applying herbicides is more difficult, expensive, and may only be a temporary remedy to control purple loosestrife within areas. Do not plant purple loosestrife in your garden. Biological control is the only long-term solution to manage purple loosestrife infestations and reduce populations of this invasive weed. The introduction of beneficial insects is part of a national purple loosestrife biological control program that began in the U.S. in 1992. (DJ)

Garden seeds. One of the biggest problems associated with soil for the seeds to germinate and grow. They also eliminate the problems associated with soil crusting and poor aeration. Use a light-colored material for a cooler seedbed. Seeding depth is still important when using materials like compost. Seeds should germinate better and begin growth within a few days. Do not allow the soil to dry out; apply water as needed. Once plants have emerged, apply a protective shade or cover on the west side of the plant to shield them from the summer sun. When plants are one to two inches tall, thin them to the proper spacing. (DJ)
**WIC Works Wonders!!**

WIC helps pregnant women eat better, have healthier babies, and receive early prenatal care. Infants born to WIC mothers weigh more, and grow and develop better. Children on WIC eat foods with more iron and vitamin C, visit their doctors regularly, and receive immunizations.

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides free foods and nutrition information to keep pregnant women, infants, and children under five healthy and strong. Over 4,700 Lincoln/Lancaster County clients are a part of the WIC program, at convenient locations, coordinated by Family Service and the Lincoln/Lancaster County Health Department. A family of four earning $31,544 annually meet the income guidelines. WIC foods include milk, cheese, infant formula, cereal, eggs, juice, beans, carrots, and peanut butter.

The Nutrition Education Program (NEP) works side by side with WIC. “The teamwork enhances the nutrition education which our clients receive. The NEP staff do a great job of individualizing the education to fit the families needs,” says Marcia Wallen, Family Service WIC program coordinator.

Sandy Phillips, nutrition advisor says, “The WIC staff and clients are great to work with. Many of the clients come to see me even when they aren’t scheduled just to share the successes they’ve had with the information we share.”

A WIC parent says, “The WIC program is perfect. It has been a lifesaver for my children.”

If you or someone you know may benefit from the WIC, call 441-8655 or 441-6200 for more information. (MB)

---

**Make It A S*U*P*E*R Salad Summer!!**

Alice Henneman, Extension Educator

**What comes to mind when you think of a salad?** Perhaps a little lettuce with a gob of a fatty dressing on top. How about thinking S*U*P*E*R SALAD?

**How ‘bout this over the season with nutrient-packed, slimming, hunger-satisfying, sumptuous summer salads!** Here’s how and some recipes that will help you get started:

1. **COLOR IT HEALTHY**

   Choose your salads from a variety of colorful fruits and vegetables to gain the most advantage from the nutrients, fiber, and phytochemicals in these foods. Phytochemicals are chemicals produced by plants that are thought to have beneficial health effects. Eating five or more fruits and vegetables a day has been associated with protecting against certain types of cancer, heart disease, osteoporosis, and with aiding in weight control.

2. **GUIDELINES FOR AMERICANS**

   The new Dietary Guidelines for Americans, 2000 has a new guideline developed solely for fruits and vegetables: “Choose a variety of fruits and vegetables daily.” For starters, here’s a pallette of some possible colors:

   - RED: Tomatoes, watermelon, strawberries, red grapes, raspberries, red peppers,
   - ORANGE: Apricots, cantaloupe, carrots, papaya, peaches, oranges,
   - GREEN: Broccoli, lettuce and other greens, spinach, chives, peas, kiwi fruit, green peppers. When considering green plant foods, you might also think about adding herbs for flavor and color. Some possibilities include: basil, dill, mint, oregano, parsley, rosemary.
   - WHITE: Cabbage, cauliflower, onions, garlic, scallions, leeks, potatoes, bananas.

---

**Nutrition Education Program**

for Limited Resource Families

Maureen Burson
Extension Educator

---

**Focus on Food**

Alice Henneman, Extension Educator

**Q: How should you handle raw fruits and vegetables to help keep them fresh-tasting and safe to eat?**

A: As with other foods, it’s important to handle fruits and vegetables properly for best taste and to help prevent food-borne illness. It’s especially important to follow safe food practices in the summer months when temperatures are warmer and bacteria can grow faster. There is more chance for contamination as we may eat outside more, especially in sites away from home where there is little or no access to refrigeration and washing facilities. Following are some steps from a Food and Drug Administration (FDA) Talk Paper (May 26, 2000) that consumers can take to reduce the risk of food-borne illness from fresh produce:

- **At the store, purchase produce that is not bruised or damaged. If buying fresh cut produce, be sure it is refrigerated or surrounded by ice.**
- **At home, chill and refrigerate foods. After purchase, put produce that needs refrigeration away promptly. (Fresh whole produce such as bananas and potatoes do not need refrigeration.) Fresh produce should be refrigerated within two hours of peeling or cutting. Leftover cut produce should be discarded if left at room temperature for more than two hours.**
- **Wash hands often. Hands should be washed with hot soapy water before and after handling fresh produce, raw meat, poultry, or seafood, as well as after using the bathroom, changing diapers, and many more...**

---

**Cook It Quick!**

Tips and recipes for cooking healthy foods in a hurry: www.lanco.unl.edu/food

**FREE monthly Food Reflections e-mail newsletter.**

To be added to the mailing list, e-mail Alice Henneman at AHNENEMAN@UNL.EDU

**Diabetes Study Course**

Call Alice Henneman (441-7180) for more information.
2000 County Fair Highlights
(see complete fair schedule on the back of this insert)

<table>
<thead>
<tr>
<th>Saturday, July 29</th>
<th>Open Class Horse Show (East Arena) ..................... 8 a.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday, July 30</td>
<td>Cattle Team Penning (East Arena) .............................. 11 a.m.</td>
</tr>
<tr>
<td>Monday, July 31</td>
<td>4-H Horse Show (East Arena) .................................. all day</td>
</tr>
<tr>
<td>Tuesday, August 1</td>
<td>4-H Horse Show (East Arena) .................................. all day</td>
</tr>
<tr>
<td>Wednesday, August 2</td>
<td>4-H Horse Show (East Arena) ................................ 8 a.m.</td>
</tr>
<tr>
<td></td>
<td>Exhibits Open .................................................. 6 p.m.</td>
</tr>
<tr>
<td></td>
<td>Carnival Opens .................................................. evenings</td>
</tr>
<tr>
<td></td>
<td>4-H Style Revue (4-H Arena) ................................ 7 p.m.</td>
</tr>
<tr>
<td>Thursday, August 3</td>
<td>4-H Horse Show (East Arena) ...................................... 9 a.m.</td>
</tr>
<tr>
<td></td>
<td>4-H Household Pets Show (Farmland Building) .................. 11 a.m.</td>
</tr>
<tr>
<td></td>
<td>Petting Zoo (Behind Farmland Building) ..................... noon-7 p.m.</td>
</tr>
<tr>
<td></td>
<td>Watermelon Feed (Youth Complex) .............................. 4:30-6 p.m.</td>
</tr>
<tr>
<td></td>
<td>Town Hall Meeting with Lancaster County State Senators (Farmland Building) .................. 7 p.m.</td>
</tr>
<tr>
<td></td>
<td>Carnival ......................................................... afternoon, evening</td>
</tr>
<tr>
<td></td>
<td>Teen Dance ........................................................ 8-11 p.m.</td>
</tr>
<tr>
<td>Friday, August 4</td>
<td>Health Awareness Day (Ag Hall) ............................... 9 a.m.-4:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>Petting Zoo (Behind Farmland Building) ..................... 9 a.m.-9 p.m.</td>
</tr>
<tr>
<td></td>
<td>Celebrity Swine Show (North Arena) ........................... 4 p.m.</td>
</tr>
<tr>
<td></td>
<td>Ice Cream Social (Youth Complex) ............................ 5:30-7 p.m.</td>
</tr>
<tr>
<td></td>
<td>Family Barbecue (Youth Complex) .............................. 5:30-7 p.m.</td>
</tr>
<tr>
<td></td>
<td>Farm Family Awards (East Arena) .............................. 8 p.m.</td>
</tr>
<tr>
<td></td>
<td>Hay Hauling Contest (East Arena) .............................. 7 p.m.</td>
</tr>
<tr>
<td>Saturday, August 5</td>
<td>Open Class Dog Show (East Arena) ............................. 9 a.m.</td>
</tr>
<tr>
<td></td>
<td>Petting Zoo (Behind Farmland Building) ..................... 9 a.m.-9 p.m.</td>
</tr>
<tr>
<td></td>
<td>Big Wheel Race (Ag Hall) ...................................... 11 a.m.</td>
</tr>
<tr>
<td></td>
<td>Keeping Families First Day Activities (Ag Hall) ............ 11 a.m.-4 p.m.</td>
</tr>
<tr>
<td></td>
<td>Pedal Tractor Pull (Ag Hall) .................................. 4 p.m.</td>
</tr>
<tr>
<td></td>
<td>Micro/Mini Tractor Pull ........................................ 4 p.m.</td>
</tr>
<tr>
<td></td>
<td>4-H Horse Show (East Arena) .................................. all day</td>
</tr>
<tr>
<td>Sunday, August 6</td>
<td>Open Class Miniature Horse Show (Coliseum) .................. 8 a.m.</td>
</tr>
<tr>
<td></td>
<td>4-H Celebration/Achievement &amp; Leadership Recognition (4-H Arena) ........................................ 2 p.m.</td>
</tr>
<tr>
<td></td>
<td>Garden Tractor Pull (East Arena) .............................. 7 p.m.</td>
</tr>
</tbody>
</table>
4-H Livestock Shows

If you would like to see the beef, sheep, swine, dairy, llama or goat shows, please check the back page of this insert for times and locations of each show.

4-H Horse Show

Monday, July 31 through Thursday, August 3 and Saturday, August 5

East Arena

(see schedule on back page for times)

4-H Rabbit Show

Thursday, August 3 through Saturday, August 5

Lancaster Building Tent

(see schedule on back page for times)

4-H Poultry & Pigeon Show

Thursday, August 3

Lancaster Building

(see schedule on back page for times)
4-H Dog Show

Thursday, August 3, 9 a.m.
4-H Arena
(see back page for specific class times)

4-H Style Revue

Wednesday, August 2
7 p.m.
4-H Building Arena

4-H Cat Show

Saturday, August 5, 9 a.m.
Farmland Building

4-H Household Pets Show

Thursday, August 3,
11 a.m.
Farmland Building

Keeping Families First Day

Saturday, August 5 • 11 a.m.-4 p.m.
State Fair Park • Ag Hall

Make family memories by spending a day at the fair and visiting The Keeping Families First booths. Fun, games, activities and family information make Keeping Families First a must event.

Booths open at 11:00 a.m. Stop by for ice cream sold by the 4-H Teen council and get ready to enter the Pedal Tractor Pull at 4:00 p.m.

Contact LaDeane Jha at 441-7180 for more information.

4-H Teen Council Ice Cream Social

Friday, August 4
5:30-7 p.m.
$.75
Youth Complex • State Fair Park

Barbeque

Friday, August 4
5:30-7 p.m.
$3
Youth Complex • State Fair Park
2000 Lancaster County Fair Schedule

Saturday, July 29
Open Class Horse Show (East Arena) ......................................................... 8 a.m.
4-H Rabbit Show-Judging & Quiz Bowl (Demo Complex C) ..................8 a.m.
4-H Rabbit Show-Specialty Classes & Dress-up (Lancaster Building Tent) 8 a.m.
4-H Goat Show-Judging Area) ..........................................................1 p.m.

Sunday, July 30
Cattle Team Penning (East Arena) .......................................................10 a.m.

Monday, July 31
4-H Horse Show-Dressage (East Arena) .............................................8 a.m.
4-H Horse Show-Hunter Hack, Hunter/Jumper (East Arena) ...............1 p.m.

Tuesday, August 1
4-H Horse Show-English Showmanship/English Pleasure/English Equitation (East Arena) ......................... 9 a.m.
4-H Horse Show-Miniature Horse Driving, Special Needs (East Arena) ........................................... 5 p.m.

Wednesday, August 2
4-H Horse Show-Western Showmanship/Groom & Care/Halter (East Arena) ......................................................... 9 a.m.
4-H Horse Show-Bareback Equitation/Western Pleasure/Western Horsemanship (East Arena) ................................. 9 a.m.
4-H Shooting Sports Air Rifle (BB/Pellet Pistol Contest (Ag Hall) ..........2 p.m.
Carnival Opens ........................................ evening Entertainment (Free Stage) ............5-9 p.m.
Exhibits Open ........................................ 9 p.m.
Style Revue (4-H Building Arena) ..................................................20 p.m.
Longhorn Show (East Arena) ......................................................7:30 p.m.

Thursday, August 3
Livestock Exhibitor’s Breakfast (Demo Mall) ........................................6:30-8 a.m.
4-H Table Setting Contest (Ag Hall) ..................................................8:30 a.m.
4-H Household Pets Check-In (Farmland Building) ..............................9 a.m.
4-H Horse Show-Working Pleasure/Reining/Western Riding (East Arena) .........................................................9 a.m.
4-H Dog Show-Showmanship, Agility & Obedience (4-H Building Arena) .........................................................9 a.m.
Exhibits Open ........................................ 9 a.m.
4-H Household Pets Show (Farmland Building) ..................................11 a.m.
VIP Luncheon (Beef Pit) ................................................................. noon
4-H Sheep Show (North Arena) ....................................................... noon
4-H Dog Obedience and Showmanship Check-in ................................ noon
Entertainment (Free Stage) ..................................................9-8 p.m.
4-H Horse Show-Horse-Tail Class (East Arena) ..................................1 p.m.
4-H Poultry Show (Lancaster Building) ..............................................4 p.m.
Watermelon Feed (Youth Complex) .....................................................4:30-6 p.m.
4-H Llama Show (East Arena) .......................................................6 p.m.
4-H Rabbit Show-Pet Class & Breeder’s Choice (Lancaster Building Tent) .......................................................7 p.m.
Town Hall Meeting with Lancaster County State Senators (Farmland Building) .............................................. 7 p.m.

Friday, August 4
4-H Rabbit Show-Doe & Litter, Market, Breed, Fur (Lancaster Building Tent) ....................................................... 8 a.m.
4-H Dairy Goat Show (4-H Arena) ....................................................8 a.m.
4-H Beef Show (West End of East Arena) ...........................................8 a.m.
4-H Dairy Cattle Show (East End of East Arena) ................................8:30 a.m.
Exhibits Open ...........................................9 a.m.
Health Awareness Day (Ag Hall) ....................................................... 9 a.m.
Entertainment (Free Stage) ...................................................... noon-8 p.m.
4-H Llama Quiz Bowl (Demo Complex C) ......................................... 1 p.m.
4-H Rabbit Showmanship (Lancaster Building Judging Area) ...............1 p.m.
4-H Angora Goat Show (4-H Arena) ...............................................1 p.m.
Open Class Dairy Cattle Show (East End of East Arena) ......................1 p.m.
Open Class Beef Show (West End of East Arena) ................................1:30 p.m.
Open Class Live Jackpot Market Swine Show (North Arena) ..............2 p.m.
Celebrity Swine Show .........................................................4 p.m.
Ice Cream Social (Youth Complex) ..................................................5:30-7 p.m.
Family Barbecue (Youth Complex) ..................................................5:30-7 p.m.
4-H Rabbit Show-Specialty Classes & Dress-up (Lancaster Building Tent) 6 p.m.
Farm Family Awards (East Arena) ..................................................8 p.m.
Hay Hauling Contest (East Arena) ..................................................7 p.m.
4-H Bucket Calf Show (4-H Arena) ..................................................7 p.m.
Exhibits Close ........................................ 9 p.m.
Clowns & Racing Pigs …throughout afternoon Carnival ...........................afternoon, evening

Saturday, August 5
4-H Rabbit Show-Judging & Quiz Bowl (Lancaster Building Judging Area) ....................................................... 8 a.m.
Open Class Dairy Goat Show (4-H Arena) ........................................8 a.m.
4-H/FFA Swine Show (North Arena) ...............................................8 a.m.
4-H Demonstrations (Demo Complex C & D) .....................................8:30 a.m.
4-H Horse Show-Roping (East Arena) .............................................9 a.m.
Exhibits Open ...........................................9 a.m.
Petting Zoo (Near Farmland Building) .............................................. noon
4-H Cat Show and Quiz Bowl (Farmland Building) ................................9 a.m.
Bicycle Safety Rodeo (South of 4-H Building) ...................................9 a.m.
4-H Horse Show-Agility Show (East Arena) .....................................9 a.m.
Open Class Dog Agility Show (East Arena) .....................................10 a.m.
Big Wheel Race (Ag Hall) ...........................................................11 a.m.
Families First Day Activities ...................................................11 a.m.
Entertainment (Free Stage) ................................................noon-8 p.m.
Clove Kids Show & Tell (4-H Building) .............................................1 p.m.
4-H Horse Show-Horsemanship Fairs, Drill Team (East Arena) ...........1 p.m.
Micro/Mini Tractor Pull .........................................................4 p.m.
Pedal Tractor Pull (Ag Hall) .........................................................4 p.m.
4-H Horse Show-Horse Game Classes (East Arena) .......................5 p.m.
4-H Rabbit Show Awards (Lancaster Building Tent) ................................7 p.m.
Exhibits Close ........................................ 9 p.m.
Clowns & Racing Pigs …throughout afternoon Carnival ...........................afternoon, evening

Sunday, August 6
Open Class Rabbit Show (Ag Hall) .....................................................8 a.m.
Miniature Horse Show (Coliseum) ...................................................8-9 a.m.
Exhibits Open ...........................................9 a.m.
Open Class Dog Obedience Show (East Arena) ................................9 a.m.
Open Class Miniature Goat Show (South Arena) ................................9 a.m.
Entertainment (Free Stage) ...................................................... noon-4 p.m.
Open Class Sheep Show (North Arena) .............................................1 p.m.
4-H Celebration/Achievement & Leadership Recognition (4-H Arena) ........2 p.m.
Exhibits Close ........................................ 4 p.m.
All 4-H & Open Class Entries Released ....... 4-6 p.m.
Garden Tractor Pull (East Arena) ......................................................7 p.m.
Racing Pigs (Dempster Building) afternoon Carnival Closes .................. late evening

Lancaster County 4-H Council
dedicated to serving the 4-Hers in Lancaster County.
Deb Arends - President
Marta Madsen - Vice President
Keith Day - President-elect
Megan Bergman - Secretary
Karleen Stutzman - Treasurer
Deb Arends
Cindy Fiala
Trudy Pedley
Larry Pershing
Karen Rutt
Gene Veburg
Kathleen Arends
Becky Fiala
Lindsey Johnson
Valerie Lemke
Jesse Schrader
Clarice's Column

Clarice Steffens
FCE Council Chair

It really is mid-July and our summer is flying by! Our grandchildren spend the days with us during the summer and it’s really hard to believe they will return to school in about a month!

Every year before school is out we make a list of things we want to do in the next few months. That usually includes, at least, trips to the library, days at the zoo, swimming, movies (when we can all agree on one), some day trips, eating out, Bible study, basketball camp, and church camp. We’re working on the list, but have a lot of things to do yet!

FCE members have already attended the June Council and summer joined the Summ-eling Summer Sampler. August will bring Health Awareness Day at the County Fair on August 4. Preparation for this includes collecting items for the gift bags, stuffing the bags, and distributing them. Some of you may be surprised to know we usually prepare about 500 bags for kids and adults each year. As you know, we need volunteers for this task. (Another activity the grandsons get in on.) I hope you will also consider helping.

Our next Council meeting will be Monday, September 25 at 7 p.m. This meeting will be hosted by the 49’ers, Willing Workers, and Home Service Clubs. Mark your calendars. Congratulations are in order for Pam Branson who was recognized by the County Com-missioners on June 6 for her outstanding work. We all know of her invaluable assistance to all of us connected with FCE.

Summer seems to be a time for celebrations—family reunions, graduations, weddings, holidays, etc. Just in case you need some-thing else to celebrate, remember July is National Ice Cream month! Stay cool!

Don’t try to keep up with the Joneses, especially other parents. Showing respect was something we had to do. We were expected to try our best to show respect to others, especially older people. Being respectful was a “should” or a “have to.” We were told to use good manners and show respect to others, especially older people.

Some kids have more than others. That’s a fact of life. But it doesn’t mean those with less have to be content with only what they have. If your child talks about all the things a friend has, don’t take it as a complaint that they don’t have all that, too. Enjoy talking to them, and say, “It’s nice to have a friend like that, isn’t it.”

Don’t apologize for not having as much. Talk about the good things in your family, such as time spent together, the love between you, a warm and safe place to live, and more. Practice being content yourself. The amount of money a person has doesn’t have much to do with how rich they feel. Be sure your child under-stands your family’s income and situation. Have an older child help you balance the checkbook or put checks for bills in envelopes so they understand where the money goes and there may not be anything for extras. This way they won’t think you’re being mean if you can’t buy them something.

When they are old enough, talk to kids about earning money to get some of the things they want. Kids who earn money themselves learn the value of money more quickly than those who don’t earn money.

Don’t try to keep up with the things other kids have. Set your own standards. Each family is different. The fact other kids have something does not mean it’s right for your child or family. If your child gets teased because they don’t have the most up-to-date jeans, the latest shoes, a new bookbag, or even a great car, help them think of a good answer. An example would be: “I don’t need to have that in order to be a neat person.” Or “I am who I am, take it or leave it.” If they can say this with confidence, it often ends the teasing.

That usually includes, at least, trips to the library, days at the zoo, swimming, movies (when we can all agree on one), some day trips, eating out, Bible study, basketball camp, and church camp. We’re working on the list, but have a lot of things to do yet!

FCE members have already attended the June Council and summer joined the Summ-eling Summer Sampler. August will bring Health Awareness Day at the County Fair on August 4. Preparation for this includes collecting items for the gift bags, stuffing the bags, and distributing them. Some of you may be surprised to know we usually prepare about 500 bags for kids and adults each year. As you know, we need volunteers for this task. (Another activity the grandsons get in on.) I hope you will also consider helping.

Our next Council meeting will be Monday, September 25 at 7 p.m. This meeting will be hosted by the 49’ers, Willing Workers, and Home Service Clubs. Mark your calendars. Congratulations are in order for Pam Branson who was recognized by the County Com-missioners on June 6 for her outstanding work. We all know of her invaluable assistance to all of us connected with FCE.

Summer seems to be a time for celebrations—family reunions, graduations, weddings, holidays, etc. Just in case you need some-thing else to celebrate, remember July is National Ice Cream month! Stay cool!

Don’t try to keep up with the Joneses, especially other parents. Showing respect was something we had to do. We were expected to try our best to show respect to others, especially older people. Being respectful was a “should” or a “have to.” We were told to use good manners and show respect to others, especially older people.
Volunteers are Needed and Appreciated!

If you are 12 years of age or older, you can help as:
- **Fair assistant**—help judges and superintendents with exhibits Tuesday, August 1, 4-8 p.m. or Wednesday, August 2, 8 a.m.-5 p.m.
- **Fair Fund Day helper**—give tours of the fairgrounds and activities to daycare groups Friday, August 4.
- **Food booth worker**—help in the 4-H food booths. Please call Deb Day. Call the extension office at 441-7180 to sign up. Thanks a million! (LB)

Public Speaking for Clover Kids

4-H youth, ages 5-8, have an opportunity to learn about public speaking at the Lancaster County Fair. A fun, educational workshop will provide 4-H Clover Kids an opportunity to create a PSA (public service announcement). Youth may also record their PSA and hear themselves on tape. An adult partner or an older teen partner is strongly encouraged to join in the fun with their 4-H Clover Kid. This workshop will be Saturday, August 5, in Ag Hall, 2nd floor. Workshops are held at 1, 2, and 3 p.m. Call 441-7180 by July 31, or sign up at the stationary exhibit area Tuesday, August 1, 4-8 p.m. (TK)

Hoof Trimming Clinic

Please attend a hoof trimming clinic for beef on Tuesday, July 18, 6-7 p.m. at the Gordon Chapelle residence. For directions or for detailed information, contact Deanna at 441-7180. (DK)

Food Booth Training

**What:** A workshop for ALL food booth volunteers. Even if you have attended before, you are encouraged to come this year.

**Where:** State Fair Park, 4-H Demo Rooms, just south of the 4-H Rock Café in the 4-H Youth Complex. (Check fair book map.)

**When:** Thursday, July 27, 6-7:30 p.m.

**Workshops:** Customer Service, Making Change and Taking Orders, Food Safety, Your Responsibilities as a Volunteer

**Visit:** Food Booths

**Bonus:** Certificate of Completion and lots of fun. (LB)

Did You Know...

- The moon moves about two inches away from Earth each year.
- Dogs sweat through their paw pads.
- A newborn kangaroo is small enough to fit into a teaspoon. Every three days, your body makes a new lining for your stomach. A chameleon’s tongue is often longer than its body. (ALH)

**Needed: 4-H Ambassadors**

4-H members who will be in grades 9-12 in the fall, are eligible to apply. Ambassadors will be selected through an application and interview process. Two positions are open.

- **4-H Ambassadors**
  - Promote 4-H through PSA’s and displays.
  - Serve as master/mistress of ceremonies at events.
  - Develop marketing skills through selling ads for the fair flyer.
  - Provide leadership for 4-H activities.
- To apply, send a letter on why you would like to be an ambassador and resume of your 4-H, school, and community activities to Lorene Bartos, University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528-1507. Call Lorene if you have questions. (LB)

Interview Judging

Wednesday, August 2, refer to pages 5-6 of the fair book for project areas that will have interview judging. Sign up for a five-minute time slot by calling the extension office at 441-7180. If you have more than one item in a project area, sign up for five minutes per item. Talk to the judge about your fair exhibits by sharing the trials and lessons of your exhibits. Interview judging is a great way for 4-H members to learn what the judge looks for and how to improve their skills.

Small Animal Shows

**Loads of Fun**

What is a cat’s tail for? What does an iguana eat? What is a cavy? Come to the Lancaster County Household Pets Show and Cat Show to find out. And — have a great time!

In some 4-H projects, youngsters experience the pride of owning and being responsible for the care of animals. At the small pet shows, judges examine the health of these pets, as well as, determine knowledge gained by the exhibitors. Judges inspect cages, tanks, or appropriate environments. These areas should be clean, organized, and include food and water. Many times, exhibitors bring favorite blankets and toys so their pets adapt more readily to strange surroundings. Of course, the environments must be safe, both for the animals and the 4-Hers.

In the showmanship category, exhibitors answer questions about their animals and the care of their pets. Judges may ask about nutrition and diet, vaccinations, grooming information (if appropriate), and other general knowledge and experience questions. Through this mini-presentation, 4-Hers improve their communication skills and gain self-confidence.

So come to the Household Pets Show, Thursday, August 3 at 11 a.m. and the Cat Show on Saturday, August 5, 9 a.m. in the Farmland Building on State Fair Park. It’s fun for the whole family! (ALH)
Pre-District Horse Show Held June 10

On Saturday, June 10, Lancaster County held its Pre-District 4-H Horse Clinic/Show at Wranglers Saddle Club. There were 40 youth in attendance. Leon Olson judged the clinic and critiqued the exhibitors in preparation for the upcoming district horse shows.

The district shows were held in eight locations around the state of Nebraska the last two weeks of June. Exhibitors must place blue or purple at districts to qualify for the Grand Island State 4-H Horse Exposition being held July 16-20.

By all accounts, the Pre-District Horse Show was a success and a valuable learning experience for youth showing this year and in upcoming years.

Valerie Lemke
4-H Council Member

Selling houses to help out 4-H! Sounds a little strange, huh? Well not to Mitch Sump. Mitch Sump is a realtor for Home Real Estate, and for every house he helps a family purchase or sells to people who mention his new 4-H fund-raiser program, 25% of his commission will be donated to the Lancaster County 4-H Council for 4-H programming.

Mitch grew up in Clarinda, Iowa where his parents were farmers. As a boy, Mitch was very active in both Boy Scouts and 4-H. His wife, Kathy, was a very active 4-H'er in Randolph, Nebraska and about a year ago, Mitch and Kathy learned of a similar idea from a realtor in California. That realtor would donate part of his commission to the food banks and other local organizations. The idea sparked both Mitch and Kathy, so they began thinking of youth programs. They wanted programs that they were a part of and would like their future children to be part of — 4-H topped their charts.

According to Mitch, “There are so many youth organizations out there, 4-H definitely focuses on more than just the winning aspect, but on the learning aspect as well. It is a long term program with set goals established, and Kathy and I strongly believe in it!”

So the next time you’re looking for a house, or have a friend who is selling one, remember Mitch Sump and his 4-H fund-raising program. Mitch can be reached at 436-3367 or 474-9578.

Attention Livestock Exhibitors

NO straw bedding will be allowed in the livestock barns at county fair. Woodchips will be available for sale at the fair or exhibitors may bring their own. (DK)

Attention: All FUN-seekers!

Do you like to have FUN with kids? Are you interested in helping with the 2000 Lancaster County Fair? We have just the thing for you. We need volunteers to help with FAIR FUN DAY, to be held on Friday, August 4. Volunteers will take school-age children through different FUN activities around the fairgrounds. Please call Kris Grage at 441-7180 for more details. (KG)

A REMINDER FOR INTERNET USERS:
Lancaster County Extension Office has a new, shorter home page address: www.lanco.unl.edu

Some shortcuts:
www.lanco.unl.edu/food
www.lanco.unl.edu/hort
www.lanco.unl.edu/ag
www.lanco.unl.edu/enviro
www.lanco.unl.edu/4h
www.lanco.unl.edu/nebline
www.lanco.unl.edu/contact
Crime Prevention

Recent rural Lancaster County burglaries signal a need to take extra precautions to prevent you from falling victim to crime. Many homes can be prevented if the opportunity to commit a crime is removed. Protect your equipment, tools, and supplies.

- Utilize your neighbors to help fight crime and keep an eye on each other’s property. Be observant and report any suspicious activity to the authorities at once.
- Encourage family members and employees to be security conscious.
- Protect your livestock.
- Mark your animals. A permanent brand tattoo or other marking system is essential for identification of stolen livestock. Signed posts indicating animals branded are often a deterrent to theft.
- Check your livestock frequently and take a frequent count. When away, arrange for a neighbor to check them for you.
- Check gates and fences regularly. Good fences and closed gates prevent stray animals which are especially vulnerable to theft. Lock coral gates, loading chutes and livestock trailers. Don’t make it easy for thieves to use your equipment to steal from you.

Avoid leaving farm equipment and tractors in a field overnight.

- Remove vehicle and equipment keys—do not make it easy for a thieves to take your belongings.
- Identify your property with permanent identification in two locations. This helps prevent stolen unidentifiable items and helps authorities to identify recovered items.
- Maintain a property inventory and keep a record of serial numbers.

Utilize your neighbors to help fight crime and keep an eye on each other’s property. Be observant and report any suspicious activity to the authorities at once.

- Encourage family members and employees to be security conscious.
- Protect your livestock.
- Mark your animals. A permanent brand tattoo or other marking system is essential for identification of stolen livestock. Signed posts indicating animals branded are often a deterrent to theft.
- Check your livestock frequently and take a frequent count. When away, arrange for a neighbor to check them for you.
- Check gates and fences regularly. Good fences and closed gates prevent stray animals which are especially vulnerable to theft. Lock coral gates, loading chutes and livestock trailers. Don’t make it easy for thieves to use your equipment to steal from you.

Avoid leaving farm equipment and tractors in a field overnight.

- Remove vehicle and equipment keys—do not make it easy for a thieves to take your belongings.
- Identify your property with permanent identification in two locations. This helps prevent stolen unidentifiable items and helps authorities to identify recovered items.
- Maintain a property inventory and keep a record of serial numbers.

Utilize your neighbors to help fight crime and keep an eye on each other’s property. Be observant and report any suspicious activity to the authorities at once.

- Encourage family members and employees to be security conscious.
- Protect your livestock.
- Mark your animals. A permanent brand tattoo or other marking system is essential for identification of stolen livestock. Signed posts indicating animals branded are often a deterrent to theft.
- Check your livestock frequently and take a frequent count. When away, arrange for a neighbor to check them for you.
- Check gates and fences regularly. Good fences and closed gates prevent stray animals which are especially vulnerable to theft. Lock coral gates, loading chutes and livestock trailers. Don’t make it easy for thieves to use your equipment to steal from you.

Outdoor-Smart

- Constructing a metal storage cage within a building for locking up smaller more valuable items.
- Secure property you leave outdoors to large stationary objects with a chain and padlock.
- Never leave valuable tools or guns in an open car or pickup truck.
- Avoid leaving garage doors open. An open garage door especially with no vehicle in sight is a “welcome” sign to burglars.

Sheriff’s Office Seeks Your Help

The Lancaster County Sheriff’s Office seeks your help in solving burglaries throughout the county. If you or members of your family witness:

1. Strangers asking for directions;
2. A vehicle that looks out of place;
3. Objects thrown from a vehicle.
4. An unoccupied residence.
5. Vehicles being loaded with valuables if parked by a business or possibly burglar, drug pusher, or sex offender.
6. Properties offered for sale at a very low price.
7. Persons offering items for sale at a very low price.
8. Suspicious activity

Not every stranger who comes into your neighborhood is a criminal by any means. There are many doing odd jobs,这是repairmen, and servicemen moving around our neighborhoods all the time, but criminals DO take advantage of this by pretending to be legitimate workmen. The Sheriff’s Office would rather investigate than be called when it is too late. Your call could save a life, prevent an injury, or stop a criminal act. BE ALERT. BE CONCERNED AND CALL.

Prevent Crime the Pro-active Way: Organize a Neighborhood Watch Program

Neighborhood watch is a program to help residents protect themselves and their property. It is not a program of vigilante actions nor does it use citizens to actually enforce the laws. It is about establishing a network of eyes and ears for the Lancaster County Sheriff’s Department. Through a system of training and organizing neighborhoods, citizens become alert to suspicious activity and take an active role in reducing crime.

Organizing a Neighborhood Watch

1. Visit with friends and neighbors to determine their interest and support for a Neighborhood Watch Program.
2. Contact the Crime Prevention Division of the Lancaster County Sheriff’s Department to organize a meeting (main non-emergency phone number 441-6500).
3. Determine an organizational meeting date and time. Usually these meetings are held at the home of the organizer.
4. During the meeting, the Lancaster County Sheriff’s Department will provide:
   - A deputy to explain the Neighborhood Watch Program and answer questions.
   - Assistance in selecting a coordinator for your area—usually the person who organizes the meeting.

See WATCH on page 11

Suspicious activity

- Contact the Crime Prevention Division of the Lancaster County Sheriff’s Department to organize a meeting (main non-emergency phone number 441-6500).

SUSPICIOUS ACTIVITY CONCERNING PERSONS

<table>
<thead>
<tr>
<th>CIRCUMSTANCES</th>
<th>POSSIBLE CRIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Going door to door in a residential area especially if one or more persons goes to the residence.</td>
<td>Possible burglary suspects or trespassers.</td>
</tr>
<tr>
<td>Waiting or loitering in front of a house or business, if the business is closed or house unoccupied.</td>
<td>Possible burglary suspects.</td>
</tr>
<tr>
<td>Forcing entrance, or entering your neighbor’s house, when it is closed or house unoccupied.</td>
<td>Possible burglary, theft, or trespassing.</td>
</tr>
<tr>
<td>Person entering, especially if something of value is being carried.</td>
<td>Possible suspect fevering the scene of a crime.</td>
</tr>
<tr>
<td>Person carrying property that is not wrapped, at an unusual hour.</td>
<td>Possible suspect fevering the scene of a burglary or robbery.</td>
</tr>
<tr>
<td>Much human traffic to and from a certain residence, if it occurs on a daily or regular basis.</td>
<td>Possible vice, ferocious or narcotics operation.</td>
</tr>
<tr>
<td>Visitor on motorcycle, without lights, or driving in an aimless manner.</td>
<td>Possible burglar, drug pusher, or sex offender.</td>
</tr>
<tr>
<td>Visitors loitering or driving through a neighborhood several times.</td>
<td>Possible burglary or larceny suspects.</td>
</tr>
<tr>
<td>Delivery man in the wrong address, or one who asks if someone else lives there.</td>
<td>Possible burglary suspect.</td>
</tr>
<tr>
<td>Person being observed by a window or door.</td>
<td>Possible burglary or robbery.</td>
</tr>
<tr>
<td>Getting a vehicle and driving slowly, without lights, or driving in an aimless manner.</td>
<td>Possible burglary or robbery.</td>
</tr>
<tr>
<td>Person running, especially if something of value is being carried.</td>
<td>Possible suspect fevering the scene of a burglary or robbery.</td>
</tr>
<tr>
<td>Person carrying property that is not wrapped, at an unusual hour.</td>
<td>Possible suspect fevering the scene of a burglary or robbery.</td>
</tr>
<tr>
<td>Vehicle being loaded with valuables if parked by a business or unoccupied residence.</td>
<td>Possible burglary or theft in progress.</td>
</tr>
</tbody>
</table>

- Abandoned vehicle parked on your block. | Possible stolen car. |
- Vehicle containing weapons. | Owner may be engaged in criminal activity. |
- Vehicle where someone is being forced into it, especially females or juveniles. | Possible kidnapping, assault, or attempted rape. |
- Vehicle where a business transaction is being conducted around a closed residence. | Possible selling stolen items or drugs. |
- Vehicle locked, that someone is attempting to forcibly enter, especially in a parking lot. | Possible theft of a car or contents. |
- Persons offering items for sale at a very low price. | Possible theft or vandalism. |
- Objects thrown from a vehicle. | Possible disposal of contraband. |
- Property in homes, garages, or storage areas is suspicious if accumulations are large, or item in good condition but not in use. | Possible stolen property. |
- Property offered for sale at a very low price. | Possible stolen property. |
- Property in vehicles that is not normally found in vehicles, especially if observed at an unusual hour or if TV sets, stereo sets, guns, or cash are involved. | Possible stolen property. |
- Property carried by persons on foot, especially suspicious at an unusual place or hour. Very questionable if person is running or property is unattended. | Possible property stolen. |
- Property being removed from or loaded into a vehicle or building. Not suspicious unless at an unusual hour or from a closed business or unoccupied residence. | Possible burglary or theft in progress. |
- Continuous repair operations at a nonbusiness location. | Possible stolen property being altered. |
- Open or broken doors and windows at a closed business or unoccupied residence. | Possible burglary in progress, completed burglary, or vandalism. |
- Unusual noises such as gunshots, screaming, or dogs barking continuously. | Possible burglary, assault, rape, etc. |
- Suspect of breaking glass. | Possible burglary or vandalism. |
- A person exhibiting unusual mental or physical symptoms. | Person may be injured, under the influence of drugs, or otherwise needing medical attention. |
HEALTHY EATING FROM YOUR HOME GARDEN!

As we reap the harvest of our gardens, we may eat more veggies during the summer than we do the rest of the year. Here’s an overview on how growing your own veggie garden can be good for you and the environment.

**Supersalad**

- **Purple/Blue**: Blueberries, blackberries, red cabbage, raisins.
- **Yellow**: Corn, yellow peppers

For more information: Visit the other sections of the Produce for Better Health Foundation (PBHF) (http://www.5aday.com) and the National Cancer Institute (NCI) (http://www.cancer.gov/cancerinfo/nci-33545).

Lycopene, a pigment found in tomatoes, also may help protect against cancer and heart disease. Processed tomatoes: To protect lycopene, process tomatoes as soon as possible after picking. Cooked tomatoes: Ripen tomatoes at room temperature and serve within a week. Avoid exposing tomatoes to light. Store tomatoes at room temperature in a loosely covered container. To keep cooked tomatoes at their best, refrigerate. If orange juice is made with lycopene-rich tomatoes, it will be orange in color...

**Focus**

- Don’t cross-contaminate.
- Wash all fresh fruits and vegetables before eating immediately after buying.
- Scrub firm produce, such as melons and cucumbers, with a clean brush. Cut away any bruised or damaged areas before consuming.
- During food preparation, wash cutting boards, utensils, and countertops thoroughly.
- Even if you don’t eat the peel of a fruit or vegetable—such as melons—it’s still important to wash them.
- Bacteria from the outer surface can be transferred to the inside of the fruit or vegetable.
- Discard the outer leaves of leafy vegetables before washing them.

As an extra measure of precaution, you may wish to wash pre-packaged produce, especially if you are uncertain about how they were cleaned.

**Watch**

Sheriff’s Department will post Neighborhood Watch signs. An area map of people from the neighborhood should be supplied. We will post the neighborhood watch signs in the windows of your business. The Sheriff’s Department will post the neighborhood watch signs in your business.

**Markets**

- Carrots, pumpkin, leafy greens, winter squash, tomatoes, sweet peppers, spinach, Brussels sprouts, kale, broccoli.
- Diets rich in antioxidant vitamins may help protect against cancer and heart disease.

**Operations**

- How will your business handle growth?
- How long will it take from the time an order is placed to when the customer receives it? These questions and many others need to be addressed as you look at the operation of your business. You will find your production operations have a direct bearing on your financial planning. In our next article, we will look at the financial structures you must create to support the business operations you have identified in this section of your plan.
Mosquitoes Have Discriminating Tastes

Are you one of the unlucky persons who always seem to get more mosquito bites when you are at an outdoor barbeque? According to a research study conducted by University of Florida entomologist Jerry Butler and research assistant Karen McKenzie, mosquitoes choose some people over others. The trick is to try to determine why.

Mosquitoes are attracted by carbon dioxide and other odors and can home in on a person within 40 miles away. They fly in a zigzag fashion, using chemosensory organs to sense substances that are repellent to mosquitoes. Bathing before you attend an outdoor evening event may be helpful.

After bath products, skin care products and cosmetics have ingredients that often attract mosquitoes and may last longer than insect repellents. Butler and McKenzie already observed medications can change an attractive person into one that is repellent or vice versa.

They also observed a research volunteer was diagnosed with a brain tumor in the middle of the research study. Before the tumor was removed, he was repellent. Afterwards, he was attractive to mosquitoes. Butler and McKenzie theorize mosquitoes who need cholesterol and B vitamins, but can’t make their own, can sense which host has the richest source of nutrients.

Outcomes from this research may be helpful in identifying substances that are repellent to mosquitoes. They also suggest if you can figure out which of your friends is attractive to mosquitoes, always invite that person to your barbecues to spare your guests (and yourself) from mosquito bites. (BPO)

The 2001 White House Easter Egg Artistry Contest is underway! The American Egg Board (AEB), in conjunction with the Poultry & Egg Division of the Nebraska Department of Agriculture, is again sponsoring this statewide contest. Nebraska artists are asked to decorate an egg to represent some special feature(s) of the State of Nebraska.

The winning egg chosen from the state of Nebraska will be sent to the American Egg Board for inclusion in the 2001 Easter Egg Display at the White House in Washington, D.C. Entries for this year’s contest are due September 7, 2000. For contest criteria or further information, contact Mary Torell by e-mail at mttorell2@unl.edu or call 402-472-0752. (BOP)

Extension Calendar

July 14
Pesticide Container Recycling Collection, Farmers Coop, Waverly, Fertilizer Plant ........................................ 9 a.m. - 3 p.m.

July 17
Market Journal Satellite Conferences .................................................. 8-10 p.m

July 18
Hoof Trimming Clinic, Gordon Chapel residence .............................................. 6-7 p.m.

July 20
Pesticide Container Recycling Collection, Plymouth Coop at Fairbury ................................. 9 a.m. - 3 p.m.

July 24
4-H Food Booth Training - State Fair Park .................................................. 6-7:30 p.m.

July 30 - August 6
County Fair Activities (see insert)

August 4
Pesticide Container Recycling Collection, Plymouth Coop at Plymouth ................................. 9 a.m. - 3 p.m.

August 11
Pesticide Container Recycling Collection, Plymouth Coop at Wilber .............................................. 9 a.m. - 3 p.m.

August 21
Market Journal Satellite Conferences - Lancaster Extension Education Center .............. 8-10 p.m.

Phone numbers & addresses:
Office (leave message after hours) .............................................. 441-7180
After hours .................................................................................. 441-7170
FAX ......................................................................................... 441-7148
COMPOSTING HOTLINE ....................................................... 441-7139
NEBRASKA INFORMATION CENTER .............................................. 441-7188
EXTENSION OFFICE E-MAIL .................................................. LamCo@unl.edu
World Wide Web Address .............................................................. www.lancoe.unl.edu
OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday

In order to best serve our subscribers, this form will appear in every issue of The NEBLINE. You can use this form to:
1. Change your address or order a subscription (please print)
2. Submit general comments and/or story ideas

Call the toll-free hotline at 1-800-227-4636 to speak to an extension educator in your county.

Gary C. Bergman, Extension Educator-Unit Leader

Notice: All programs and events listed in this newsletter will be held at the Lancaster Extension Education Center unless noted otherwise. Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County.

Mary Abbott, Extension Assistant
Lorene Bartos, Extension Educator
Corey Brubaker, Extension Educator
Maureen Burrion, Extension Educator
Linda Detsauer, Nutrition Advisor
Tom Dorn, Extension Educator
Sonja Cochran, Extension Associate
Artene Hamma, Extension Associate
Alice Henneman, Extension Educator
Don Janssen, Extension Educator
LaDeane Jha, Extension Educator
Ellen Kraft, Extension Assistant
Tracy Kulin, Extension Assistant
Deanna Karmazin, Extension Assistant
Mary Kolar, Publication & Resource Assistant
Mary Jane McReynolds, Extension Associate
Mardel Meinke, Extension Assistant
Barb Ogg, Extension Educator
Sondra Phillips, Nutrition Advisor
David Smith, Extension Technologist
Jim Wies, Extension Assistant
Karin Wohlg, Extension Assistant

WORMS
continued from page 3

quality, than a dry or granular fast-acting chemical fertilizer of 10-20 pounds. In fact, these fertilizers may even repel the earthworms that these nutrients need. As the fertilizers become soluble, they may leach down into the soil and force the earthworms to seek refuge elsewhere.

Worms make other contributions, such as adding calcium carbonate, a compound which helps moderate soil pH. Over time, earthworms can help change acid or alkaline soils toward a more neutral pH.

Earthworm tunnels help to aerate and loosen the soil. This allows more oxygen, which not only helps the plant directly, but also improves conditions for certain beneficial soil bacteria. Finally, the tunneling of the earthworms provide an access to deeper soil levels for the numerous smaller organisms that contribute to the health of the soil.

How can you encourage earthworm activity? First, use a mulching mower, one that leaves the grass on the lawn or spread the lawn clippings in the garden area to “feed your worms.” Because earthworms are less active when the soil is dry, watering may be necessary.

Since earthworms are beneficial, control measures are not required and there are no treatments registered for earthworm control. If the mounds of soil on your lawn really bother you, you can break them up with a rake.

In summary, earthworm activity in your soil is good for your lawn and garden and should be encouraged. They help incorporate organic matter, improve the soil structure, improve water movement through the soil, improve plant root growth, and minimize thatch build up in lawns.

Source: Ask Jeeves website.
Check out: http://www.askjeeves.com (BPO)

The NEBLINE is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherry creek Rd., Suite A, Lincoln, Nebraska, 68528-1507. Contact the extension office, (402) 441-7180 for more information.

Calling all Artists! 2001 White House Easter Egg Artistry Contest

The 2001 White House Easter Egg Artistry Contest is underway! The American Egg Board (AEB), in conjunction with the Poultry & Egg Division of the Nebraska Department of Agriculture, is again sponsoring this statewide contest. Nebraska artists are asked to decorate an egg to represent some special feature(s) of the State of Nebraska.

The winning egg chosen from the state of Nebraska will be sent to the American Egg Board for inclusion in the 2001 Easter Egg Display at the White House in Washington, D.C. Entries for this year’s contest are due September 7, 2000. For contest criteria or further information, contact Mary Torell by e-mail at mttorell2@unl.edu or call 402-472-0752. (BOP)