6-2000

The NEBLINE, June 2000

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Biosolids: A Valuable Resource Benefits Lancaster County Farmers and Taxpayers

Barb Ogg
Extension Educator

The Biosolids Land Application Program is eight years old. The first truckload of treated municipal wastewater residuals was delivered to crop fields in Lancaster County May 1992. A lot has changed in the last eight years. Eight years ago, we called these treated residuals sludge, but now the accepted terminology is biosolids. The word biosolids has become so commonly used to describe treated wastewater solids, it can be legitimately used when playing Scrabble because it is found in the newest dictionaries.

What hasn't changed is the true value of this land application program to the citizens of Lincoln and Lancaster County. We are only beginning to understand the true value of biosolids to the cooperating crop producers that use this material to fertilize and enrich their soils.

The options cities have for disposing of wastewater residuals are limited. If the City of Lincoln did not have a Biosolids Land Application Program, disposal in the Bluff Road Landfill, a licensed facility, would be required. Since the beginning of this program in 1992, more than 208,000 tons (about 26,000 tons/year) have been diverted from the landfill. When farmers use biosolids as a fertilizer, landfill space is saved and can be used for other waste. Years can be added to the life of the landfill, which is very expensive to build and maintain. In Penn’s environment, we are building a landfill, which is very expensive to build and maintain.

At the current tipping fee of $17 per ton, the land application program has saved Lancaster County taxpayers more than $3.5 million.

Recent research conducted by the University of Nebraska Agronomy Department and supported by the City of Lincoln, has provided biosolids application recommendations for corn and sorghum. This study has shown biosolids provide a significant amount of nitrogen to several subsequent crops after the initial application. In average, a one-time biosolids application increased yields by 33 percent in the year applied, and by 21 percent, 14 percent, and nine percent, respectively, in the next three years. About 55 and 31 worth of nitrogen fertilizer was required to produce equivalent corn and sorghum yields over the same four year period of this study. This would translate into nearly $400,000 in nitrogen fertilizer savings for cooperating farmers over the past eight years had they all grown irrigated corn.

In addition to nitrogen, biosolids also contains phosphorus, potassium, copper, zinc, and sulfur, as well as, numerous trace elements. Many Lancaster County soils can be deficient in these nutrients, especially phosphorus and zinc. In fact, many of our cooperating farmers over the past eight years had they all grown irrigated corn.

According to recent fertilizer prices, if farmers were to buy these nutrients from their local dealer (P5K, Cu, Zn and SO4), they would cost $6.53 per ton (that’s a whopping $196 per acre at the application rate of 30 tons per acre). The phosphorus alone is worth $5.63 per ton of biosolids.

While the nutrient value alone of biosolids is considerable, it is likely that the organic matter in biosolids is of even greater value. Biosolids is an organic amendment similar to animal manure in its ability to improve soil structure and water permeability of the heavy clay soils commonly found in Lancaster County.

Based on findings from this study, UNL agronomists Achim Dobberman and Daren Binder have made suggestions as to biosolids application rates and provided guidelines for the frequency of repeated applications to prevent nitrate accumulation in subsoil. Results of this research have already been used to fine-tune biosolids application rates by cooperating farmers.

The Biosolids Land Application Program is an example of how biofuel usage of a waste material can be used to save the taxpayers’ money, improve soil, save farmers’ money, and increase the yield of their crops—all at the same time. This is a valuable program.

For more information about how biosolids can improve your soil, contact the Lancaster County Extension Office, 402-441-7180 and visit with Barb Ogg or Dave Smith.

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www.lanco.unl.edu
Propagation of Shrubs from Softwood Cuttings

Many ornamental shrubs in the home landscape may be propagated by softwood cuttings. Softwood cuttings are taken in late May through early July from the current season’s growth. Cutting material should be flexible but mature enough to snap when sharply bent. Lilac, forsythia, weigela, barberry, potentilla, and viburnum are some of the shrubs that may be propagated from softwood cuttings. A proper rooting medium is needed to successfully root softwood cuttings. The rooting medium must not only retain moisture, but drain well and provide physical support. Coarse sand, perlite, and vermiculite are good rooting materials. The container that holds the rooting medium must have holes in the bottom for drainage. If only a few cuttings are taken, a large clay or plastic pot should be used. A wooden or plastic flat may be used if larger quantities are rooted. Once the container has been filled, the medium should be watered and allowed to drain before the cuttings are inserted. When taking cuttings, remove plant material with a sharp knife. Softwood cuttings should be approximately 4 to 6 inches long. Pinch off the leaves on the lower half of the cutting and remove any flowers. Make a fresh cut just below the point where one or two leaves are attached to the stem (node), then dip the base (cut end) of the cutting in a root-promoting compound. Tap off any surplus material.

Cuttings from some shrubs root easily, but others are more difficult. Root-promoting substances increase the percentage of cuttings that root. Shorten the period needed for rooting, and increase the number of roots per cutting. Root-promoting materials are often available in garden centers and mail-order companies. Most products are in powder form.

To avoid brushing off the powder when inserting the cuttings, make holes in the rooting medium with your finger or a pencil. Insert the cuttings approximately two inches deep into the rooting medium. After all the cuttings are inserted, carefully water the medium and let it drain.

Water is critical to the survival of the cuttings. A cutting has no root system to absorb water, yet continues to lose a large quantity of water. Water loss can be reduced by placing a clear plastic bag over the cuttings to check on rooting is poor, place the cuttings back in the medium, remove them from their permanent site in the garden for one or two weeks before moving the small shrubs to their permanent site in the landscape. It takes several years for rooted cuttings to become nice-sized plants. However, many gardeners find root cuttings and growing the small shrubs to be fun and rewarding. (MIM)

Many of us need reminders. That is the purpose of this calendar. Check the calendar each month and follow the recommendations if they are necessary in your landscape situation. (MIM)
For some reason, ticks are abundant this year, perhaps it was the warm winter. Most of the ticks in the Lancaster County area are wood ticks, also called the American dog tick and not really much of a concern. But, if you are spending time in the southeast corner of Nebraska, especially Indian Creek State Park, be aware about 50 percent of the ticks you will encounter are Lone Star Ticks. These ticks have been implicated in the transmission of Lyme disease.

The most effective products contain some concentration of the chemical N, N-Diethyl-m-toluamide commonly known as DEET. To determine if the repellent you are considering contains DEET, look at the “active ingredients” on the label. You will either see N, N-Diethyl-m-toluamide, or its abbreviation, DEET. Why DEET?

“Even after 40 years on the market, DEET remains the gold standard of insect repellents,” says Mark S. Fradin, M.D., a dermatologist from Chapel Hill, N.C., who authored a clinician’s guide to mosquito repellents published in the June 1998 issue of Annals of Internal Medicine. “Researchers have searched for other compounds,” Dr. Fradin says. “But no other chemical has been found that beats the broad-spectrum effectiveness and duration of protection of DEET.”

DEET was developed by the U.S. Department of Agriculture and patented in 1946 by the U.S. population uses DEET-based repellents each year and worldwide usage exceeds 200 million people annually.

How DEET works. Moisturized skin, carbon dioxide, and odor produced by humans are all attractants for biting pests. Repellents work by blocking the receptor sites on the tick or mosquito so they can’t catch onto and bite you on these attractants.

It doesn’t take a high concentration of a DEET repellent to provide an effective deterent, according to medical studies over the past 30 years. In fact, products containing as little as ten percent DEET will generally be effective for most outdoor activities. Pediatricians recommend products containing 10 percent DEET or less for use by children. Many manufacturers make products to meet these guidelines.

Adverse reactions to DEET are rare when the product is applied properly. Most reported adverse reactions have occurred if you call us with a “gopher” problem, you may be surprised at the detective work it takes in order to figure out if you are really having a problem with a gopher. Most people use the term “gopher” to describe one of several animals that live in this area.

Does it really matter? I mean who cares if the pest on your property isn’t a “gopher?” Terminology aside, it really does matter. When you know what animal you have, it is easier to understand the animal’s food and habitat needs. With proper identification, you can make better and safer decisions on controlling the “gopher” problem.

But I don’t know what kind of animal it is. You don’t need to know what your “gopher” is before you call the extension office. However, it is helpful if you can describe the animal and some of the animal’s “signs” (like mounds, size of holes, paths, damage to plants).

The extension office has excellent information on all animals that may be called “gophers”—even on “gophers” that have long ears and hop. Stop by, check out our website, or give us a call between 8 a.m. and noon, and we’ll help you with your “gopher” questions. (SC)

How many of the following words can you find in this puzzle? Each word may be spelled forwards, backwards, downwards, or diagonally. One word spelled diagonally backwards.

To DEET or not To DEET

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**SNAP Aiming for Late Summer Start Date**

The Nebraska Agricultural Statistics Service (NASS) continues to make progress toward a late summer start date. Since the last update in the April Nebraska Livestock and Income Report, the majority of directors has elected a slate of officials for the Nebraska State Farm Market Analysis and Development Corporation (SNAP). The SNAP has filed Articles of Incorporation as a non-stock, non-profit cooperative with the Nebraska Secretary of State. Other papers have been filed with the Nebraska Department of Banking and Finance enabling SNAP to issue membership certificates. Membership fees, set at $250, are considered low for a non-stock cooperative. Start-up funds have been secured in the form of three grants totaling $33,000. Contingent on membership overhead costs will be covered by assessing a small fee on bushels of grain contracted.

SNAP’s immediate goals are to build a membership of over 100 producers by the end of the year and secure contracts for production of over 10,000 acres of Identity Preserved grains in 2001. To receive a Member Information Statement, call Tom Dorn, 402-441-7180, e-mail: tdorn1@unl.edu or Herschel Staats, 402-843-5679, e-mail: hstaats@alltel.net.

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**Hog Prices**

One fact about the hog business which has long been evident to producers is that hog prices do not go up with inflation. Whereas, the price of many items are constantly moving to inflation-adjusted record low set in 1998, which broke the annual average price of barrows and gilts were record low in 1983, and the hundred weight in 1996, the hundred weight in 1995.

Adjusted for inflation, 1999 corn prices averaged 0.78 in 1981 and 0.49 in 1999. Pigs weaned per female averaged 3.5 pounds in 1999. Feeder to slaughter price averaged 3.9 pounds in 1981 and 0.7 pounds in 1999. Other papers have been filed with the Nebraska Department of Banking and Finance enabling SNAP to issue membership certificates. Membership fees, set at $250, are considered low for a non-stock cooperative. Start-up funds have been secured in the form of three grants totaling $33,000. Contingent on membership overhead costs will be covered by assessing a small fee on bushels of grain contracted.

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**Using Summer Annual Forage Grasses to Stretch Pastures in a Dry Year**

Summer annual grasses are used for summer pasture, green chop, hay, silage, and winter pasture. Annual grasses most often used for forage in Nebraska are sudan grass, hybrid sudan grass, sorghum-sudan grass hybrids, and forage sorghums. Foxtail millet and pearl millet are used occasionally in the northern part of the state.

Some of the desirable characteristics of summer annuals are rapid growth (especially in mid-season), excellent drought resistance, and good response to fertilizer and water. Alfalfa soils can reduce yields considerably, but plants will tolerate a moderate amount of salinity. They are well adapted to most areas of the state and grow rapidly following planting in late May or June. They provide good growth from mid-July through August, and then moderate growth until stopped by fall frost.

Sorghum-sudan grass hybrids produce approximately the same amount of feed as sudan grass when used for pasture. When used for green chop, sorghum-sudan grass hybrids exceed sudan grass or forage sorghums by a factor of two, but are usually best for silage. Making sorghum-sudan grass into hay can be difficult because drying is slow.

Sudan Grass

Trand amateur grasses have fine stems, till extensively when conditions permit, and can regrow rapidly. Thus, they are more resistant to heat and other types of sorghum. Pearl and Wheeler are popular varieties in Nebraska. Pearl has low prussic acid content and is generally regarded as safe to grazed. Wheeler has a slightly higher level of prussic acid, but it presents little danger to grazing livestock.

Hybrid Sudan Grass

Hybrid sudan grasses are crosses among true sudan grass strains that are available prima-

ly as commercial varieties. They are similar to true sudan grass varieties, but yield slightly more in a three-cut green chop or hay system. Their prussic acid content is generally between the Piper sudan grass and sorghum-sudan grass hybrids.

Sorghum-Sudan Grass Hybrids

Sorghum-sudan grass hybrids are the most numerous of the various types of summer annual grasses. Most of these are available as commercial hybrids. They are high producing forage grasses, but more than 50 percent of their yield comes from their stems. Their rate of regrowth after repeated clipings or grazing is lower than sudan grass or forage sorghums. Silage consumed some sorghum-sudan grass hybrids sometimes gain weight or milk less than those consuming other summer annuals, apparently due to a lower energy content. When these hybrids are cut at immaturity stages, quality is higher, but yields are much lower.

Sudan grass, sorghum-sudan grass hybrids, and forage sorghum pastures are not recommended for horses because kidney ailments may develop.

Forage Sorghum

Forage sorghums are usually tall growing and mature late in the growing season. Often called "cane," "sweet sorghum," or "sorgo" forage sorghums often have sweet and juicy stems, and relatively small grain heads.

Foxtail millet has become increasingly popular for grazing in recent years due to the development of commercial varieties adapted to Nebraska. It is very leafy, regrows well after grazing, yields similar to sudan grass, and does not cause prussic acid poisoning.

For more information, refer to Nebraska Guide GT-171 “Summer Annual Forage Grasses.” This can be accessed on the web at: http://www.unl.edu/npbs/range/lt171.htm.

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**Farm Views**

**Economics Report. (TD)**

Activity outraces inflation, deflated prices do not go up with inflation, and basic commodities are generally regarded as safe to grazed. Wheeler has a slightly higher level of prussic acid, but it presents little danger to grazing livestock.

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Forage sorghums usually yield more silage dry matter per acre than dryland corn and will yield similarly to corn under irrigation. However, yields of TDN (energy) per acre are usually lower from forage sorghums than corn.

Grazing of forage sorghums is not recommended. They usually contain much higher levels of prussic acid than other summer annual grasses and can be dangerous to graze even when plants are completely headed, especially when young shoots are present. Forage sorghums can be cut for hay, although their stems dry very slowly after cutting.

Forage Millet

Foxtail millet has relatively coarse stems and is used primarily as an emergency hay or silage crop, especially in dry years. It is more dependable than other summer annuals on light, sandy soils and will usually produce higher hay yields than other summer annuals following a late planting in the western two-thirds of Nebraska.

Foxtail millet does not root severely during early growth and is slow to regrow following grazing. Thus, it is not recommended for pasture except in an emergency. Pearl Millet

Pearl millet has become increasingly popular for grazing in recent years due to the development of commercial varieties adapted to Nebraska. It is very leafy, regrows well after grazing, yields similar to sudan grass, and does not cause prussic acid poisoning.

For more information, refer to Nebraska Guide GT-171 “Summer Annual Forage Grasses.” This can be accessed on the web at: http://www.unl.edu/npbs/range/lt171.htm.

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**U.S. Drought Monitor**

- **Drought types used only when impacts occur:**
  - A = Agriculture
  - W = Water
  - V = Village
  - F = Village change

- **Plotted on:** 1 = Forecast to intensify next two weeks
  - 2 = Forecast to intensify in two weeks
  - 3 = No sign of change in drought classification forecast

**Revised Thursday, June 1, 2000**
Pine Wilt Disease Deadly to Pines

A deadly killer of exotic pines is becoming more prevalent in southeast Nebraska. Pine wilt, a disease caused by a nematode moved by the pine Sawyer beetle, is causing some large-grove landowners to worry and die with the needles still attached. The disease is most fatal to Scotch pines and has affected some Austrian and white pines, but not the Nebraska native Ponderosa pine.

The disease was first discovered in Missouri around 1978. Within the last year, Nebraska has been hit by it. Pine wilt has mainly affected the southeast corner of the state, including Lincoln to Omaha and even extending west near Fremont. It is unsure how wide spread the disease will become.

The symptoms of the disease is the association of the blue stained fungi in the dead or stressed trees. The签名s, which is a food source for the nematode, leaves a blue stain on the trunk and inner bark.

At this point, no insecticides are available to stop the disease or the beetle, so sanitation is a must to control the disease. Affected trees must be removed before the beetles emerge from the wood and carry the nematode to other infested trees. To confirm a tree has pine wilt disease, plant pathologist Loren Giesler, plant pathologist, Nebraska Agricultural Experiment Station, and Pest Diagnostic Clinic, 448 Plant Science Hall, Lincoln, Nebraska 68583, or call (402) 447-2159.

Timely removal of the infested pines is important. Don’t hold the wood for firewood. The trees must be destroyed by chipping, burning or grinding. Many people are recommending not to plant Scotch pines in the Midwest or southeast Nebraska because of this recent problem.

The beetles usually feed on stressed trees and with a drought this year, the desire to feed may increase. For more information, a new publication, EC00-1878, “Pine Wilt: A Fatal Disease of Exotic Pines in the Midwest,” is available at a local cooperative extension office. SOURCE: Loren Giesler, plant pathologist, P.D.H., N.U/AIR. (D.J.)
Soyfoods - A Serving a Day......

You have heard about the benefits of soy in your diet including less chance of heart disease, less chance of getting many types of cancer, helping to control diabetes, kidney disease and helping to reduce osteoporosis. Don’t clean out your refrigerator and replace with only soy products, but do start thinking of ways you can easily incorporate some soy in your everyday eating plan.

Soy products have changed greatly in the last few years, so you will want to really see what is available even in the major grocery stores. You might be pleasantly surprised at the variety now available. Plus, new products are in the development stage. Soy has the added advantage of having a mild flavor. It tends to take on the flavor of the food with which it is combined. Here are some simple ideas for incorporating more soy into your diet:

• Substitute about 1/4 soy flour in place of wheat flour in most bread recipes. This can be done for pancakes, muffins, or biscuits. It increases the protein content, makes a lighter product, and helps keep breads from going stale. Soy flour is very fine, so it also works well to thicken sauces and gravies.

• To boost protein and fiber, try a snack such as Honey Nuttles.

• Enjoy a refreshing glass of soy milk as a snack.

• Silken tofu is a great addition to a shake or dip, or even a gravy or stew. Tofu acts as a thickener or emulsifier and can be added to many foods. For a great snack, add instant pudding mix to silken tofu.

Here is a SMOOTHIE recipe that you will love. It is a great summer drink for the family:

**Berry Dairy Dream**

(makes 1 serving of about 1 1/4 cups)

- 1 cup soy milk (plain or vanilla)
- 1/2 medium banana (may be frozen)
- 2 tablespoons frozen fruit juice concentrate, undiluted
- 1/4 cup frozen fruit such as strawberries, raspberries, blueberries, or combination

Pure all the ingredients in a blender until smooth. Pour into a glass and serve at once.

Sources: Soy Foods, A Healthy Profile—Nebraska Soybean Board; United Soybean Board Website (www.talksoy.com (MM))

What Ignaz Semmelweis Did for You!

Remember Ignaz Semmelweis? Of course you don’t. But you’re in debt nonetheless, because it was Dr. Semmelweis who first demonstrated over a hundred years ago that routine handwashing can prevent the spread of disease. (It was another 50 years before the importance of handwashing was widely accepted!) Dr. Semmelweis worked in a hospital in Vienna whose maternity patients were dying at such an alarming rate they begged to be sent home, said Julie Gerberding, M.D., director of The Centers for Disease Control (CDC) Hospital Infections Program. “Most of those dying had been treated by student physicians who worked on cadavers during an anatomy class before beginning their rotational ‘surgery ward.’” Because the students didn’t wash their hands between touching the dead and the living—handwashing was an unrecognized hygienic practice at the time—pathogenic bacteria from the cadavers regularly were transmitted to the mothers via the students’ hands.

“The result was a death rate five times higher for mothers who delivered in the hospital than for mothers who delivered at home” said Dr. Gerberding. In an experiment considered quaint at best by his colleagues, Dr. Semmelweis insisted his students wash their hands before treating the mothers—and deaths on the maternity ward fell fivefold.

This was the beginning of infection control. Dr. Gerberding said, “It was really a landmark achievement, not just in healthcare but public health in general because the value of handwashing in preventing disease is recognized in the community, in schools, in child care settings, and in eating establishments.” Healthcare specialists generally cite handwashing as the single most effective way to prevent the transmission of disease. The basic rule in the home is to wash your hands “...before preparing food, after changing diapers, and after using the bathroom.”

CDC cites five common household scenarios in which disease-causing germs can be transmitted by contaminated hands:

**HANDS TO FOOD:** germs are transmitted from unclean hands to food, usually by an infected food preparer who didn’t handwash after using the restroom.

See IGNAZ on page 11
Clarice's Column

Clarice Steffens
FCE Council Chair

With a summer packed with activities upon us, I hope many of you will reserve some time to attend and enjoy the FCE activities planned for you.

Our June 26 Council meeting should be fun as we share gardening joys and tribulations with our guest, Bob Gilmour, master gardener. Bob will discuss topics of current interest and we will allow time for all your questions. The program will be followed by the business meeting. Among other things, delegates to the State Convention in Ainsworth will be elected.

Also plan to take part in the Sizzling Summer Sampler (SSS) on July 13. It seems there are many members who have never attended this activity. Maybe you should try it—you might like it! The learnshops cover a variety of subjects and you have the opportunity to attend all three. Reservations for you and your guests are necessary for planning the light supper. The Council meeting and the SSS will be held at the Lancaster County Education Center.

In August, FCE clubs participate in Health Awareness Day at the County Fair. Ann Meier, chair of this committee, has done this for several years and will certainly appreciate your volunteering to help with the event. This year Health Awareness Day is Friday, August 4. If you have not already done so, you might enjoy seeing the progress that is being made at the site of the Lancaster Event Center on North 84 Street. Things are beginning to take shape.

Have a fun, as well as safe, summer.

June FCE Council Meeting

The June FCE Council meeting is scheduled for Monday, June 26, 7 p.m. at the Lancaster Extension Education Center. Bob Gilmore, master gardener, will present a program on gardening. Delegates to the State Convention in September will be elected. Plan now to attend.

(LB)

Health Awareness Day

Health Awareness Day will be held Friday, August 4, 9 a.m. to 4 p.m. at the Lancaster County Fair. This event is sponsored by the FCE Council and Lancaster County Ag Society. Your help is needed for check-in and other activities throughout the day. If you can help please contact Ann Meier, 488-6219, to sign up for a two hour time slot. This is a fun event and great way to meet new people.

(LB)

Summer Chores

School is out. What are your expectations for summer chores? Unless a routine is established early in the summer, things can deteriorate quickly and children can develop the attitude that the summer is one long play time.

• Kids often complain that assignment of chores is unfair. Here are some simple suggestions for assigning chores.
  - Each child chooses one big job and one small job to do for a month. Give younger children a chance to choose first. Rotate regularly.
  - Create a chore wheel. Younger kids can spin it each week to see what their jobs are. Give children complete responsibility for maintaining a different common family room each week.
  - List chores that need to be done on slips of paper and spread them out on the floor. Each child selects three slips. Allow for a two-minute barrier period to give kids a chance to negotiate if they want to change jobs.
  - It’s your night to cook. You may have to work your way around baseball or soccer practice but it’s worth teaching children how to put together a simple summer meal for the family.

Some children feel they should be paid for doing chores. Experts agree this is not a good strategy. But chores can be used as a source of additional money.

For example, parents might keep two lists: The A list has chores the child owes the family; they are his/her responsibility as a family member. The B list, however, includes chores the child may elect to do in return for money.

Some parents find other ways to reward their children such as a “fun box” where kids throw in suggestions for week-end activities. If all the chores have been completed, the parents pick one activity to do with the family.

Adapted from Work and Family Life, January 1997. (LJ)

Agree about the Kids

Moms and dads need to agree with each other on what the rules are for the kids and on what should be done if one of the kids is naughty.

If they don’t agree, lots of problems can happen. The kids might play one of you against the other to get their way.

Worst of all, they might get confused about what is right or wrong. If they do this, they can have a very hard life.

Talk about rules ahead of time, not in the middle of an argument. You can’t settle things when you are mad.

Talk about what should happen if a child breaks a rule, then both of you should follow through.

For example, if one of you says the child has to go to his room, then the other one should say he doesn’t have to go to his room. Both of you need to work together to make rules for your kids. If you don’t, your children will not learn to follow rules and they will have problems not only at home but with other people. (LJ)

Grandparents and Discipline

Discipline is a difficult issue for many grandparents. “What do I do if I think my son is being to harsh with his child?” “What do I do if my daughter lets her children run wild in my house?” These are common questions. Grandparents are free of the primary responsibility of rearing a child. May find these suggestions helpful.

1. Make sure the child’s parents know the rules for your home. Have rules that are reasonable and clearly related to you and your home.

2. Allow parents to explain their rules to their children. Show confidence in the parent as the person in charge.

3. If the child’s misbehavior is unexpected, take the parents aside and clearly discuss what you want. Make a personal appeal to the parent and let them deal with their children.

4. Allow parents to enforce

See DISCIPLINE on page 11

Character Counts! Corner

The “Six Pillars of Character”

What are the six pillars? Trustworthiness—integrity, honesty, promise-keeping, loyalty

Respect—courtesy, autonomy, dignity, diversity, Golden Rule

Responsibility—duty, accountability, pursuit of excellence

Fairness—openness, consistency, impartiality

Caring—kindness, compassion, empathy

Citizenship—lawfulness and common good

What do the six pillars represent? The six pillars result from a search for enduring moral truths that allow us to distinguish right from wrong and define the essence of ethics and good character. See the six pillars universal in acceptance?

The core ethical values embodied in the “Six Pillars of Character” express shared secular and religious values that bridge the gap between liberals and conserva-

Adapted from Josephson Institute Materials (LJ)
Family & Consumer Science Judging Contest

Wednesday, July 19, 1 p.m., registration at 12:45 p.m. 4-H members will use their decision making skills in the junior division (8-12 years old) or senior division (12 years old and older as of January 1, 2000). See related article for topics and resources.

Demonstrations

The Demonstration Contest is one of the best ways to share your expertise and ideas with others. Demonstrations can be done as an individual or as a team. There will be two demonstration contests, Friday, July 21, 1-2 p.m. at the Lancaster Extension Education Center and Saturday, August 5, at the county fair. See page 9 of the fair book for categories.

Table Setting

Tuesday, August 3, 8:30 a.m. in Ag Hall at State Fair Park. This contest gives you a chance to choose a theme category, (holiday, formal, picnic, birthday, or casual) plan a menu, centerpiece, and place setting to coordinate with your theme. Each 4-H member will have a five minute interview with the judge. A table setting contest booklet and information sheet is available from the office.

Bicycle Safety

Saturday, August 5, 9 a.m. at the county fair. 4-H members do not need to be enrolled in the bicycle project to enter this contest. Check the fair book for contest rules.

Interview Judging

Wednesday, August 2, refer to pages 5-6 of the fair book for project areas that have interview judging. Sign up for a five-minute time slot by calling the extension office. 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.

Shooting Sports

Must be enrolled in a shooting sports project under direction of a certified 4-H shooting sports instructor to participate. See pages 13-15 of the fair book for categories and rules.

Horticulture

The 4-H Horticulture Contest is Wednesday, July 19, 10 a.m. Study material for the contest is available at the extension office.

Registration forms for demonstration contests are available at the extension office. Call the office at 441-7180 by July 7, to register for the contests. No preregistration is needed for the Family & Consumer Science Judging Contest. (TK/LB)

County Fair Contests and Interview Judging

Family & Consumer Science Contest and Demonstration Contest Dates

Come to the Family & Consumer Science Contest Workshop Wednesday, June 21 from 1-2:30 p.m. Learn judging techniques and decision-making skills for July 19 Family & Consumer Science Contest. The demonstration workshop is Wednesday, June 21 at 2:30 p.m. 4-H members can learn what a demonstration is and how to present it at the fair. If your demonstration is ready, present it and receive help, if needed. Preregistration is not necessary. (TK)

Livestock Judging Clinic

4-H and FFA youth are invited to attend a livestock judging clinic on Tuesday, June 20 from 10 to noon in the sheep barn at State Fair Park. Youth will have a chance to work with members of the UNL Collegiate Judging team. They will learn selection techniques and how to give oral reasons. For further information, please contact Deanna at 441-7180. Please call 441-7180 to register by June 16. (DK)

Goat Showmanship Workshop

If you are interested in improving your showmanship skills, you and your goat are invited to attend a workshop on Thursday, June 22, 9-11 a.m. at State Fair Park. During the day we will teach proper showing and fitting techniques. For information, contact Deanna at 441-7180. (DK)

Hoof Trimming Clinic

Please attend a hoof trimming clinic for beef on Tuesday, July 18, 6-7 p.m. at the Gordon Chapel. 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)

We Need You...At the 2000 Lancaster County Fair!

Volunteer helpers (ages 12 and over) are needed to help in the information booth, assist judges by writing comments, putting up project displays, check in exhibits on entry day and make the fair the best it can be!

Call 441-7180 to sign up. Thanks, in advance, for all your help! (LB)

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 at 441-7180 for more details. (KG)

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 PSAs 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 Cherry Creek Road, Lincoln, NE 68528-1507. Call Lorene if you have questions. (LB)
**HORSE BITS**

**Misprint in New Horse Show Judging Guide**

For anyone who has already purchased the new 4-H Horse Show and Judging Guide, please make a note of a misprint on page 66 which indicates an incorrect lead. Under ADVANCED WESTERN OR ENGLISH EQUITATION, number two should read: "Drop stirrups or irons (may cross), walk 10 yards, trot 20 yards (English-rising), lope or canter on right lead, stop and pick up stirrups."

**Roping Clinic Held**

The Roping Clinic was held at the Frink family arena on April 29. There were 22 youth in attendance for the afternoon clinic presented by Monte Stauffer. Monte covered many topics which included types of ropes, throwing techniques and horsemanship maneuvers involved in roping. Many thanks to Monte for providing this clinic. Also thanks to Brad and Susan Frink for offering their arena for our use; Larry Essink and The Fort for providing free hats and patches for each youth; and all of the other adults who came out and helped individually instruct each exhibitor.

**Just a few the many very talented ropers at the Roping Clinic.**

**Science at its Best!**

**4-H School Enrichment**

Has your student hatched baby chicks in school—or tasted space food? What about making recycled paper or composting with worms? Is your youngster asking you to turn off the water when you brush your teeth? If so, chances are they have participated in 4-H School Enrichment.

4-H School Enrichment is science at its best! Through hands-on/heads-on activities, youth developed skills in problem solving and decision making. They applied scientific and technical principles to their daily lives...AND they had fun! This year, school enrichment educated over 12,000 students in grades second through fifth, in approximately 65 schools in Lancaster County. Garbology, Vermicomposting, Embryology, Blue Sky Below My Feet, and 4-H Water Riches are school enrichment programs. Following are examples of the impact these programs have on our students: "I stomp our pop cans before we take them to be recycled," said a Sheridan youth. "Embryology teaches responsibility, patience and expectation. Youth develop a healthy sense of awe, respect, and tenderness toward living things," commented a Lincoln Public Schools teacher.

"It’s fun to think about other planets and what might be on them. I want to be an astronaut— I think the space station is cool," a Humann student remarked. "The things I learned are about non-point and point source pollution. Non-point pollution is when pollution gets out and nobody knows where it comes from. Point source pollution is when pollution gets out and you know where it’s coming from," expressed a Trinity Lutheran youngster. Yes, the 4-H School Enrichment year has ended! But watch for next year’s programs and how your student will be involved. It’s an educational experience for the family and science at its best! (ALH)

**Family & Consumer Science Judging Contest**

**Wednesday, July 19, 1 p.m. (12:45 p.m. registration)**

The contest will be divided into two divisions, the junior division and the senior division. 4-H members under 12 years of age as of January 1, 2000, will judge in the junior division. 4-H members 12 years old and older as of January 1, 2000, will judge in the senior division. Topics and resources for the contest are:

<table>
<thead>
<tr>
<th>Topic</th>
<th>Publication</th>
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<tbody>
<tr>
<td>Foods &amp; Nutrition</td>
<td>You’re the Chef (4H793)</td>
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<tr>
<td>• Fried Diets</td>
<td>Design Decisions (4H440)</td>
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<tr>
<td>• Evaluating Nutrition Information</td>
<td>Business Sense (4H457)</td>
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<tr>
<td>• Understanding Eating &amp; Emotions</td>
<td>Growing Up in Communities (4HCCS BU-7141)</td>
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<tr>
<td>Home Environment</td>
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<tr>
<td>• Color</td>
<td></td>
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<tr>
<td>• Room Arrangement/Floor Plans</td>
<td></td>
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<tr>
<td>Entrepreneurship</td>
<td></td>
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<tr>
<td>• Researching Customer Needs</td>
<td></td>
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<tr>
<td>• Making a Business Plan</td>
<td></td>
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<tr>
<td>Child Development</td>
<td></td>
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<tr>
<td>• Effects of television on Children</td>
<td></td>
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<tr>
<td>• Developmental Characteristics for Youth</td>
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<tr>
<td>Clothing &amp; Textiles</td>
<td>Clothing Level 2 (4H224)</td>
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<tr>
<td>• Fabric Selection-Weave</td>
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<tr>
<td>Senior Level</td>
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<tr>
<td>Home Environment</td>
<td>Home Building Blocks (4H195, pp. 5-7; 4H196, pp. 4-6; 4H197, pp. 4-5)</td>
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<tr>
<td>• Color</td>
<td>Growing Up on My Own (4HCCS BU-7139, pp. pp. 4, 5, 7, 9, 14, 20)</td>
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<tr>
<td>• Room Arrangement</td>
<td>Sewing For Fun (4H167, pp. 7-9, 13-16)</td>
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<td>Child Development</td>
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<td>• How Youth Grow</td>
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<td>• Making Learning Fun</td>
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<tr>
<td>Clothing &amp; Textiles</td>
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<tr>
<td>• Use &amp; Care of the Sewing Machine</td>
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<tr>
<td>• Selecting Fabric</td>
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<tr>
<td>Junior Level</td>
<td></td>
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<tr>
<td>Foods &amp; Nutrition</td>
<td>Six Easy Bites (4H791), pages 11-16</td>
</tr>
<tr>
<td>• Smart Food Purchasing</td>
<td>Home Building Blocks (4H195, pp. 5-7; 4H196, pp. 4-6; 4H197, pp. 4-5)</td>
</tr>
<tr>
<td>• Understanding Ads</td>
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<td>• Selecting Fabric</td>
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Individuals will answer five written questions for each of the four situations, totaling 20 written questions. Also, senior 4-H members will choose two of eight oral questions to answer for a judge. Juniors will choose one of five oral questions to answer for a judge. (TK)

**Livestock fair entries must be post-marked or into the extension office by 4:30, July 7. Entry forms are available at the extension office. Early entries will be accepted with a smile!** (DK)
Work Party Scheduled for June 17

Construction of the arena fencing for the Amy Countryman Outdoor Arena is scheduled for Saturday morning, June 17 at the Lancaster Event Center building site. Volunteers are needed to help with installation of the commercially purchased fence posts and panels. An arena site has been prepared with proper grading and application of a fly ash base for sealing and good drainage. Visitors to the arena site will be impressed with the excellent results.

Ten to 12 volunteers are needed for two work times scheduled 8 to 10 a.m. and 10 a.m. to 12:00 noon. Lunch will be provided for all volunteers. The work party is being organized by Donna Snover. If interested in volunteering, Donna can be reached at 782-2976.

Bridal Events with an Herbal Twist
Saturday, June 17, 10 a.m. to 12 noon, Prairie Building, $10 per person. Add a dash of herbs to a bridal event or other special occasion. We’ll explore ways of using herbs and flowers for your gifts and table decorations. Each participant will make an example to take home. Preparation of an herbal hors d’oeuvre and cake will be demonstrated and tasted.

Preserving Herbs and Flowers
Saturday, July 15, 10 a.m. to 12 noon, Prairie Building, $10 per person. We’ll discuss preserving herbs and flowers for both craft and culinary use. Each participant will have the opportunity to make a greeting card with dried flowers. We’ll explore ideas for the use of edible flowers in a variety of foods, with tastes provided.

An Herbal Tea Party
Saturday, August 19, 10 a.m. to 12 noon, Prairie Building, $10 per person. We’ll discuss how to utilize a variety of herbs for delicious teas. Each participant will make a small herbal centerpiece to take home. A demonstration of the preparation of foods for an herbal tea party will be followed by the party itself!

For more information or to register, call 441-7895.

A Potpourri of Herbal Ideas from Pioneers Park Nature Center

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Lancaster Event Center Progress Report

Construction of the new Lancaster Event Center remains ahead of schedule and continues to move further toward completion. The size and shape of the buildings are becoming easier to identify with installation of the exterior wall materials.

Two cupolas and an entrance canopy have been added to the multi-purpose building. These additions enhance the structure’s attractiveness and add to the overall distinction of the building.

The exterior of Pavilion I and II are nearing completion and attention has been directed to the interior construction. Construction of the four animal wash areas, the public restrooms, and installation of the fire sprinkler system have been the most recent priorities.

The Amy Countryman Arena should be completed and ready for use (pending building contractor approval) by August. (GB)
DEET
continued from page 3

in people who incorrectly used DEET. (Dr. Fradin.)

Here are some guidelines for choosing an appropriate concentration of DEET in a repellent:

- Children should generally use products containing 10 percent DEET or less. Be careful not to apply a repellent on a child’s hands or close to a child’s mouth or eyes. It’s best to avoid applying DEET products to infants.

- Adults participating in short-term outdoor activities during warm weather may want to choose a product with a ten percent to 50 percent DEET concentration and use it with common sense. Source: Mayo Clinic: http://mayohealth.org/mayo00114html/mosquito.htm

The EPA offers these recommendations for safe use of insect repellents:
- Verify the repellent is EPA-approved. It should say on the label.
- Use just enough repellent to lightly cover the skin. Do not saturate the skin.
- Repellents should be applied only to exposed skin, clothing, or both. Do not apply repellents underneath clothing.
- To apply a repellent to the face, dispense it into your palms, rub your hands together, and apply a thin layer to the face.
- Avoid contact with eyes and mouth. Do not apply a repellent to children’s hands because they are likely to put them in their mouths.
- After applying, wipe or wash the repellent from the hands to prevent inadvertent contact with eyes, mouth, or genitals.
- Never use repellents over cuts, wounds, inflamed, irritated, or skin affected by eczema.
- Do not inhale aerosol formulations. Be careful to not let the spray drift into your eyes.
- Once inside, wash treated areas with soap and water. (BPO)

BLUE FLOWERS
continued from page 2

Shady areas. The leaves are heart shaped and the flowers are light blue. It will grow from 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 three to six 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 most, well drained soil. Plants reach a mature height of about two feet.

Other blue flowering plants include monkshood (Aconitum napellus), bugloss (Anchusa azurea), blue false indigo (Baptisia australis), bellflower (Campanula spp.), delphinium (Delphinium elatum), gentian (Gentiana spp.), Stokes’ aster (Stokesia laevis) and Veronica (Veronica spp.). (IMM)

IGNAZ
continued from page 6

Toilet. The germs are then passed to those who eat the food.

INFECTED INFANT TO HANDS TO OTHER CHILD-DRENN: during diaper changing, germs are passed from an infant with diarrhea to the hands of the caregiver; if the caregiver doesn’t immediately wash his or her hands before handling another child, the germs that cause diarrhea are transferred to the second child.

FOOD TO HANDS TO FOOD: germs are transmitted from raw, uncooked foods, such as chicken, to hands; the germs are then transferred to other foods, such as salad. Cooking the raw food kills the initial germs, but the salad remains contaminated.

NOSE, MOUTH, OR EYES TO HANDS TO OTHERS: germs that cause colds, eye infections, and other illnesses can spread to the hands by sneezing, coughing, or rubbing the eyes and then be transferred to others.

FOOD TO HANDS TO INFANTS: germs from uncooked foods are transferred to hands and then to infants. If a person handling raw chicken, for example, doesn’t wash his or her hands before tending to an infant, they could transfer germs such as salmonella from the food to the infant.

Handwashing can prevent the transfer of germs in all five of these scenarios. CDC recommends vigorous scrubbing with warm, soapy water for at least 15 seconds.

Source: Adapted from information provided by the Centers for Disease Control 3/6/2000. (AH)

DISCIPLINE
continued from page 7

The rules. If they are present when their children misbehave, let them respond. Do not take away their authority by controlling the situation. If you disagree with the parents’ discipline choice, talk later with them about what happened. If the parents know what you expect, yet take no action, you may have to directly respond to the child’s behavior.

5. If parents are not present and the child misbehaves, you can be more directly involved. Make sure your grandchildren know what you expect. Focus primarily on prevention and guidance tools. Avoid introducing unpleasant consequences. Punishment undermines the delicate and precious relationship that can exist between grandparents and their grandchildren.

Discipline means teaching and grandparents can be important teachers for their grandchildren. By working together, parents and grandparents can make a real difference in the lives of children. (SJ)

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/family
www.lanco.unl.edu/enviro www.lanco.unl.edu/4h
www.lanco.unl.edu/nebline www.lanco.unl.edu/contact

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The NEBLINE
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Miscellaneous

Trapshooting Members Receive Awards

Nebraska State High School National Cornhusker Trapshooting Meet held at Doniphan, NE on May 5 & 6. Lancaster County 4-H Shooting Sport Team won first place in the 4-H division. Winning five member team, photo from left to right: Nate Buhrman, Zach Marshall, Eric Timperley, Jasen Hardnock (holding trophy) and David Staley.

Members received the Eastern Conference Academic Trapshooting Awards. Pictured from left to right: Nate Buhrman, Jasen Hardnock, Laura Johnson, Zack Marshall, and Eric Timperley. As a senior Laura Johnson was named to the five member All-State Academic Trapshooting Team.

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DISCIPLINE
continued from page 7

the rules. If they are present when their children misbehave, let them respond. Do not take away their authority by controlling the situation. If you disagree with the parents’ discipline choice, talk later with them about what happened. If the parents know what you expect, yet take no action, you may have to directly respond to the child’s behavior.

5. If parents are not present and the child misbehaves, you can be more directly involved. Make sure your grandchildren know what you expect. Focus primarily on prevention and guidance tools. Avoid introducing unpleasant consequences. Punishment undermines the delicate and precious relationship that can exist between grandparents and their grandchildren.

Discipline means teaching and grandparents can be important teachers for their grandchildren. By working together, parents and grandparents can make a real difference in the lives of children. (SJ)
**Focus continued from page 6**

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**Fifty Shades of Green**

**Gordon Chapelle Residence**

**Pioneers Park Nature Center**

**Internet under the “Hot Topics” section at: www.lanco.unl.edu/food (AH)**

**Cook meat and poultry completely at the picnic site. Partial cooking of foods ahead of time allows bacteria to survive and multiply to the point that subsequent cooking may not destroy them.**

**Use a separate clean tongs or spatula for removing meat or poultry from the grill and place on a clean plate to avoid cross-contamination with uncooked meat.**

**Discard any food left out for more than two hours or one hour if the temperature is above 90 degrees F. When in doubt, throw it out!**

**For more information about summer food safety from NU Lancaster County Extension and Lincoln-Lancaster Health Department, check on the Internet under the “Hot Topics” section at: www.lanco.unl.edu/food (AH)**

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**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 ........................................................................ LanCO@unl.edu**

**World Wide Web Address.................................................. www.lanco.unl.edu**

**OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday**

**Extension Calendar**

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

**June 13**

4-H Council Meeting .................................................. 7 p.m.

**June 14**

Horse VIPS Committee .................................................. 7 p.m.

**June 15**

Fairboard Meeting ........................................................... 7:30 p.m.

Animal ID’s Due .........................................................

**June 17**

Amy Countryman Outdoor Arena Work Party, Lancaster Event Center .................. 8-12 noon

Bridal Events with an Herbal Twist, Pioneers Park Nature Center ..................... 10 a.m.-12 noon

**June 19-22**

District Horse Show ....................................................

**June 20**

4-H/FFA Livestock Judging Clinic, State Fair Park ............................................. 1-3 p.m.

**June 21**

Consumer & Family Science Contest Workshop .............................................. 1 p.m.

Practice Demonstration Workshop ................................................................. 2:30 p.m.

**June 22**

Great Showmanship Workshop, State Fair Park ............................................. 9-11 a.m.

**June 26**

Pet Pals-4-H Meeting .......................................................... 7 p.m.

FCE Council Meeting .................................................. 7 p.m.

**June 26-29**

District Horse Show ....................................................

**July 6**

All Animal & Contest County Fair Entries Due .............................................

**July 9**

4-H Ambassador Meeting ................................................................. 2 p.m.

4-H Teen Council Meeting .................................................. 3-5 p.m.

**July 10**

Livestock Booster Club Meeting ................................................................. 7:30 p.m.

**July 11**

4-H Horticulture Contest Workshop ................................................................. 2 p.m.

4-H Council Meeting ................................................................. 7 p.m.

**July 12**

4-H Horse VIPS Meeting ................................................................. 7 p.m.

**July 13**

Sizzling Summer Sampler ................................................................. 6-9 p.m.

**July 14**

Extension Board Meeting ..................................................

**July 15**

Preparing Herbs and Flowers, Pioneers Park Nature Center ..................... 10 a.m.-12 noon

**July 18**

Beef Hoof Trimming Clinic, Gordon Chapelle Residence ..................................... 6 p.m.

**July 16-20**

4-H State Horse Expo, Grand Island ..................................................

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**Corey Brubaker**

**Lorene Bartos**

**Don Janssen**

**Soni Cochran**

**Tom Dorn**

**Ellen Kraft**

**Tracy Kulm**

**Deanna Karmazin**

**Mary Kolar**

**Mary Jane McReynolds**

**Mary Kolar**

**Mary Abbott**

**Maureen Burson**

**Linda Detsauer**

**Mary Kolar**

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