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The NEBLINE

University of Nebraska Cooperative Extension
Lancaster County

July 1999
Vol. XII, No. 7

"Helping Nebraskans enhance their lives through research-based education."

Is competition good or bad?

Lorene Bartos
Extension Educator

Fair season seems to create discussion around that point each year. We hear about good sportsmanship, character, winning and losing. Competition is on the minds of children and adults whether it be at ball games, soccer games, swimming or at county fair.

Involvement in competition takes understanding and reinforcement from leaders and parents. Being a good participant and competitor is very important to every child. As adults, it is necessary to give youth the support and recognition needed for what they have done. It is not if you win or lose but how you play the game that is important.

Janet Fox, 4-H youth development specialist, shares the following character traits of good competitors. They are honest, straightforward, show integrity and do their own work. They don't understate or overstate their abilities, accomplishments and skills. Graceful acceptance of results is another characteristic of good competitors. They are pleasant and nice toward other participants, spectators, program officials, judges, parents and others. They accept judges suggestions and results with a positive attitude.

Being involved in 4-H creates many competitive situations. 4-H members compete in the show ring, during contests and with exhibits. Although that is important, lifetime skills are being learned. Youth develop many leadership and presentation skills.

Showing good character is important for all youth and adults. Adults, whether it be parents, 4-H leaders, 4-H staff and others must set a good example and be good role models for youth.

As we prepare for the county fair, the pillars of character can be helpful in making competition educational. Trustworthiness is being honest, reliable and building a good reputation. Respect is treating others with respect, being tolerant of differences, considerate of others feelings. It is important to remember respect when dealing with ribbons received . Whether the ribbon is purple, blue, red or white, something has been learned. Develop responsibility by completing projects on time, doing the best you can, using self-control and self discipline. Responsibility helps one persevere—keep on trying. The 4-H motto is "To Make the Best Better". Instilling the sense of responsibility in youth and setting a good example as adults will help accomplish the goal this motto has for all. The pillar of fairness includes playing by the rules, meeting deadlines, taking turns, sharing and not blaming others. Caring is another aspect of character that can be helpful during competition. Caring is being kind, expressing gratitude, helping others in need, being compassionate and showing you care. Giving support to fellow 4-H members and sharing the happy and sad times with them shows caring. Citizenship is doing what is necessary to make your club, school and community better. It is being cooperative, staying informed, obeying rules and laws, respecting authority and protecting the environment and surroundings. Volunteering is a big part of citizenship. County fair gives youth and adults the opportunity to share their skills with others through volunteering. Youth and adults can serve as fair superintendents and assistants. They can help at the Rock Café and Snack Shack. Serving as tour guides for Fair Fun Day gives older 4-H members the opportunity to show what they have learned through 4-H and what is available for younger youth.

As we get ready for the county fair, take time to reflect on the learning and opportunities that are available. It is a time to meet friends, share skills, enjoy watching youth and adults exhibit their skills in showmanship, judging, styling and demonstrations. County fair time is also a time for "Old Fashioned Family Fun". Bring the family, celebrate the accomplishments of a years work for many youth and adults. Remember also, that no matter the results, congratulate those who did well. Recognize and try to learn from the accomplishments and admirable traits of others. A competetive event should be viewed as a learning experience, regardless of the ribbon received. Exhibitors can grow as a result of the event by recognizing both positive & negative qualities.!

Summer time is a time for fun. Let's look at competition as a way to build character and make the best even better. See you at the fair.

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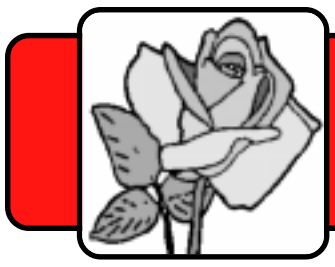


Horticulture

1999 "Plants of the Year" recommended for Nebraska

Looking for something new to plant in your garden or home landscape? The "Plants of the Year" program, a joint effort of the Nebraska Nursery & Landscape Association (NNLA) and the Nebraska Statewide Arboretum (NSA), has some recommendations of new or underutilized trees, shrubs and perennials that merit wider use in Nebraska.

Todd Morrissey, Assistant Director for Horticulture Programs at NSA, says the plants, which are voted on each year by members of NNLA, are chosen for their ornamental value, hardiness, ease of maintenance and availability. They are plants, he notes, "that make everyone look like a great gardener."

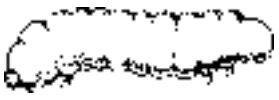
There has been a growing trend toward using prairie plants in the landscape. Lead plant, this year's "Perennial of the Year," is true to that trend. Dark purple flower clusters rise above the silvery green foliage in midsummer. It is drought-tolerant and blooms heavily in a full sun setting. J. E. Weaver, a famous prairie ecologist from the University of Nebraska, did extensive research on this wildflower, noting its landscape versatility.

Koreanspice viburnum, "Shrub of the Year," has almost unlimited landscape appeal—spring blossoms, attractive summer foliage and autumn color. This 4-6 foot shrub develops light to dark pink blossoms in late April to early May, has a spicy fragrance, pale green summer foliage and dark red fall color.

Swamp white oak, a 50' native of the eastern U.S., is "Tree of the Year". Its leaves are green above and velvety white below. It can withstand poorly drained or compacted sites and, despite its name, grows well in dry, upland soils.

For more information about the "Plants of the Year," call 402-472-2971,or write Nebraska Statewide Arboretum, P.O. Box 830715, UNL, Lincoln, NE 68583-0715. (MJM)

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 suddenly wilt a few weeks later.

Spray now to prevent loss of this year's squash and pumpkin plants, since the adults deposit eggs on the young stems and leaves. Apply an insecticide like malathion to the base of squash or pumpkin plants weekly, beginning when the vines begin to run or bush begins to grow. Follow all label directions and precautions when using insecticides.(MJM)

Powdery mildew on ornamentals

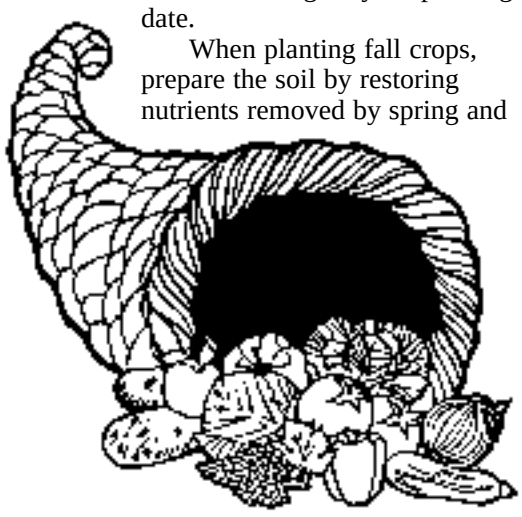
Powdery mildew is a fungal disease of many ornamentals in Nebraska landscapes. The most commonly affected species include lilac, sycamore, oak, honeysuckle, bittersweet, hydrangea, viburnum, dogwood and rose. Many annuals and perennial flowers are also affected.

The most obvious symptoms are white to gray powdery substance covering the leaves and/or stems of the plants. An overall stunted appearance to the plant can also occur. Later in the season the powdery substance may become thicker, indicating the growth of mycelium. Along with this thicker growth, tiny, black, round fruiting bodies will appear. These bodies will rupture and expel spores that will then disperse in the wind to other host plants.

Control of this disease can be achieved by good cultural methods and use of fungicides. The cultural practices include thinning over grown plants and increasing air circulation around the infected plant material. Daconil 2787 is a recommended fungicide. Fungicides should be applied at the first sign of mildew and reapplied two weeks later. (MJM)

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. Suc sion plantings of war season crops, such as corn and beans, can be harvested until the first killing frost. Cool season crops, such as broccoli, bee cabbage, cauliflower, kohlrabi, leaf lettuce radishes, spinach, tur kale and collards gro during the cool fall d withstand light frosts planting is the key to successful fall garder



To determine the 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 crops.

A light layer of compost or a small application of fertilizer will prepare the soil for another crop. Dry soil may make working the soil difficult and inhibit seed germination during the midsummer period. Plant fall vegetables when the soil is moist after a rain or water the area thoroughly the day before planting. It may also be beneficial to soak the seeds over night before planting.

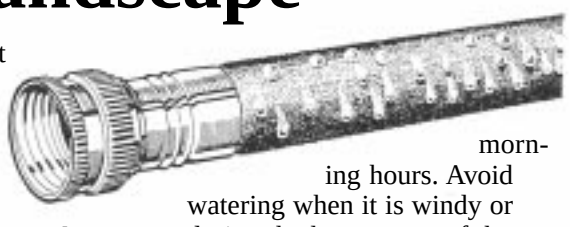
An organic mulch will help keep the soil cool. Mulching between rows can decrease soil drying. Irrigate when necessary so plants have sufficient moisture during the warm days. Some of the best quality vegetables are produced during the warm days and cool nights of the fall season.

Look ahead to the fall garden, which offers its own satisfaction through its prolonged harvest of fresh vegetables, savings in food costs and the knowledge that you are making full use of your gardening space and season. (MJM)

Water use in the landscape

Every time you turn a faucet, an important natural resource, water, goes down the drain. Unfortunately, more water than necessary. This check list will help you conserve water for lawn and garden use. Try to add these water conservation tips into your landscape and vegetable gardens. A few simple changes in your daily routine can conserve some of this important resource and help to avert waste.

* Mulch shrubs, perennials, annual flowers 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 it to water container plants.

* 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.

By making these simple changes, you can pull the plug on unwise water use and help to conserve this precious resource. (MJM)

1999 July/August Garden Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Remove faded flowers from annual plants	2	3
4	5	6	7 Check garden plants for spider mites	8	9 Plant fall garden	10
11	12 Control squash vine borer	13	14 Prune suckers on maple tree	15	16	17
18	19	20 Check tomatoes for blight	21	22 Store extra seeds	23	24
25	26	27	28 Apply grub control	29	30 Divide iris	31
1	2 Keep garden well watered	3	4	5 Pull weeds	6	7
8	9	10 Cut herbs to dry	11	12 Control bean leaf beetle	13	14
15	16	17	18 Pick flowers to dry or press	19	20 Stop fertilizing roses	21
22	23 Control yellow nut sedge	24	25 Overseed tall fescue	26	27	28 Festival of Color, Mead
29	30 Divide peonies	31				

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. (MJM)

Are you afraid of snakes? spiders? insects?

Barb Ogg
Extension Educator

It is normal to feel anxiety in difficult or unfamiliar situations and in dangerous situations, it is normal to experience fear. Both anxiety and fear can be helpful, because these normal responses help people avoid dangerous situations. But, when the fear reaction is disproportional to the situation or object, this is known as a phobia. The most common phobias that we have encountered are ophidiophobia (snakes), arachniphobia (spiders) and entomophobia (insects).

Snakes. By far, the most commonly encountered snake in the Lincoln area is the harmless garter snake. These small snakes feed on earthworms and insects and are active primarily in the spring and early summer. The majority of other snakes that people encounter in Lancaster County are also harmless. Only one poisonous snake, the western massasauga has its range in part of Lancaster County (see the related article and accompanying map, below).

Spiders. The majority of spiders that are brought to the Lancaster County Extension Office do not produce venom that causes medical problems for people. There are only two spiders whose bites are extremely serious: the black widow and brown recluse. Black widow spiders are extremely uncommon and rarely brought to the office. We identify two or three cases of brown recluse spiders each year. Most are found in warehouses and other buildings where goods are received from other parts of the country, especially southern states. We do know that a couple apartment buildings in Lincoln have been infested with brown recluse spiders—probably moved by inhabitants from states where this spider is more common. People definitely should be concerned and take appropriate control actions if brown recluse have been identified.

Insects. Most insects that wander into homes are truly insignificant when it comes to causing damage to our structure, possessions or to human health. Only a few, (termites, carpenter ants, cockroaches, fleas and a few other relatively uncommon pests) should concern us. Most of the rest (silverfish, crickets, millipedes, pantry pests, flies, gnats and most ants), are aesthetically unpleasing and may cause psychological discomfort, but not significant economic damage.

Clients who call our office about pest problems have attitudes that range from hysteria, to passionate animosity, concern, to idle curiosity. It is sometimes difficult to work with hysterical clients. I remember one call from a lady who had a snake in her yard. When I asked her to describe it, she used words like "huge", "dark" and "ugly". She was so incapacitated by her fear that she couldn't even look at the snake to describe it and was hysterical and absolutely incapable of taking any reasonable action that I suggested. Another reaction that borders on the unreasonable was the mother who was afraid to let her preschoolers play in the yard after she found a few harmless jumping spiders in the grass.

Other folks are so intolerant that they take drastic measures to eliminate the pest and don't consider the consequences of their action. One example is the man who baited a snap trap with peanut butter to kill the vole in his garden and then was heartbroken when a beautiful male cardinal got caught instead. Or the woman who was so upset with the ants that she found in the bottom of her dishwasher that she sprayed the *inside of the dishwasher* with an *insecticide*. The point here is, before you take any action, think about all the possible consequences and consider whether the action will solve the problem. An amusing story that comes to mind is about the woman who built a pond with a fountain in her backyard. Not being a true nature lover, she became upset when a frog decided to live in the pond and began croaking at night. In an effort to kill the frog, she put soap in the pond. The soap did not kill the frog (it continued to sing for a mate) but the fountain produced abundant bubbles. She was calling the extension office to see how to get the soap out of her pond. (All of these stories are true from the Lincoln area in the past 7 years.)

The vast majority of callers are concerned about their pest problem, but, after we talk through the problem, we hope they recognize the pest for what it is and their actions are proportional to the importance of the pest problem. We try to be as understanding as possible with people who have an irrational fear of snakes, spiders or insects. But for most of our callers, we hope to educate and encourage a little tolerance for insects and wildlife in and around the home and yard. (BPO)

Environmental Focus

Master beekeeping and queen rearing workshops: July 22-24

Experienced beekeepers can improve their skills at advanced workshops scheduled for July 22-24 at the Apiculture Lab, Agricultural Research and Development Center, near Mead, Nebraska.

Master Beekeeping Workshop. This program includes lectures and hands-on training on all aspects of beekeeping. This workshop is designed to provide beekeepers with the knowledge they need to be successful beekeepers. Participants will receive training in pollination and bee biology, Internet resources, marketing and presenting beekeeping information to youth and the public. Cost is $85.

Queen Rearing Workshop. This workshop will include extensive hands-on training in all aspects of queen rearing. Dr. Marla Spivak, University of Minnesota Apiculturist will conduct this workshop. Cost is $85.

These sessions run concurrently, but both groups are together for some lectures. Registration for these workshops are limited; applications will be accepted on a first come basis. For more information, contact Dr. Marion Ellis, 402-472-8696. (BPO)

Tread carefully when hiking in Nebraska: watch for poisonous snakes

The recent incident of a dog being bitten by a poisonous snake in Lincoln has prompted a number of questions about poisonous snakes in this part of Nebraska.

Nebraska has four poisonous snakes—the prairie rattlesnake, timber rattlesnake, the western massasauga and the copperhead. Only the western massasauga, a small rattlesnake, is found in pockets in Lancaster County. However, the historic range of this snake is throughout southeastern Nebraska. See the map, below.

The western massasauga is between 20-30 inches long. It has dark, somewhat round blotches down the back and smaller, less distinct blotches on the sides. The ground color is light gray or tan-gray and the belly is light with dark mottling.

Young are born in mid to late summer and are about 7-9 inches long. Female rattlesnakes do not lay eggs, but hold the eggs inside their body until hatching; the baby rattlers are born alive.

Massasaugas are found in prairie or grassland areas, often in marshy sites or rock outcroppings. The name massasauga is a Native American term meaning "swamp dweller", referring to its preference for wet areas.

Poisonous snakes can be recognized by having blotchy or banded color patterns, different from the more common striped garter snakes. Look for a triangular head that is distinctly wider than the neck, although other snakes may display this characteristic, especially when alarmed. Rattlesnakes usually sound a warning rattle when nearby, but other nonpoisonous snakes, vibrate their tails rapidly when alarmed and in dry vegetation this may sound like a warning rattle.

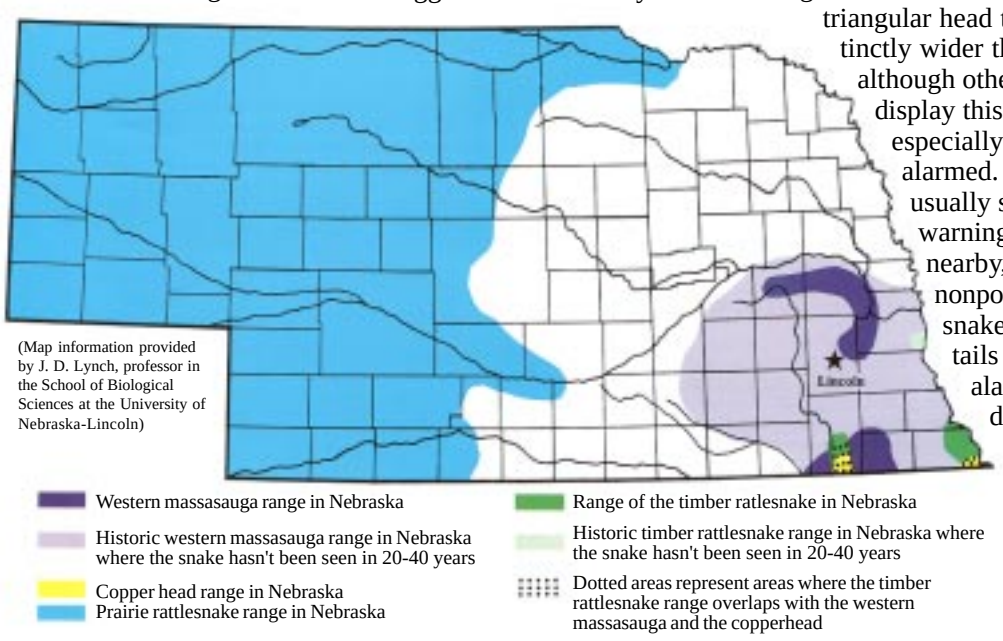
Nebraska's poisonous snakes also have elliptical, cat-like, eye pupils, a "pit" between the eye and nostril and a single row of scales on the underside of the tail.

When hiking in areas where you might contact one of these poisonous snakes, wear high-top boots and loose-fitting pants. Always be aware of where you step, sit and put your hands. Be especially careful when stepping over or around logs or rocks. Camp in a tent with a floor and zippered door and in open areas. Gather firewood before dark.

Anticipate where snakes might be found. Because snakes are "cold-blooded", they move to where conditions are most comfortable. On cool days, snakes can be found sunning on rocks; on hot days, snakes are more likely to be found in the shade. At night, snakes may be attracted to the radiant heat from paved roads.

If you see a snake that may be poisonous, leave it alone. It may be tempting to try to kill it or capture it, but many unfortunate people have gotten bitten by meddling with a poisonous snake.

This information has been excerpted from EC89-1761, "Poisonous Snakes and Snakebite in Nebraska". This publication has colored pictures of all four Nebraska poisonous snakes and can be purchased ($0.50) at the Lancaster County Extension Office. (BPO)



(Map information provided by J. D. Lynch, professor in the School of Biological Sciences at the University of Nebraska-Lincoln)

Scouting for rootworm beetles could save big money next year

Corn rootworms are one of Nebraska's most serious insect pests in corn. If you have ever seen a field suffer severe rootworm damage, you know what a mess you can have with lodged and goose-necked plants. It is, therefore, easy to see why people don't take risks when it comes to rootworms. If there is any doubt whether they might have a rootworm problem, most people apply a soil insecticide just to be certain.

On the other hand, University of Nebraska studies have shown that 40 to 60 percent of soil applications of insecticides for rootworm control in Nebraska are unnecessary. These unneeded treatments cost money, they slow the planting process and increase your personal exposure to extremely poisonous chemicals. Another important consideration, and one that is getting more attention these days, is the potential hazard these chemicals pose to the environment and groundwater.

There is a simple procedure that you, a farmer, can use (or your paid field scout can do for you) that is more environmentally sound and quite possibly more economical than "insurance" treatments of rootworm insecticide.

Research has shown that one can reliably predict the probability of an economical rootworm infestation next year by knowing the number of rootworm adults that will be laying eggs in your field this year.

Threshold Level

Scientists have determined that populations of less than 18,000 beetles per acre have a very low probability of causing more damage than the cost of a control treatment.

Scouting Procedure

The proper scouting procedure is to scout about five spots in your field and cautiously approach 10 individual plants at random in each spot. Gently cup your hand over the ear tip as you come up to the plant to trap any beetles that may be in the ear tip. Count the beetles on the remainder of the plant first, then release the ear tip and count the beetles in the silks.

Find the average number of beetles per plant by dividing the total number of beetles, counted by the number of plants observed. If you have a plant population of 18,000, the threshold would be one beetle per plant. If you have 24,000 plants per acre, the threshold would be 3/4 beetle per plant, etc.

First Year Corn Fields

Female beetles tend to migrate from field to field much more than males. Since we are concerned with potential numbers of eggs deposited by the females, the threshold level of adults is, therefore, lower in first year corn fields. In first year corn fields, use a threshold of 13,500 beetles per acre when predicting whether to treat the following year.

If you scout your fields every week from the middle of July to the middle of August, but never find an average population above the threshold, you should not need a soil insecticide next year. If you do find more than the threshold number in any week, you can stop scouting the field for rootworm beetles, you will know that you have a potential rootworm problem. In that case, plan to treat with a rootworm insecticide or rotate to another crop next year to prevent loss from rootworms. (TD)

Tips for late summer alfalfa planting

Is planting alfalfa in your plans next month? August is an excellent time to plant, if you have moisture and you do it right. Dr. Bruce Anderson, extension forage specialist, lists the following reminders on how to be successful.

Seedbed preparation is crucial for late summer planting. Good seed-to-soil contact and weed control are essential. Half-hearted seedbed preparation produces only half-decent stands. Two types of seedbeds work well in August, a fully tilled seedbed is best for many growers. With fully tilled seedbeds, weeds are eliminated and the field is smooth. But don't over-till. Conserve soil moisture whenever possible and put extra effort into getting a firm seedbed. You should be able to dribble a basketball on an alfalfa seedbed in August. Rolling, harrowing and waiting for rain or irrigating, all help make seedbeds firm.

Small grain stubble also makes a good seedbed. Many drills can place alfalfa seeds into stubble soil very nicely. Just make sure you control weeds like foxtail, sunflowers and volunteer grain before stubble seeding.

Use herbicides like Roundup or Gramoxone Extra before

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Fertilizing grass pastures and hay lands-Part 2

This article is the second of a two-part series. Part 1, printed in the June issue of NEBLINE discussed nitrogen fertilizer management of pastures and haylands, this article will discuss the application of phosphorus and other nutrients.

Pastures are important to many livestock producers in Nebraska, but production from many pastures is low. Research shows that fertilizing, weed control and rotational grazing increases grass production from pastures, resulting in greater livestock production.

Fertilizing and controlling weeds on hay lands also increases production. Since more plant material is removed when land is managed as hay land, more attention needs to be paid to fertilization.

In addition to increasing grass production, fertilizing can improve forage quality. On-the-farm demonstrations show that fertilizing increases the amount of beef produced per acre, even in a dry year. This increased production is primarily a result of added carrying capacity, rather than an increase in average daily gain.

Phosphorus Use

In addition to nitrogen, phosphorus fertilizer also is needed on many pastures in Nebraska. Research in eastern and northeastern Nebraska shows that the combination of nitrogen and phosphorus frequently produces higher yields than the application of either nutrient alone.

Phosphorus recommendations are based on the availability of phosphorus in the soil as measured by a soil test. Phosphorus recommendations for grasslands are listed in *Table II*. If legumes make up one-fourth or more of the stand, apply 50 percent more phosphate than for grass alone. Phosphate fertilizers can be applied with the nitrogen in either spring or fall.

Table II. Phosphorus recommendations for grasslands in Nebraska

Relative Index Value	Soil Test Levels		Phosphorus Rate
	Bray & Kurtz #1	Olsen P ($Na\ HCO_3$)	
	ppm		lbs P_2O_5/A
Very Low	0-5	0-3	40
Low	6-15	4-7	20
Medium	16-25	8-14	10
High	25+	15+	0

Repeat applications of phosphate fertilizers may increase the level of available phosphorus in the soil. When soil phosphorus levels are in the high range, phosphate application can be eliminated until soil test levels fall below the high range. When grasslands are used as haylands, soil sample more frequently. Phosphorus may need to be applied more often, since removal of nutrients will be greater than on grazed land.

Other Nutrients

Results of studies conducted throughout eastern and northeastern Nebraska indicate that applying potash, sulfur and zinc does not improve pasture production. There is a small possibility that some pastures and grasslands on sandy soils, may require sulfur. The need for sulfur, however, has not yet been demonstrated in research trials. (TD)

Source: NebGuide G-406 "Fertilizing Grass Pastures and Haylands" by Bruce Anderson, Extension Forage Specialist and Charles A. Shapiro, Extension Soils Specialist.

Be alert to the danger; poison hemlock abounds this year

Undoubtedly many of you have seen the large display of tall plants with green leaves and large clusters of small white flowers while driving throughout central and eastern Nebraska. The unusually high moisture this spring provided ideal habitat for poison hemlock, *Conium maculatum*. Because this plant is so prevalent this season, producers should be aware of the dangers surrounding it.

Courtesy of the Weed society of Smerica

Poison hemlock is a biennial forb that was introduced from Europe. Hemlock is now flowering in Nebraska and will continue to do so throughout July. Poison hemlock is one of the most poisonous of all flowering plants. It contains several alkaloids that, when consumed in even small doses, can be lethal. Ingestion of as little as 0.25 percent of an animals body weight of poison hemlock is lethal.

Poison hemlock is identified by alternate fern-like leaves which are divided into lobes of lanceolate leaflets. Each leaflet is toothed or highly divided. The leaf surface is smooth and hairless. The petioles of lower leaves are sheathed. Stems are hollow, erect and green with purple blotches. Poison hemlock sends out a long taproot, characteristic of biennials. The flower is white with notched petals, growing in small clusters. Poison hemlock is found growing along roadsides, moist shaded areas and along riparian areas.

Fortunately, hemlock is not palatable so livestock will not consume it readily unless they are very hungry or if the plants are altered. Thus, the best strategy to reduce poisoning is to avoid overgrazing or even reduce the stocking rate in infested pastures which will decrease the likelihood of livestock consumption. Fencing off infested parcels also will reduce problems. Avoid turning hungry animals into tough pastures containing hemlock and make sure plenty of water, salt and mineral are available. We do not recommend chemical control of hemlock in pastures as herbicides such as 2,4-D can increase palatability causing livestock to graze treated plants. As plants mature, they remain highly toxic with the roots

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Field day will feature profitable crops and marketing for small farms

If you own a small farm or acreage, or if you dream of owning one someday, then don't miss the third annual Specialty Crops Field Day! This popular event will highlight the production and marketing of high-value specialty crops and livestock which can be successfully raised on a few acres and even in your own backyard.

Scheduled for Saturday, August 7, the day will begin at the Haymarket Farmers Market at 11:30 a.m. with a brief overview of the market. Maps and information will be available at the Market Manager's booth that morning. Come to the Farmers Market early to shop.

The group will meet at the Lancaster County Extension Office, at 12:30 p.m. for lunch and a presentation on specialty-cut flower production and marketing. A delicious array of locally grown vegetables, fruits, sweet corn and bread will be served. Please bring your own sandwich and drink.

At 1:30 p.m., the group will depart for farm tours. You will need to provide your own transportation; carpools can be arranged at the extension office. The tours will include:

Equinox Community Supported Agriculture (CSA), Lincoln (2:00 p.m.). Ruth Chantry and Evrett Lunquist will give an overview of their CSA farm. CSA is a unique marketing strategy where customers share the risks and rewards of farming. Ruth and Evrett raise vegetables, herbs, turkeys and chickens for garden members who receive a share of the farm's produce each week. They also sell their produce at the Haymarket Farmers Market.

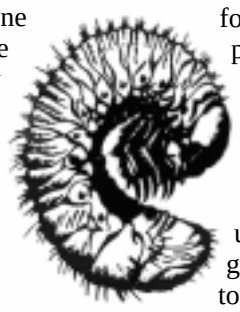
Pawnee Pride Meats, Steinauer (4:30 p.m.). Paul and Cindy Rohrbaugh will explain their specialty meat and egg business. The Rohrbaughs raise poultry, eggs and beef on pasture using management practices developed by Joel Salatin. They sell their high-value products directly to customers.

The Specialty Crops Field Day is co-sponsored by the Nebraska Sustainable Agriculture Society, the Haymarket Farmers Market, University of Nebraska Cooperative Extension in Lancaster County, the UNL Center for Sustainable Agricultural Systems and the Organic Crop Improvement Association Nebraska Chapter #3.

For more information, call Cris Carusi at 402-471-0817 or Billene Nemec at 402-435-7496. (SCB)

Wet spring may mean more white grub damage

Be on the lookout later this summer for white grubs. According to Fred Baxendale, Ph.D., entomologist, NU/IANR, "Nebraska's mild winter allowed good grub survival and the wet spring weakened the turf, increasing the chance for white grub injury to lawns."



White grubs are one of the most destructive turf insect pests. They feed on grass roots and can destroy the entire root system, causing large areas of grass to die in a short time.

White grubs are scarab beetle larvae. They are white with a brown head and C-shaped body with three pairs of short legs immediately behind the head.

Many species of white grubs live in Nebraska. The most common groups are annual grubs, May/June beetles or three-year grubs and the black turfgrass ataenius.

Grub injury usually is seen in the spring, a consequence of the previous year's generation of grubs that began in mid-August. Spring feeding rarely is destructive to the turf and only rarely requires insecticide treatment.

Grubs separate grass from underlying soil. Infested turf will have a spongy feel when stepped on and can usually be pulled back like a carpet.

Six to eight grubs per square foot must usually be present for lawns to show visible injury. To find grubs in your lawn, cut a "V" in the grass, about six to eight inches on either side, lift up and look for feeding grubs. Grubs feed in the top inch or two of the soil, normally at the soil/thatch interface. Heavily infested turf will become yellow, wilt and may ultimately die.

Two new preventive insecticides are on the market to control white grubs: Grubex and Grub-B-Gon. These insecticides work best when applied between the third week in June and the third week in July, before grubs begin hatching from eggs. Because these treatments are relatively expensive, they should be used only where grubs have been a problem before.

Maintaining turf health and vigor through proper mowing, fertilizing and irrigating will help minimize grub injury to turf.

Also recommended are well-adapted, grub-tolerant grasses such as a blend of turf-type tall fescues.

Traditional curative insecticides such as Diazinon, Dylox, Oftanol or Turcam should be applied about the first week of August.

Immediately after applying these insecticides, water grass thoroughly, using at least 1/2 to 3/4 inch of water. Repeat irrigation every four or five days to move the insecticide into the soil and to keep the crown area moist to encourage turf recovery. If conditions are hot and dry and grubs are deeper in the soil, a pretreatment irrigation of 1/2 inch applied 48 hours prior to applying insecticide, should encourage grubs to move closer to the soil surface. This should enhance the level of white grub control. (DJ)

Ticks and disease transfer

Ticks, like mosquitos and chiggers, are annoying blood-sucking pests. But besides feeding on human blood, they transmit diseases that call for some attention.

Spring and summer are when ticks actively feed and look for hosts and female ticks pursue a blood meal to produce eggs.

Barb Ogg, Ph.D., entomologist, NU/IANR says, "The most common ticks in Nebraska are the American dog tick and the brown dog tick. However, the lone star tick also is found in southeast Nebraska."

The lone star tick may be the vector of Lyme disease in Nebraska, because deer ticks, the common carrier of the disease in the rest of the United States, aren't found in Nebraska. Although there are only an average of three to six cases of Lyme disease reported each year in Nebraska, be cautious.

Lyme disease signs and symptoms include a bull's eye rash at the point of the bite. Symptoms usually appear within 3-32 days after the bite. Other symptoms include persistent headache, fever, spreading rash, aching joints and fatigue. The disease should be treated with antibiotics as soon as possible.

Besides Lyme disease, ticks can transmit Rocky Mountain Spotted Fever and other diseases. About two to four cases of Rocky Mountain Spotted Fever are reported each year.

Symptoms of Rocky Mountain Spotted Fever include severe headaches, chills, fever, aches and pains. A reddish-purple-black rash may occur on the bottom of the foot, ankles, palms, wrists or forearms a few days after infection. The rash can spread to the torso, neck and face. Left untreated, the victim may become agitated, develop insomnia, become delirious or even go into a coma. As with Lyme disease, antibiotics will control the disease.

Wear light-colored clothes in grassy areas to see ticks easier. Usually ticks land on a person's ankles or knees and crawl up their bodies. Using an insect repellant that contains DEET repels ticks. After spending time in tick-infested areas, people should thoroughly examine their

continued on page 11

Acreage Insights

Tractor safety tips (part 7)

Tractors are one of the most important pieces of equipment on a farm, yet they are also among the most dangerous. More deaths are caused by tractors than by any other type of farm accident. It is, therefore, imperative that tractor owners routinely check their tractors and keep in mind the following safety guidelines:

Use rearview mirrors if you need to keep an eye on rear attachments or loads. Operators twisting to look over their shoulder can cause the tractor to swerve abruptly.

Be sure the tractor and implements have adequate lighting and are equipped with a bright, slow moving vehicle (SMV) emblem, whenever the tractor is driven on a public road. Most accidents on roads involving tractors, have resulted in tractor overturns.

Always back up and drive down hills with a conventional style tractor (rear wheels larger than

the front wheels). Remember that the front is always pointing downhill whether the operator is backing up or driving down the hill. When backing up or driving down a hill, keep the tractor in low gear. Never turn sharply on hills. Tractors are also subject to rear turnover when driven up a steep incline. Backing the tractor up the hill keeps the weight on the front wheels, preventing the tractor from flipping over. (DJ)

Grasshopper alert!

It's de ja vu, all over again. We have already had reports of tiny grasshoppers feeding on foliage in gardens in southeastern Nebraska, especially in rural areas.

Acreage owners in southeastern Nebraska should be checking out grassy ditches, field margins and pastures looking for small grasshoppers and feeding damage to plants. Right now the grasshoppers are small, but we have had at least one report that the small grasshoppers are so numerous that they have completely eaten the leaves off some garden crops. Grasshoppers may also be found in wheat fields; they will be leaving those fields as the wheat continues to mature and after harvest.

Right now the small hoppers can be controlled by insecticides. By summer's end, they will be full-grown adults and control using insecticides will be difficult, if not impossible.

For insecticide recommendations, contact the Lancaster County Extension Office and ask for Fact Sheet #268-95, Grasshopper Control in the Field and Garden. (BPO)

Learn at your convenience

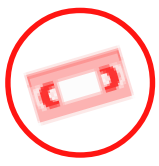
—24 hours a day, 7 days a week—

NUFACTS (audio) Information Center

NUFACTS audio message center offers fast, convenient information. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.

Acreage & Small Farm Insights Web Site

Visit our Internet web site at: **http//www.ianr.unl.edu/ianr/dodge/acreage/index.htm** to learn about Extension programs, publications and links to other acreage and small farm information.



"Part-time Farming" video

"Part-time Farming" will help develop your country environment and improve your quality of life. Just one hour of ***"Part-time Farming"*** provides tips that will save you costly mistakes and precious time. Call 402-441-7180 to order your copy.

Food & Fitness

Healthy Eating

Enjoy Nebraska Foods!

Alice Henneman, RD, LMNT, Extension Educator

Southwest Salad

Makes 4 servings

Here's a fun way to add a spicy, southwestern taste to tonight's menu using some of summer's fresh vegetables. This takes no time at all to fix, but make it a little ahead so that the flavors have time to blend.

1 16 ounce can kidney or pinto beans, drained and rinsed
1 cup frozen corn, thawed
1 cup green or red sweet pepper, chopped
1 cup tomato, chopped
1 medium red onion, chopped
1 jalapeno pepper, finely chopped (optional)
4 tablespoons cider (or other) vinegar
1 tablespoon vegetable oil
1 1/2 teaspoons chili powder
1/8 teaspoon sugar
Dash of salt (optional)

Combine all the vegetables in a medium bowl. In a small bowl, whisk together the vinegar, oil, chili powder, sugar and salt (if using it). Pour over the vegetable mixture. Cover and chill for at least a half hour so the flavors will blend. Can be refrigerated for 1-2 days ahead, if desired. Stir before serving.
Nutrition information per serving: (1/4 recipe)
205 calories; 4 g fat
Reprinted with permission from: "Recipes for Healthier Eating," American Institute for Cancer Research (AICR), AICR Web site (http://www.aicr.org) (AH)

Focus on Food

Alice Henneman, RD, LMNT, Extension Educator

Q: What's the safest way to handle food at a picnic?

A: Here are some simple ways to prevent foodborne illnesses in the summer time from an information sheet developed by the Lincoln-Lancaster Health Department and Lancaster County Extension.

■ Always wash your hands before preparing food and between handling raw and cooked foods. Pack wet towelettes for cleaning surfaces and hands at the picnic site.

■ Be sure that all work surfaces and utensils are cleaned before preparing food.

■ Never put cooked food on the same plate that was used for raw meat or poultry. Have plenty of clean utensils and platters for separate handling of raw and cooked foods.

■ Keep cold food cold! Use an insulated cooler with sufficient ice or ice packs. Pack food into cooler immediately before leaving home.

■ Avoid frequent opening of cooler. Pack beverages in one cooler and perishables in another.

■ Keep coolers in the air conditioned vehicle for transporting and then store in the shade or shelter at the picnic.

■ Buy hot take out foods such as fried chicken or barbecued beef on your way to the picnic and eat while hot.

■ When buying your poultry or ground meat, use within 1 to 2 days or freeze. Pick up meat and poultry last before checking out and unload first right into your refrigerator.

■ Always marinate meat and poultry in a covered dish in the refrigerator. Keep marinade to be used as a sauce on the cooked food separate from the marinade used with the raw food.

■ When handling raw meat, remove from the cooler only the amount that will fit on the grill.

■ Cook ground meats until brown in the middle and juices clearish with no pink in them. Adding sauces or spices to meat may

continued on page 11

Garden and Give Program

A vegetable redistribution where the community is encouraged to plant an extra row of produce and to bring excess to Trabert Hall, 2202 South 11th Street. All excess produce, can goods, breads, etc. are distributed to low-income families.

• Every Saturday morning, June 12th through September 18th (except July 3rd)

• 10-11:30 a.m.—Accepting vegetable donations from the community

* 11 a.m.-1:30 p.m.—Vegetable distribution to those who are income eligible

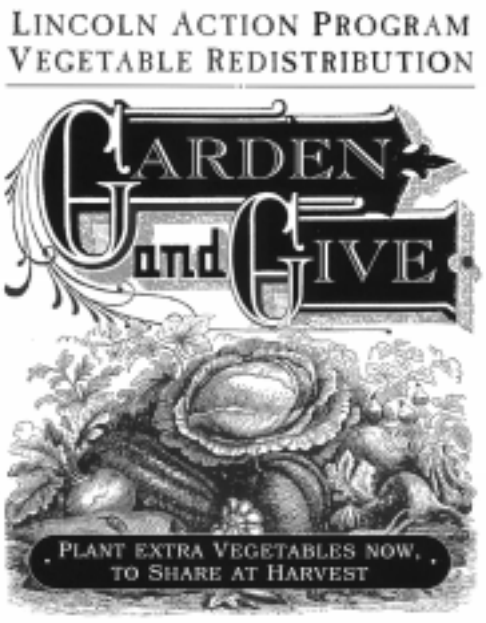
* Trabert Hall, 2202 South 11th Street

* 11th and South Streets * East Side of Building

* Call 471-4515 extension 157 for more information

Co-sponsored by Lincoln Action Program and A to Z Printing. (MB)

Nutrition Education Program



New, free "Cook It Quick" resources

A "Restaurants & Institutions" survey found that 70 percent of the adult U.S. population doesn't decide what to eat that night until 4 p.m. or later. Do you know what you're having for dinner tonight?

Our office has launched a new "Cook It Quick" section on its Nutrition & Food Safety website (www.lanco.unl.edu/food). The "menu" includes 15 offerings and a sign-up for e-mail "update" notification when new materials and information are added. We'll hold periodic drawings for prizes this year at the "Cook It Quick" site.

"Cook It Quick" offers tips on "Mix and Match" Meals; Cook Once, Eat Twice; Time-Saving Kitchen Tools; and much more! One article—"Fast, Fresh and Full of Nutrition!—offers 18 pages of food ideas and nutrition information about 10 Nebraska food products. PLUS you can access these organizations online through this selection for more information!

Come, surf to "Cook It Quick" at: www.lanco.unl.edu/food

NOTE: Group presentations based on this information are also available—call Alice Henneman (441-7180) for more details.

Fad diets mostly hype

The late-night infomercials scream promises: "Lose 10 pounds in 10 days!" "Eat anything you want and stay slim!"

More or less, the claims are true—by following those diets, you'll probably lose weight. The trouble is, when you stop, chances are you'll gain it right back.

Fad diets have been around for years, seemingly offering the latest innovations in health medicine to the consumer. The truth is, very few of these diets offer anything new. Similarly, almost none of them are good for you in the long run.

Types of fad diets

The majority of fad diets are grouped into three different types: semi-starvation (fewer than 600 calories per day); high-carbohydrate, low-protein; and high-protein, low-carbohydrate.

The first type, semi-starvation or fasting, can have detrimental effects. The body reacts to a drastically reduced diet as if it is starving, which it essentially is. The body's metabolism slows down and after the diet ends, can take up to a year to return to normal. That means once regular eating resumes, the weight usually comes back.

High-protein, low-carbohydrate and high-carbohydrate, low-protein diets are two of the most popular fad diets. Both deprive the body of essential nutrients needed to stay healthy. Eating a low-protein diet can cause quick weight loss; unfortunately, none of that weight is fat. Because lack of protein can dehydrate the body, the initial weight lost is water weight. Eventually, a low-protein diet will begin to tear down the body's muscle mass, leaving you in worse shape than before the diet.

Low-carbohydrate diets act in much the same way. Glucose in carbohydrates provides most of the body's energy. When glucose is lacking, the body uses protein and fat to sustain itself. This causes a waste product called ketones to be released from the body, resulting in water weight loss. As with low-protein diets, muscle mass ultimately is lost. Any weight gained back after this kind of diet is mostly fat. These types of low-carbohydrate diets are undergoing a surge of popularity right now.

Signs of a fad diet

Fad diet programs seem difficult to categorize. All of them claim to have unique qualities, yet many are repackaged versions of old ideas. Fad diets usually can be recognized

continued on page 11

YOUR information center... around the clock

NUFACTS

NUFACTS offers information 24 hours a day, 7 days a week. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.

321 How Often Should You Change Your Dishrag?
322 Cook Microwave-thawed Meat and Poultry Right Away
323 Microwave-safe Containers

and many more...

Nutrition and Food Safety Web Site

Visit our Internet web site at: **www.lanco.unl.edu/food**

FREE monthly Food Relections e-mail newsletter.

To be added to the mailing list, e-mail Alice Henneman at AHENNEMAN1@UNL.EDU

Diabetes Study Course

Call Alice Henneman (441-7180) for more information.

Lancaster County
Invites You To

"Old Fashioned Family Fun"

1999 County Fair Highlights

(see complete fair schedule on the back of this insert)

Saturday, July 31
Open Class Horse Show (*East Arena*) ..... 8 a.m.

Sunday, August 1
Cattle Team Penning (*East Arena*) ..... 11 a.m.

Monday, August 2
4-H Horse Show (*East Arena*) ..... all day

Tuesday, August 3
4-H Horse Show (*East Arena*) ..... all day

Wednesday, August 4
4-H Horse Show (*East Arena*) 8 a.m.
Exhibits Open 6 p.m.
Carnival Opens evenings
4-H Style Revue (*4-H Arena*) ..... 7 p.m.

Thursday, August 5
4-H Horse Show (*East Arena*) ..... 8 a.m.
4-H Household Pets Show (*Farmland Building*) 11 a.m.
Petting Zoo (*Behind Farmland Building*) .... noon-7 p.m.
Watermelon Feed (*Youth Complex*) ..... 5-6 p.m.
Town Hall Meeting with Lancaster County State Senators (*Farmland Building*) ..... 7 p.m.
Carnival afternoon, evening
Teen Dance ..... 9 p.m.-midnight

Friday, August 6
Health Awareness Day (*Ag Hall*) ..... 9 a.m.-4:30 p.m.
Petting Zoo (*Behind Farmland Building*) . 9 a.m.-9 p.m.
Celebrity Swine Show (*North Arena*) ..... 4 p.m.
Ice Cream Social (*Youth Complex*) ..... 5:30-7 p.m.
Family Barbecue (*Youth Complex*) ..... 5:30-7 p.m.
Farm Family Awards (*East Arena*) ..... 6:30 p.m.
Hay Hauling Contest (*East Arena*) ..... 7 p.m.
Entertainment - Tami Augustin (East Arena) ..... 9 p.m.

Saturday, August 7
Open Class Dog Agility Show (*East Arena*) .....8 a.m.
Petting Zoo (*Behind Farmland Building*) ... 9 a.m.-9 p.m.
Big Wheel Race (*Ag Hall*) ..... 11 a.m.
Keeping Families First Day Activities (*Ag Hall*) ..... 1-7 p.m.
Pedal Tractor Pull (*Ag Hall*) ..... 4 p.m.
Micro/Mini Tractor Pull (*Dempster Building*) .... 4 p.m.
Antique Tractor Pull (*Grandstand*) ..... 4 p.m.
4-H Horse Show (*East Arena*) ..... 5 p.m.
Keeping Families First Dance For All Ages (*Ag Hall*) ..... 7-10 p.m.

Sunday, August 8
Open Class Miniature Horse Show (*Coliseum*) .....9 a.m.
4-H Celebration/Achievement & Leadership Recognition (*4-H Arena*) ..... 1 p.m.
Garden Tractor Pull (*East Arena*) ..... 7 p.m.

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, August
through
Thursday, August 5
and
Saturday, August 7

East Arena

(see schedule on back page for times)

1999

HEALTH AWARENESS DAY

Friday, August 6

9 a.m.-4 p.m.

Agricultural Hall • State Fair Park

Sponsored by the Lancaster County Association for Family and Community Education

Activities for adults & children

Exhibitors & Agencies

Lincoln-Lancaster County Health Department

Saint Elizabeth Burn Center

Lincoln Council on Alcoholism & Drugs

Animal Control

Community Blood Bank

L.I.F.E. Office

and many more!

4-H Rabbit Show

Thursday, August 5
through
Saturday, August 7

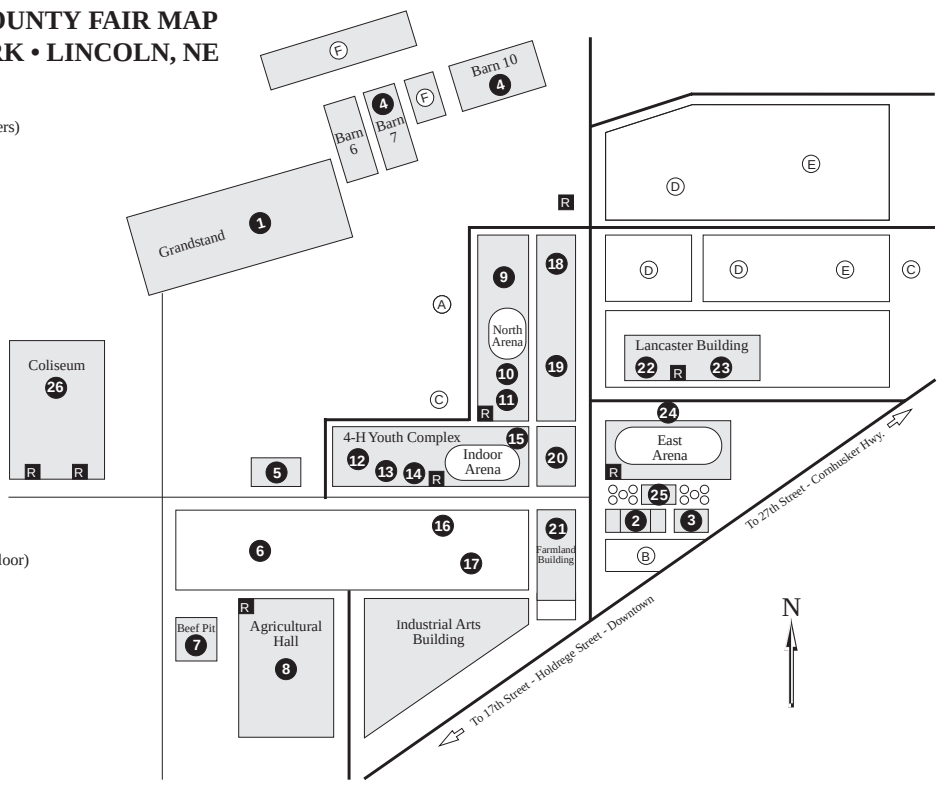
Lancaster Building Tent

(see schedule on back page for times)

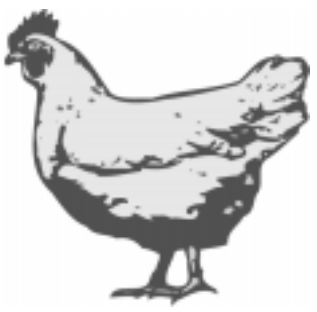
LANCASTER COUNTY FAIR MAP
STATE FAIR PARK • LINCOLN, NE

PARKING/RESTROOMS
- **A** Exhibitor parking (no trailers)
- **B** Staff parking
- **C** General parking
- **D** Campers & RV's
- **E** Livestock trailers
- **F** Horse Trailers
- **R** Restrooms

EXHIBITION AREAS/ FOOD/OFFICES
1 Grandstand
2 Demonstration Rooms/ 4-H Horticulture
3 4-H Youth Offices
4 Barn 7 & 10
5 Dempster Building
6 Carnival
7 Beef Pit
8 Agriculture Hall
9 Swine
10 Sheep
11 Goats
12 Home Ec/Engineering/ Clover Kids (2nd floor)
13 Open Class Exhibits (1st floor)
14 Snack Shack
15 Livestock Office
16 Concessions/Vendors
17 Bicycle Safety Contest
18 Llamas
19 Beef
20 Dairy Office
21 Farmland Building
22 Open Class Office
23 Poultry/Pigeons/Rabbits
24 Longhorns
25 4-H Rock Cafe
26 Coliseum



4-H Poultry & Pigeon Show



Thursday, August 5

Lancaster Building

(see schedule on back page for times)

4-H Dog Show

Thursday, August 5, 9 a.m.

4-H Arena

(see back page for specific class times)

4-H Style Revue

Wednesday, August 4
7 p.m.

4-H Building Arena

4-H Cat Show

Saturday, August 7, 9 a.m.

Farmland Building

Keeping Families First in the Good ol' Summertime

Saturday, August 7 • 1-10 p.m.

State Fair Park • Ag Hall

Imagine a day just for families...
A day at the fair, celebrating the Good ol' Summertime. Families spending time together in a fun atmosphere, surrounded by games, activities and special attractions, designed just for them. **And it's FREE**!

Keeping Families First Event Schedule:

1-1:30 p.m. Opening ceremony
1:30-2 p.m. Kiddie parade (*Everyone is welcome to participate*)
2-6 p.m. Agency sponsored booths/events/attractions
6-7 p.m. Family picnic and entertainment
7-10 p.m. All ages dance (*Do the Funky Chicken, Hokey Pokey, Limbo and many more*)

Contact Karen Whitson or LaDeane Jha at 441-7180 for more information.

KEEPING FAMILIES F·I·R·S·T
University of Nebraska Cooperative Extension

4-H Household Pets Show

Thursday, August 5, 11 a.m.

Farmland Building

4-H Celebration

to recognize 4-H youth and leaders

Sunday, August 8 • 1 p.m.

4-H Arena • State Fair Park

Watermelon Feed

Thursday, August 5

4:30-6 p.m.

Youth Complex • State Fair Park

4-H Teen Council Ice Cream Social

Friday, August 6

5:30-7 p.m.

$.75

Youth Complex • State Fair Park

Friday, August 6
5:30-7 p.m.

$3

Youth Complex • State Fair Park

1999 Lancaster County Fair Schedule

Saturday, July 31

Open Class Horse Show (East Arena) . 8 a.m.

Sunday, August 1

Cattle Team Penning (East Arena) .... 11 a.m.

Monday, August 2

4-H Horse Show—English Showmanship (East Arena) ..... 9 a.m.
4-H Horse Show—English Pleasure/English Equitation (East Arena) ..... 9:30 a.m.
4-H Horse Show—Horse Judging Contest (East Arena) ..... tba

Tuesday, August 3

4-H Horse Show—Dressage (East Arena) ..... 8 a.m.
4-H Horse Show—Hunter Hack, Hunter/Jumper (East Arena) ..... 1 p.m.
4-H Horse Show—Horsemanship Pairs, Drill Team ..... tba

Wednesday, August 4

4-H Horse Show—Western Showmanship/Groom & Care (East Arena) ..... 9 a.m.
4-H Horse Show—Western Pleasure/Western Horsemanship (East Arena) ..... 1 p.m.
4-H Shooting Sports Air Rifle (BB/Pellet) Contest (Ag Hall) ..... 2 p.m.
4-H Shooting Sports Pellet Pistol Contest (Ag Hall) ..... 2 p.m.
Carnival Opens ..... evening
Exhibits Open ..... 6 p.m.
Style Revue (4-H Building Arena) ..... 7 p.m.
Longhorn Show (East Arena) ..... 7:30 p.m.

Thursday, August 5

Livestock Exhibitor's Breakfast (Demo Mall) ..... 6:30-8 a.m.
4-H Table Setting Contest (Ag Hall) ..... 8:30 a.m.
4-H Horse Show—Working Pleasure (East Arena) ..... 9 a.m.
4-H Dog Show—Agility & Obedience (4-H Building Arena) ..... 9 a.m.
Exhibits Open ..... 9 a.m.
4-H Pigeon Judging (Lancaster Building) 9:30 a.m.
Open Class Pigeon Judging (Lancaster Building) ..... 9:30 a.m.
Open Class Poultry Judging (Lancaster Building) ..... 10 a.m.
4-H Household Pets Show (Farmland Building) ..... 11 a.m.
4-H Horse Show—Reining (East Arena) ..... 11:30 a.m.
HERDSMANSHIP BEGINS ..... noon
VIP Luncheon (Beef Pit) ..... noon
Petting Zoo (Behind Farmland Building) ..... noon-7 p.m.
4-H Horse Show—Working Pleasure, Reining, Western Riding, Miniature Horse Driving, Special Needs (East Arena) .. 1 p.m.
4-H Sheep Show (North Arena) ..... 2 p.m.
4-H Dairy Cattle Judging Contest (East Aisle of Dairy Barn) ..... 2 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.
Carnival ..... afternoon, evening
Clowns & Racing Pigs throughout afternoon
Teen Dance ..... 9 p.m.-midnight

Friday, August 6

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 -4 p.m.
Petting Zoo (Behind Farmland Building) ..... 9 a.m.-9 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.
4-H Goat Quiz Bowl (Demo Complex C) ..... 4 p.m.
Ice Cream Social (Youth Complex) ..... 5:30-7 p.m.
Family Barbecue (Youth Complex) ..... 5:30-7 p.m.
4-H Dog Quiz Bowl (Demo Complex C) ..... 6 p.m.
4-H Rabbit Show—Specialty Classes & Dress-up (Lancaster Building Tent) .... 6 p.m.
Farm Family Awards (East Arena) ..... 6 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.
Entertainment, Tami Augustin (East Arena) ..... 9 p.m.
Clowns & Racing Pigs ..... throughout afternoon
Carnival ..... afternoon, evening

Saturday, August 7

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—Horse and Pony Halter (East Arena) ..... 9 a.m.
Exhibits Open ..... 9 a.m.
Petting Zoo (Near Farmland Building) ..... 9 a.m.
4-H Cat Show and Quiz Bowl (Farmland Building) ..... 9 a.m.
Bicycle Safety Rodeo (South of 4-H Building) ..... 9-11 a.m.
Petting Zoo (Behind Farmland Building) ..... 9 a.m.-9 p.m.
Open Class Dog Agility Show (Coliseum) ..... 10 a.m.
Big Wheel Race (Ag Hall) ..... 11 a.m.
Keeping Families First Day Activities 1 p.m.
Clover Kids Show & Tell (4-H Building) ..... 1 p.m.
4-H Horse Show—Horse Trail Class (East Arena) ..... 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.
Keeping Families First Dance for All Ages (Ag Hall) ..... 7-10 p.m.
Exhibits Close ..... 9 p.m.
Clowns & Racing Pigs ..... throughout afternoon
Carnival ..... afternoon, evening

Sunday, August 8

Open Class Rabbit Show (Ag Hall) .... 8 a.m.
Open Class Miniature Horse Show (Coliseum) ..... 9 a.m.
Exhibits Open ..... 9 a.m.
Open Class Dog Obedience Show (East Arena) ..... 9 a.m.
Open Class Angora Goat Show (North Arena) ..... 9:30 a.m.
Open Class Sheep Show (North Arena) ..... noon
4-H Celebration/Achievement & Leadership Recognition (4-H Arena) ..... 1 p.m.
Exhibits Close ..... 4 p.m.
Garden Tractor Pull (East Arena) ..... 7 p.m.
Racing Pigs (Dempster Building) ..... afternoon
Carnival Closes ..... late evening

Jean's Journal

Jean Wheelock
FCE Council Chair

Summer is upon us, so quickly it seems. Warm days and fireflies twinkling like magic lights in the dark of the evening are reminders of this season. Another is the celebrating of our country's freedom. This month, as many of us proudly displayed our flag, had family picnics and watched with awe the many beautiful firework displays on the 4th of July, I'm reminded of a story on the Pledge of Allegiance by Red Skelton. The following is from The Red Skelton Hour, January 14, 1969:

The Pledge of Allegiance

I remember this one teacher. To me, he was the greatest teacher; a real sage of my time. He had such wisdom. We were all reciting the Pledge of Allegiance, and he walked over. Mr. Lasswell was his name...He said:

"I've been listening to you boys and girls recite the Pledge of Allegiance all semester and it seems as though it is becoming monotonous to you. If I may, may I recite it and try to explain to you the meaning of each word:

I - me, an individual, a committee of one.

PLEDGE - dedicate all of my worldly goods to give without self-pity.

ALLEGIANCE - my love and my devotion.

TO THE FLAG - our standard, Old Glory, a symbol of freedom. Wherever she waves, there is respect because your loyalty has given her a dignity that shouts "freedom is everybody's job."

OF THE UNITED - that means that we have all come together.

STATES - individual communities that have united into 50 great states, 50 individual communities with pride and dignity and purpose, all divided with imaginary boundaries, yet united to a common purpose, and that's love for country.

OF AMERICA

AND TO THE REPUBLIC - a state in which sovereign power is invested in representatives chosen by the people to govern. And government is the people and it's from the people to the leaders, not from the leaders to the people.

FOR WHICH IT STANDS.

ONE NATION - meaning so blessed by God.

INDIVISIBLE - incapable of being divided.

WITH LIBERTY - which is freedom and the right of power to live one's own life without threats or fear of some sort of retaliation.

AND JUSTICE - the principle or quality of dealing fairly with others.

FOR ALL - which means it's as much your country as it is mine.

Since I was a small boy, two states have been added to our country and two words have been added to the Pledge of Allegiance..."under God." Wouldn't it be a pity if someone said "that's a prayer" and that would be eliminated from schools too?

Parade! parade! parade!

Join the "Keeping Families First" parade on Saturday, August 7 at 1:30 p.m. at the Lancaster County Fair. Entries can be just about anything! Dress in a costume, become a clown, dress up your pet or design a "red wagon size" float. Agencies are welcome to carry banners. Come on 4-H clubs, use your imagination and be in the parade! For more information contact LaDeane Jha, 441-7180, or Barb Gaither, 471-3700. (KW)

Keeping Families First Day

Saturday, August 7 is the date for all families to enjoy a "good ole fashioned" Keeping Families First day at the fair. Start the day at 1 p.m. with the opening flag ceremony and end the day dancing the polka, doing the hokey pokey, the limbo and the Funky Chicken with your family and friends. In between, take time to march in the parade, visit organizational booths and enjoy the activities they have planned for families. Plan to eat a picnic supper together while being entertained prior to the dance. You're guaranteed a "good ole fashioned" good time. (LJ)

Setting a good example

LaDeane Jha
Extension Educator

Fritz Redl, a famous child psychiatrist, used to say to groups of parents: "Get out your paper and pencils. I am going to tell you the three most important things you will ever need to know about raising children." The parents would wait breathlessly for his words of wisdom. Then he would say, "Example, example, example." Similarly, Eda LeShan, a family counselor and author on parenting, has often said: "The only way to raise a decent human being is by being one." These two observations are on target. What children become has most of all to do with the example set by those who rear them.

In case you doubt the importance of teaching by example, think about your own childhood. How were you most influenced to become the person you are—for better or for worse? Was it mostly what you learned in school? Was it mostly your grade school, high school and adult friends? Was it mostly movies or television? Chances are that the person you have become was influenced mostly by the example set by your parents and other people who were close to you when you were young.

Since young children do not have prior knowledge or skills, they eagerly look for someone to imitate. That "someone" is usually one or both of their parents. Frequently, children are more affected by what their parents do than by what they say. They learn how to behave by seeing mothers and fathers behave and then following their example. For this reason, you need to be aware of the "lessons" you may be unintentionally teaching. It's not unusual for a mother to overhear her four year old scolding a younger sibling or doll in the same sharp tones that she herself uses when scolding the children. Such unintentional influences are just as powerful as those we carefully plan.

We all lose our tempers, say things we're sorry for, are not always as kind as we would like to be, maybe even cheat a little here or there. It is reassuring that it is the general trend of our behavior that influences our children, not the isolated instances of bad (or good) behavior. We are human; so are our children. Perfection can be expected of neither. What is important is to admit mistakes, accept the consequences of our behavior, say we're sorry and demonstrate how to make amends for our failures.

Family Living

HOUSEHOLD HINTS

by Lorene Bartos, Extension Educator

For faster drying and energy savings when drying clothes be sure to clean the lint filter after each load. Dry only one washer load at a time. Overloading increases drying time and causes uneven drying and wrinkling. When drying only one or two items, add a few similar clean, dry items to balance the load and allow for proper tumbling action. Dry hard-to-dry items separate from lightweight items. Mixing the two garment weights will overdry faster-drying garments because the dryer will continue until the moisture is gone from the heaviest items. (LB)

Parenting tips for teaching character:

Teach Parents play a very major role in teaching children the importance of character in the lives of their children.

Advocate Be assertive about the importance of being a person of character. Make it clear that you expect your children to be trustworthy, respectful, responsible, fair, caring and a good citizen.

Model Always set a good example in what you say and do. Hold yourself to the ultimate of high standards of character by honoring all of the pillars. Realize that you are human and when you falter be accountable, apologize and vow to do better next time.

Enforce Reward good behavior with praise and discourage inappropriate behavior with fair and consistent consequences that show you are serious about good character. Most of all, be consistent.

Use the three "C's"

Be consistent The messages you give your children should be clear, consistent and repeated frequently.

Be concrete Teach character using examples that your children can relate to and have experienced themselves.

Be creative Capitalize on the teachable moment. Use good and bad movies, TV shows, the news, newspapers, games, role plays, and everyday situations to teach character development. Have fun while you learn! (LJ)

Summer: A great time to practice family citizenship

Take a pro-active role in a community project. Help at a paint-a-thon, or with a Habitat for Humanity House construction project.

Present your ideas at a City Council or Board of Education Meeting.

Participate in a neighborhood or community clean-up.

As a family, choose a community project and do it on a regular basis. Some ideas, help at a homeless shelter, deliver meals-on-wheels, take care of a vacant lot, mow lawns for persons needing help. (LJ)

Health Awareness Day

Friday, August 6
9 a.m. to 4 p.m.
Ag Hall, State Fair Park

Health Awareness Day, sponsored by:

Lancaster County Family & Community Education Clubs, emphasizes healthy lifestyle practices. Booths will feature hands-on activities and information for youth and adults. Local health related agencies such as Saint Elizabeth's Burn Center; Lincoln/Lancaster County Health Department; March of Dimes; Nebraska Injury Prevention Coalition; Visually Impaired Peer Support Group; Lancaster County Sheriff and many more will be on-hand to share their information.

Come join the fun!

FCE members are needed to volunteer at Health Awareness Day

Call Ann Meier, 488-6219, if you can help August 6.

4-H & Youth

1999 Official Lancaster County 4-H Council Ballot

See biographical information on candidates (below)

Northwest Youth (vote for one)
❑ Megan Bergman

Southeast Adult (vote for one)
❑ Keith Dey

Southwest Youth (vote for one)
❑ Jesse Schrader

Lincoln Adult (vote for one)
❑ Cindy Fiala

Lincoln Youth/At Large Youth (vote for three)
❑ Kathleen Arends
❑ Becky Fiala
❑ Vicki Green
❑ Marta Madsen

At Large Adult (vote for one)
❑ Larry Pershing

Voter declaration: *I hereby declare that I am a resident of Lancaster County and am at least 14 years of age.*

Name _____

Address _____

City _____ ZIP Code _____

Return with marked ballot **by August 8** to:
UNL Cooperative Extension in Lancaster County
444 Cherrycreek Road
Lincoln, NE 68528-1507
or deposit in boxes at the county fair office or information booth on 2nd floor of the 4-H Building.

(Name will be separated from ballot by election clerk.)

Biographical information

Megan Bergman
6 year 4-H member. School activities include German Club, Drama Club, National Honor Society, track and cheerleader. Church, Sunday School, 4-H Council-2 years, Ambassador, Teen Council, CWF trip, emcee at many 4-H activities, Fair Fun Day tour guide, assists at county activities.

Becky Fiala
6 year 4-H member. School activities include band, TOADS (Teens Opposed to Alcohol and Drugs), TOADS team leader and art club. 4-H junior leader 3 years, Teen Council, camp counselor, Fair Fun Day tour guide. Helps with church nursery, Sunday School, church, soccer.

Jesse Schrader
9 year 4-H member. School activities include speech, bridges club, orchestra, choir and campus life. Church choir and occasional quartets. 4-H Council-1 year, Ambassador, Teen Council secretary 1 year, camp counselor 3 years, Staff In Training at 4-H camp, ExpoVisions, Kansas City Conference, assists at many 4-H activities.

Vicki Green
5 year 4-H member. School activities include student council, student council secretary, Peer helper. Church-choir and youth group. 4-H junior leader, CWF trip, Teen Council, Character Counts! training. Involved in many community service activities with 4-H.

Kathleen Arends
5 year 4-H member. School activities include student council, Pound Pals, all city girls choir and band. Church choir. Community activities - pet therapy at nursing homes, Children's Museum volunteer, Cathedral Art Show, dance. 4-H Teen Council, Clover College instructor, helped at Snack Shack & Rock Café at county fair.

Marta Madsen
8 year 4-H member. School activities include orchestra, synchronized swim team, choir and German Club. Church choir, youth group, children's music pianist, Sunday School assistant teacher, Bible School helper. 4-H Clover Bud Jr. Leader, grant writer city mission project, Fair Fun Day tour guide, Character Counts! training and presenter. Assists with many county 4-H activities. HOBY leadership conference.

Keith Dey
6 year 4-H volunteer. Horse VIPS committee, horse county fair superintendent 2 years. Involved in other community and 4-H activities. Enjoys music, skiing and golf.

Cindy Fiala
3 year 4-H volunteer. 4-H Alumni. CWF Fundraising committee chair. School volunteer, room mother, community services activities with 4-H club.

Larry Pershing
7 year 4-H volunteer. 4-H Council member, livestock booster club, sheep VIPS, Clover Kid VIPS, goat VIPS. Interested in helping youth develop life skills. Lancaster County volunteer of the month. (LB)

4-H Celebration

Sunday, August 8, 1 p.m.
4-H Arena, State Fair Park
Recognizing members and leaders for outstanding achievement and years of service.

Join the "Old Fashioned Family Fun".

Families will be selected from the audience to participate in "Family Fun Activities". Come and celebrate the achievements. Help give the 4-H members and leaders the recognition they deserve and the "thanks" they have earned. (LB)

Showmanship workshops to be offered

If you would like to learn or better your showmanship skills, plan on attending the 1999 4-H and FFA Showmanship Workshops July 21 and 22 at State Fair Park.

During these workshops, the youth will learn proper show techniques such as setting animals up, grooming and much more. We will also discuss possible questions showmanship judges may ask and review the parts of an animal.

Day 1
Beef Workshop, July 21, 9 a.m. to noon, East Arena and Beef Barn
Swine Workshop, July 21, 1-3 p.m., Swine Barn
Day 2
Sheep Workshop, July 22, 9 a.m. to noon, Sheep Barn
Goat Workshop, July 22, 1 to 3 p.m., Goat Barn

Youth are encouraged to bring their animals with them. You may attend one or all of the workshops. No registration is required. All youth are welcome to attend. If you are not enrolled in a livestock project and would still like to learn, bring yourself and a friend. If you have any questions, call Deanna or Tim at 441-7180. (DK/TV)

Beef artificial insemination workshop

An artificial insemination workshop will be held July 15, 8 a.m. to noon, at the Lancaster Extension Education Center. This workshop is being held to help educate some of the future cattle producers of the advancements in cattle breeding and the proper methods and techniques of them.

In this workshop many aspects and steps of artificial insemination will be covered. The workshop will cover genetic and sire selection, based on individual EPD's and ability of a sire to fit and improve your cow herd. The areas of estrus synchronization, heat detection and insemination will be covered with an emphasis on management of breeding stock as well as the reproductive physiology.

For registration or questions about the workshop, please call Tim or Deanna at 441-7180. Call and register by July 13. (TV/DK)

Take time at the Lancaster County Fair to vote for the 1999 4-H Council.

Ballots will be available at the 4-H Office, State Fair Park and at the information booth, 2nd floor of the 4-H Building.

***We need your vote!* (LB)**

Fair Fun Day volunteers needed!

When? Friday, August 6
Where? Lancaster County Fair
Time? 9:30-11:30 a.m. and/or 1-3 p.m.
Activity? Leading tours around the fair for kindergarten through 4th grade children
Helping with registration, snacks or activities
Who? Teens or interested adults
Training? Will be provided the day of the activity
Call 441-7180 to volunteer. You may sign up for all day or for either time slot. Please indicate whether you would like to be a tour guide or other helper. If you have any questions, contact Tim Vaughn, Fair Fun Day coordinator. (TV)

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 29, 6-8 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)

County fair livestock bedding

No straw will be allowed for bedding during county fair. Wood chips will be available for purchase or you may bring your own. This includes all species. If you have any questions, call Deanna at 441-7180. (DK)

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 3, 4-8 p.m. or Wednesday, August 4, 8 a.m.-5 p.m.
• **Fair Fun Day helper**—give tours to daycare groups of the fairgrounds and activities Friday, August 6.
• **Food booth worker**—help in the 4-H food booths. Please call Rosie VerMaas at 792-2517 or the extension office at 441-7180 to sign up. Thanks a million! (LB)

HORSE BITS

Horse judging contest results

Several Lancaster County youth attended two horse judging contests held recently. On Tuesday, June 8, a PAK-10 contest was held at Skyline Ranches in Elkhorn. The contestants were divided into three groups; junior, intermediate and senior. Morgan Marshall placed first in the junior division. Colby Schuman placed ninth in intermediate. In the senior division, Sara Messick placed first, Jacob Messick placed fourth and Patrick Smith tied for sixth.

On Wednesday, June 9, another judging contest was held at Hahnaleigh Hills Stables near Elkhorn. In the 11 and under category, Morgan Marshall placed first, Mica Messick tied for third, and Colby Schuman placed fifth. The three placed first overall as a team.

In the senior division, Sara Messick placed first, Jessi Blum eleventh and Jacob Messick twelfth. They came in second place overall as a team. (EK)

Final Character Counts! camp dates set

The final Character Counts! Day Camp of the 1999 summer is August 11 and 12. It will be at State Fair Park in the Youth Complex.

Registration fee is $10 per child and must be enclosed with registration. Make check(s) payable to cooperative extension. This fee includes T-shirt, snack and materials. Registration deadline is one week before the day camp. If you have any questions, contact LaDeane Jha or Tim Vaughn at 441-7180. Please return the form and fee to:

University of Nebraska Cooperative Extension in Lancaster County
Attention: LaDeane Jha
444 Cherrycreek Road
Lincoln, NE 68528-1507

Name _____ Age _____

Address _____

City _____

State _____

ZIP Code _____

Phone _____

Emergency Phone and Contact _____

Special Needs (dietary restrictions, etc.) _____

We will be taking photos at the day camp. Will you allow your child's photo to be taken?
☐ yes ☐ no

Right or wrong?

1. Siamese kittens are white when they are born

2. The best way to pick up a cat is by the fur on the back of its neck.

3. A cat's whiskers help it "see" in the dark.

4. Cats are color blind.

5. A cat that catches a lot of mice doesn't need cat food.

6. A cat that eats grass is not getting enough vegetables in its diet.

Answers:
1. True. The dark color on ears, face, paws and tail develops later.
2. False. Use two hands to support the cat's body, holding it close to you.
3. True. They are very sensitive and act as "feelers" to let the cat know when it's about to brush against something.
4. True. Cats see everything as black, gray or white.
5. False. Even if it were able to catch enough mice to live on, it would not be a balanced diet.
6. False. Cats usually eat grass just because they like the taste, or because they need to throw up something that they have swallowed. Grass will wrap around a sharp object in the cat's stomach and protect the throat as the object is vomited. (ALH)

4-H & Youth

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 7, in Ag Hall. Workshops are held at 1, 2 and 3 p.m. Call 441-7180 by Tuesday, August 3 or sign up at the stationary exhibit area Tuesday, August 3, 4-8 p.m. (TK)

Animal exhibitors

Animal exhibitors are invited to a breakfast Thursday, August 5, 6:30-8 a.m. at the Rock Café in Demo Mall at State Fair Park. This is to say *thank you* to these exhibitors and leaders for exhibiting and staying with their animals at the county fair. Thanks to the following sponsors: AGP Grain Co-op, Bentzinger Grain and Equipment, Firth Co-op, Greenwood Farmers Co-op, Waverly Co-op and Gooches. (LB)

Ak-Sar-Ben

Livestock entries for Ak-Sar-Ben are due into the extension office by Monday, August 9. All 4-H members planning on exhibiting must be 10 years old by January 1, 1999. A 4-H member is allowed to show up to 2 market beef or breeding heifers, 2 feeder calves, 3 market swine, 3 market lambs and 3 dairy cattle. If you are interested in showing, please pick up a livestock entry form at the the extension office or find Deanna at the fair. (DK)

2002 CWF registration begins

Reservations are now being accepted for the 2002 Citizen Washington Focus program. To be eligible you must be 14 years of age by the time of the trip. To reserve a seat, send a $100 deposit to the Lancaster County 4-H Council, attention: Deanna, 444 Cherrycreek Road, Lincoln, NE 68528-1507. Applications will be accepted on a first come, first served basis. We are limited to 42 youth. What better way to learn about government, meet new friends and travel the east coast? Join today! (DK)

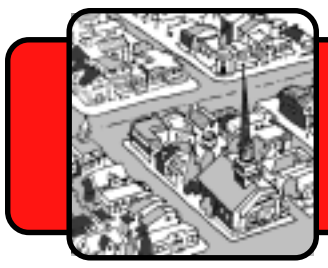
Attention volunteers!

Information is now available for this year's North Central Regional Volunteer Forum. It will be October 14-17, in Wichita, Kansas. Share ideas with other volunteers, share experiences, challenges and successes. You can also participate in educational sessions and activities designed to increase your effectiveness and competencies. Some education sessions include:

- Making 4-H Meetings Fun
- The Seven Characteristics of an Effective 4-H Club
- Walk Through the Food Pyramid
- Innovative Activities for 4-H Members & Their Livestock

Volunteers also will have the opportunity to go on a variety of tours such as: Botanica, The Wichita Gardens and Art Museum, Omnisphere & Science Center and the Geological Field Trip—Richie Sandpit.

Registration is $190 plus $10 per tour. Registration is due August 10. Please contact the office to receive additional information. The 4-H Council will offer scholarships. (TK)



Community Focus

Pioneer Farm Family recognition scheduled for Lancaster County Fair

Awarded by the Knights of Ak-Sar-Ben and the Nebraska Association of Fair Managers, the Pioneer Farm Family award presentation is made to farm families whose land has been owned by the same family for 100 years or more. Over the past 44 years, approximately 6,000 families have been recognized statewide.

1999 Awards Recipients are:
W. Jean Delling, Lincoln
Dennis and Sharon Egger, Hickman
Keith and Doris M. King, Bennet
Clyde W. Burgess and Vera Burgess Lauk, Lincoln
Wylene Swanstrom Townbly, Sandy, UT
Glen and Stella Maye Ehlers, Roca
Robert and Gertrude Stahly, Hickman
Marty and Lois French, Lincoln (GB)

Town hall meeting scheduled

Area state senators will participate in a town hall meeting during the 1999 Lancaster County Fair. The meeting will take place in the air conditioned Farmland Building, Thursday, August 5 at 7 p.m. This meeting provides an excellent opportunity to keep abreast of legislative issues and be a part of the political process. Come prepared to be updated on recent legislative matters and to ask questions of state senators on issues important to you. (GB)

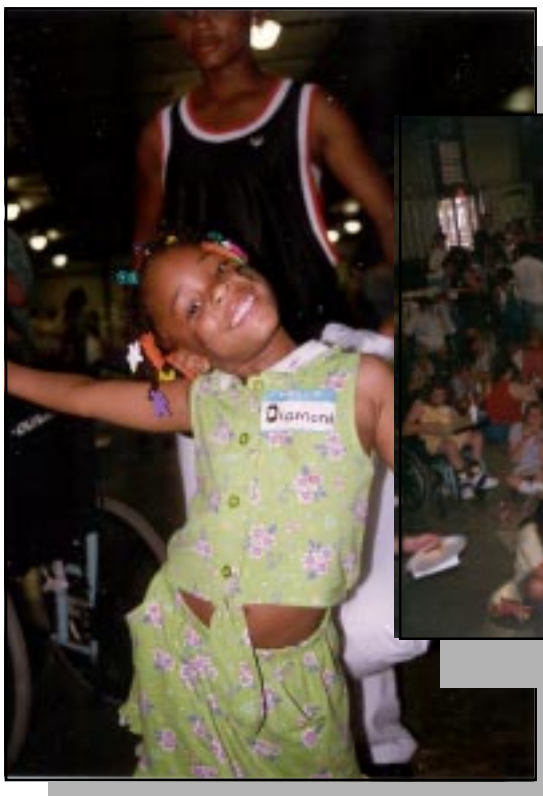
Summer vacation precautions

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

1. Arrange for a friend or neighbor to bring in the mail, newspapers and other deliveries. Better yet, cancel all deliveries until your return.
2. Arrange to have pets fed, watered and cared for at home rather than at a kennel.
3. Schedule lawn mowing and care to be done during your absence.
4. Arrange for safe storage outside the home for certain valuables.
5. Line a closet with 3/4 inch plywood and install a single deadbolt lock with a one inch throw bolt for added security of vaulables.
6. Make certain that all windows, patio and entrance doors are equipped with adequate locks and security pins.
7. If you have an alarm system, make certain it is in working order.
8. Use outside and inside lights that turn on and off automatically.
9. Consider use of a dependable and trustworthy house sitter.
10. Leave a vehicle in the driveway.
11. Position shades and drapes as they would normally appear while home.
12. Leave a trip itinerary with someone so that you can be notified in case of an emergency.
13. Consider an organized neighborhood watch.
14. Notify the police or sheriff of your absence, providing them with names of house sitters and/or neighbors who will be looking in on your property.
15. Never hide a key outside the home.
16. For added protection, keep an inventory list including serial numbers of all valuable property in a safe deposit box.
17. Know and understand your homeowners insurance policy.
18. Before your departure, double check to see that all doors, windows, and out buildings are secured and that you have taken all necessary keys. (GB)

Safe Night USA

Over 200 elementary and middle school kids gathered for games, pizza, and conflict resolution tips at Safe Night USA on June 5. Only three rules were enforced—no arguments, no alcohol/drugs, and no weapons. At least 30 "Safe Nights" have been hosted in Lincoln/Lancaster County, under the coordination of three Americorps VISTAs at the Lincoln/Lancaster County Health Department. "Safe Nights" are events that promote the prevention of violence and drugs from a community-wide approach, linking youth, parents, neighborhoods, law enforcement, educators, social service providers, businesses, faith communities, and media in an effort to provide safe activities for youth in a caring environment. Eighteen organizations joined together to plan the largest Safe Night to date, "Safe Night USA", which was simultaneously hosted by communities across the country and telecasted nationwide on PBS and BET. Almost 30 local businesses contributed prizes, food, and drinks. The local event featured a carnival-like atmosphere, with traditional games such as "plinko" and coin toss, as well as some that drew Lincoln police officers into more non-traditional roles like volunteering for the dunk tank and calculating the speed of baseballs with their radar detectors. Entertainment included the Norris Youth Improv Team, which performed skits on peer pressure, John Harris, a well-known youth advocate that spoke about responsibility, Jeff Castle, a lively magician, and the F Street Yo-Yo club. (TB)



Testing a private water supply

Testing a private water supply is not required by current regulations and is a decision made by the consumer. Generally, private water supplies should be checked yearly for bacterial contamination and nitrate. Coliform bacteria is most likely to be found during wet weather, when runoff and excess soil moisture carry contaminants into shallow groundwater sources or through well defects. To assess the year-round safety of your drinking water, test for bacteria and nitrate in the late spring or early summer.

In addition, testing for nitrate and bacterial contamination should be considered after flooding or when any noticeable change in taste, color or smell of the water is detected. These changes may also indicate the need for other tests. Any time a pregnant woman, woman anticipating pregnancy or infant under the age of six months becomes a water user, test for nitrate contamination. When repairs or alterations are made to the water system and following shock chlorination, the water should be retested for bacterial contamination. Test for substances other than bacteria and nitrate when a specific contaminant is suspected. This might be the result of a spill, backflow, use of product in close proximity to well or other such event.

For additional information on testing your private water supply, call the Lancaster County Extension Office at 441-7180 and ask for a free copy of NebGuide G98-907, Testing for Drinking Water Quality.

Water test kits are available from the Nebraska Department of Health Laboratory located at 3701 South 14 Street, Lincoln. For information on tests available and current prices call (402) 471-2122. (GB)

❖ ❖ ❖

Benefit horse show scheduled

The Eastern Nebraska Driving Society and the Capital City Horse and Pony Club will host a Benefit Horse Show for the Lancaster Event Center on August 22.

The show will be held at the Capital City Horse & Pony Club facility, 12900 North 14 Street. Contact Suzanne Border for more information at 402-782-2008. (GB)

Pam Branson was recently honored by Lancaster County Commissioners with a County service award for **25 years.** Her entire county career has been with Lancaster County Extension. **Congratulations are extended to Pam!**

More topics for The Nufacts information Center

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Be alert to the danger; poison hemlock abounds this year

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containing the highest concentration of alkaloids followed by the vegetative material. Mechanically removing plants may work as long as the cut dry matter is removed from livestock access. Dry plants on the ground or in hay may still be toxic.

Poison hemlock is a plant we have lived with for several years. Be aware of its abundance this year and how to deal with it. Also, teach children to stay clear of poison hemlock as well. Taking precautionary measures may reduce the likelihood of problems with this highly poisonous plant.

Source: Jeff Rawlinson, Extension Technologist Weed Science and Bruce Anderson, Extension Forage Specialist. (TD)

Miscellaneous

Focus on food

continued from page 6

make it look brown before it is done. Brush or sprinkle sauces/spices on the surface of cooked burgers. Completely thaw meat or poultry in the refrigerator. Frozen patties do not cook evenly and may not be safe. Remove cooked meats from grill with a clean spatula or tongs.

■ Keep hot foods hot until served. Cooked meats may be set on the side of the grill rack to keep them hot.

■ Leftovers that have been off the hot grill for less than an hour, may be safely transported home in a cooler with plenty of ice. Cold foods that have been kept cold in the cooler may be safely returned to your refrigerator. Plan to eat leftovers within a day or two.

■ Discard any food left out for more than two hours or one hour in hot weather. When in doubt, throw it out!

Cross contamination between raw and cooked product, undercooked ground meat and food being left out at room temperature for too long are prime causes of summer foodborne illness. Have a safe and healthy summer and make sure that your enjoyable summer picnic doesn't become an invitation to foodborne illness. (AH)

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Ticks and disease transfer

continued from page 5

bodies, giving extra attention to the head, neck and waist.

Pets can be tick protected with dips, sprays and powders. Vaccines also are available for pets to protect against Lyme disease. Contact your veterinarian about vaccinations. Heavy tick infestations can reduce an animal's vitality and make it irritable.

Once a tick lands on a person or animal, it can take several hours before they start to feed. The disease potential is related to the length of time a tick feeds. Ticks can feed for several days. A tick will fall off a host when it is completely engorged to molt or lay eggs. A female tick can lay thousands of eggs after a blood meal, which will hatch and could infest a home.

To remove attached ticks, use tweezers to grasp the tick at the point where its mouthparts are and gently pull until it's removed. Avoid breaking the body of the tick from the mouthparts, if possible. Infections can occur if mouthparts are imbedded in the skin.

A common myth about ticks is that they fall from trees. Ticks primarily live in tall grasses. They wave their front legs to attach to a warm-blooded host that walks by and continue their life cycle after a blood meal.

For acreage owners, mowing grass around buildings can deter ticks. Ticks need a humid environment to survive and short grass makes the environment less suitable and attracts fewer animals.

For more information on ticks, see NebGuide G94-1220-A, "Controlling Ticks," or contact the Lancaster County Extension office. (DJ)

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Fad diets mostly hype

continued from page 6

by a few telltale signs:

■ **Miracle foods.** Overeating and lack of activity can take a toll on the body, and no food can undo those effects.

■ **Rapid weight loss**, more than one to two pounds a week, is unnatural and can upset body chemistry. Weight lost slowly over time has a better chance of staying off.

■ **No exercise.** Exercise is extremely important for losing and maintaining weight loss. The majority of fad diets don't stress exercise as necessary.

■ **Food combinations**. There is no scientific proof that eating foods in a specific order or combination can help in weight loss.

The keys to permanent weight loss are variety, moderation and balance—making a permanent change in lifestyle, both in eating habits and exercise. Exercise three to five times a week for at least 30 minutes. If you haven't exercised before, start off slow and gradually increase physical activity. Any kind of exercise is good, although it's a good idea to check with a physician before starting.

Losing weight slowly is the key to keeping it off. By maintaining a balanced diet and exercising regularly, fat can be eliminated without long-term harm to the body.

SOURCE: Wanda Koszewski, Ph.D., nutrition specialist, NU/IANR (AH)

The NEBLINE

Nebraska Cooperative Extension Newsletter
Lancaster County

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

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.

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Extension Calendar

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

July 14
Horticulture, Grass & Weed I.D., Tree I.D. Contests ..... 10 a.m.-noon
Lifetime Skills Contest ..... 1 p.m.

July 15
Beef Artificial Insemination Workshop ..... 8 a.m.
Fair Board Meeting ..... 7 p.m.

July 16
Pesticide Container Recycling—*Farmers Co-op Elevator Co., Wilber* ..... 9 a.m.-3 p.m.
Demonstration Contest

July 19
How to Show Horticulture Exhibits at the Fair Workshop ..... 2-4 p.m.

July 21
Style Revue Judging—*First Lutheran Church*
Showmanship Workshop—*State Fair Park* ..... 9 a.m.

July 22
PAK 10 Tractor Driving Contest—*Fremont County Fair*
Showmanship Workshop—*State Fair Park* ..... 9 a.m.

July 23
Pesticide Container Recycling—*Dorchester Co-op, Milford* ..... 9 a.m.-3 p.m.

July 26
Horse Pre-Fair Britching - Demo Mall ..... 6:30 p.m.

July 28
Fair Superintendent Meeting ..... 7 p.m.

July 29
4-H Food Booth Training—*State Fair Park* ..... 6 p.m.

August 2
4-H Council Meeting—*State Fair Park* ..... 7 p.m.

August 2-7
County Fair Horse Show—*State Fair Park*

August 3
Entry Day for Lancaster County Fair Static Exhibits—*State Fair Park* ..... 4-8 p.m.

August 4
County Fair Judging Day for Static Exhibits—*State Fair Park*
County Fair Animal Check-in (4-H Sheep, Swine, Rabbits, Poultry, Angora Goats)—*State Fair Park* ..... 4-8 p.m.
Sheep Weigh-in—*State Fair Park* ..... 4-8 p.m.
Exhibits Open to Public ..... 6 p.m.
All Animals in Place—*State Fair Park* ..... 8 p.m.

August 4-8
Lancaster County Fair—*State Fair Park*

August 5
Exhibitors Breakfast—*State Fair Park* ..... 6:30 a.m.
Beef Weigh-in—*State Fair Park* noon
Performance Swine Weigh-in—*State Fair Park* ..... 2:30 p.m.
Watermelon Feed—*State Fair Park* ..... 4:30-6 p.m.

August 6
Health Awareness Day—*Ag Hall, State Fair Park* ..... 9 a.m.-4 p.m.
Pesticide Container Recycling -*County Fair*

August 7
Keeping Families First Day—*State Fair Park* ..... 1-10 p.m.

August 8
All Exhbits Released—*State Fair Park* ..... 4-6 p.m.

August 9
Extension Board Meeting ..... 7:30 p.m.
Ak-Sar-Ben Entries Due

August 10
North Central Regional Volunteer Forum Registration due
Pesticide Container Recycling -*County Fair*

August 11
Character Counts! Day Camp—*State Fair Park*
4-H Horse VIPS Meeting ..... 7 p.m.

August 12
Character Counts! Day Camp—*State Fair Park*
Superintendent's Dinner ..... 7 p.m.
4-H Rabbit VIPS Meeting ..... 7 p.m.

Tips for late summer alfalfa planting

continued from page 4

planting to kill existing weeds, if needed. Remember, these preparations are useless without moisture. Planting into dry soil is discouraged, because we never know if fall rains will be good or bad. But if you have moisture, then plant–shallow for rapid emergence and early for seedlings to develop good cold tolerance. With help from Mother Nature, good hay is just a spring away. (TD)