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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 fairs. 

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 underestimate 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 officers, 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 school, school and community better. It is being cooperative, staying informed, obeying rules and laws, respecting authority and protecting the environment and surroundings. Volunteer- ing 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 competitive event should be viewed as a learning experience, regardless of the ribbons 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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### Vegetable gardening in the fall

By planting 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. Sucing plantings of wax season crops, such as corn and beans, can be harvested until the first killing frost. Cool season crops, such as broccoli, can be grown. Carrot, lettuce, radishes, spinach, kale and collards grow during the cool fall do withstand light frosts planting is the key to the successful fall garden.

To determine the plant a particular vegetable the latest harvest, you need to know the average date of the hard first freeze. For Lancaster County, it is approximately October 10th. You also must know the number of days to maturity for the variety 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 overnight 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 progresses harvest of fresh vegetables, savings in food costs and knowledge that you are making full use of your garden space and season. (MM)
Are you afraid of spiders? insects?

Barb Osg
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), arachnophobia (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 (silvershfish, 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 hystera, 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 wasps that she found in the bottom of her dishwasher that she sprayed the inside of the dishwasher with an insecticide. The result was a horrid situation. You need to consider when you take any action, think about all the possible consequences and consider what 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. 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)

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 portions of Lancaster County. However, the historic range of this snake is throughout south-eastern Nebraska. See the map, below.

The western massasauga is between 20-30 inches in length. 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-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 rattles are born alive.

Massasaugas are found in prairie areas where there is dry vegetation, often in marshy sites or rock outcroppings. The name massasauga means 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.

Neboka’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 your hands. Be especially careful when stepping over or around logs or rocks. Camp in a tent with a floor 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).

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 is limited; applications will be accepted on a first come basis. For more information, contact Dr. Marion Ellis, 402-472-8696. (BPO)
Farm Views

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. Rootworms are also 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 safe.

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 carefully 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.

Seeding 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. Conserving soil moisture where it is measurable and put extra effort into getting a firm seedbed. You should be able to dribble a basketball on an alfalfa seedbed in the field this year. But don’t over-till. Conserving soil moisture and grass 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. Conserving soil moisture where it is measurable 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 a good seedbed.

Small grain stubble also makes a good seedbed. Many drills can place alfalfa seeds into stubble soil very nicely. Just make sure you control all weeds before planting. Make sure your drill is set deep enough to avoid bleeding out of the row. Be sure to use herbicides like Roundup or Gramoxone Extra before planting.

Fertilizing grass pastures and hay lands—Part 2

This article is the second of a two-part series. Part I, printed in the June issue of Nebraska 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, results in 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-field 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

High 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 a higher yield of pastures 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. Various recommendations for grasslands are listed in Table II. If legumes make up one-fourth or more of the stand, higher, apply 50 percent more phosphorus than for grass alone. Phosphate fertilizers can be applied in the nitrogen in either spring or fall.

Reap 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 hayland, soil sample more frequently. Phosphate may need to be applied more often, since removal of nutrients will be greater than on grazed land.

Other Nutrients

Research has shown that plants conducted throughout eastern and northeastern Nebraska indicate that applying potash, sulfur and zinc does not improve pasture production. There is a possible 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)


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 through central and eastern Nebraska. The unusually high moisture this spring provided ideal habitat for poison hemlock, Conium maculatum, the poison hemlock. Because this plant is so prevalent this season, producers should be aware of the dangers surrounding it.

Poison hemlock is a biennial for which 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, Niemann, 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 leaves. Each leaflet is toothed or highly divided. The leaf surface is smooth and hairless. The petals of lower leaves are sheathed. Stems are hollow, erect and green with purple blotches. Poison hemlock sends out a long taproot, characteristically biennial. 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 pastures will help reduce problems. Avoid turning hungry animals into toxic 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 Roundup® 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 Haymarket Field Day in July. 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:

- Nebraska Crop Improvement Association (CSA), Lincoln (2:00 p.m.). Ranch Chairman Fred Bartlett will give an overview of their CSA farm. CSA is a unique marketing strategy where consumers share the risks and rewards of farming. Ranch and CSA 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, 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 Kris Carus at 402-471-0817 or Billene Neme at 402-435-7496.

Learn at your convenience

- 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. Many 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 rural roads involving tractors resulted in tractor overturns.

- Always back up and drive on driveways with a conventional style tractor (rear wheels larger than the front wheels). Remember that the front is always pointing down hill 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 try to shift gears while driving. 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.

- Grasshopper alert!

In Nebraska, be cautious. According to Fred Baxendale, Ph.D., entomologist, NUIANR, “Nebraska has one of the nation’s best grasshopper populations.”AGR and good grass 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 pests. To feed, they feed on grass roots and can destroy the entire root system in a short time, 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 ateenaries. Grubs can generally be seen in the spring, the consequence of the previous year’s generation of grubs that began in mid-August.

Grub injury usually is seen in late spring and early summer. Grubs can be destructive to turf to 3 inches on either side, lift up and look for feeding damage on the root.

Six to eight grubs per square foot must be present for lawns to show visible grubs in your lawn, cut a “V” in the grass, about six to eight inches on either side, lift up and look for feeding damage. Grubs feed on 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 preventative 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. If 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 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, Oftalm or Turancid should be applied about the first week of May.

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.

Ticks and disease transfer

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

In late spring and early summer are when ticks actively feed and look for hosts and female ticks pursue a blood meal to produce eggs. They also sell their produce at the 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.

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Barb Ogg, Ph.D., entomologist, NUIANR 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 should be administered as soon as possible.

Wear light-colored clothes in grassy areas to see ticks easier. Usually ticks land on a person’s face, arms, or knees and crawl up their bodies. Using an insect repellent that contains DEET repels ticks. After coming into tick-infested areas, people should thoroughly examine their body for ticks.
Garden and Give Program
A vegetable redistribution where the community is encouraged to plant an extra row of produce 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)

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—in “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!
Contact our “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
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
- High-protein, low-carbohydrate

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.

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 one 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 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
Lancaster County
Invites You To

Come To The
FAIR

"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)

4-H Rabbit Show

Thursday, August 5 through Saturday, August 7

Lancaster Building Tent

(see schedule on back page for times)

4-H Poultry & Pigeon Show

Thursday, August 5

Lancaster Building

(see schedule on back page for times)
**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.

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**4-H Dog Show**

**Thursday, August 5, 9 a.m.**  
4-H Arena  
(see back page for specific class times)

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**4-H Style Revue**

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

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**4-H Cat Show**

**Saturday, August 7, 9 a.m.**  
Farmland Building

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**4-H Household Pets Show**

**Thursday, August 5, 11 a.m.**  
Farmland Building

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**Watermelon Feed**

**Thursday, August 5**  
4:30-6 p.m.  
Youth Complex • State Fair Park

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**4-H Teen Council Ice Cream Social**

**Friday, August 6**  
5:30-7 p.m.  
$.75  
Youth Complex • State Fair Park

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**Barbecue**

**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—Horsemanship 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 Area)**: 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)**: 9:30 a.m.
- **4-H Household Pts Show (Farmland Building)**: 11 a.m.
- **4-H Horse Show—Reining (East Arena)**: 11:30 a.m.

### Special Events
- **HERDSMANSIP 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 a.m.
- **4-H Rabbit Showmanship (Lancaster Building Judging Area)**: 1 p.m.
- **4-H Angora Goat Show (4-H Arena)**: 1 p.m.
- **4-H Goat Show Awards (Demo Complex C)**: 9 a.m.-9 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.
- **Pedal Tractor Pull (Ag Hall)**: 4 p.m.
- **4-H Horse Show—Horse and Pony Halter, Showmanship, Driving, Special Needs (East Arena)**: 1 p.m.
- **Open Class Beef Show (West End of East 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 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, Showmanship (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 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.
- **Open Class Dog Obedience Show (East Arena)**: 9 a.m.
- **Open Class Angora Goat Show (North Arena)**: 9 a.m.
- **Open Class Sheep Show (North Arena)**: 9 a.m.
- **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)**: evening
- **Carnival Closes**: late evening
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, 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” and 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 for profit or non-profit effort. Be sure to practice family citizenship.

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, etc. (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.

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

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 advice. 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 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 most 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 watching 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 is 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 cultivated.

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.
**Biographical information**

**Megan Bergman**
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, 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.

**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, singing and golf.

**Vicki Green**
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 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.

**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.

**Shack & Rock Café**
Located at the 4-H Rock Café at the Lancaster County Fair. (Check fair book map.)

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

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 will be 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 a.m. at the Rock Cafe 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)

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
• The Seven Characteristics of an Effective 4-H Club
• 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)

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 their food. (ALH)
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.

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 Eggseck, Hickman
- Keith and Doris M. King, Bennet
- Clyde W. Burgess and Vera Burgess Lank, Lincoln
- Wylene Swanson, Townblly, Sandy, UT
- Glen and Stella Maye Ehlers, Roca
- Robert and Gertrude Stahlby, Hickman
- Marty and Lois French, Lincoln

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.

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 valuables.
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.

Test 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.

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.
Focus on food
continued from page 6
make it look brown before it is done. Brush or sprinkle sauces/ seasonings containing the highest concentration of alkaloids followed by the vegetable material. Mechanically removing plants may work as long as the cut dry matter is removed and may not be safe. Remove cooked meats from grill with a clean spatula or tongs.

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

■ Leftovers that have been off the 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)

Ticks and disease transfer
continued from page 5

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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 a 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 sticking.

- Exercise. Exercise is an 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 Kozerski, Ph.D., nutrition specialist, NUIANR (AH)
Tips for late summer alfalfa planting

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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)