8-1997

The NEBLINE, August 1997

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Lancaster County Fair:
July 30-August 3

Lorene Bartos
Extension Educator

It’s county fair time. The theme of the 1997 Lancaster County Fair is “Fair Time is Family Time.” As 4-H members put the finishing touches on fair exhibits everyone in the family is involved. It may be nothing more than the brothers and sisters, dads and moms getting to eat the reject cookies and rolls, etc. Many family members and friends watch demonstrations being practiced, help prepare the animals and choose garden produce for exhibit. Getting the rocket shot off for the fifth time without loosing it may also be a challenge. However one gets involved, fair time is a fun time for the whole family.

Other families are also involved in preparing exhibits for Open Class. Attending county fair is a fun family activity. Looking at the exhibits, participating in events, showing animals, enjoying the fair food from the 4-H food stand, eating watermelon, watching demonstrations and other events can be fun and include educational learning. The 4-H activities start Monday, July 29 with 4-H horse shows running through Thursday, July 31. Other entries come in Tuesday, July 29 and judging of static exhibits will take place Wednesday, July 30. The fair officially opens at 10:00 a.m., Thursday, July 31 and concludes Sunday evening, August 3.

Volunteers are vital to the success of the fair. They share their time and talents to assist not only at the county fair but throughout the year. Teens and adults help in many ways throughout the fair. 4-H fair superintendents help with planning shows and making sure everything runs smoothly. Making fair educational as well as fun is a challenge to all involved. Interview judging gives 4-H members the opportunity to visit with judges about their projects. By sharing the success, challenges and trials of an exhibit, the 4-H member has a chance to show and tell what they have learned. 4-H members, parents and leaders learn while working with the judges and superintendents by writing comments, displaying exhibits and helping 4-H members feel comfortable in a new situation.

Displays and shows give families opportunities to view and discuss new learning or hobby ideas for the family. 4-H and Open Class exhibits cover a large area of topics and items. Foods, clothing, home environment, horticulture, floriculture, livestock, crops, small animals, engineering, photography and fine arts exhibits highlight the many skill and hobbies people in Lancaster County are involved in.

Jr. leaders, Teen Council members, 4-H Ambassadors and youth 4-H Council members are teens who share their time and talents at the fair. How about some ice cream from the Ice Cream Social sponsored by the Teen Council? This event will be Saturday evening, August 2. It is used as a fund-raiser for scholarships and youth leadership activities. The adult 4-H Council members are actively involved throughout the fair—especially in the 4-H Food Booths. The funds from these booths help with 4-H activities and scholarships through the year.

Why should you bring your family to the Lancaster County Fair? In addition to the traditional 4-H and Open Class shows and exhibits, special events include Health Awareness Day, Keeping Families First Day, the Family BBQ, Watermelon Feed, Petting Zoo and the Hay Hauling Contest. See the fair insert for a schedule of all fair events.

A new event at the fair this year is Keeping Families First Day. Families First is a state-wide wish to help build communities where families are valued. Families will have the opportunity to participate in hands-on activities Saturday, August 2, 10:00 a.m.-4:00 p.m. in Ag Hall. These activities will include crafts, games, reading stories, and walks to name a few. Interpersed throughout the day will be entertainment. The admission is free. This event is sure to be a highlight of your visit to the county fair. Health Awareness Day will feature exhibits from many community agencies and organizations emphasizing health and safety. Booths will include hands-on activities for all age groups, including blood pressure testing for the adults, a view of the new Health Department Mobile Unit and the D.A.R.E. van. This event will run 9:00 a.m. to 4:30 p.m., Friday, August 1 in Ag Hall.

The Petting Zoo will be open Saturday, August 2 and will give youth and adults the chance to pet and play with farm animals in the city.

Families benefit from shared time because it eases loneliness and isolation, nurtures relationships and creates a family identity. Young people need caring, principled adults in their lives who support, encourage and guide them. Join the families who attend the county fair, take part in the many activities and enjoy family time together.
“One Call—that's all!”

Next time you begin plans for additions to your home landscape, remember to include Nebraska’s “One Call” system into your planting schedule.

“One Call” is a toll-free Nebraska number—a non-profit service funded by fees from Nebraska utility companies—which enables homeowners to have all their utility lines marked by calling 1-800-331-5666. Within a few days, locations of all the buried utility lines will be marked by the responsible utility companies, ensuring that the digging and planting won’t inadvertently sever a utility line.

Marking utility lines protects consumers from explosions from punctured gas lines, high-voltage shocks from buried electrical lines, as well as insuring that critical service like 911 emergency response isn’t interrupted. Those digging without having utility lines marked are liable for any damages excavation may cause.

The One Call service wants to ensure that digging won’t pose a danger to those doing it, as well as protecting the services that many of us depend on. Most of our utility lines are now underground and unfortunately, part of human nature is “out of sight, out of mind.”

To respond, articles about the utility lines, as well as insuring that critical services like 911 emergency services aren’t interrupted. Those digging without having utility lines marked are liable for any damages excavation may cause.

“Do you compost?” 4-H gardeners who are participating in the Be A Better Gardener 4-H Program were asked this question when they attended a composting workshop. Many of the gardeners said “yes.” At the workshop, the 4-H members learned why composting is important, what not to put in a compost bin and how to correct common composting problems.

They also learned how to compost with worms. The gardeners made mini-bags of compost. This demonstrates composting on a very small scale. The gardeners will be able to watch the composted materials decompose close up. The 4-H gardeners have the opportunity to write an essay on what they learned at the workshop and how they used that information in their garden at home. This essay may be submitted as an exhibit at the Lancaster County Fair.

Many of the 4-H gardeners also attended a workshop earlier in the season on container gardening. At this workshop they planted herbs in containers. These potted herb plants can be shown at the Lancaster County Fair as an exhibit.

**Control of ground ivy in the lawn**

A common weed found in many lawns is ground ivy. Ground ivy is a low growing, creeping perennial. It spreads by seed and by the stems which root at the nodes. The leaves of ground ivy are round or kidney shaped with scalloped margins. The stems are four sided. Flowers are small, bluish purple and funnel shaped. Ground ivy thrives in damp, shady areas, but also grows well in sunny locations. A member of the mint family, ground ivy is also known as creeping Charlie.

Control of ground ivy in lawns is difficult. The control strategy depends upon the degree of infestation. Turfgrass areas that have become completely overrun with ground ivy may need a major renovation. The small amount of grass is simply not worth saving. The ground ivy needs to be destroyed and the areas seeded in late summer. Glyphosate (Roundup, Kleenup) is a non-selective herbicide that can be used as a spot treatment to control ground ivy. Non-selective herbicides kill nearly all plant material that they come in contact with. Efforts to eliminate ground ivy should begin in early August. This allows adequate time to kill the ground ivy and prepare the area for seeding in late August or September. Apply glyphosate to the ground ivy infested areas, wait 10 to 14 days and then treat the areas a second time if the ground ivy has not been completely killed. Once the ground ivy is effectively controlled, the areas can be seeded.

Turfgrass areas that contain some ground ivy, but are mainly grass, can be treated with selective herbicides. These materials will selectively kill the ground ivy, but not harm the turfgrass. Products which contain 2,4-D are effective on non-ground ivy turf. To achieve control, continued on page 11
1997 Household Hazardous Waste Collections

Reminder: These collections are for households only, not for businesses. Only residents of Lincoln and Lancaster County can bring items to collections.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday, August 2</td>
<td>Nebraska Wesleyan University, parking lot, 58th &amp; Huntington</td>
<td>9:00 a.m. - 3:00 p.m.</td>
</tr>
<tr>
<td>Saturday, September 20</td>
<td>Lincoln-Lancaster County Health Department, 3140 &quot;N&quot; Street, south parking lot</td>
<td>9:00 a.m. - 3:00 p.m.</td>
</tr>
<tr>
<td>Saturday, November 8</td>
<td>State Fair Park, 4-H Youth Complex</td>
<td>9:00 a.m. - 3:00 p.m.</td>
</tr>
</tbody>
</table>

Waste Collections will take:
- **Heavy metals**—Wastes containing mercury such as thermostats, fluorescent bulbs. (Many batteries contain heavy metals but can now be recycled locally.)
- **Solvents**—Mineral spirits, turpentine, paint strippers and thinners, oil-based paints, varnishes, stains, polishes and waxes.
- **Pesticides**—Weed killers, garden sprays, wood preservatives, roach powder, pet flea and tick products, rat poisons, etc.
- Acceptable pesticides also include EPA banned chemicals in the box (at right).

**EPA-banned, common household chemicals**

<table>
<thead>
<tr>
<th>Common name</th>
<th>Other names</th>
</tr>
</thead>
<tbody>
<tr>
<td>DDT</td>
<td>Anofex, Dedelo, Pentachlorin, Rukseam, Zerdsan, Santobane, Chlorphenterathine</td>
</tr>
<tr>
<td>Chlor dane</td>
<td>Chlordan, Clor dane, Chlorox, Bell, Niran, Gold Crest, C-100, Kleen Lindane, Ortho-Klor</td>
</tr>
<tr>
<td>Silver (2,4,5-TP)</td>
<td>X-0-D, Weed-B-Gon, Propin, Silv-map, Sil-tast, Des-Weed, Kuran</td>
</tr>
<tr>
<td>PCP (Pentachlorophenol)</td>
<td>Dowicide, Pentacan, Santobine, Thompson's Wood Fix</td>
</tr>
</tbody>
</table>

**Shortest shower award**

Are you experiencing the "dog days of August?" It's really hot and you're probably using the maximum amount of water daily. Here's a way to save water by the gallons!

Make a chart like the one shown below. Write the names of your family members in the column on the left. For one week, have each person record the number of minutes each shower takes.

At the end of the week, total the minutes each family member has spent showering. Divide this total by the number of showers each person took during the week to determine the average number of minutes spent in the shower.

Create a Shortest Shower Award and present it to the family member who has averaged the fewest minutes per shower. Also reward that member with an ice cream cone or fresh lemonade, or maybe...your whole family could take a dip in the local swimming pool. Happy water saving! (ALH)

**Bat sightings increase in August**

People report increased bat activity in the late summer and some times find a misplaced bat inside the home. The reason for this increased activity is that many bat species give birth to their young early in the summertime. By August, these young, inexperienced bats leave the nursery colony using their sonar-like echo location system to navigate in the darkness to avoid objects and find food. As you can imagine, this is no easy task for an inexperienced bat. If a bat accidentally gets in your house, it soon realizes it is in the wrong place, but cannot find its way outside.

If you have a bat in your home, DON'T PANIC. Put on a pair of gloves, capture the bat and release it outside. If you feel more comfortable, use a net or cover the bat with a cardboard box, then release it outdoors. Whatever your technique, always wear gloves.

Because bats do carry rabies, even though infrequently, you should not wear gloves to avoid being bitten. When frightened, bats will bite just like any other wild animal.

Many people admire the beneficial and interesting nature of bats. By building and putting up a "bat house" in your yard, you can attract these interesting mammals in the springtime to help control nuisance insects like mosquitoes all summer long. To maximize your chances of attracting them, place your bat house 12 feet to 15 feet above the ground, and firmly attach it to the side of a building or a convenient tree. Sites near water are best. Shelter your bat house from prevailing winds but place it in a sunny exposure. Paint the roof of your bat house black so it will absorb heat in the winter.

For more information on bats or bat house plans, contact the Lancaster County Extension Office, 441-7180. (BPO)

**Reuse wire coat hangers**

Don't throw away your extra wire coat hangers. Instead, sort them by type or shape, fasten them together, and return them to your dry cleaner for reuse. Or use your imagination and follow these simple rules to put surplus coat hangers to work in different and creative ways.

**Rules**: 1. You may use more than one coat hanger. 2. You may bend or cut the coat hangers, using pliers or a good pair of wire cutters. 3. You may attach other objects/materials to the coat hangers. If you are stuck for ideas, try to create:
- a back scratcher • a book rack • a card or letter holder • a fly swatter • a decor for mobile * a pen holder * a plant hanger

Good luck! (ALH)
Seedbeds for late summer alfalfa planting

Is planting alfalfa in your plans this month? August is an excellent time to plant, if you have moisture and you do it right. Here are some reminders on how to be successful.

Seedbed preparation is crucial for late summer plantings. Good seed-to-soil contact and seed control are critical. Half-hearted seedbed preparation produces only half decent stands.

Two seedbeds work well in August. A fully-tilled seedbed is best for many growers. When they are eliminated and the field is smooth. But don’t overlook. Conserving soil moisture when possible and put extra effort into getting a firm seedbed. Believe it or not, you should be able to dribble a basketball on an alfalfa seedbed in August. Rolling, harrowing and waiting for rain or irrigating help make seedbeds firm.

Small grain stubble also makes a good seedbed. Many drills can plant 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 planting to kill existing weeds, if needed.

This August, be especially wary of grasshoppers. They seem to be everywhere and love to eat new seedlings. Spray field margins with insecticides if there are more than 20 hoppers per square yard. Remember, these preparations are useless without moisture. I discourage planting into dry soil because we never know if fall rains before planting to kill existing weeds, if needed.

Since cattle sweat only at about 10 percent of the rate of humans, they are more susceptible to heat stress. Stale, stagnant air can reach dangerous or lethal levels quickly. Indoor animals need mechanical cooling to reduce heat—including possibly both ventilation and fogging systems. It is crucial for producers to have rapid movement of air in a confined space.

Farms of at least one-half horsepower with 36-inch blades can move up to 10,000 cubic feet per minute. They should be installed at least every 30 to 40 feet over free-stall areas. This encourages dairy animals to lie down after feeding.

Pigs, also, are susceptible to heat stress. For confined swine in gestation and farrowing facilities, ventilation still is the primary requirement for keeping animals healthy. Drop coolers can be positioned to direct water onto the jugular vein of the animal’s neck. Fans must dry off the moisture to avoid making the air even more humid.

Increasing air flow in buildings is important for the summer health of both cows and pigs. Producers must ensure that air moves freely, especially in free-stall barns designed with open alleys and closed stalls. Aside from installing fans, producers may consider opening the sides of barns made of sheet metal. Cuts can be made to open the covers. Another option is to increase the roof venting.

On those occasions when Nebraska’s winds aren’t blowing, still air can cause problems for animals. Some heat stress is unavoidable, but planning can minimize the effects.

With cattle in open lots, dust control is necessary to prevent respiratory system distress. Producers should use sprayers to dampen lot surfaces as necessary and avoid using lots or pens adjacent to shelter belts during hot weather. Low-wind velocity due to the trees means increased risk of heat-related problems. Source: Gerald Rodman, Livestock Systems Specialist, (WS)

Oats for fall pasture or hay

Now that it’s August, fall is just around the corner. Could you use some extra pasture or hay in late September and October? Fall is the time when the often-used fall forages. It grows fast, thrives under cool fall conditions, has good feed value, and can produce over two tons of hay or pasture yet this year. And it dies out over winter, so it protects soil without causing planting problems next spring.

To plant oats, drill about three bushels of oats per acre in early August for maximum yield potential. A fully prepared seedbed

continued on page 11

Evening program to highlight irrigation management and well decommissioning

An evening program has been scheduled for Wed. Aug. 6th to discuss irrigation management and demonstrate proper well decommissioning. The program will begin at 6:00 p.m. on a tract of land owned by Dick Stilman and farmed by Wally Wild. The farm is located east of Crete (1/4 mile east of West Martell Road & SW 128th intersection). The field is currently planted to corn and beans. T.K. Irrigation representative Harold Poppe will discuss the new center pivot irrigation system equipped with low-pressure nozzles. Extension Specialist Del Hardie will discuss irrigation scheduling, nozzle type and use of chemigation systems. Dan Schultz will discuss the in-line and ultrasonic water well flow meters. Sargent Irrigation and Justin Krzewski will demonstrate proper well decommissioning of an abandoned irrigation well. Refreshments, prizes and a meal will be provided. For more information contact the Lower Platte South NRD (476-7279) or the Lancaster County Extension Office (441-7180).

How to deal with animal heat stress

Summer months in Nebraska mean summer heat, a stressful time made worse by occasional periods of high humidity and calm winds. Livestock producers must ensure their animals avoid the worst effects of heat stress.

In dary cattle, heat stress is one of the leading causes of decreased production and fertility. A temperature range for dairy cattle is from 25° to 65° F. Temperatures above 80° F cause reduced feed intake, reduced milk production and reduced fertility.

Humidity also contributes to heat stress. Cattle are in danger when temperatures near 110° and humidity is 50 percent. Humidity nearing 80 percent, in that heat, can be fatal for cattle.

Since cattle sweat only at about 10 percent of the rate of humans, they are more susceptible to heat stress. Stale, stagnant air can reach dangerous or lethal levels quickly. Indoor animals need mechanical cooling to reduce heat—including possibly both ventilation and fogging systems. It is crucial for producers to have rapid movement of air in a confined space.

The testator’s property that passes by will, there are several important considerations:

• the special needs of chidren and other family members who care for the family property or members who have worked and invested in production unit growth
• the goals for future production unit operations
• the alternatives for distribution of assets to various heirs
• the estimated costs of estate settlement, including taxes and legal costs under distribution alternative
• the capacity of heirs to get along with each other in work and family situations
• other considerations unique to the family and production unit

It’s important that families remember who actually owns the production unit. Sometimes, those who expect to inherit forget that the parents’ estate belongs to the parents.

As owners, and within limits set by the law, parents have the right to do with their estate as they see fit. Thus, parents have the right to sell, give away or bequeath to heirs part or all of the family production unit. It’s important that their offspring respect the parents’ right to make decisions they see fit.

Unless they’ve grown up in a family where respect for the owner of property is an important value, members of the younger generation may feel they will have been unfairly treated if they believe their parents’ estate wasn’t equally divided.

When the owners’ representation is poor, ownership is poorly understood or not respected, conflicts between siblings are a real possibility. Such conflicts can lead to legal actions over the estate settlement, squabbles and very undesirable outcomes. The foundation for an estate settlement is often learned. What the younger generation learns about values related to rights of property owners can make it possible for the family farm or ranch to continue from generation to generation.

This information provides only background information for your estate planning. Consult with legal and tax advisers before making estate planning decisions. Sources: DeB Rood, Program Coordinator and Paul Grossman, Ph.D., Agricultural Economist, both NUBANR (WS)

Improve livestock water distribution on pastures

Good livestock water distribution on pastures is one of the most influential parts of good grazing management. Plentiful, reliable, good quality water is essential for grazing livestock. With good water, it doesn’t matter how effective other grazing management practices might be.

But how important is the location of that water? Think about how water sites influence the grazing behavior of your livestock. And how this might affect both pasture and animal performance.

Animals resist travelling far from water. They rarely rage more than a half mile away from water in rough country or a mile away on flat land. Under 1000 feet is the ideal distance. If they use water far for water, they spend less time grazing, they burn off pounds walking and they travel...
Festival of Color scheduled for September 6

Landscaping demonstrations and youth activities are just two of the expanded attractions at this year’s fifth annual Festival of Color near Mead. The lawn and garden open house, which annually attracts thousands, will be September 6 at the University of Nebraska’s John Seaton Anderson Turfgrass and Ornamental Research Area. The area is part of the University of Nebraska Agricultural Research and Development Center. Festival demonstrations, displays and how-to sessions will run from 10 a.m. to 4 p.m. Featured this year will be demonstrations on developing a new or renovating an existing landscape to create one that is attractive and environmentally sensitive. Design and irrigation principles, plant selection, planting, mulching and berming will all be discussed. Guided tours on tree and shrub selection, perennials, ornamental grasses and turfgrass will be offered along with talks on landscape water management, pond maintenance, houseplant propagation, backyard wildlife and more. A landscape problem-solving session will feature the panel of UN Cooperative Extension specialists from the Backyard Farmer program on Nebraska Educational Television. Those attending can bring plant samples for the panel to identify and diagnose. Children can learn about soil and water conservation in the hands-on family fun center. Fun center activities will help children understand the water cycle, soil and the importance of Nebraska’s groundwater. Children’s gardens will also be featured. Other festival features include the Great Plants for the Great Plains program, a program to raise awareness of new and underused plants, and a tent for environmental and gardening organizations. Nursery retailers will also be on hand with a large selection of plant material for sale. Festival of Color is supported by the U.S. Environmental Protection Agency, Region VII through the Nebraska Department of Environmental Quality; Nebraska Nursery and Landscape Association; Nebraska Turfgrass Foundation; Early May Seed and Nursery; Limited Partnership; Bluebird Nursery; Lylipsong Water Gardens, Buckey’s Town, MD; the Lower Platte North Natural Resources District; UNL’s Nursery and Garden Center; University of Nebraska Cooperative Extension and the Water Center/Environmental Programs. The event is free to the public, but donations will be accepted to help defray rising costs. For more information, contact Amy Greving, Extension Assistant, UNL Center for Sustainable Agronomy, (402) 472-2584 or Deloris Harder, Outreach/Educational Programming Assistant, (402) 624-8022. Internet users can get more information at the Festival of Color website at http://hort.unl.edu/fullfest/(SCB)

A place in the country

Living on a few acres in a country setting is a new lifestyle for many. You will be coexisting with new neighbors whose lifestyle and values may differ from yours. Some will be longtime farmers, perhaps established for several generations, whose livelihood is based on production of crops and livestock. At times you may be surrounded by strange farm equipment, noises and odors. To a newcomer this may be alarming; to others it may be a rewarding learning opportunity. Experiencing the changing seasons with spring planting of crops, cattle grazing on green pastures and large machines harvesting mature crops can truly be something to behold. Take time to learn about production agriculture and what is required for our nation’s food and fiber systems. Try to understand why a farmer must operate his tractor at night and the management practices used for the production of food. Knowing your responsibilities A special place in the country is often a long-awaited dream. For many it communicates freedom, open space, clean air and unique opportunities to enjoy hobbies, nature and quiet living at its best. Making this a reality not only requires a major financial investment, but also careful planning and assessment of the existing property or new homesite under consideration. Assume personal responsibility. Time spent on early problem solving and detailed planning can prevent costly mistakes and unhappiness.

Quiz

1. Rural properties can be subject to zoning and permit requirements. 
   - True
   - False

2. Water, sewage disposal and accessibility to the property are three key factors in selecting a homesite. 
   - True
   - False

3. An Attorney at Law should always be used to represent your interest when entering into purchase agreements. 
   - True
   - False

4. Maintaining quality of life in a rural setting requires mutual understanding, respect for others, and practiced citizenship. 
   - True
   - False

5. Assuming personal responsibility, becoming informed and utilizing available resources will prevent many costly mistakes. 
   - True
   - False

6. It is important for acreage owners to acknowledge a farmers “right to farm” in an agricultural setting and coexist without injury when entering into purchase agreements. 
   - True
   - False

Visit our Internet radio station at http://ianrwww.unl.edu/lanco/ag/acreage to learn about Extension programs, publications and links to other acreage and small farm information.

Grasshoppers: It’s deja vu, all over again!

Barb Ogg
Extension Educator

Grasshoppers caused significant damage to gardens and landscape plants in rural areas of Lancaster County last summer. Acreage owners, in particular, have already noticed large numbers of immature grasshoppers in pastures, grassy areas, field margins and ditches. Grasshoppers have a wide host range and damage many field and garden crops. They tear leaf tissue and leave large jagged holes in leaves. Grasshoppers are easiest to control with insecticides sprayed when they are small and confined to grassed or garden areas, but now they are past the time when insecticides will work readily. Last fall, many people reported to the Extension Office that grasshoppers chewed fresh paint off houses and holes in nylon window and door screens. Unfortunately, these unusual types of feeding damage are not easy to prevent. (BIP)

Learn at your convenience

—24 hours a day, 7 days a week—

NUFACCTS (audio) Information Center
NUFACTS audio message center offers fast, convenient information. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5541. When directed, enter the 4-digit number of the message you wish to hear.

Acreage & Small Farm Insights Web Site
Visit our Internet web site at http://ianrwww.unl.edu/lanco/ag/acreage to learn about Extension programs, publications and links to other acreage and small farm information.

NUFACTS (fаксback) Information Center
NUFACTS faxback document center offers fast, convenient information. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5541. When directed, enter the 4-digit number of the document you wish to receive.

"Part-time Farming" video

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

Specialty Crop Field Days

The second annual Specialty Crop Field Days will be held in Lincoln August 9 and 16.

The program on August 9 will begin at 1:30 p.m. with lunch at the Lancaster Extension Education Center. Growers will have an opportunity to share production and marketing strategies and discuss a possible year-round farmers’ market in Lincoln. We will then visit farms of several area growers. Please RSVP by calling the Nebraska Sustainable Agriculture Society office at (402) 254-2289 by August 1 if you plan to join us for lunch.

The program on August 16 will begin at 12:00 noon at Ruth Chantzy and Evrett Linquist’s Community Supported Agriculture (CSA) Garden, 1392 S. 200 E., 1.5 miles south of Saltillo Road. The tour will include information on CSA, a garden tour for kids, a spinning demonstration and more! Although this tour is geared for non-farmers, everyone is welcome so pack up the kids and a picnic lunch and join us for an enjoyable afternoon.

These tours are sponsored by the Nebraska Sustainable Agriculture Society, the UNL Center for Sustainable Agricultural Systems, University of Nebraska Cooperative Extension in Lancaster County and the Haymarket Farmers’ Market. For more information, contact the Nebraska Sustainable Agriculture Society (402) 254-2289 (SCB)
Should you sterilize canning jars?

It depends on the length and type of canning procedure used. Follow these broad guidelines from the U.S. Department of Agriculture when cleaning jars:

Before every use, wash empty jars in hot water with detergent and rinse well by hand, or wash in a dishwasher. Uninsulated detergents may cause unnatural flavors and colors. These washing methods do not sterilize jars.

Scale or hard-water films on jars are easily removed by soaking jars several hours in a solution containing 1 cup of vinegar (5 percent acidity) per gallon of water.

All jams, jellies, and pickled products processed less than 10 minutes should be filled into sterile empty jars. To sterilize empty jars, put them right side up on the rack in a boiling-water canner. Fill the canner and jars with hot (not boiling) water to 1 inch above the tops of the jars. Boil 10 minutes at altitudes of less than 1,000 ft. At higher elevations, boil 1 additional minute for each additional 1,000 feet elevation (Lancaster County’s altitude ranges from 0.7 - 1,700 feet above sea level, so boil for 11 minutes).

Remove and drain hot sterilized jars one at a time. Save jars with food, add lids, and tighten screw bands.

Empty jars used for vegetables, meats, and fruits to be processed in a pressure canner need not be pre-sterilized. It is absolutely necessary to pre-sterilize jars for fruits, tomatoes, and pickled or fermented foods that will be processed 10 minutes or longer in a boiling-water canner.

For more information about canning, check in the “Information Center” box for NUFACTS messages on this topic. (AH)

Plan a winning diet for school sports activities

Before serious or recreational athletes set foot on a track, field, court or playing surface, they should be fueled with the right food.

• Pre-game meals have both physical and psychological impacts and should make athletes feel comfortable and full according to Linda Boeckner, Ph.D., R.D., University of Nebraska Cooperative Extension nutrition specialist. Check these tips from Boeckner to help the sports enthusiasts in your family.
  • Eat a sandwich made with lean meats, a cooked vegetable, fruit and skim or low-fat milk. Adjust the meal to avoid foods that might cause discomfort. Bulky foods such as raw fruits and vegetables, popcorn and legumes or gas-forming foods from the cabbage family can cause discomfort for some people.
  • Experimenting with new foods before competition is also discouraged.
  • High-sugar foods such as candy bars before competition can actually harm the athlete. A quick supply of sugar releases too much insulin into the blood, clearing the glucose and leaving the athlete tired and sluggish. Simple sugars found in candy, cola, fruit juices and other carbohydrate-rich beverages can be more helpful right after competition when the body is reloading its nutrient supply.
  • For any competition, replace the water lost throughout the event can actually harm the athlete. A quick supply of sugar releases too much insulin into the blood, clearing the glucose and leaving the athlete tired and sluggish. Simple sugars found in candy, cola, fruit juices and other carbohydrate-rich beverages can be more helpful right after competition when the body is reloading its nutrient supply.

Bread Machine Herb Bread

(1-pound loaf, 16 servings)

Place all ingredients in the bread machine in the order suggested in your operator’s manual. (If using fresh herbs, double the amount called for.) Select the white bread mode; press start. This recipe can be made with regular, rapid, or delayed-time bake cycles.

Nutrient analysis: One serving provides: 64 calories, 2 g protein, 12 g carbohydrates, 1 g dietary fiber, 1 g fat, 0 mg cholesterol, 31 mg potassium and 145 mg sodium. (Recipe tested on a Panasonic bread machine.) (AH)
County Fair Highlights
(see complete Fair Schedule on the back of this insert)

Saturday, July 26
Open Class Horse Show (East Arena) ......................... all day

Sunday, July 27
Cattle Team Penning (East Arena) ......................... all day

Monday, July 28
4-H Horse Show (East Arena) .......................... all day

Tuesday, July 29
4-H Horse Show (East Arena) .......................... all day

Wednesday, July 30
4-H Horse Show (East Arena) .......................... 8 a.m.
Carnival Opens ................................................. evenings
Rodeo (Grandstand) ........................................... 8 p.m.
Rodeo Dance (the Rumbles) ................................. 9 p.m.

Thursday, July 31
4-H Horse Show (location tba) ......................... 8 a.m.
4-H Household Pets Show (Farmland Building) ........... 11 a.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
Rodeo (Grandstand) ........................................... 7:30 p.m.
Rodeo Dance (the Rumbles) ................................. 9 p.m.

Friday, August 1
Health Awareness Day (Ag Hall) ......................... 9 a.m.-4:30 p.m.
4-H Style Revue (Coliseum) ............................... 7 p.m.

Saturday, August 2
4-H Dog Agility Show (East Arena) ......................... 8 a.m.
Petting Zoo (Near Farmland Building) ..................... 9 a.m.
Families First Day Activities (Ag Hall) .................. 10 a.m.-4 p.m.
Big Wheel Race (Ag Hall) ..................................... 11 a.m.
Pedal Tractor Pull (Ag Hall) ................................ 2 p.m.
Micro/Mini Tractor Pull (Dempster Building) ........... 4 p.m.
Ice Cream Social (Youth Complex) .................. 5:30-7 p.m.
Family Barbecue (Youth Complex) ...................... 5:30-7 p.m.
Hay Hauling Contest (East Arena) ...................... 6:30 p.m.

Sunday, August 3
Miniature Horse Show (Coliseum) ......................... 8 a.m.
4-H Celebration/Achievement & Leadership Recognition (East Arena) .................. 1-2:30 p.m.
Entertainment (Karen Breiner) ...................... 2:30 p.m.
Garden Tractor Pull (East Arena) ................... 7 p.m.

"Fair time is Family time"
Lancaster County

RODEO

July 30 & 31
8:00 p.m.
State Fair Park Grandstand

Rodeo Dance

THE RUMBLES

2 nights!
Wed., July 30 & Thurs., July 31
9:00 p.m.
State Fair Park Grandstand

1997

HEALTH AWARENESS DAY

Friday, August 1
9 a.m. - 4:30 p.m.
Agricultural Hall
State Fair Park

Sponsored by the Lancaster County Association for Family and Community Education
Activities for adults & children
—No admission fee—

EXHIBITORS & AGENCIES

Lincoln/Lancaster County Health Department
St. Elizabeth Burn Center
American Heart Association
Operation Lifesaver
Alzheimer’s Association
March of Dimes
D.A.R.E. - Lancaster County Sheriff Department
L.I.F.E. Office
and many more!

4-H Horse Show

Monday, July 28
through Thursday, July 31
East Arena
(see schedule on back page for times)

4-H Rabbit Show

Thursday, July 31
through Saturday, August 2
Lancaster Building Tent
(see schedule on back page for times)

4-H Poultry & Pigeon Show

Thursday, July 31
Lancaster Building
(see schedule on back page for times)

4-H Household Pets Show

Thursday, July 31
11:00 a.m.
Farmland Building
Karen Breiner
appearing
Sunday, August 3
2:30 p.m.
Don’t miss this two-time Grand Ole Opry performer!

Watermelon Feed
Thursday, July 31
5:00 - 6:00 p.m.
Youth Complex • State Fair Park

Ice Cream Social
Saturday, August 2
5:30 - 7:00 p.m.
$.75
Youth Complex • State Fair Park

Barbecue
Saturday, August 2
5:30-7:00 p.m.
$3.00
Youth Complex • State Fair Park

Keeping Families First Event
at the
Lancaster County Fair
Saturday, August 2 • 10 a.m. - 4 p.m.
State Fair Park • Ag Hall
—free to the public—
Live entertainment, plus many family-fun activities sponsored and hosted by a variety of local community organizations and businesses makes this a celebration for the entire family to enjoy!

- Lincoln/Lancaster County Health Dept.
- Lincoln Area Agency on Aging
- Homestead Girl Scout Council
- Respite Network
- Family Service
- State Farm Insurance
- Children's Museum
- Russ's Market
- Lincoln Police Dept.
- and many more....

* 4-H *
Celebration

to recognize 4-H youth and leaders
Sunday, August 3 • 1:00 p.m.
East Arena • State Fair Park

LANCASTER COUNTY FAIR MAP
STATE FAIR PARK • LINCOLN, NE

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

EXHIBITION AREAS/FOOD OFFICES
1. Open Class Exhibits (lst floor)
2. Covered Exhibits (2nd floor)
3. 4-H Horticulture
4. 4-H Crafts Office
5. 4-H Insect Office
6. Extension Office
7. Beef Pen
8. Agriculture Hall
9. Swine
10. Sheep
11. Goats
12. Horse/Engineering/Animal Health (lst floor)
13. Open Class Exhibits (1st floor)
14. Food/Hoofstock
15. Covered Exhibits
16. Covered Exhibits
17. Stock Sales Contest
18. Livestock
20. Open Class Office
21. Poultry/Pigeons/Rabbits
22. 4-H Office
23. 4-H Cloverbuds
24. Longhorns
25. 4-H Rock Cafe
26. Coliseum
1997 Lancaster County Fair Schedule

Saturday, July 26
4-H Horse Show—Horse and Pony Halter (location info) .................................................. 11 a.m.
4-H Shooting Sports Trapshooting Contest (Lincoln Trap & Skeet Range) ....................... 11 a.m.
4-H Dog Show (4-H Building Area) ......................................................................................... 4 p.m.
4-H Sheep Show (North Arena) .............................................................................................. 4 p.m.
4-H Poultry Show (Lancaster Building) .................................................................................. 4 p.m.
4-H Rabbit Show—Pet Class & Breeder's Choice (Lancaster Building Tent) ....................... 7 p.m.
4-H Livestock Judging Contest (Farmland Building) .............................................................. 1:30 p.m.
4-H Rabbit Show—Best Rabbit (Farmland Building) .............................................................. 7 p.m.
4-H Rabbit Show—Best Rabbit Breeder (Farmland Building) ................................................ 7 p.m.
4-H Rabbit Show—Best Rabbit Breeder (Farmland Building) ................................................ 7 p.m.

Sunday, July 27
Cattle Team Penning (East Arena) .......................................................................................... 11 a.m.
4-H Rabbit Show—Best Rabbit (Farmland Building) .............................................................. 7 p.m.
4-H Rabbit Show—Best Rabbit Breeder (Farmland Building) ................................................ 7 p.m.

Monday, July 28
4-H Horse Show—Dressage (East Arena) .............................................................................. 7:30 a.m.
4-H Rabbit Show—Best Rabbit (Farmland Building) .............................................................. 7 p.m.
4-H Rabbit Show—Best Rabbit Breeder (Farmland Building) ................................................ 7 p.m.
4-H Rabbit Show—Best Rabbit Breeder (Farmland Building) ................................................ 7 p.m.

Tuesday, July 29
4-H Rabbit Show—Best Rabbit (Farmland Building) .............................................................. 7 p.m.
4-H Rabbit Show—Best Rabbit Breeder (Farmland Building) ................................................ 7 p.m.
4-H Rabbit Show—Best Rabbit Breeder (Farmland Building) ................................................ 7 p.m.

Wednesday, July 30
4-H Rabbit Show—Best Rabbit (Farmland Building) .............................................................. 7 p.m.
4-H Rabbit Show—Best Rabbit Breeder (Farmland Building) ................................................ 7 p.m.
4-H Rabbit Show—Best Rabbit Breeder (Farmland Building) ................................................ 7 p.m.

Thursday, July 31
4-H Rabbit Show—Best Rabbit (Farmland Building) .............................................................. 7 p.m.
4-H Rabbit Show—Best Rabbit Breeder (Farmland Building) ................................................ 7 p.m.
4-H Rabbit Show—Best Rabbit Breeder (Farmland Building) ................................................ 7 p.m.

Friday, August 1
4-H Rabbit Show—Best Rabbit (Farmland Building) .............................................................. 7 p.m.
4-H Rabbit Show—Best Rabbit Breeder (Farmland Building) ................................................ 7 p.m.
4-H Rabbit Show—Best Rabbit Breeder (Farmland Building) ................................................ 7 p.m.

Saturday, August 2
4-H Rabbit Show—Judging & Quiz Bowl (Lancaster Building Judging Area) ....................... 8 a.m.
4-H Rabbit Show—Best Rabbit (Farmland Building) .............................................................. 7 p.m.
4-H Rabbit Show—Best Rabbit Breeder (Farmland Building) ................................................ 7 p.m.
4-H Rabbit Show—Best Rabbit Breeder (Farmland Building) ................................................ 7 p.m.

Sunday, August 3
Open Class Angora Goat Show (North Arena) ................................................................... 9:30 a.m.
Open Class Sheep Show (North Arena) .............................................................................. noon
Open Class Angora Goat Show (North Arena) ................................................................... 9:30 a.m.
4-H Celebration/Achievement & Leadership Awards ............................................................. 1:20 p.m.
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4-H Celebration/Achievement & Leadership Awards ............................................................. 1:20 p.m.
Sunday evening, June 29—Yes, summer is here with the temperature in the 90’s. The past week there was no rain and rain to the south, east and west. We got three inches but it came in three different days this week, today, there is rain to the east, west and south but not here. Yesterday, Ted and I attended a 50th wedding anniversary for some friends. One of the daughters lives in Curtis and she had finished some work on the outside of her house, then the first of this week they had a storm. It looks like she is going to have it done over again. I don’t want that kind of storm here. We had finished some work on the house and hope it lasts another 30 years. However, I know we must take the kind of weather which is given to us to.

One day a friend said he really enjoyed reading my AA column, but what does FCE really mean to you? He said, “I haven’t been using the full title enough. The correct name is Family and Community Education Club.” His answer was “Oh, yes.” This is the same club but with different names over the years. His next question was “What do they do?” The answer was “The same thing they did back then but within the needs of the times.” Improve the community with goodwill and deeds. Now for what Lancaster County FCE is doing. Jan 23, we had a Council meeting with Lynne Camp talking on “Habitat for Humanity.” Lincoln has been in the program for 9 years. They are currently working on their 23rd, 24th and 25th homes. Ladies are building homes two of the homes this summer. Every family who will move into a home is still there. They have not lost any of the owners of the Habitat homes. Now this year they hope to complete seven homes. Next year they hope to complete 10, to signify their 10th anniversary. The ladies are building homes next to each other so when they finish one phase, they will just move to the other one before they forget how they did the first one.

Helen McMahon reported on the Health Awareness and Safety booth to be set up at the Lancaster County Fair. The date is August 1. Those interested should contact Helen. The county organization will host the Northeast District Community first by:

1. Setting aside time for regular visits with family.
2. Turning off the TV to do a reading workout.
3. Volunteering to be a room mate or a tutor.
4. Listening to children read at the library.
5. Setting aside time each day to exchange thoughts and dreams.

To prevent greasy looking spots on garments, caused by liquid fabric softeners, be sure to follow manufacturer’s instructions and dilute the fabric softener. This can be done by using the small dispenser on the washer or by manually diluting the softener before adding it to the wash load. These spots are caused when undiluted fabric softener comes in contact with fabric and will not harm the fabric. They can be removed by dampening the fabric then rubbing the spots with hand-washing soap. Rewash the fabric in the usual manner.

Keeping kids safe

A national survey recently released by the National SAFE KIDS Campaign indicates that many American parents do not know or do not practice basic child safety precautions. The survey found that while many parents possess some basic safety gear, they still lag behind in critical areas.

The survey found that often day-to-day reality just does not live up to the expectations thus foaming a habit gap. For example, while only 18% of parents say they consistently practice a fire escape route with their children, almost half of parents (48%) believe they should do so. Many of them consistently practice such a route. While 27% of parents have a carbon monoxide detector, another 38% believe they should have one but do not own one. In addition, while 56% of parents of 5 to 14 year olds don’t always ensure their child wears proper safety gear when in-line skating, almost one in four of these parents (24%) say their children aren’t wearing safety gear when skating but should.

The survey also found that parents often don’t understand the importance of safety procedures for their child—a knowledge gap. For example, more than three out of four parents (77%) mistakenly identified grass as a safe playground surface and less than half of parents (45%) have syrup of ipecac in case their child ingests a poisonous substance. Less than half of parents (48%) always have their child in the back seat of the car. And for the at-risk children, those ages four and under, only one in three parents (31%) have window guards to prevent falls and less than one in five parents (19%) have choke tubes to determine if an item is a choking hazard. Unintentional injury is the leading killer of children ages 14 and under. Close the knowledge and habit gaps in your family. Translate concern for safety into action. Do not get caught in unsafe habit gaps.

Information taken from National SAFE KIDS Week news release. (LJ)

GRG: Grandparents Raising Grandchildren

GRG is an educational and ongoing support group for grandparents who have become the primary caregivers for a grandchild.

When you think about the importance of childhood, and how much is at stake in the future, when we realize that raising a child from helpless infancy to successful adulthood, you begin to realize what an enormous challenge it is. Grandparents who are raising their children’s children know this all too well. Grandparents across the country, regardless of income, background, or race, are assuming this responsibility. They did not expect to be parents again. Contributing factors to the phenomenon are:

• Drug and alcohol abuse
• Emotional instability
• Teenage pregnancy

FCE Club reorganization packets will be ready for club presidents to pick up about August 15 at the Extension Office. It is time to look forward and plan an exciting and educational year for FCE. If you have questions, call Lorene or Pam at 441-7180. (LJ)
Lancaster County
4-H Cloverbuds
has name change

The University of Nebraska State 4-H Office has selected 4-H Clover Kids to identify any Nebraska 4-H program for youth ages 5-8. Materials being developed by the State 4-H Office, including certificates and stickers, use the 4-H Clover Kids name and logo. For this reason, Lancaster County will gradually begin substituting 4-H Clover Kids for 4-H Cloverbuds. (SE)

4-H Clover Kids “Speak”

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) or informative speech. Later, youth may choose to actually see how it sounds recorded or live, on a micro-phone (cool!). 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 2, in Ag Hall. Workshops are approximately 20 minutes long and will be held throughout the afternoon (1-4 p.m.). Call 441-7180 by July 29 to register. The workshop is free and limited to 10 youth with their adult/teen partners. (SE)

Animal exhibitors

All sheep, swine, rabbits, Angora goats and poultry must be in place, at State Fair Park, Wednesday, July 30, 4-8 p.m.

All other animals must be in place Thursday, July 31 by 11:00 a.m. (DL)

Livestock exhibitors are invited to a breakfast Friday, August 1, 6:30-8:00 a.m. at the Rock Cafe in the 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 Goosches. (LB)

4-H & Youth

Kudos Corner

Congratulations to the Happy Go Lucky 4-H Club on winning a $1,000 NIFA grant to participate at the American Royal. Ron Dowling, club leader, submitted the grant which was available to 4-H clubs for educa-tional activities. Only 25 clubs in Nebraska received this award. Congratulations on a job well done. (LB)

Brett Jurgens, 4-H member from Waverly, was chosen to be a member of the 4-H Action Team. The Action Team promotes 4-H throughout the state. Congratulations Brett! (LB)


Lancaster County
4-H Clover Kids
Character Counts!
Day Camp

A 4-H Clover Kids Character Counts! Day Camp will be August 7, 1:00-4:30 p.m. for children 5-8 years old. Kids are not required to be in 4-H to participate in the day camp, everyone is welcome to come and join in the fun! The day camp will be at the State Fair Youth Complex Area. We will be learning about the six pillars of character which are fairness, responsibility, caring, trustworthiness, respect, and trustworthiness. We will also be doing fun activities such as making a mobile, naming responsibilities, playing the fairness game, creating an American flag, learning about the six pillars of character and participating in a mock trial. Registration is $5 per child. Registration deadline is Friday, August 1. If you have any questions, contact LaDene Jha or Jackie Gloystein at 441-7180. Visit our website to register:

University of Nebraska Cooperative Extension in Lancaster County
441 Cherrycreek Rd
Lincoln, NE 68528-1507

Registration

Name ___________________________ Age ___

City ___________________________ State _______ Zip _______

Phone ___________________________ Special Needs (dietary restrictions, etc.) __________

We will be taking photos at the day camp. Do you want your child’s photo taken?  
☐ Yes ☐ No

Take time at the Lancaster County Fair to vote for the 1998 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)

Thanks to the following families for hosting Japanese exchange students this summer. (LB)
• Klaus and Gisela Hartman - Keihi Noda
• Ron & Kathy Guiducci-Ferry - Hajime Aoe
• Duane and Linda Uithoven - Naoki Kato
• Mike and Kay Jurgens - Rumi Miyazono
• Kelly and Chris Baker - Kazuki Kondo
• Gary and Marty Sehn - Harumi Takura

Color-Link takes the picture...the exhibitor chooses the rest! At the 1997 Lancaster County Fair, preselected sites will be available for all 4-H and open class exhibitors to have a picture taken capturing their special moment. For $12 per sheet, exhibitors may choose various sizes from 8” x 10”, 5” x 7”, 3-1/2” x 5” and wallet-sized colored prints. Representatives from Color-Link will be available Monday, July 28-Sunday, August 3. (CB)

A 4-H Clover Kids Character Counts! Day Camp will be August 7, 1:00-4:30 p.m. for children 5-8 years old. Kids are not required to be in 4-H to participate in the day camp, everyone is welcome to come and join in the fun! The day camp will be at the State Fair Youth Complex Area. We will be learning about the six pillars of character which are fairness, responsibility, caring, trustworthiness, respect and trustworthiness. We will also be doing fun activities such as making a mobile, naming responsibilities, playing the fairness game, creating an American flag, learning about the six pillars of character and participating in a mock trial. Registration is $5 per child. Registration deadline is Friday, August 1. If you have any questions, contact LaDene Jha or Jackie Gloystein at 441-7180. Visit our website to register:

University of Nebraska Cooperative Extension in Lancaster County
441 Cherrycreek Rd
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Registration

Name ___________________________ Age ___

City ___________________________ State _______ Zip _______

Phone ___________________________ Special Needs (dietary restrictions, etc.) __________

We will be taking photos at the day camp. Do you want your child’s photo taken?  
☐ Yes ☐ No

Take time at the Lancaster County Fair to vote for the 1998 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)
Ak-Sar-Ben
Livestock entries for Ak-Sar-Ben are due into the Extension office by August 4. After that date no more will be accepted. All 4-H members exhibiting at Ak-Sar-Ben must be 10 years old by January 1, 1997. A 4-H member is allowed to show up to 2 Market Beef or Breeding Heifers, 2 Zeeder Calves, 2 Market Swine, 1 Market Lambs and 3 Dairy Cattle. If you are interested in showing, please pick up livestock entry forms at the Extension office or find Deanna at the fair. (DL)

Nebraska Livestock Judging Classic
If you are planning to be on the Lancaster County 4-H Judging Team, you are encouraged to attend this one day judging classic. The Nebraska Livestock Judging Classic is Saturday, August 16 at the Buffalo County Expo Center in Kearney. During the days activities you will judge eight classes, 2 swine, 2 beef and 2 sheep, discuss oral reasons and discuss the classes. A highlight of the evening will be an awards banquet in which $200 in prizes will be awarded to Individual & Team, Junior and Senior Division participants. Awards will be given to the top 5 per species, top 5 per oral reasons and top 5 overall. If you are interested in attending, call Deanna at 441-6768. You need to be pre-registered by August 11, so please call as soon as possible so we don’t miss the deadline. If we have enough people interested, Deanna will serve as judging coach and transport everyone to and from the contest. A $7 fee will need to be sent in with the registration to cover dinner and banquet costs. Parents are encouraged to attend. (DL)

North Central Regional 4-H Volunteer Forum scheduled November 13-16
Youth serving volunteers from the U.S. and Canada will share their knowledge and resources at the 1997 North Central Regional 4-H Volunteer Forum, November 13 through 16 in Omaha, Nebraska. All 4-H volunteers/leaders are invited to participate in the annual forum, hosted this year by Nebraska volunteers and University of Nebraska 4-H Youth Development.

Speakers at the conference will help volunteers focus on the learning styles and life-changing events in the family. Speakers include Cynthia Tobias, founder and CEO of Apple Street and president of Learning Styles Unlimited, Inc. She will conduct a workshop and speak on helping volunteers work with different learning styles. By identifying and using different learning styles, we can develop teaching strategies that will reach and motivate all kinds of learners.

Ms. Cheyenne Autumn will speak on relations to life-changing events that occur within a family, the question is asked, “Who’s Going to Tell the Children?” With humorous anecdotes inserted, a clear message will be shared that children need models more than they need critics.

Jep Enck, co-owner of the Human Resource Institute. In this presentation, participants can expect a lively and entertaining exploration. Participants will choose from 56 different workshops, including sessions on risk management, building self-esteem, building coalitions with communities, empowering youth with leadership skills, finances, special needs, marketing 4-H, international and global education, environmental issues, computer, aging awareness and many more.

Educational tours include visits to the Strategic Air Command; General Crook House; Mormon Pioneer Monument; Arbor Lodge State Historical Park and Farm; Boys Town; Desoto National Wildlife Refuge; Western Heritage Museum and Old Market; Fontanelle Forest and Neale Woods Nature Center. The forum full-time registration fee is $190. Lodging at the Holiday Inn Convention Center included in the registration fee and should be booked directly with the hotel. Room rates for this forum are $68 a night and $84 a night for an upper level pool side room plus 11.5% state and local taxes and $22.31 city occupancy tax. Registration deadline is August 20, 1997. No cancellations will be accepted after September 15, 1997. Contact Lorene for registration information. (LB)
Community Focus

Benefits of family travel

Simple pleasures

Grandparents are always looking for ways to a close, meaningful relationship with their grandchildren. Whether you live next door or across the country from your grandchildren—with a few minutes, an hour or a weekend to spend together—Little Things Mean a Lot: Creating Happy Memories with Your Grandchildren by Susan Newman will help you take advantage of every chance to connect with them. Here are some suggestions:

• Pay attention to the name of your grandchild’s friends. Ask about them often in conversations. Invite them for lunch and dinner when you can.
• Give your grandchildren pictures of their parents as close to their ages as possible. Repeat every few years.
• Call solely to speak with your grandchild.

Hang up immediately after the conversation, no matter how brief. Call another time to speak with his or her parents.

• Send your grandchild a poster of his or her favorite musical group or sports star.
• Request a private performance at your grandchild’s “appearance” before or after a show or concert.
• Understanding. There are times your grandchildren will prefer their parents. (GB)

Peace Corps volunteers needed...the toughest job you'll ever love

Many countries are in urgent need of agricultural skills and practical experience. The Peace Corp has been placing volunteers in foreign countries and helping to develop agriculture and rural development projects in the third world. The Peace Corp is looking for volunteers to work in Central America, the Caribbean, Africa, and Vietnam. Volunteers are selected after completing an extensive application process. The Peace Corp is seeking volunteers with a college degree in agriculture, economics, agronomy or soil science.

The Peace Corp is currently accepting applications from qualified volunteers. If you are interested in volunteering, you should contact the Peace Corp office in your area to obtain an application.

Cross-cultural communication

The face of our country is changing rapidly. More than ever, we are a people composed of all the nations and races of the earth. The Peace Corp has been a strength of the United States since its birth. It is not too early to begin teaching these cross-cultural communication skills to youth. By far the best teaching method is for adults to practice positive behavior. People fail to get along because they fear each other. They fear each other because they don’t know each other. They don’t know each other because they haven’t properly communica
ced with each other. Martin Luther King, Jr.

Source: Susan Hansen, Extension Educator, Collfax and Butler Counties. (LJ)
Antifreeze Medicines
the best of your knowledge. Open,
If the label is destroyed or container and keep the label intact.
and small capacitors from appli-
Ballasts from fluorescent lamps (recycle)
Batteries (recycle)
Waste Collections continued from page 6
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- Better pedestrians and drivers are home owners. That means no mowing, fertilizing, watering and cultivation practices to obtain a healthy, competitive stand of turfgrass which should help prevent future weed infestations. (MIM)
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Nebline Feedback

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NEBACTS INFORMATION CENTER ..................... 441-7188

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

Make a pledge
[Continued from page 7]

• Going on “dates” regularly
• Supporting educational efforts to improve family relationships,
  as Child Care Centers/Homes pledge to Keep Families First by:

As a Business we pledge to Keep Families First by:
• Sponsoring a family photo week or family bulletin board.
• Hosting brown bag lunches where workers can discuss family issues.
• Sponsoring school-to-work days for children of employees.
As Schools we pledge to Keep Families First by:
• Providing activities such as picnics and pot-lucks for school
  employees and their families.
• Holding Cultural Awareness Days.
• Offering school library cards to families of students.
As Religious Organizations we pledge to Keep Families First by:
• Planning family night activities.
• Offering workshops on prevention of high-risk teen behavior.

As a member of the Media I pledge to Keep Families First by:
• Publishing newspaper, radio, and television programs
  on Keeping Families First issues.
• Spotlighting successful families and family driven efforts.
• Giving editorial page support of Keeping Families First
  first efforts by commenting on family relations, parenting
  skills and money management.
• Pledge cards, brochures and other information on families
  will be available at the Keeping Families First Booth at the fair
  or at the Extension office after the fair.

July 28
4-H Council Meeting—State Fair Park .......................... 7:00 p.m.

July 31-August 2
Master Beekeeping/Queen Rearing Workshops—ARDC, near Mead

July 31-August 3
Lancaster County Fair—State Fair Park (see fair insert)

August 1
Pesticide Container Recycling Program
—Ag Hall, State Fair Park ........................................... 9:00 a.m.-3:00 p.m.

August 2
Household Hazardous Waste Collection—Nebraska Wesleyan University
parking lot, 56th & Huntington ...................................... 9:00 a.m.-3:00 p.m.

August 4
Ak-Sar-Ben Entries Due

August 7
Character Counts! Day Camp—State Fair Park ...................... 1:00-4:30 p.m.

August 9
Specialty Crop Field Day ............................................. 1:30 p.m.

August 10
4-H Teen Council Meeting ........................................... 3:00-5:00 p.m.

August 11
Extension Board Meeting ............................................... 7:30 p.m.

August 13
Superintendent’s Dinner .............................................. 7:00 p.m.

August 15
Pesticide Container Recycling Program
—Countryside Cooperative, Milford ................................ 9:00 a.m.-3:00 p.m.

August 16
Specialty Crop Field Day ............................................. noon

August 20
State Fair Entry Day—State Fair Park

August 21
State Fair Judging Day—State Fair Park
Fair Board Meeting

August 22
Pesticide Container Recycling Program
—Countryside Cooperative, Raymond .......................... 9:00 a.m.-3:00 p.m.

August 22-September 2
Nebraska State Fair—State Fair Park

August 29
Pesticide Container Recycling Program
—Otte Oil and Propane, Wahoo ...................................... 9:00 a.m.-3:00 p.m.