8-1996

The NEBLINE, August 1996

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I Care For My Animals

Ward Shires
Extension Educator

Have you ever wondered about activities you see in the animal barns during the fair? Are you anxious to know why some sheep are being sheared and others left with full coats. What about all the activities at the washing stations? Have you noticed the big fans and the numbers of youth who stay close to their animals at all times?

This year at the fair, take time to learn the meaning of ethical treatment and get some answers to your questions and concerns about proper animal care. Ask any of the 4-H exhibitors—they will be happy to talk with you about their animals. The I Care program was instituted in Lancaster County to raise awareness of the importance of proper care of animals, and to educate youth on handling their animals responsibly. Appropriate care of animals is core to the 4-H program and 4-H exhibitors are encouraged to inform others about the proper way to treat animals. They are expected to demonstrate for visitors at the fair how they properly handle their animals. They can also explain what their animals eat in their rations and how to keep them healthy. They may even talk about the ins and outs of showing their animals and what steps are necessary to prepare animals for the showing. 4-H exhibitors are very proud of their animals and will usually share information about their breeding and importance to agriculture.

Many of the animals you see at the fair are very valuable and safety is always a major concern both for the visitor and animals. Please take time to let 4-H members explain why it is important to approach animals with caution and only with the help or permission of the owner. Many times owners are happy to show you the proper way to pet or touch their animal.

Another aspect of the I Care program is teaching 4-H members to communicate positively in response to criticism or questions about agriculture and animals. Youth are encouraged to avoid confrontations with animal protestors. They are told to leave disruptions and demonstrations to be handled by fair officials. Youth are taught the difference between animal welfare and animal rights, and are generally eager to share this information with others.

The horse program in Lancaster County was the first project area to adopt the I Care program and this year other animals species are piloting the program before making it a mandatory requirement for showing animals at the fair. The Large Animal Committee of the 4-H Council has been instrumental in encouraging the adoption of the program. When youth commit to the I Care program, they sign a pledge that they have read and understand the I Care Statement of Principle about their animal and that they follow the guidelines outlined. Youth in 4-H animals programs work hard and should be recognized for the care and concern they have for their animals. Stop and visit with them and ask them about I Care.

Lancaster County Fair Special Edition

Look for pull-out section inside for your guide to the 1996 Fair!
This year it's more than ever before!
An easy way to dry flowers

Flowers blooming in your garden may be dried for use in arrangements later this year. The easiest method is to air dry plants by hanging bunches upside down in a dark, dry, well-ventilated area—such as a closet or attic. Select flowers that are near their peak of maturity. Remove unnecessary foliage and gather the flowers by their stems into small bunches. Wrap a rubber band around the end of the stems with the last loop attached to the stem. The drying process is complete in 3 to 5 weeks.

Some flowers suitable for hanging drying include:
- celosia (Celosia cristata or plumosa)
- larkspur (Consolida ambigua)
- globe amaranth (Gomphrena globosa)
- strawflower (Helichrysum bracteatum)

While some fruits and vegetables upside down for the proper time to harvest many crops requires a little more knowledge and experience. Guidelines for harvesting various fruits and vegetables are listed below.

**Fruits**
- Peach—Ground color is the best guide for maturity. Harvest when green color or the color of the fruit’s skin changes from green to yellow. Disregard the areas that have turned red as this is just a marker of a reliable index of maturity.
- Pear—Harvest when the ground color changes from dark green to a yellowish green and before the fruit is ripe. An additional guide may be when the fruit separates from the twig with an upward twist of the fruit and when the lenticels (spots on fruit surface), that are green on immature fruit, become brown.
- Raspberry—Harvest when the fruit is full color and separates easily from the stem. Other indicators of maturity are based on touch, appearance and aroma. The flower end of the melon (the end opposite the stem) should be slightly concave, the skin between the netting will turn from green to yellow. A ripe melon will produce a strong musky aroma.

**Vegetables**
- Watermelon—Harvest when the melon is full-sized and the underside of the melon turns from a greenish white to a yellowish butter or cream. This color change is more noticeable on small, pale-skinned varieties. In addition, the fruit tends to lose its slight appearance on the top and becomes dull when ripe. Tapping or tapping the melon is generally not a good indicator of ripeness. The browning of the curled tendril attached to the vine near the melon is also not reliable. In some varieties, the tendril may turn brown 7 to 10 days before the melon is ripe.
- Summer Squash—Zucchini and scallop squash should be harvested when they are 3 to 4 inches long. The portion of the fruit resting on the ground will be cream to orange in color.

**Herb Garden**

The herb garden is a leader perennial best known as an annual in most parts of the U.S. A member of the oregano family, sweet marjoram and oregano are often confused, but their flavors are different. Sweet marjoram can be very susceptible to powdery mold and difficult to grow from seed. Gardeners may want to purchase started plants. Place plants in full sun in a well-drained location.

Once established, leaves should be taken randomly rather than shearing the growing tips. When frost time nears, plants can be potted up and taken indoors for a few months. Sweet marjoram dries easily on screens in the shade. Once dried, the drying in a 100 degrees F or lower temperature oven to crisp the leaves. Remove leaves from the stems and store in jars. Sweet marjoram can be used fresh in omelets, mixed with fresh vegetables and added to casseroles. (DJ)

**Garden Gossip Hotline**

441-7179

Please turn to Page 15 for more horticulture.
Hungry hoards of hoppers, again!

Grasshoppers in Ornamen
tals, Turf, and Gardens. Grass
hoppers can attack ornamentals, turf and garden crops (particu
larly after field crops have matured). The best management strategy is to control them when they are small in margin
and waste areas. Several insecticides are registered for grasshopper control on some ornamental and
 turf crops. Read the label to make sure the insecticide you have selected can be safely used on the plant you are spraying.

Grasshoppers in Field Crops. Grasshoppers are easiest to control with insesticide sprays when they are small and
 confined to grassy/weedy areas. Consider an insecticide treatment when there are 21–40 hoppers per square yard in field margins or waste areas, or 8–14 per square yard in the crop.

Recycle your pesticide containers at the 1996 Lancaster County Fair!

Lancaster County area crop producers/pesticide users can recycle their rinsed, pesticide containers at Ag Hall (State Fairgrounds) during the Lancaster County Fair, Friday, August 2. The pesticide contain-
ers will be inspected to make sure they have been properly rinsed with their lids and labels removed. Only white and yellow, and 1/2-gallon plastic containers will be acceptable. Yard and garden pesticide containers are brown and cannot be recycled with their white and yellow containers. Oil bottles and antifreeze jugs are also unacceptable. Containers in Lancaster County will be Firth Cooperative Company, Friday, September 6 and Farmer’s Co-op Company, Bennet, Friday, September 13. A stationary trailer is located at the Lancaster County Extension office. Bring containers to be recycled weekdays 8:00 a.m. to 4:30 p.m. Please call ahead (441-7180) to make sure some-one will be available to inspect and collect your containers. (BP/SDW)

Alfalfa and cool-season grasses establish well when planted in August as long as moisture is available. If you have had plenty of rain so far, this might be a good year for an August seeding. Plant early enough to give alfalfa 6 to 8 weeks between emergence and the first fall freeze for plants to develop good cold tolerance. That means planting alfalfa before August 15 in southern Nebraska. Planting alfalfa after August 30 is risky. Cool-season grasses like bromegrass, fescue and wheatgrass often can be planted 10 to 14 days later than alfalfa with good results. To improve your chance of success, plant these grasses and alfalfa earlier rather than later.

One important caution about August planting; it is always risky planting into dry soil. Fall rain in our region is unreliable. August plantings into dry soil may be dormant for several weeks before rains come to germinate seeds. Too little time will remain for seedlings to develop good cold tolerance. Even if it does rain right after planting, those seeds may germinate but if it rains again soon, they could dry out and die.

When moisture is available, August planting is excellent for alfalfa and cool-season grasses. Weed competition is less than in the spring; this gives you a head start on next year’s growth. (WS)

Grazing drought-stressed pasture

When grass gets short due to dry soils, the way you use your pastures until going to stalks, winter running hay or hay can affect next year’s growth and there are alternatives. You can solve your immedi-ate problem of feed for animals two ways. You can supplement with hay or grain. Or, you can control grazing to use much pasture growth as possible with minimum waste. If you choose to feed hay, you should do it on pasture—especially if you can feed in areas that have been incom-pletely used or on so much that could use fertilizer from the manure and urine that will be produced by your animals as they eat the hay.

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If you choose grazing, strip grazing using electric fence to provide only 1 or 2 days of pasture supply at a time will stretch your pasture to its maximum. You could also combine the two by feeding enough hay for a day or two in a small, fenced area that could support just a couple of days of grazing. If you choose to strip grazing, watch how this is affecting your grass. Severe grazing now (especially warm-season range grasses) will weaken plants as they go into winter. These plants probably will survive, but next spring they will green up later; early growth will be slow and they will compete poorly with weeds. So, try to reserve some areas that will not be grazed severely to be used for your first grazing next spring.

Thoughtfully planned management during drought can extend feed now and avoid reduced productivity later. (WS)
Cicada killers are common now

The largest wasp commonly found in Nebraska is the ground-nesting cicada killer. This 1 1/2 to 2-inch wasp is common during midsummer to late summer when annual cicadas are present and singing in the trees. The cicada killer wasp is black with yellow markings on the thorax and abdomen. The wings and legs are a rusty orange color.

They are solitary wasps and live independently rather than in colonies as do the females of other members of a colony to share in raising their young or maintaining their nest. The females capture annual cicadas and place them in cells located at the end of tunnels they have dug in the ground. One or two paralyzed cicadas are placed in each cell and a single egg is deposited before the cell is closed by the female, who flies away, never to return. The wasp larva feed on the cicada and develop into wasps that emerge the following summer.

The cicada killer, like other solitary wasps, has the capability to sting, but will not unless handled or threatened. Only female wasps have the ability to sting. Stings inflicted by solitary wasps are usually not severe but reaction varies with each individual.

Bug zappers—good, bad, electrifying?

The pops and crackles from a backyard electronic bug zapper may be music to your ears, but chances are the device is not effective in ridding the area of the biting pests that people find annoying. Bug zappers may be marketed to attract even more of them to their trap, but customers are usually disappointed when they learn that the crackling noises of insects frying on the grid are not likely to be disturbed, should be left alone. If, however, a nest is located where problems could arise, such as under a deck or near an often used door) removal is justified. Getting rid of cicada killers and other digger wasps can be done by placing an insecticide dust in and around the nest entrance during the dust particles will adhere to the wasps as they come into the nest opening with a shoeful of soil after all activity has stopped.

Let’s manufacture monster bubbles!

To enjoy a great activity on these hot August days, why not blow bubbles? When you blow bubbles, you use soap to stretch water’s tough skin and make it super slippery. The best place to experiment with monster bubbles is outside on a humid day. That way, you will be able to enjoy seeing rainbows in soap film and not have to worry about making a mess when a large bubble hits a dry surface. To make soap bubbles not get into your eyes.

Best Bubble Brew

Mix up a batch of this brew for some terrific bubbles. You will need:
1/2 cup thick dishwashing detergent (such as Joy)
1 quart water
String

Straws
1. Pour the detergent and water into a pan and mix together.
2. To make a bubble frame, thread some string through two straws and knot.
3. Dip the square frame into the bubble brew. Pull the frame out slowly so the soap film does not break.

Try these tricks with your frame:
* Lift the frame up to your face and blow the soap film gently to make a large long bubble.
* Hold the frame vertically and slowly pull the strings from the air. Can you make an even longer bubble?
* Dip the frame into the pan and lift it up holding the straws together. Gently pull the straws apart, lift up the frame and then bring the straws together.
* Bend a piece of wire into unusual shapes to make weird bubbles.
* Tape toilet paper rolls or cardboard rolls together and blow through them to make monster bubbles.

Have fun! (ALH)

EnviroShorts

Earth is the blue planet, yet only 1 percent of all water on Earth is the ground and into the trash has the potential to pollute water. Take used motor oil and old car batteries to a automotive recycling center. Use a fly swatter instead of bug spray. Replace leaky faucets, and replace water-guzzling fixtures and appliances with water-efficient counterparts. A leaky faucet can waste up to 2,000 gallons of water a year. Water an old-fashioned toilet uses between 3.5 and 7 gallons per flush, the newer, water-efficient models use as little as 1.5 gallons.

Put a shut-off nozzle on your garden hose. Water your lawn before 10 a.m. and NEVER when it is windy. Landscape with grasses, shrubs and plants that require little water. Typically, 50 to 70 percent of household water is used on lawns and gardens. (DJ)

Bug bites

Did you know….

• About 150 species of mosquitoes live in the U.S. and over 3,000 are found worldwide.
• Female mosquitoes feed on other animals including birds, frogs, turtles and snakes. The males live on nectar and plant juices.
• Mosquitoes fly into the wind to get better lift and to lead them to their victims.
• Mosquitoes are attracted to the carbon dioxide we exhale.
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University of Nebraska Cooperative Extension educational programs abide with the...and more than 400 additional topics.
Yow! Watch out for yellow jackets!

The distinct yellow and black markings on bees and wasps are meant to warn us that these insect sting. Of all stinging bees and wasps, yellow jackets are most feared. They are aggressive and can chase a person with a pincushion of stings. (BPO)

Locations that attract yellow jackets are dumpsters with leaking soda pop cans, under fruit trees or in trash, around composting fruit, and beaches and picnic areas where people are drinking sweet liquids. Why are these places attractive to yellow jackets? Yellow jackets feed on fruit juices, sweet liquids and fermenting fruit. Even though the adults feed on sweet fruity liquids, they capture high-protein insects that they feed to the young grubs in their nest.

Simple nonsectical woods to discourage yellow jackets are rinse cans that have held fruit juices or pop and cleaning liquids. Refuse in trash cans should be sealed in heavy plastic bags to discourage leakage. Garbage picking is a frequent activity. If fruit juices have leaked, the area around the trash can or dumpsters should be washed down. If you are eating outdoor, drink sweet/fruity liquids in covered, rather than open containers.

Also, you might consider trapping yellow jackets around dumpsters and picnic areas. One company that manufactures traps is Farnum Companies, Inc. located in Phoenix, Arizona. Their non-toxic, disposable Trap-a-Jack attracts and traps other flying insects in addition to yellow jackets. Product information and local distributors are available at 1-800-234-2269. How do you destroy a yellow jacket nest? Very carefully! Aerial nests can be controlled by spraying the aerial insecticide or aerosol into the opening and then wetting down the nest’s surface. Nest in the ground are best controlled by using a dust formulation in its entry as workers will contract the nest to make sure it is labeled for wasp control. Always follow all directions carefully.

Because bees and wasps are active during the day, apply insecticides in the evening or nighttime when all insects are in their hive. Nighttime application is also very important to keep the applicator from getting stung. (BPO)

Applicator from getting stung. (BPO)

AERIAL TRAPPING

Bait or helium balloon. (CB)

Environmenta

Lorene Bartos
Extension Educator

New items accepted at recycling sites

New items are being accepted at several Lincoln and surrounding area recycling sites. These items include mixed paper and laundry detergent bottles. Unlined paper will have its own container and should not be placed in a plastic bag with newspaper. Mixed paper includes all types of paper products, cardstock, and junk mail, office paper, construction paper, molded paper items (such as plastic covered paper to build newspaper used for packing material), wrapping paper, greeting cards and telephone directories. Place in brown paper grocery sacks to recycle.

Colored plastic bottles having a number 2 inside their triangle on the bottom of them may be recycled with milk jugs at all recycling sites. Plastic bottles such as juice, detergent, bleach, shampoo, dishwashing liquid or floor cleaners are also accepted. Motor oil, gas treatment and lawn chemical plastic bottles are NOT accepted. Bottles that are accepted have a neck smaller than their base. Almost all should have a twist top lid. To prepare plastic or glass bottles for recycling, remove lids and neck bands; labels are okay. Glass boxes, shoe boxes, detergent boxes and gift boxes may be recycled with the corrugated cardboard.

Mixed paper is accepted at the following sites:

North Lincoln
Russ’ Market, 63rd Street and Plate Avenue
Sam’s Club, 4900 N. 27th St.

Southeast Community College, Tech Arts
University Place, 47th and St. Paul Streets
University of Nebraska-Lincoln Printing Stores Warehouse, 1200 North 17th Street

South Lincoln Community College, athletic field parking lot, 53rd and Calvert Streets

East High School, Seacrest Field parking lot, 70th & P St.
Christ’s Place Church, 1111 Old Cheney Road

AREA SITES
Burgundy
Hickman Waverly

Reduce your trash today by recycling. Check out your nearest recycling center. For more information on recycling sites or how to recycle, call the University of Nebraska Cooperative Extension in Lancaster County, 441-780 or the Lincoln Recycling Office, 441-8215.

Natural Resources, says Extension Educator, LaDeane Iha. Registration deadline is August 2. Program fee is $80.00 per person, children 5 and under are free. Fee includes program materials, lodging, meals (Friday supper through Sunday brunch). Family scholarship money may be available to pay family registration fees.

To register, or for more information, contact LaDeane Iha, 441-7180 or the Nebraska Rural Action Hotline, 1-800-852-7925, Nebraska, 308-533-2224. This program is sponsored by the Nebraska State 4-H Camp, National Wildlife Federation, American Dairymen, Upper Loup Natural Resources District, Nebraska Game & Parks Commission, Nebraska National Forest, University of Nebraska Cooperative Extension and the Nebraska Forest Service. (LJ)
AARP offers 55 Alive-Mature Driver Course

If your driver’s license expires in 1996 and you are 50 years of age or older, you are urged to enroll in the 55 Alive-Mature Driver Course. In the AARP course, you will review driving skills and prepare to take the license renewal test. This class is being offered Wednesday, September 18 and Thursday, September 19, 10 a.m. to 2:30 p.m. Cy Miller, certified instructor, will be in charge of the class. To register, please call 441-7180. Registration fee is $6. Participants are asked to bring a sack lunch. (LB)

Food Talk is a free monthly newsletter available through your computer e-mail. It provides a short “how-to” tip ready for you to use immediately. To subscribe, e-mail this request to: LISTSERV@UNLVM.UNL.EDU SUBJECT: (please leave blank) MESSAGE: SUBSCRIBE FOODTALK (do not include signature when subscribing)

Good nutrition takes no vacation for school children

Ahhh, summer. Freedom from school, perhaps, but not necessarily freedom from a nutritional standpoint.

Children need to keep on a nutritional schedule eating the right kinds of foods right on through the summer. Keeping on a schedule not only is healthy for the body, it makes getting back into the fall swing of things easier.

Parents can help children maintain an interest in nutrition based on what children’s interests and capabilities are.

Ages 6-7: Kids enjoy new foods as they visit the home of friends. Parents may not always approve of these types of foods. They should talk to children about good, nutritional food and what will help make their bodies grow strong.

Ages 8-9: Children at this age are becoming more independent about what they eat and often get bored with the same old meals. Let them help write the grocery list and with shopping. In meal planning, let children choose some foods they’d like included.

Ages 10-12: Children at this age may be starting to take care of themselves more without the benefit of a child care provider. They may have the opportunity and money to begin buying and eating more snack foods. Parents can make sure children this age know specific food options. They also should make acceptable food options available so that purchasing candy and other high calorie snacks are less tempting. In addition, children this age should become more familiar with kitchen equipment. At this stage, it’s a good idea to review safety guidelines and what equipment is off limits.

Egg artistry contest underway for White House egg display

Egg entries will be on display for special omelet cooking and judging at the Sheldon Memorial Art Gallery Gift Shop, 12th and R Streets, Lincoln, September 1-22.

Only Nebraska residents are eligible to participate. Contestants must contact the Poultry and Egg Division at the address below to enter the contest and receive specific contest criteria.

Mary Reiners
Nebraska Department of Agriculture
PO Box 39008
Lincoln, NE 68503-0908
(402) 472-0752 (LB)

Wash that fuel right out of your clothes

Apparel that is soiled with diesel fuel and/or gasoline should be handled with care. Try to remove as much of the fuel residue from the fabrics by rinsing the articles outdoors. Allow them to air dry before washing. NOTE: Fumes from the diesel and/or gasoline are combustible and may present a fire hazard if not pre-treated outdoors before being washed.

1. Wash diesel fuel or gasoline soiled clothing separately.

2. Wash a few items at a time in a full or high water level using hot water and 1 1/2 times the recommended heavy duty liquid detergent. A second cycle may be needed.

3. Do not dry in the dryer. Hang items in open air to dry. Take the articles to the dry cleaners. Identify the stain to the dry cleaner so that safety can be maintained. Caution: Always read the care label. Do not use any products or procedures prohibited by the care label (LB).
FRIDAY, JULY 26
Rodeo (grandstand) ........................................................ 8:00 p.m.
Rodeo Dance–Full Choke (Grandstand) ........ 9:00 p.m.-1:00 a.m.

SATURDAY, JULY 27
Rodeo (grandstand) ...................................................... 8:00 p.m.
Rodeo Dance–Homegrown (Grandstand) .... 9:00 p.m.-1:00 a.m.

SUNDAY, JULY 28
Cattle Team Penning (East Arena) ................................... noon

MONDAY, JULY 29
4-H Horse Show–Physically Challenged Special Needs
(East Arena) .................................................................. 6:30 p.m.

WEDNESDAY, JULY 31
4-H Horse Show–Horse Game Classes (East Area) ........ 6:00 p.m.

THURSDAY, AUGUST 1
4-H Household Pets Show–Iguanas, Fish, Hamsters &
other special pets (Demo Complex A & B) ..................... 11:00 a.m.
Carnival ........................................................................ 11:00 a.m.
4-H Table Setting Contest (Ag Hall) .............................. 1:30 p.m.
Watermelon Feed (Youth Complex) .............................. 5:00 p.m.
4-H Llama Show–Includes Trail & Costume Classes
(East Arena) ...................................................................... 6:00 p.m.
Town Hall Meeting with Lancaster County State Senators
(Demo Complex A & B) ..................................................... 7:00 p.m.
Stilt Walkers ................................................................. 3 performances

FRIDAY, AUGUST 2 – SENIOR DAY
Health Awareness Day & EnviroFair
(Ag Hall) ...................................................................... 9:00 a.m.-4:30 p.m.
4-H Style Revue (Bob Devaney) ..................................... 7:00 p.m.
Hay Hauling Contest (East Arena) ........................... 7:00 p.m.

SATURDAY, AUGUST 3 – KIDS DAY
4-H Dog Agility Show–A fun show to watch!
(East Arena) .................................................................. 8:00 a.m.
Petting Zoo ................................................................. 9:00 a.m.
Bicycle Safety Rodeo (Parking Lot) ........................... 9:00-11:00 a.m.
Big Wheel Race (Ag Hall) ............................................. 11:00 a.m.
Pedal Tractor Pull (Parking Lot) ................................. 2:00 p.m.
Micro/Mini Tractor Pull (Dempster Building) ............ 4:00 p.m.
Opry Show (East Arena) ............................................. 5:00 p.m.
Ice Cream Social (Youth Complex) ............................ 5:00-7:30 p.m.
Family Barbecue (Youth Complex) ............................. 5:00-7:30 p.m.
Farm Family Awards (East Arena) .............................. 6:30 p.m.

SUNDAY, AUGUST 4
4-H Llama Show–Includes Trail & Costume Classes
(East Arena) .................................................................. 6:00 p.m.
Watermelon Feed (Youth Complex) ............................ 5:00-7:30 p.m.

1996 Lancaster County Fair & Rodeo
July 26 – August 4

Countly Fair Highlights

Its more than ever before!
ICE CREAM SOCIAL
Saturday, August 3
5:00-7:30 p.m.
In the Youth Complex

Mmmm.... Pancakes!
Don't miss the pancake feed
Sunday, August 4
noon-midnight
at Ag Hall

4-H Household Pets Show
Iguanas, Fish, Hamsters
& other special pets
Thursday, August 1
11:00 a.m.
Demo Complex A & B

Pedal Tractor Pull
Saturday, August 3
in the parking lot
2:00 p.m.

Garden Tractor Pull
Sunday, August 4 at 7:00 p.m.
East Hall

LANCASTER COUNTY FAIR MAP
STATE FAIR PARK – LINCOLN, NE

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

EXHIBITION AREA/FOOD/OFFICES
1. Grandstand/Dances
2. Demonstration Rooms
3. 4-H Youth Office
4. Horse Stalls
5. Demonstration Building
6. Carnival
7. Feed Pit
8. Agricultural Hall
9. Swine
10. Sheep
11. Goats
12. Home Ec/Engineering/Cloverbuds (2nd Floor)
13. Open Class Exhibits
14. Snack Shack
15. Livestock Office
16. Horizon/Weather
17. Bicycle Safety Contest
18. Livestock
19. Farm
20. Dairy Office
21. Awana
22. Open Class Office
23. Poultry/Pigeons/Rabbits
24. Longhorns
25. 4-H Rock Cafe

ICE CREAM
Free!

Watermelon Feed
Thursday, August 1–5:00 p.m.
In the Youth Complex

Free!

Dog Agility Show!
See the most amazing dogs in the county!
Saturday
August 3
at 8:00 a.m.
in the East Arena

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23. Poultry/Pigeons/Rabbits
24. Longhorns
25. 4-H Rock Cafe
The Lancaster County Rodeo

July 26 and 27
8:00 p.m.

Bull Ridin
Calf Roping
Team Roping
Trick Riding
Steer Wrestling
Bareback Riding
Barrel Racing
and so much more!

Adults—$6
Children under 12—$4

Rodeo Dance
at the Grandstand
July 26 and 27
9:00 p.m.-1:00 a.m.

Featuring
FRIDAY NIGHT
Full Choke
Playing foot-stomping Top-40 and Country music

Starring
SATURDAY NIGHT
The Homegrown Band
Dance the night away to Homegrown!
1996 Lancaster County Fair Schedule

**Saturday, July 13**  
4-H Shooting Sports Air Rifle (BB/Pellet) Contest (Lancaster Building) ................................. 8:00 a.m.

**Monday, July 15**  
Horticulture Judging Contest  
(Lancaster Extension Conference Center) ............. 10:00 a.m.  
Weed & Tree ID Judging Contest  
(Lancaster Extension Conference Center) ............. 10:00 a.m.  
Lifetime Skills Judging Contest  
(Lancaster Extension Conference Center) ............. 1:00 p.m.

**Thursday, July 18**  
Demonstration Contest  
(Lancaster Extension Conference Center) ............. (tba) p.m.

**Saturday, July 20**  
4-H Shooting Sports Air Pistol Contest  
(Lancaster Extension Conference Center) ............. 9:00 a.m.

**Wednesday, July 24**  
4-H Shooters Sports Archery Contest (Prairie Bowman Archery Club Outdoor Range) ................... 6:30 p.m.  
4-H Style Revue Judging  
(First Lutheran Church, 70th & A) ................. times assigned

**Friday, July 26**  
Rodeo (Grandstand) ................................. 8:00 p.m.  
Rodeo Dance—Full Choke (Grandstand) .......... 9:00 p.m.-1:00 a.m.

**Saturday, July 27**  
Open Class Horse Show (East Arena) .................. 8:00 a.m.  
4-H Shooting Sports Smallbore Rifle Contest  
(Lincoln Parks Recreation Range) ................... 8:00 a.m.  
4-H Shooting Sports Trapshooting Contest (Lincoln Trap & Skeet Range 4855 N 48th Street) .... 1:00 p.m.  
Rodeo (Grandstand) ................................. 8:00 p.m.  
Rodeo Dance—Homegrown (Grandstand) ........... 9:00 p.m.-1:00 a.m.

**Sunday, July 28**  
Cattle Team Penning (East Arena) .................... noon  
4-H Horse Show (East Arena) ..................... 6:00 p.m.

**Monday, July 29**  
4-H Horse Show (East Arena) ..................... 8:00 a.m.-7:00 p.m.

**Tuesday, July 30**  
4-H Horse Show (East Arena) ..................... 8:00 a.m.-6:00 p.m.

**Wednesday, July 31**  
4-H Horse Show (East Arena) ..................... 8:00 a.m.

**Thursday, August 1**  
4-H Horse Show (East Arena) ..................... 8:00 a.m.-4:00 p.m.  
Exhibits Open ........................................ 11:00 a.m.-9:00 p.m.  
4-H Household Pets Show  
(Demo Complex A & B) .......................... 11:00 a.m.  
Carnival .............................................. noon-midnight  
4-H Table Setting Contest (Ag Hall) ................. 1:30 p.m.  
4-H Dairy Cattle Judging Contest (North Barn) .... 2:00 p.m.  
4-H Dairy Goat Judging Contest  
( Goat Stall Area) .................................. 3:00 p.m.  
4-H Dog Show (4-H Building Arena) ............... 4:00 p.m.  
4-H Sheep Show (North Arena) ................... 4:00 p.m.  
4-H Poultry Show (Lincoln Building) ............ 4:00 p.m.  
Watermelon Feed (Youth Complex) ................. 5:00 p.m.  
4-H Llama Show (East Arena) .................... 6:00 p.m.  
4-H Rabbit Quiz Bowl (Demo Complex C) .......... 6:00 p.m.  
4-H Cat Quiz Bowl (Demo Complex D) ............ 6:00 p.m.

**Friday, August 2**  
4-H Rabbit Show (Lancaster Building) ............. 8:00 a.m.  
4-H Dairy Goat Show (4-H Arena) ................... 8:00 a.m.  
4-H Beef Show (West End of East Arena) .......... 8:00 a.m.  
4-H Dairy Cattle Show (East End of East Arena) ... 8:30 a.m.  
Exhibits Open ....................................... 9:00 a.m.-6:00 p.m.  
Health Awareness Day & EnviroFair  
(Ag Hall) ........................................... 9:00 a.m.-4:30 p.m.  
Carnival ............................................... noon-midnight  
4-H Angora Goat Show (4-H Arena) ............... 1:00 p.m.  
Open Class Dairy Cattle Show  
(East End of East Arena) ........................... 1:00 p.m.  
Open Class Beef Show (West End of East Arena) .... 1:30 p.m.  
4-H Goat Quiz Bowl (Demo Complex C) ........... 4:00 p.m.  
4-H Dog Quiz Bowl (Demo Complex C) ............ 6:00 p.m.  
4-H Bucket Calf Show (4-H Arena) .................. 7:00 p.m.  
4-H Style Revue (Bob Devaney) ..................... 7:00 p.m.  
Hay Hauling Contest (East Arena) .................. 7:00 p.m.  
Dance ................................................ 8:30 p.m.  
Stilt Walkers & Clowns ......... throughout the day and evening  
Racing Pigs (Dempsider Building) ................. 10:00 a.m., 2:00, 4:00, 6:00 & 8:00 p.m.

**Saturday, August 3**  
Kids Day ........................................... 8:00 a.m.  
Open Class Dairy Goat Show (4-H Arena) ........ 8:00 a.m.  
4-H Dog Agility Show (East Arena) ................ 8:00 a.m.

**Saturday, August 4**  
4-HFFA Swine Show (North Arena) ................ 8:00 a.m.  
4-H Demonstrations (Demo Complex C & D) ........ 8:30 a.m.  
Exhibits Open ....................................... 9:00 a.m.-9:00 p.m.  
Petting Zoo ......................................... all day  
4-H Cat Show (Demo Complex A & B) .............. 9:00 a.m.  
Bicycle Safety Rodeo (Parking Lot) ............... 9:00-11:00 a.m.  
Open Class Dog Agility Show (East Arena) ....... 10:00 a.m.  
Carnival ........................................... 10:00 a.m.-midnight  
Big Wheel Race (Ag Hall) ......................... 11:00 a.m.  
Pedal Tractor Pull (Parking Lot) .................... 2:00 p.m.  
4-H Livestock Judging Contest (North Arena) .... 2:00 p.m.  
Micro/Mini Tractor Pull (Dempsider Building) .... 4:00 p.m.  
4-H Rabbit Specialty Classes—Dress-Up, Best Pair, PeeWee, Showmanship (Lancaster Building) .... 5:00 p.m.  
Opry Show (East Arena) ......................... 5:00 p.m.  
Ice Cream Social (Youth Complex) ............... 5:00-7:30 p.m.  
Family Barbecue (Youth Complex) ............... 5:00-7:30 p.m.  
Farm Family Awards (East Arena) ................ 6:30 p.m.  
Stilt Walkers & Clowns .......... throughout the day and evening  
Racing Pigs (Dempsider Building) ................. 10:00 a.m., 2:00, 4:00, 6:00 & 8:00 p.m.

**Sunday, August 5**  
Exhibits Open ...................................... 9:00 a.m.-4:00 p.m.  
Open Class Rabbit Show (Lancaster Building) ...... 8:00 a.m.  
Open Class Angora Goat Show (North Arena) ...... 9:30 a.m.  
Open Class Dog Obedience Show (East Arena) ....... 10:00 a.m.  
Interdenominational Church Service (Ag Hall) .... 11:00 a.m.  
Open Class Sheep Show (North Arena) ............ noon  
Pancake Feed (Ag Hall) ......................... noon-2:00 p.m.  
Carnival ........................................... noon-midnight  
4-H Cloverbuds Family Fun Activity  
(Demo Complex A & B) ............................ 1:00 p.m.  
Turkey BBQ, Chicken BBQ, Beef Ambassador & Egg Preparation Contests (Demo Complex C & D) .... 1:00 p.m.  
All 4-H Entries Released ......................... 4:00-6:00 p.m.  
Garden Tractor Pull (East Arena) .................. 7:00 p.m.  
Racing Pigs (Dempsider Building) ................. 2:00 & 4:00 p.m.
Teenagers talk to each other—a lot

Alice Henneman Extension Educator

Facts on freezing fresh produce

Why do fruits and vegetables become softer after they are frozen?

Freezing actually consists of freezing the water contained in the food. When the water freezes, it expands and the ice crystals formed cause the cell walls to rupture. Consequently, the exposed plant product will be much softer when the product thaws.

These textual changes are more noticeable in fruits and vegetables that have a higher water content and those that are usually eaten raw. For example, when a frozen tomato is thawed, it turns into mush and liquid. This explains why celery, lettuce and tomatoes are not usually frozen.

It is also the reason that frozen fruits, usually consumed raw, are best served before they have completely thawed. In the partially thawed state, the effect of freezing on the fruit is less noticeable.

Textual changes due to freezing are not as apparent in products which are cooked before eating because cooking also softens cell walls. These changes are less noticeable in high starch vegetables, such as peas, corn and lima beans.

Is it necessary to blanch vegetables before freezing them?

 Blanching is important for nearly all vegetables. Green peppers, pumpkin and sweet potatoes are three exceptions. During blanching, vegetables are heated in boiling water to stop or slow down the process of enzymes that are active during freezing.

The amount of time for blanching varies according to the thickness of the vegetable. (See end of article for information on how to obtain more information on times for blanching specific vegetables.) Following that treatment, vegetables are plunged into cold water to stop further cooking. Perhaps you’ve tried freezing green beans without blanching and didn’t like their flavor. You might enjoy them more when they’ve been blanched. In an experiment at our office, taste testers noted a difference after a few months between blanched and unblanched frozen green beans.

For more information on freezing fruits and vegetables, send a self-addressed, stamped envelope to: Freezing Fruits and Vegetables (#108-94); c/o Alice Henneman, UNL Cooperative Extension in Lancaster County; 444 Cherry creek Road; Lincoln, NE 68528-1507. (AH)

Consumer responsibility for quack nutrition

The 1990’s consumer is inundated with choices—choices which may or may not be necessarily healthful or legitimate. Take, for example, nutritional choices or specific diets or health. Just because a product or method is described or advertised in the popular press doesn’t mean it’s right for you or anyone else.

The critical consumer can be on the lookout for nutrition or health claims or quackery by asking the following questions:

1. Does the treatment or diet or product pass or fail the test of common sense?

2. What are the credentials of the authority who is promoting this product? Would the individual’s education and professional background be appropriate to allow him or her to make the claim about the product? Often, the scientific community is unfamiliar with the author or product, and it hasn’t received sufficient testing to warrant the claim.

3. Does the promotion appeal to the emotions? Frequently, bogus products play on emotional images. Such messages are frequently found in the popular press such as magazines, newspapers, on commercial television—and now the internet.

4. Are product promoters claiming the medical establishment is against them or the products? Are they discussing the program with them? This is becoming a common theme to messages that promote unsound or unsafe products. It creates an air of suspicion.


 Its time for the FCE to reorganize

Family and Community Education (FCE) Club reorganization packets will be ready for club presidents to pick up at 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.

Healthy Eating

Each month for the next year, I’ll be sharing a fruit or vegetable recipe from the 5-A-Day program. #

LOOK AT THE END OF THE RECIPE FOR HOW TO OBTAIN 12 NEW RECIPES EACH MONTH

Orange and Banana Crush

Makes 3 (7 ounce) servings
1 orange, peeled, cut into chunks
1 medium banana, peeled, cut into chunks
1 can (6 ounces) unsweetened pineapple juice
1 cup crushed ice
1 tablespoon honey

In blender combine all ingredients; blend until smooth.

This is an official 5-A-Day recipe. Recipe provided by Sunkist Growers, Inc.

For 12 more 5-A-Day recipes (new and different recipes offered each month), send a self-addressed, stamped envelope to: 5-A-Day Recipes, #10; Alice Henneman; UNL Cooperative Extension in Lancaster County; 444 Cherry creek Road; Lincoln, NE 68528-1507.

Parenting from the Heart

A fresh approach to promoting healthy families is “Parenting from the Heart.” The program by Steve Vannoy will be held August 10, 8 a.m. to noon at the ARDC, Research and Education Building, Ithaca. This community event is a lively and interactive seminar on how to build, rebuild and maintain healthy, loving and respectful relationships with children and families. University of Nebraska Cooperative Extension is sponsoring this humorous, practical talk for moms and dads, grandparents, uncles and aunts, teachers and babysitters—anyone with children in their life.

Steve W. Vannoy, author of the best-selling book, The 10 Greatest Gifts I Give My Children, is a father who almost lost his connection with his kids. He realized: “So many of us are suffering from basic ‘Survival Parenting’, where we lovingly try to solve our kids’ problems or the problems they are creating, while keeping them out of our hair and under control.” says Vannoy. “The 10 Greatest Gifts” is about taking the struggle out of parenting and putting the joy back in, with gifts like mutual respect for our children, nurturing self-esteem, compassion, balance, integrity, responsibility, and even humor.

The 10 Greatest Gifts I Give My Children describes ten gifts that any parent can give a child that do not cost money but require a change in attitude, style and focus. These gifts include instilling values, responsibilities, compassion, and integrity, among others. These gifts are developed through the exercise of five powerful tools described in this book: Focus, Message, Listen, Teach, Model. That parents can Learn and Apply to Family Relationships. Simon and Schuster expect this book to be a long term classic in the family and parenting field, and perhaps the first best selling parenting book in 30 years, since Parent Effectiveness Training. Steve will be sharing these tools and techniques with participants at the presentation on August 10. Cost is $5, child care will be provided. A pancake brunch and a chance to meet the author will follow the program. For more information or registration call 1-800-522-0634 and ask for Susan Williams. (IJ)

The NEBLINE

What do teenagers talk about on the telephone? Themselves, mostly, and what happened at school or after school that day. Things like who said what to whom. What teenagers are doing with much of the telephone talk is interpreting their everyday experiences. They’re asking, “Did you see this the way I saw it?” This process of talking over shared experiences can help as they are trying to figure out who can help as they are trying to figure out who they are and how they compare with others. The telephone provides an opportunity to be intimate but at the same time to be private. It’s easier to say some things if you’re not face to face. So try to be understanding when you set limits for your teenager’s telephone use. Here are some suggestions:

• Help teenagers understand that using the telephone is not a right but a privilege that requires certain responsibilities. The time to impose some restrictions might be when grades at school go down.

• Hold family discussions and include your teenager in decision making and problem solving.

• Set realistic limits on the length of calls and the hours for telephone use. For example, no long calls on a school night or no calls after 9:30 p.m.

• Write a list of the monthly telephone bill can help teenagers develop autonomy. Set up a system for paying long-distance charges.

• Have a sense of humor.

Cindy Blome
Youth Extension Aide

Traveling with Your Horse—Part II
Health Considerations

A first aid kit for the horse can be very important when one is traveling to an event. Although many items can be included in a kit, some of the more essential are tetta-type, non-stick bandages; sheep's wool bandage; leg quilts and wraps; twitch; elasticon tape; eye stain and wash; elastic bandage and scissors; antiseptic soap; and a tube of phenylbutazone paste. These items provide the horse owner reasonable emergency care prior to the arrival of the veterinarian. Remember, a good snug bandage is the best means to control bleeding.

Certain health requirements are needed for both in-state and out-of-state trips for horses. State requirements for the coggins test (equine infectious anemia or EIA) and health certificates vary from state to state. Proof of a negative coggins test and a health certificate are mandatory. Check with your veterinarian before traveling from state to state. Don’t get stranded at a check-in point for lack of health documents.

Feeding habits

Feeding the horse properly while you are on the road is just as important as feeding it properly when you are at home. If possible, take enough feed and hay for the entire trip. Hay can be covered with plastic and hauled on top of trailers or in pickup beds. Take feed buckets along so the horse can eat and drink from familiar containers; this also reduces the risk of horses eating from contaminated containers.

Water consumption on long trips is an important consideration for horses and water should be offered every 3-4 hours during long trips. Horses may or may not drink, depending on need and weather conditions. A few drinks along the road may prevent a colic situation. Many horse owners put water additives in the horses’ water before and during a trip to help possible taste changes.

Next month: “Tying the horse to the trailer” (CB)

One of the fringe benefits of 4-H is having your exhibit selected for judging at the Nebraska State Fair. But how? All eligible horses who bring an exhibit to the county fair is eligible to be selected for the state fair. If the 4-H member is required to physically be at the state fair for a livestock show, the member must be 12 years old as of January 1 of the current year. But for any static exhibit, they can be eight years old or older.

Each county in Nebraska is eligible to send a certain number of 4-H members to the state fair based on the number of 4-H members enrolled in a particular project area. After exhibits are judged, the judges review the top exhibits and make their state fair selections. They also select alternates for each project. You will know if your exhibit is going to the 1996 Nebraska State Fair if it has a state fair selection sticker on the entry tag or envelope with comment sheets. Alternates are denoted by a state fair alternate sticker. A letter will be attached to the exhibit on entering at the state fair and a letter after the county fair will be sent to those selected. Alternates will be notified if they are needed.

Make your trip to make your best better and become a state fair exhibitor! (AMM)

Cats galore!

See the greatest cats in Lancaster County at the 4-H Cat Show Saturday, August 3 at 9:00 a.m.

Watch exhibitors show their cats and answer questions about the care of their pets.

Fair contests of the past

Be a health champion

Health is still part of the 4-H Pledge, but the emphasis is a bit different than it was in 1930. In that year, a champion health girl and a champion health boy were chosen during a state 4-H health contest.

Some of the suggestions for preparing for the health contest may sound familiar—other suggestions have obviously changed over the years. When was the last time you heard someone suggest shampooing your hair every week, for example? (LJ)
White ribbon brings back memories

4-H project offered a lesson in both success and failure
It’s county fair time across Nebraska...and that means exciting days ahead for 4-H families. And even though county fair is only one activity of the total 4-H program, it’s one of the most highly visible.

County fairs are a time for making memories. Recently, one evening Kay McKinzie, state 4-H specialist, was straightening her clothes closet and came across a 4-H memory...a yellow blouse and a gray floral skirt. As she unfolded them, Kay wondered why she had saved them. For they weren’t purple ribbon exhibits—both were white.

However, hours and hours of work had gone into those two garments. The skirt had a set-on waistband and hoops. The zipper had been ripped out so many times that the stitching line looked perforated. The blouse had set-in sleeves and an attached collar with sew-in interfacing...iron-on interfacing had yet to be invented.

At the fair, Kay remembers asking a typical question a 4-H member asks of parents, “What ribbon do you think they’ll get?” Her mom, answering in the typical parent mode, said, “Well, I think the skirt could get a blue ribbon and the blouse a red.” (Parents don’t want to get the anticipation level too high.)

So you can imagine how Kay’s heart dropped to her toes when, the next day, hanging up for the whole world to see, were her exhibits with white ribbons attached. She wanted to get them down and take them home.

But they stayed there throughout the fair, and with the encouragement of her family and 4-H leader, Kay enrolled in sewing projects the next year. Her skills improved, for those were the only white ribbons she had seen in her life.

So why did Kay keep this outfit, and not the blue and purple dresses? Perhaps it was because she wanted to wear it often. It was because she knew it deserved more than white ribbons. The sewing really wasn’t that bad; even after 38 years, she still thought they deserved a better ribbon.

But that yellow and gray outfit symbolized more than just ribbons. It’s an example of the principles and values of the 4-H program. 4-H believes that boys and girls are more important than a specific project; learning to do a project is more important than the ribbon; that learning by doing is fundamental in any successful educational program; and that programs should be geared to build on the individual strengths and needs of the youngster.

The bottom line is the philosophy that a blue ribbon—4-H or girl with a red ribbon exhibit is more important than a red ribbon 4-H member with a blue ribbon exhibit.

County fairs offer many opportunities to build on these principles. Help 4-H members create as many memories as they can. One never knows what will make an impression and what they’ll remember 38 years from now. (LJ)

Judging: It’s fun, it’s for everyone
You do not have to be in an animal project to have fun judging animals at the Lancaster County Fair. Try something new, judge in more than one contest or try judging an animal you don’t normally judge. Help and instructions are usually available during the contests, so you don’t need to worry about not knowing what to do.

County fair contest times are as follows:

| Tuesday, July 30, 2:00 p.m. | Horses
| Thursday, August 1, 2:00 p.m. | Dairy
| Thursday, August 1, 3:00 p.m. | Goat
| Saturday, August 3, 2:00 p.m. | Livestock (BeeF, Sheep, Swine)

Give it a try. You need only be a 4-H member—enrollment in specific projects is not required. (LJ)

I believe...The 4-H member is more important than the project itself...
...Learning how to do the project is more important than the 4-H project. ...Generally speaking, there is more than one good way to do most things. ...Every 4-H member needs to be mentored, to feel important, to win and be praised (leaders, too).

Our job as leader is to teach 4-H members HOW to think, not WHAT to think.

Source: anonymous (LJ)

Thanks to livestock breakfast supporters
Our hats are off to all those 4-H livestock exhibitors who bring their animals to the fair and care for them night and day. Did you know that many of these dedicated 4-H members and leaders stay overnight to make sure their animals are safe and cared for? Most only show one day and are there for the rest of the fair to make it possible for fair-goers to see the animals and watch them being cared for. As a way of saying we care for these young people and their leaders, an early morning breakfast is held for them. Sponsors of this year’s event include: AGP Grain Co-op, Bentonzer Grain and Equipment, Firth Co-op, Greenwood Farmers Co-op, the Waverly Co-op and Gooches. As you visit this fair this year, tell our 4-H exhibitors thanks for displaying their animals and express your appreciation to sponsors of the breakfast. (LJ)

Lancaster County 4-H horse exhibitors shine
The Lancaster County 4-H horse exhibitors showed who is “the” force to be reckoned with during the 1996 4-H District Horse Shows held in Beatrice, York, Elkhorn and Columbus. Congratulations to all riders who qualified for the State 4-H Horse Expo to be held at Fonner Park in Grand Island, July 15 to 18. And, a huge “pat on the back” to all of the exhibitors from the Lancaster County 4-H; even if you didn’t qualify for state—you’re all winners to us. Set a goal and work toward it for county fair.

Beatrice Winners
Angela Krumi
Amanda Percival
Andrea Winner
Miranda Roessler
Jake Hoppe
Elizabeth Glenn
Kate Slatrerd
Amber De Hoyos
Alison Umberger
Amy Countryman

York Winners
Maggie Hoppe
Hadley Richters
Ryan Ehrlich
J.J. Frink
Mary Beth Volkun
Katie Hollman
Kim Johnson

Beavers
Kasie Hollman

Columbus
Kim Caha
Dane Peterson
Jason Wise
Lindsay Schroeder
Kim Zaleski (CB)

Remember to review your fair book thoroughly prior to bringing your exhibits to the fair. By being prepared, you will help the Superintendents in their jobs. All Ak-Sar-Ben 4-H Fair volunteers should attend as soon as possible. August 5. Herdsmanship medals and ribbons can be picked up after Tuesday, August 6.

Wednesday, August 7, 7:00 p.m.—4-H Horse VIPS Post-Fair Meeting. Plan to attend—bring all comments—good and bad.

A special thank you, in advance, to all of the volunteers who help make the Lancaster County Fair. The time, effort and support you give to the 4-H program is much appreciated by all Extension staff! Here’s a challenge to all fair goers...try and take in one new activity at the fair this year, you might find something you’ll really enjoy!

Tuesday, August 13, 6:00 p.m.—4-H Horse Awards Banquet and Potluck Dinner. Preregistration is appreciated, call the Extension office.

Change in state fair cat show—they are combining the long and short hair cat shows. V et check 9:00-9:45 a.m. Saturday, August 24. Show begins at 10:00 a.m.

State fair notes:
Friday, August 30—4-H poultry exhibits must be in cages Saturday, August 31—4-H poultry exhibits judges/judges released at 5:00 p.m.
Saturday, September 1—4-H rabbit exhibits must be in cages Monday, September 2—4-H rabbit exhibits judges/released at 5:00 p.m.

Tuesday, August 15, 7:00 p.m.—4-H Rabbit VIPS Post-Fair Meeting. Everyone is encouraged to attend.
Recipe for partnership

Strategies for building family, school, and community spirit and partnership

Best-selling author Steven Van Vossy, will be presenting “Recipe for Partnership and Renewal,” a fresh approach to promoting healthy families and effective education in your community. This program will be held Monday, August 8, 4 to 8 p.m. at ARDC, Search and Education Building.

This program offers a revolutionary plan for creating partnerships between educators, parents and communities. Based on concepts in his book, The 10 Greatest Gifts I Give My Children, Steven shares specific examples and case histories of how partnerships has been created at the elementary, middle school and high school level through focusing on a shared common vision, and building on strengths and assets identified within each group.

The program provides solid, practical leadership skills that parents and community members can share with their friends and neighbors, and tools: FOCUS, message, listen, and support.

Mr. Van Vossy is an author, lecturer, columnist and consultant in the areas of education, business and family leadership skills. These powerful inspirational programs and audio and video products focus on renewing individuals, organizations and the family through a change in attitude, style and focus.

Steve’s goal is to aid educators, parents and child care providers in raising responsible, independent children who will be prepared to face the challenges of the future. To that end, he has developed a series of workshops which promote the concepts in his best selling book, The 10 Greatest Gifts I Give My Children.

He has shared his message with the American School Counselor Association, National Committee to Prevent Child Abuse, National Association for the Health Care Professionals, and at hospitals, schools and churches across the country. For registration information, call 1-800-S239-8030 and ask for Susan Williams.

Community Builders

Small Groups Building Communities with Big Hearts

Based on: “The 10 Greatest Gifts You Can Give Your Children” Featuring Steve Van Vossy

Where: August 7, 8 & 9, 1996

Who Should Attend: This workshop is designed for community and group leaders, persons for training. This team would then begin the Community Builders process by starting study groups that will hopefully spread throughout your community, changing it from the inside out by promoting healthy, nurturing families. Who should attend:

• School teachers
• Ministers
• Agency workers
• Parents
• Grandparents
• Nurses
• Service clubs
• Youth workers
• Little League coaches

Community volunteers

At this workshop you will learn:

• Parenting skills based on a fresh approach to promoting healthy families. These gifts that any parent can give a child that do not cost money but require a change in attitude toward the family

• The 10 Greatest Gifts include: responsibility, humor, decidiveness, abundance, compassion, sensitivity, balance, integrity, communication and self-esteem.

Community & Leadership Development

The third annual National Home-Based Business Conference was recently held in Milwaukee. Much of the emphasis of the meeting was on technology. These are some of the highlights from the meeting:

• North Carolina State University has a web site that provides a quick overview of the legal issues and concerns faced by small business owners. The main menu includes the following headings: Operating a Business; Legal Structure of Your Business; A Tax Guide for Small Business Owners; Employment Law Issues; Legal Liabilities; Contracts; Retirement Plans; Estate Planning; Home-Based Businesses; and Business-Specific Regulations. The web site is available at ncsu.edu/dept/ebc/business/welcome.html. It is being developed by Carol A. Schwab, GAD, LL.M., Family Resource Management Specialist, North Carolina State University.

• Two-thirds of all new jobs are generated by businesses with less than 20 people.

• Women owned businesses have increased six times faster than male owned businesses during the last decade.

• Home-based and micro businesses created most of the innovative ideas and inventions in the last decade.

• 98% of all workplaces have fewer than 1,000 employees.

• 159 countries have some internet connectivity (e-mail). 90 countries in the world have full connectivity.

• Profile of internet users: 66% men; 34% women. 50% have an annual income of $35,000; 20% are between 18-24 years of age; 25% are between 35-44 years of age.

• Uses of the WWW: 55% search for information (products/services) 60% search for information (company/organizations) 73% search for other information 14% purchase products/services 90% browse/explain

• The number one group of PC users: females

• According to Money magazine, March, 1996, 20% of home-based business owners gross between $100,000 and $500,000. Most common income levels are between $20,000 and over $60,000.

Lawn mower safety tips

Parents and others who use riding lawn mowers and garden tractors should keep children away from and off these vehicles.

According to the Consumer Product Safety Commission, an estimated 25,300 people are injured and 110 die each year from riding lawn mower and garden tractor accidents.

One out of every five of the deaths involves a young child.

These deaths most often occur when the child falls off the mower while it is in motion, and often the child falls into the path of a moving mower.

A government survey shows that about 55% of households with young children allow them to ride on the lawn mower or garden tractor. Parents are advised to prohibit children from riding on them and from playing in the area where they are being used.

Parents should follow these safety guidelines:

• Never take a child for a ride on a garden tractor or riding mower.

National Home-Based Business Conference taking care of business

Contrary to popular belief, small towns can have big housing headaches, NU research shows.

Successful economic development efforts have spurred population booms in some small towns as cultural prosperity, open places, plants to closer to their raw materials. Small towns may change more slowly, but they are short on adequate, appropriate housing.

“Just because there are a matter of lots of additional new houses, it may be a matter of renovating or retrofitting some existing housing to fit current community needs,” she said. The study’s findings include:

• Two-thirds of America’s population increased in 45 percent of the small towns in the five to state study, 30 percent of the 67 Nebraska towns studied grew.

• Small town housing vacancy rates are similar to those in metropolitan counties in the five states. Even with similar vacancy rates, housing is a concern to small communities because fewer actual units are on the market.

• Small town housing tends to be older and often isn’t designed for today’s needs. In the five states, 37 percent of small town housing was built before 1950.

• Warning: Riding lawn mowers can be a very popular way for small towns to attract children, to play out evenly across communities, she said.

• USDA special grant helps fund this research.

Source: “Research Nebraska” University of Nebraska-Lincoln.

Housing availability becoming big worry for many small communities

Prochaska-Cue's study led to more realistic housing policies based on community capacity to address housing needs. "Just because small communities are smaller than larger communities, does not mean they should be ignored in housing policy," she said.

While needs differ greatly, she said, the “most common overriding theme from this research is a lack of available housing in these communities."
Grazing alfalfa during summer

When pastures get short and low quality in late summer, do you wish you had something else to graze, at least for a little while? Maybe alfalfa is your answer. By August and early September, many pastures no longer provide abundant, high quality grazing. Yearlings and calves can really use better pasture at this time. Since alfalfa is deep-rooted and continues to grow fairly well even during this time of year, you might want to consider using it for temporary pasture.

So, how do you get started and avoid problems with bloat? First, divide your fields so each paddock supplies no more than 5 days of grazing at a time. One rule of thumb is 1 ton of standing alfalfa hay will provide about 45 cow days of grazing. If you estimate your alfalfa would yield 1 ton of hay if you cut it right now and you have 90 cows, it would take about 2 acres of every day of grazing. For 5 days of grazing or less, the pasture should be no larger than 10 acres.

After grazing one paddock, trim your alfalfa and let it regrow at least 35 days of regrowth will occur before you harvest this same area again. To reduce bloat, begin grazing alfalfa after it begins to bloom. Also, be sure your animals are full before first turning them onto alfalfa, keep these animals from getting hungry. In addition, do not turn them onto fresh alfalfa that is moist with dew, rain or irrigation. Yearlings and calves tend to bloat less than cows, but feed supplements like poloxalene, rumensin and oxytetracycline can help reduce bloat for all classes of cattle.

These precautions and management practices will help you use alfalfa for pasture and supplement the last summer pasture slump. (WS)

Returning CRP to crop production

If you are planning on returning part of your cool-season CRP acres to crop production next spring, now is the time to begin planning for the transition. Most research has shown that a fall burndown of cool-season grasses such as bromegrass or fescue followed by a second herbicide application in the spring, if needed, provides the best control. In addition, if you are planning on using no-till, a fall burndown allows time for the root system to begin decomposition which will make it much easier for the no-till equipment the following spring.

The first step in your planning process is to identify those acres that are most suitable for crop production. Consider leaving areas around waterways and other highly erodible areas in permanent vegetative cover. This provides the greatest environmental benefit and these acres are more likely to be eligible for continued CRP payments. Remember, if you are planning on using no-till early out option, land with an erodibility index of greater than 15; land in filterstrips, wetlands or sheltersbelts; and land within 100 feet of a stream or permanent waterbody is not eligible for early out. In addition, land that is returned to crop production must have an approved conservation plan.

The next step is to evaluate field conditions and select a crop. Scout your CRP fields for weeds and other pests. Cropping choices, the type of herbicide program and the potential role of tillage may be dictated by potential weed problems. Because most CRP acres are in a grass cover crop, soybeans are better suited than corn as a first-year crop following CRP. In addition, since many CRP fields are likely to be deficient in nitrogen, growing a crop that fixes its own nitrogen will reduce fertilizer costs the first year.

Evaluate residue conditions. If surface residue is heavy enough to interfere with seeding, spraying, or tillage, consider grazing, haying, or mowing when the plants are dormant. Mowing in late May or early June will allow sufficient time for regrowth so the plants are actively growing when the harvest is made in early November or October. Burning is not recommended because it oxidizes valuable nutrients and organic matter and destroys the cover you will need to maintain soil moisture and control soil erosion. In addition, burning generally stimulates the grass which would make it more difficult to control.

Consider using no-till. Research has shown that no-till yields are comparable to conventional-till the first year out of CRP and as good or better the second year. No-till also helps maintain the benefits gained from CRP such as increased organic matter content, increased water holding capacity and greater resistance to soil erosion. Conventional tillage not only destroys many of these benefits, but may require several costly trips in order to prepare a seedbed. If your field has a few rough spots, you might consider diskining these areas lightly to smooth them out; however, limit tillage as much as possible. (CB)

Horticulture

Too much sun is not too much fun

Some gardeners trim leaves from tomato and melon plants in the belief that exposing the fruits to sunlight will help them ripen better. But this procedure can have undesirable results.

One of these is sunburned fruits. Scratched or cut kernels of tomatoes develop yellow areas that turn white and blister-like as the fruits ripen. Fruits injured in this way are not good to eat.

Removing plant leaves can reduce productivity and, in the case of melons, result in fruits that are not as sweet as they might be. The leaves are the plant’s part that manufactures its food, including the sugar that goes into the fruits to make them sweet. Remove some of the leaves, and you reduce the plant’s ability to carry on photosynthesis and so reduce its capacity to produce fruits.

One plant that can benefit from pruning is the horseradish. Removing some of the lower leaves allows the sprouts more room to grow. And removing the very top of the plant, after sprouts have formed, stimulates the plant to concentrate its resources in the sprouts rather than the foliage. (DJ)
**Extension Calendar**

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

**August 1-4**
- Lancaster County Fair

**August 2**
- Health Awareness Day—Ag Hall, State Fair Park ........................................ 9:00 a.m.
- Ice Cream Social—Youth Complex, State Fair Park .................................... 5:00 p.m.

**August 5**
- 4-H Ak-Sar-Ben Entries Due

**August 6**
- 4-H Council Meeting .................................................................................... 7:00 p.m.
- 4-H Horse VIPS Post-Fair Meeting ................................................................. 7:00 p.m.

**August 7**
- The 10 Greatest Gifts You Can Give Your Children—ARDC, Ithaca

**August 12**
- 4-H Large Animal Advisory Meeting .......................................................... 7:00 p.m.
- Extension Board Meeting ............................................................................ 7:30 p.m.

**August 13**
- 4-H Horse Awards Banquet ......................................................................... 6:00 p.m.

**August 13-15**
- Dismal River Canoe Weekend—4-H Camp, Gretna

**August 15**
- 4-H Rabbit Post-Fair VIPS Meeting ............................................................. 7:00 p.m.
- Fair Board Meeting ...................................................................................... 7:30 p.m.

**August 20**
- Fair Superintendents Dinner ..................................................................... 6:30-8:00 p.m.

**August 21**
- Enter State Fair Exhibits—State Fair Park .................................................. 8:00-10:00 a.m.

**August 23-29**
- Nebraska State Fair

**August 24**
- Field Day and Tour on Specialty Crops—8th & Q St., Lincoln

**September 6-8**
- NatureLink—State 4-H Camp, Halsey

**September 18, 19**
- 55 Alive ...................................................................................................... 10:00 a.m.-2:30 p.m.

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University of Nebraska
Cooperative Extension in Lancaster County
444 Cherry Creek Road, Lincoln, Nebraska
68528-1507

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**Support 4-H Council Activities**
- Eat at the 4-H Food Booths
- Rock Cafe
- (Youth Complex)
- Daily Specials
- UNL Dairy Store
- Ice Cream
- Snack Shack
- (old 4-H Building)
- Cotton Candy
- Popcorn
- Sno Cones

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**NEBLINE**

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