7-1990

The NEBLINE, July 1990

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Fireworks Safety

As Independence Day draws near, more people throughout the United States are injured and maimed by fireworks, and property damage incidents from fireworks increase. Most of these fireworks-related incidents can be mitigated or even prevented by using good common sense, as well as obeying some simple safety rules while using fireworks. To help you have a happy and safe Fourth of July, the Southeast Rural Fire Department offers the following fire safety reminders while using fireworks:

Children should only use fireworks while under the supervision of a responsible adult! Many burns occur, often disfiguring or fatal injuries occur because children are not supervised while using fireworks.

Serious clothing fires have started in the past from fireworks use. Remember, if your clothing catches on fire, DO NOT run, but remember to STOP, DROP, and ROLL. Be sure to buy legal fireworks from reputable dealers. Contact your local fire department if you have any questions about legal fireworks for your area. Also, reputable dealers will warn you in the safe use of the fireworks you are purchasing, but you must ask him/her.

Any questions you may have about fireworks and their safe use can be answered by your local fire department. Feel free to ask them!

The Lincoln-Lancaster
Clean Community System
still has mini-grant funds available for neighborhood groups, rural communities, and special interest groups such as schools, youth groups and civic organizations that take part in a litter cleanup. Eligible groups in Lincoln and Lancaster County can receive from $50 to $200 if they complete a cleanup project. Each project must also include recycling and community enhancement activities. The funds have been made available through a $12,000 grant from the State Department of Environmental Control.

This is the third year for the Clean Community System mini-grant program. Last year over 5,000 volunteers cleaned up nearly 277 tons of litter, 20 percent of which was recycled. According to Patrick Langan, CCS Coordinator, this looks to be another very successful year. More than 3,100 volunteers in 75 special interest groups, 14 neighborhood organizations and 11 communities have participated in cleanup projects so far this year. Forty percent of the litter collected was recycled. This reflects the community pride and ever-growing environmental awareness people have in Lancaster County. GLAD Bag N'Wraps has donated 12,000 trash bags along with posters, painter caps and other supplies to be used for cleanup/recycling projects.

To apply for a mini-grant or for more information contact the Clean Community System, 2200 St. Mary's Avenue, Lincoln, Nebraska 68502, 471-8023.

Funds Still Available for Cleanup

Goldenrod-Our Nebraska State Flower
Can Find A Place In Your Garden

As you may well know, the Prairie goldenrod (Solidago missouriensis) is our state flower. This wide-spread summer and fall blooming perennial of the Compositae family is native to North America, where there is well over 100 species. They have waxy stems, showy yellow leaves and heads of small yellow flowers. Besides Nebraska, species of this flower have been adopted as state flowers by Alabama and Kentucky. Because they are such common plants in rural areas, many people think of goldrods as weedy and unsuitable for the flower garden. Most of these plants are striking in appearance, there are hybrid goldenrods created in England which make beautiful garden plants. These low maintenance, past-tres plants deserve a place in your garden. Goldenrods make nice border plants, or do well in a wildflower or prairie garden setting. Goldenrods do not cause hayfever. Their pollen is too heavy to be carried by the wind. Ragweed, which inconspicuously blooms at the same time, is the culprit.
Fall Vegetable Gardening

By planning and planting a fall vegetable garden it is possible to extend the harvest of vegetables up to and even past the first frosts. Many varieties of vegetables can be planted in mid to late summer for fall harvest. Succession plantings of warm season crops, such as cucumbers, cantaloupe, tomatoes, zucchini, and squash are harvested as the weather warms after the first killing frost. These crops, such as broccoli, beets, cabbage, cauliflower, kohlrabi, leaf lettuce, radishes, spinach, turnips, kale and collards, grow well during the cool fall days and will withstand light frosts. To be successful they need the key to a successful fall garden.

To determine the time to plant a particular vegetable, look in a gardening book or ask someone who knows about gardening to help you determine the time to plant. If you do not know when to plant, you may need to know the average date of the first frost for your area. After you’ve determined the earliest date the vegetables can be planted, subtract the days to maturity from that date. That means you have early July to spray the first time. Then, it is necessary to monitor any late emerging with and repeat the spraying every two weeks. Other possible hosts for bagworms include the Siberian elm, eastern white pine, locust, spruce, hemlock, willow and boxelder. Even one female’s bag on such plants can produce nearly 1,000 hungry larvae in late spring. As soon as these tiny larvae hatch, they spin their web and form a cocoon. The cone-shaped-bagged shaped bags can be hard to spot. The mature bagworms are usually camouflage and blend within their surroundings. They grow with greenery with from personality.

Bagsworms are a familiar sight to anyone who gardens in the Rocky Mountain area. Even though these insects are not difficult to destroy such plants but also the vegetable plants may also be so difficult to control.

By far the best time to spray is to get on them early. After the second week of July, it is just after the bagsworms emerge from their bags. This is the time that many of the warm season vegetables have reached their peak in growth and development. That means you’ll have early July to spray the first time. Then, it is necessary to monitor any late emerging with and repeat the spraying every two weeks. Other possible hosts for bagworms include the Siberian elm, eastern white pine, locust, spruce, hemlock, willow and boxelder.

Careful Vegetable Harvesting Pays

When it comes to harvesting a garden’s tomato crop, that’s the payoff. If you establish a practice of picking the fruit for pickles and canning as it becomes ready, the plant will produce more and larger fruits. Harvesting vegetables, like all other plants, produce more. For example, pick cucumbers will produce about 10 to 12 cucumbers if they are left on the vine after maturing. If you pick them for pickles and the plant will produce 40 to 50 cucumbers. Harvesting vegetable crops, like the rest of gardening chores, requires knowledge and care. That means disturbance of the soil and produce more and larger fruits. Harvesting vegetables, like all other plants, produce more. For example, pick cucumbers will produce about 10 to 12 cucumbers if they are left on the vine after maturing.

The same is true of tomatoes. and the plant will also produce more if you pick them for pickles and canning. The plant will produce more and larger fruits. Harvesting vegetables, like all other plants, produce more. For example, pick cucumbers will produce about 10 to 12 cucumbers if they are left on the vine after maturing.

Renevate Strawberry Patch After Annual Harvest

With good care and an annual renovation, a home strawberry patch can be both healthy and fruitful for several years. Renevate June-bear- ing strawberries immediately after harvest. The aim is to clean the bed after harvest, eliminate old, less vigorous plants and leave the berries for fall harvest. Two more vigorous plants to fruit the next year.

To be a candidate for renewal, a June-bear- ing strawberry needs to be fairly vigorous and relatively free of weeds, insects and diseases. It is important to determine if a problem plant is seriously impaired and needs to be replaced with a new plant in a new site.

To renovate, mow the plant foliage off 1 to 2 inches above the plant crowns, and narrow the rows with a cultivator or hoe to 8 to 10 inches wide. Then thin the plants so they are 4 to 6 inches apart, leaving only the most vigorous and healthy. Annual renovation will go a long way in eliminating a patch relatively free of many weed and disease problems. Healthy, vigorous strawberry plants are not susceptible to attack by disease organisms and insects, and they tend to produce more and larger fruits. Removing weeds and other plant debris also reduces sources of disease infection in strawberry plantings for insect pests. Pick them for pickles and the plant will produce 40 to 50 cucumbers.

All About Tree Roots

Trees are a visible and environmental element, but a large portion of the tree cannot be seen — the roots. They develop from the trunk and exceed the height of the tree. Knowledge of tree root systems can aid in caring for the tree.

Most people believe a tree’s roots extend deep into the soil. Actually, nearly all of a tree’s roots are located within 2 to 3 feet of the soil surface. Like other plants, tree roots want to utilize the highest nutrient and oxygen content of the soil. This is why root systems are usually referred to as a “spaghetti” or “spider” root system.

The fact that most tree roots are located in the soil’s upper layers affects how we treat the tree. Grasses and weeds also compete in the soil’s surface layers. Therefore, weed control by other cultivation or herbicides is important to help new tree plantings become established.

As a general rule of thumb, this distance extends in each direction from the trunk and equal to the height of the tree.

Climate is Just One Factor in Tree Survival

Climate is Just One Factor in Tree Survival

Nebraska’s climate is one that can provide adequate and varied weather and moisture, but the past few years have been particularly hard on young trees because of the combination of dry years with dry, windy winters.

But our climate is not the only reason for poor survival rates of young trees. Planting tree species, for example, may not be adapted or hardy enough to Nebraska’s climate and soil conditions will often end with the first sign of frost. Proper site selection, soil preparation and placement is very important for tree survival and growth. Young trees can be given a “head start” through the first two years because this is when they are most vulnerable to themselves. Proper wrapping, staking, pruning, watering and fertilizing and weed control will help young trees maintain health and vigor. The poor survival of trees is not always the plant’s fault. As a rule, newly planted trees do not “break out” after planting or become permanent fixtures until they die shortly after, the Durbin, Dusenbury, Boxelder, and poor stock from the nursery. If this is the case, the nursery should be contacted and the tree replaced.

Not very much can be done to change the climate, but tree planting success could be greatly improved with proper tree selection, planting and care.
Handy for items that need cleaning solution which accidents. A "Caregiver"? is the modern term used to describe a person who is helping to care for a life-care patient, relative, friend or neighbor. Many people are finding themselves in the role of caregiver as they provide transportation, personal care, or help with a member of the community. This endeavor to maintain the quality of life for loved ones.

Many people today are finding a relative, friend or neighbor. Are held on the second last days without water. Certain individuals related to mate, activity, age, might need up to six to eight cups of water a day. Dark yellow urine is an indication you need more water daily. Certain workers. The thirst mechanism may not work well in older folks and put them at risk.

Washing windows is one of the most disliked jobs of homemaking. Surveys indicate that almost 100 percent of homemakers have surveyed said they hate cleaning windows. The few who do enjoy them probably had energetic children. The right equipment and a good window cleaning solution can help get the job done quickly and with sparkling results. A professional quality squeegee, used properly, will help eliminate streaked streaks. Avoid using the squeegee on rough surfaces. It may mar the glass. You will stay perfectly smooth.

Window cleaning solutions can be custom made or you may opt to mix your own. Don Asset, in his book "How to Care for Your Garden" suggests using one cup of household cleaning detergent in a bucket filled with warm water. This solution will stay perfectly clean.

Foods for Summer Road Trips

When you're on a long car trip, you may not have much choice about what you eat. There are times when only packaged foods can help. A small cooler will come in handy for items that need refrigeration. Here are some good snack choices:

- Popcorn.
- Crackers.
- Dried apples.
- Carrots, celery, green pepper, broccoli and cauliflower.
- Babybel cheese or other cheese wheels.
- Crackers and peanut butter.
- Fruits like banana, apples, berries.
- Air-popped corn.
- Trail mix.
- Dried fruit.


drink enough water. It is especially important for caregivers several hours. Fluid losses of seven to ten percent of body weight can result in heat stroke and possibly death.

- Increased use of fiber. We often hear recommendations to add fiber to our diet. Adequate fiber helps regulate bowel movement and may prevent low cholesterol. As you add fiber, it is important to increase your fluid intake. Otherwise you may experience excretion or bloating if you are having an impacted bowel.

- Exercise. Adequate exercise is critical nutritional concern for patient. However, the loss of two to three percent of body weight by sweating is common during exercise. Therefore, it is important to replace all fluids lost during exercise.

- Outdoor workers. The combination of hot weather and physical activity places our body at risk for water balance. Anyone who works outside, especially in hot weather, needs to keep an eye on their body weight balance. If you lose too much weight, you can experience fatigue, dizziness, headaches, or even heat exhaustion.

- Windows Need Washing?

Answering Your Enquiry Enough Water?

We seldom think about it, but water is the nutrient that we need before all others. While a person could survive several days without food, a person could only survive months without water. Part of the reason is the variability in individual water needs. For example, activity, age, health, and specific medical circumstances, adults may need up to six or eight cups of water daily. Water is vital to life; sweat is a way of regulating body temperature through evaporation of water. In hot weather, frequent urination is a good indication you need more water daily. Certain workers.

Drinking Enough Water?

The thirst mechanism may not work well in older folks and put them at risk.

Window cleaning solution can help get the job done quickly and with sparkling results. A professional quality squeegee, used properly, will help eliminate streaked streaks. Avoid using the squeegee on rough surfaces. It may mar the glass. You will stay perfectly smooth.
**On-Farm Crop Tests are Wise**

Before adopting a new crop practice or product it is wise to test a new product or practice on a small scale to determine its worth. A small plot or orchard test is the best way to decide if a new product or practice works. Careful planning is necessary to ensure that test results are obtained from a true representation of the product. In-

Here are a few guidelines: 

1. Have adequate records of the operation practice or product as a yardstick to compare to the new hybrid, variety, fer-

2. For comparable results, the test site should be as uniform as possible. Re-

3. To make a profit, factors such as soil fertility, water, and climate must be taken into consideration.

4. Plot size should be flexible enough to accommodate differences in weather conditions.

5. Use standard procedures for all tests. The same number of plots should be included in each test. The same amount of product should be applied to each plot.

6. Keep records of all tests. This will help you make decisions in the future.

7. Do not make frequent testing. This will help you make decisions in the future.

8. Do not make frequent testing. This will help you make decisions in the future.
Irrigating for Profit

Applying proper amounts of water provides the best opportunity for high crop yields. The amount of water to apply at each irrigation depends on the amount of soil water used by the plants between irrigations or rains, the water-holding capacity of the soil, and how deep the crop has rooted. In general, apply water when about one-half of the total available water in the root zone has been used by the crop. One of the most common irrigation practice failings in surface irrigation is to apply too much water, especially during dry periods. Corn is torched for irrigation when it is 24 to 30 inches high. At this stage of growth, roots have penetrated 18 to 24 inches into the soil, so irrigating water should not be applied deeper than 18 inches. Applying water deeper than 18 inches wastes water. This would require 1.5 to 2 inches of water on most soils.

Apply enough water to replace the soil moisture extracted by the active roots and no more. Applying too much (1) raises the water table; (2) leaches plant nutrients, especially nitrogen; (3) wastes water and (4) increases costs. Don’t completely refill the root zone with water. Leave room in the soil for about one-half to one inch of rainfall it should occur soon after you irrigate.

Applying the right amount of water to your irrigation set is not enough. Water should be uniformly applied from one end of the irrigation run (field) to the other. Crop yields may be reduced on both ends of the field if one end receives too much water and the other receives too little water. Factor to be considered here is the time needed for the intake, of the turf, follow stream rate, and turnrow slope. The adjoining tables are guidelines for operating an efficient irrigation system. Extreme situations need to be adjusted on an individual basis.

Common Irrigation Mistakes:

Set Time Too Long: A frequent mistake is letting the water run too long. The irrigator fits “changing the water” into the rest of their labor program. Irrigation set of 12 or 24 hours are common even when only three or four hours may be necessary to get the required amount of water into the soil. Prevent dryness remains above 3 inches per hour during the irrigation period, the result is that too much water may be lost to deep percolation along the entire length of the furrow, especially on 24-hour irrigation sets. In addition to the water loss and fuel waste, leaching of nitrogen fertilizer can also be a direct result.

Small Furrow Stream: When the irrigation set time is too long, the irrigator does not see the deep percolation losses but he does see the runoff at the end of the field. He may reduce the flow into the furrow in an attempt to “get back the runoff volume.” He can achieve his goal by slowing the advance and make the opportunity time much longer. Even if the water is turned off so that the root zone is just filled at the lower end of the field, there still can be considerable deep percolation losses along most of the length of the furrow. Substituting a Dike for a Reverse System: Irrigators who don’t have reuse systems may push up a low curb at the lower end of the field to catch the runoff. If the advance reaches the lower end only a short time before water is turned off uneven infiltration patterns will be present. Percolation losses may occur as both ends of the furrow while the water is run low enough to fill in the dry spot, there is no opportunity to capture the percolation losses at the upper, and lower ends are greater.

Maximum number of hours for water to flow from one end of field to other for various soil textures

<table>
<thead>
<tr>
<th>Percent Slope</th>
<th>Loamy sands</th>
<th>Sandy loam</th>
<th>Clay loams</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.0</td>
<td>1.0</td>
<td>2.0</td>
<td>0.2</td>
</tr>
<tr>
<td>2.0</td>
<td>2.0</td>
<td>5.0</td>
<td>0.2</td>
</tr>
<tr>
<td>3.0</td>
<td>2.0</td>
<td>5.0</td>
<td>0.3</td>
</tr>
<tr>
<td>4.0</td>
<td>3.0</td>
<td>6.0</td>
<td>0.5</td>
</tr>
<tr>
<td>5.0</td>
<td>3.0</td>
<td>6.0</td>
<td>0.6</td>
</tr>
<tr>
<td>6.0</td>
<td>3.0</td>
<td>6.0</td>
<td>0.7</td>
</tr>
</tbody>
</table>

Approximate maximum furrow stream, size for various slopes.

<table>
<thead>
<tr>
<th>Soil Texture</th>
<th>GaLons Per Minute Per Furrow</th>
<th>Percent Slope</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loamy sands</td>
<td>1.0</td>
<td>1.0</td>
</tr>
<tr>
<td>Sandy loam</td>
<td>2.0</td>
<td>2.0</td>
</tr>
<tr>
<td>Clay loams</td>
<td>3.0</td>
<td>3.0</td>
</tr>
</tbody>
</table>

Application for Furrow Widths

<table>
<thead>
<tr>
<th>Furrow Width</th>
<th>gpm/100 ft. of furrow</th>
</tr>
</thead>
<tbody>
<tr>
<td>40&quot;</td>
<td>1.0</td>
</tr>
<tr>
<td>36&quot;</td>
<td>2.0</td>
</tr>
<tr>
<td>30&quot;</td>
<td>3.0</td>
</tr>
</tbody>
</table>

Applying water at proper rates helps avoid water waste, percolation losses, and assures that your water will be used by the crop rather than wasted.

<table>
<thead>
<tr>
<th>Approximate basic intake rate on various soils.*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soil Textures</td>
</tr>
<tr>
<td>---------------</td>
</tr>
<tr>
<td>Loamy sands</td>
</tr>
<tr>
<td>Sandy loam</td>
</tr>
<tr>
<td>Clay loam</td>
</tr>
<tr>
<td>Silty clay loam</td>
</tr>
<tr>
<td>Silty clay</td>
</tr>
<tr>
<td>Clays</td>
</tr>
</tbody>
</table>

Brochures outlining the lessons topics and training dates will be available at our office after September for the year. For more information, please call the Cooperative Extension in Lancaster County Office.

A Closer Look at Beef and Hormones

1991 Lessons for Home Extension Clubs and Other Groups

The University of Nebraska Cooperative Extension in Lancaster County will provide training and materials on five topics during 1991. Lesson leaders from home extension clubs and other community groups are welcome to attend these meetings and then teach the lesson to members of their group. The exact dates for these training meetings will be published in September.

The topics of the lessons and a brief description are:

<table>
<thead>
<tr>
<th>Lesson</th>
<th>Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Closer Look at Beef and Hormones</td>
<td>The lesson will identify some of the exploitative techniques used by nutrition shysters to sell their products and help the reader make a better choice of nutrition information.</td>
</tr>
<tr>
<td>Stopping Violence in Couple Relationships</td>
<td>The extent, causes, and consequences of domestic and dating violence will be examined.</td>
</tr>
<tr>
<td>Laws That Impact Our Lives</td>
<td>Individuals and families can maximize their influence on government decisions by becoming informed and taking the opportunity to participate in political action.</td>
</tr>
<tr>
<td>Reminiscence - Finding Meaning in Memories</td>
<td>Tentatively suggested as the fifth year’s training lesson for 1991 in Lancaster County. Participants will learn definition and function of reminiscence and develop techniques for helping to remember. Helping people realize that their lives have mattered can be mutually rewarding for visiters and the elderly people being visited.</td>
</tr>
</tbody>
</table>

Brochures outlining the lessons topics and training dates will be available at our office after September 1, 1990. For more information, please call the Cooperative Extension in Lancaster County Office.

Keeping Calcium With Less Fat

Get the calcium you need by including milk, cheese, and yogurt in your diet. These products are found in many forms, many of which have less calories and fat than others. Here are some tips from the U.S.D.A. Human Nutrition Information Service on using low cal, low fat forms of these foods:

<table>
<thead>
<tr>
<th>Tip</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Use skim or lowfat milk in soups, puddings, baked products, or sauces for casseroles.</td>
<td>- Try lowfat cottage cheese, such as part-skim ricotta or mozzarella or lowfat process cheeses (check the label - a &quot;lower fat&quot; cheese means 75 percent fat reduction from the regular version).</td>
</tr>
<tr>
<td>Substitute evaporated milk in recipes calling for regular evaporated milk.</td>
<td>- Substitute unloaded lowfat milk as a substitute for cream.</td>
</tr>
<tr>
<td>Substitute plain lowfat yogurt for some of the salad dressing or mayonnaise in recipes.</td>
<td>- You’re eating a steak dinner. The topic of conversation turns to beef and hormoness. Dinner is over, you’re &quot;up-tight&quot; and lean all about what you should eat the rest of your steak.</td>
</tr>
<tr>
<td>For dessert, top ice cream, yogurt, or sherbet with an unsweetened or lightly sweetened fruit sauce.</td>
<td>This information about the hormone content of meat is brought to you by Dennis Burson, extension meat specialist, will ease your mind and the last bite will taste as good as the first.</td>
</tr>
</tbody>
</table>

Hormones are found in all plant as well as animal foods. Compared with the 1.9 nanograms (one nanogram is equal to one billionth of a gram) found in 3 ounces of beef from an implanted steer, 3 ounces of wheat germ contains 3,400 nanograms; 3 ounces of peanuts contains 1.7 million nanograms; and 3 ounces of milk contains 11 nanograms.

A sample menu shows that many foods contain much more hormone than beef from an implanted steer. Here is the estrogen content of the different foods in the menu: 3 ounces, 908 nanograms; 8 ounces, 2,724 nanograms; lean beef steak, 4 ounces, 2.59 nanograms; 8 ounces, 600 nanograms; skim milk, 8 ounces, 37.5 nanograms; ice cream, 1 cup, 1,387.5 nanograms. Actually, by far the greatest human exposure to animal...
The Cloverleaf
4-H News and Events
Maureen Burson
Extension Agent 4-H
Lorene Bartos
Kerensia C. Daniel
Mark McClearn
Extension Assistants, 4-H

Horse News
County Fair Tips

Each 4-H family should have received one copy of the 1990 National Livestock Fair Premium List. Refer to pages 49-50 for information on 4-H horse shows. Be sure to read all the rules and ask questions of your club leader, you are unfamiliar with the rules and procedures. The Nebraska 4-H Livestock Judging Guide (ES 2-97 82) contains the guidelines for all events except where noted in the premium book. Entries for the county fair are due at the extension office on or before Monday, July 23. You may obtain an entry form from your leader or at the Extension Office. Only horses and ponies that have identification showing birth before June 1 are eligible. Colts and fillies born after June 1 may be shown if identified with the office within 10 days after birth. All first year members must have passed their level 1 horsemanship test by July 23 to be eligible to show at the 4-H fair.

Check-in times for horses and exhibitors are listed on page 51 of the fair premium book. Parents or leaders should be present at the check-in to verify that the program has correctly entered the horse and the rider in the right event and class. You may substitute the horse to be shown in any class provided that the substitute horse is also properly identified. All changes made at check-in are final and no changes in rider and/or horse may be made after that time unless specifically approved by the horse superintendent.

**Practice Demonstration Day**

Thursday, July 12 beginning at 1 p.m. 4-Hers will be able to give demonstrations in their county fair demonstrations. Call Lorene if you have questions. Please call the office if you would like help with your demonstration.

**Style Revue Contest**

The 4-H Style Revue Contest is scheduled for Wednesday, August 1, at the First Lutheran Church, 1551 South 70th, 6:30 a.m. to 12:30 p.m. Preregister through your club leader. An information letter will be mailed to all who have preregistered by Monday, July 23.

**Practice Demonstration Day**

Thursday, July 12 beginning at 1 p.m. 4-Hers will be able to give demonstrations in their county fair demonstrations. Call Lorene if you have questions. Please call the office if you would like help with your demonstration.

**Style Revue Contest**

The 4-H Style Revue Contest will be in the afternoon. Teen Shopping Smart Style Revue Judging will be in the afternoon. Teen Shopping Smart participants need to bring their completed record book with them, as this counts for 50% of the total score. The record book is found in the back of the Teen Shopping Smart Manual.

Teen Shopping Smart Revue Contest will be in the afternoon. Teen Shopping Smart Style Revue Judging will be in the afternoon. Teen Shopping Smart participants need to bring their completed record book with them, as this counts for 50% of the total score. The record book is found in the back of the Teen Shopping Smart Manual.

Don’t forget the Home Economics Judging Contest, Thursday, July 26, at 1 p.m. Adult helpers are needed to help with monitoring and tabulation during the contest. Call Lorene if you would be willing to help.

**Questions Needed for Rabbit Quiz Bowl**

Each year at the county fair a Rabbit Quiz Bowl is held for 4-Hers to compete against each other with their knowledge of rabbit production and judging. Questions are awarded for correctly answering questions about rabbits. We need members of the rabbit project to work on these questions. If you could be in the quiz bowl, contact Lorene, and come from the Rabbit Project Manual and can be on any topic including health, care, breeds, body parts, etc. If you can think of any questions you think should be asked, write the questions and the answers on a piece of paper along with the manual page number and drop off or mail to: Nebraska Cooperative Extension in Lincoln, 444 Cherrycreek Road, Lincoln, NE 68528.

Music Contest August 3

The 1990 Music Contest will be held Friday evening, August 3, at 8 p.m. at the Nebraska Center, 33rd and Holdredge. Entries are due in the extension office by Monday, July 23. Clubs entering the contest should bring two cassette tapes. Judges will tape their comments for you to review after the contest.

**Demos Needed for Farmers Market**

Individuals or groups are being asked to give demonstrations on Saturdays at the Farmers Market in the Haymarket area of Lincoln. The Farmers Market will be open through the end of July. For more information or camp flyers, call Lorene.

**Hints for Successful Exhibiting**

Make your experience at the fair more successful. Follow these hints:

* each exhibit needs an entry tag (new tags this year), and club label
* put a club name label or write your club name and/or exhibitor number on all entries
* use ziploc type bags for food entries
* 4-H age is AS OF JANUARY 1, 1990
* exhibit clean garments
* mark entry tag of items to be interview judged
* use permanent marker with hook to the LEFT of the garment as face
* pin entry tag on LEFT side of garment (as it is worn)
* use straight pins to hold skirts, bags, etc. on hangers - pin on the top part of the hanger to prevent slipping
* if more than one hanger is used for an entry, fastest hangers belonging to one exhibit together with a twist tie

**This We Believe**

* Four-H boys and girls are more important than 4-H projects.
* Learning how to do a project is more important than the project itself.
* To "learn by doing" through a useful work project is fundamental in any sound educational program and characteristic of the 4-H program.
* Generally speaking, there is more than one good way of doing most things.
* Our job is to teach 4-H members how to think, not what to think.
* A balanced program of work and play, geared to the individual needs of all interested youth, is still more important than "grooming".
* Sound growth of programs and numbers of boys and girls reaches its goal only when members are provided with material assistance and leadership. The constitution is a natural human trait and should be recognized as such in 4-H work. It should be given no more emphasis than other 4-H fundamentals.
* Every 4-H member needs to be noticed, to feel important, to win.
* No 4-H award is worth sacrificing the reputation of the 4-H program.
* A blue ribbon 4-H boy with a red ribbon chicken is more desirable than a red ribbon boy with a blue ribbon chicken.

**Dairy Cattle Judging**

Two dairy cattle judging workshops are planned for Lancaster County 4-Hers this summer. To be eligible to represent Lancaster County at the State Dairy Cattle Judging Contest, you must participate in one judging workshop at the county fair contest. The first dairy judging workshop will be held at the David Vokoun residence on Wednesday, July 18 at 7:15 P.M. The second workshop will be on Wednesday, July 25 at the home of Jim and Becky Rattner at 7:15 P.M. Call Kerensia for further information.

**Livestock and Dairy Cattle Judging Contest**

The County Fair Livestock Judging Contest will be held Tuesday, August 7, at 9 a.m. on the fairgrounds. Check with your club leaders for the dates of summer judging workshops.

**Growing Up Female**

Designed for fifth and sixth grade girls and female parents/adult.

Date: Saturday & Sunday, September 15-16,
Where: Eastern Nebraska 4-H Center

Would you like to en- hance that special relationship between you and your preteen daughter, step- daughter or grand-daugh- ter? If so, here’s an oppor- tunity for you!

The Growing Up Female retreat is designed to provide a relaxed, trusting atmosphere including op- tional recreation, evening movie and a variety of ac- tivities in which participants will:

- Enhance effective communication skills.
- Learn more about human sexuality.

* Build self-esteem and decision making skills.
* Explore techniques to deal with peer pressure and stress.
* Develop the means to manage the impor- tance of individual family values.

Registration is limited to fifteen preteen/adolescent pairs from each Lancaster and Douglas County. Cost is $20 per pair. Includes ten meals, snacks and lodging. A few scholarships are available for participants with limited resources. For more information, please contact Maureen Burson.
County Fair Entry Day

Entry day for all static exhibits (home ec., general, engineering, and horticulture) at the county fair will be Monday, August 6, from 6 to 8 p.m. Leaders or designees of registered 4-H'ers should bring the completed entry forms.

Family Night Pork BBQ

Spend an evening with your family and friends at the pork barbecue Friday, August 10, from 6 to 7 p.m. by the demonstration rooms on the fairgrounds. Tickets are available for $25 from the extension office. Club leaders may check out tickets to be purchased by the club families and friends. Money and unsold tickets need to be returned to the extension office by August 1st.

Table Setting Contest

The Table Setting contest is Friday, August 10 at 9 a.m. in the 4-H Area. Call the office to register by Monday, July 25 designating one exhibitor from the following categories: picnics, casual, formal, holiday or birthday. Participants are to display one place setting including table coverings, glassware, silverware, centerpiece and menu. Judges will provide the card table for display. The tablecloth does not need to be the exact size of the table. We are interested in the color, texture and design. The menu should be unique and should include one to four 4-H member on a 4 x 6 card. The 4-H member should be familiar with the foods listed on their menu, i.e., color, taste, temperature, basic ingredients and preparation. Contact Lorette for more information.

Food Booth Help Needed

Don't forget to sign up to help in the 4-H food booth. Volunteers will need lots of help, so pick a time and sign up today.

Teen Dance at County Fair

Round up your 4-H friends to participate at the county fair exhibits dance, 8:30 to 11:30 p.m., Friday, August 10. Parents are needed to serve as chaperons at the dance. If you would like to help please contact Lorette.

Interview Judging

Four-H'ers exhibiting engineering, computer, home economics and general projects wishing to do interview judging should call the extension office to sign up for a five minute interview time on Tuesday, August 7. Interview judging will be held in the project display areas.

Exhibitor Numbers

Exhibitor numbers are required on all entries. These numbers will be mailed to organizational leaders and individual members. Members belonging to more than one club will have an exhibitor number from each club. It is important to use the exhibitor numbers from each club which the project is enrolled in. The different numbers allow the exhibits from each club to be separated. This is important for judging and was used for paying fair premiums.

Computers at County Fair

Interview Judging

Interview judging is available for 4-H'ers with computer projects on August 7, upstairs in the 4-H Building. Call the extension office to schedule a time.

Project Demonstrations

Computer project demonstrations will take place Wednesday, August 8, in the Demo Complex. Participants should bring all equipment required to demonstrate their project to the judge. Call the extension office to schedule a time.

4-H Computer Project Fair

Four-H'ers computer project exhibitors will have the opportunity to display their projects Tuesday, August 7, from 10 a.m. to 5 p.m. Everyone is welcome!

4-H Computer Judging Contest

The Computer Software Judging Contest is set for July 26, at the extension office. The contest will test 4-H'ers skills on various computer software packages (i.e., different word processing packages). Software will be located on IBM compatible computers. Beginners will be required to rank the software packages on a 1-4 scale.

AK-SAR-BEN 4-H Computer Exposition

The AK-SAR-BEN Microcomputer Contest is a regional invitational contest. Participation is limited to 4-H members in Nebraska, Iowa, Minnesota, South Dakota, Kansas, Illinois, Colorado, Wyoming and Missouri. The objectives of the contest are to: 1) provide a microcomputer application experience which will encourage creativity, 2) promote logical problem solving techniques utilizing computers, 3) recognize youth for their accomplishment in microcomputer applications, 4) expand the use of microcomputer programs in 4-H.

Exhibitors must be at least 10 years of age and not older than 19 years of age on January 1, 1990. Previous division winners are ineligible. Exhibitors must comply with the rules of the cooperative extension office and the rules and regulations of the AK-SAR-BEN Computer Exposition. There will be no restrictions as to the number of entries per county or state other than an individual is limited to one entry in the contest as an individual, or as a member of a team effort.

The contest is divided into two divisions: Division 1, Programming: 4-H related programs written by the contestant in any common language, such as BASIC or FASCAL, 4-H programs that utilize commercially available software programs (such as spread sheets or data base management systems) support the entry. Division 2, Computer Graphics: a 4-H related "end-product" developed by the contestant, either from scratch or with the use of a commercial program, displaying appropriate use of graphics or graphics design. An entry subject matter is not restricted. May include any use of graphics such as, but not limited to, posters, artistic paintings, posters, artistic paintings, educational materials or black and white. Will be judged based on the following criteria: originality, artistic quality and/or use of Macintosh or IBM compatible machines. An completed entry blank must be received at the extension office by August 17, 1990. Interview judging of top exhibitors will take place Thursday, August 21 and 22 at Ak-Sar-Ben Field, Omaha. Please contact Dave at the extension office for additional information.

County Fair Demonstrations

The demonstration contest will be held Wednesday, August 8 at 3 p.m. and Saturday, August 11 at 8:30 a.m. in the Demonstration Complex, Rooms C and D. A schedule will be mailed to those registered to give demonstrations. Plan to come and watch as County Fair 4-H'ers perform. Four-H'ers wishing to participate in the contest should contact their leader. Individual members must sign up at the office by Monday, July 23.

Ice Cream Social

The 1990 Teen Council and Goodrich Dairy will sponsor the Ice Cream Social Friday, August 10, from 8:30 to 9:30 p.m. The social will take place in room D of the Demonstration Complex.

Computers at County Fair

Interview Judging

Interview judging is available for 4-H'ers with computer projects on August 7, upstairs in the 4-H Building. Call the extension office to schedule a time.

Project Demonstrations

Computer project demonstrations will take place Wednesday, August 8, in the Demo Complex. Participants should bring all equipment required to demonstrate their project to the judge. Call the extension office to schedule a time.

4-H Computer Project Fair

Four-H'ers computer project exhibitors will have the opportunity to display their projects Tuesday, August 7, from 10 a.m. to 5 p.m. Everyone is welcome!
1990 Lancaster County Fair

Neblines Feedback Form

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July

1 4-H Scholarship Applications due, State
2 4-H Summer Safari Camp
3 Livestock Booster Club
5 7 Sports Camp
5-7 Tae Kwon Do Camp, South Central 4-H Center
5 4-H Horticulture Judging Workshop
5 Active Parenting Series (part 2 of 6)
7 Teen Council,
8-10 Canoe Trip Weekend, State 4-H Camp
9-11 Jr. High Cheerleading Camp, South Central 4-H Camp
9-12 High Adventure II Camp
11-13 ExpoVisions
12 Practice Demonstrations Day
12 Active Parenting Series (part 3 of 6)
13-15 Discovery Camp
14-15 Family Camp, State 4-H Camp, Halsey
16 Beef VIPS
16-19 Outdoor Skills I
16-20 State 4-H Horse Show - Grand Island
19 4-H Horticulture Judging Workshop
19 Active Parenting Series (part 4 of 6)
19 Fairboard
20-22 Discovery Camp
23 County & State Fair Animal Pre-entries due
24-27 International Camp
27-28 First Timers Camp
25 Fair Superintendents Meeting
26 4-H Computer Judging Contest, Intermediate
26 Horticulture Judging Contest
26 4-H Computer Judging Contest, Beginners
26 Active Parenting Series (part 5 of 6)
29-30 Ballet Camp, State 4-H Camp

August

1 Style Revue Judging
2 4-H Horticulture Judging Workshop
2 4-H Tree & Shrub ID Workshop
2 4-H Grass & Weed ID Workshop
2 Active Parenting Series (part 6 of 6)
3 Music Contest
5-9 Nebraska Biology Career Workshop
TBA County Fair Entry Day - Enter Stationary Exhibits
7 County Livestock Judging Contest - Fairgrounds
8-11 County Fair