Public Invited to Community Congress Meeting

The Community Congress and respective committees are making excellent progress. The public is invited and encouraged to participate in the meetings of the congress and committees. You do not need to be a formal member of a committee to attend their respective events.

The next meeting of the Community Congress will be Tuesday, August 2, 1990 at the Lincoln Extension Center. Specific Community Congress meetings may be directed to the Lincoln City/Lancaster County Planning Department.

Here is a listing of the Community Congress committee chairs:

- Urban Design & Historic Preservation: Larry Schmidt
- Commercial/Retial Development: Alan Slattery
- Housing: Mary Beckman
- Health & Human Services: Bob Fletcher
- Natural Resources & Environmental Protection: Becky Martin
- Recreation & Culture: David Hunter
- Economic & Employment Development: Larry Schmidt
- Transportation: Alan Slattery
- Rural & Urban Neighborhood Preservation: Larry Schmidt
- Education: Larry Schmidt
- Rural Use/Agriculture: Larry Schmidt
- Growth & Development: Larry Schmidt

We encourage everyone to become involved in the Community Congress for 1991, the club program year. The first meeting of the congress is Tuesday, August 2.

Extension Club Reorganization Time Is Near

September is the month for getting home extension clubs reorganized for the coming year. The club officers for 1990, the club program year, will meet on Tuesday, August 2. All leaders should be invited and encouraged to attend. The leadership membership list should be sent to the extension office by September 1. A list of the area leadership should be sent to the extension office to be presented to the leadership for the next year.

Share 4-H With Your Non-4-H Friends!

How: 4-H Open House
Where: Extension Office When: Tuesday, August 2 Time: 6:30 - 8 p.m.

Experience 4-H projects & view displays 6 - 7 p.m. Program by 4-Hers Have your 4-H friends and their parents attend. Open House and you will earn 4-H prizes.

Give your 4-H friends and their parents the opportunity to experience 4-H. Simply pick up special invitations at the extension office on Tuesday, August 2. Give them to your non-4-H friends. When they bring the invitation to the 4-H Open House, you will receive a special prize based on the number of returned invitations with your name on them.

How Much Water Does A Shade Tree Use?

Here's how to make a quick, but reasonably accurate, estimate. First, you need to know the tree's leaf area index (LAI) that's the area of its leaves above a unit area on the ground. For most deciduous trees, LAI values range from 2 to 8 per packet when they store LAI for reorganizational materials.

Conditions to wrap-up the 4-H year. To learn how, attend a special session called "Fair's Over, What's Next?". Tuesday, September 13, 3 to 6 p.m. or 7 p.m. Topics to be covered include: completion of projects, member records, and the future. Contact Lorene at 471-7180.

Health Awareness Day At County Fair

Burn Prevention Safety Tips

Microwave Class Focus On Good Nutrition

Nourishment, foods to fix and fun to eat, will be featured at a microwave class scheduled for Monday, August 27, 7:30 to 9 p.m. Cooperative Extension in Lancaster County and St. Paul United Methodist Church are co-sponsors for the event.

If you're curious about these and other health and nutrition questions, attend Health Awareness Day, Thursday, August 9, 9 a.m. to 8 p.m. The air conditioned Fairland Building, Fairground will be the event. This event is sponsored by the health committee of the Lancaster County Council of Home Extension Clubs, Delta Schmidt, chair.

There is no admission fee and no fees will be charged for hearing tests sponsored by Sartora's Clinic in Lincoln. Blood pressure screenings by American Red Cross Nursing and Health Services. There will be information of interest to all age groups.

Sharing of Nebraska Cooperative Extension in Lancaster County will be at 447-7160 by August 22.

Non-Profit Organization U.S. Postage Paid Permit No. 537 Lincoln, Nebraska
Control Spider Mites On Roses with Water Sprays

Many rose growers seem to think that they have a problem with spider mites or other arachnids. Without knowing how to control the mites, this is likely to be true. Spider mites can be a problem, and with proper control, they can be kept at a manageable level. Below are some tips on how to control spider mites.

Drought Effects Nitrogen Fixation Of Legumes

Even mild water stress can substantially reduce symbiotic nitrogen fixation in plants. A study on the effects of water stress on the fixation of nitrogen by legumes is reported here. The study was conducted on several legume species, including soybeans, beans, and peas. The results showed that water stress decreased the efficiency of nitrogen fixation by these legumes.

Drying Flowers

Drying or preserving flowers is a popular gardening activity. Dried materials and techniques are used to capture the beauty of flowers and plants for keep-sake or display. Many people like to have their favorite flowers dried, and there are numerous methods for drying flowers. Some popular methods include air drying, silica gel drying, and desiccant drying. Each method has its own advantages and disadvantages.

Drying With Desiccants

Another method to dry flowers is to cover them with a drying agent or desiccant. There are a variety of materials that can be used as desiccants, including silica gel, borax, and desiccant boxes. These materials help to absorb moisture from the flowers and preserve their natural color and texture.

Why Landscape Plants Fail To Flower

It's hard to plant a tiny tree or shrub without having it die. However, with proper care and attention, your plants can reach their full potential. Here are some reasons why plants may fail to flower:

- Poor soil conditions
- Overwatering or underwatering
- Pests or diseases
- Insufficient sun exposure
- Fertilizer deficiencies

Seed New Lawn In Late Summer

The Nebeline

Questions and Answers

Q. Why are my cucumber and melon vines suddenly dying? First it's one runner and then another and another until the whole plant is dead.

A. A common problem is a disease called bacterial wilt. Bacterial wilt is caused by a bacterium that is transmitted through the seedling. A good diagnostic clue is to look for the characteristic milky sticky sap. Cut an affected runner and touch the sap with a finger. If it's bacterial wilt, the sap will be milky and slimy.

Q. I've heard that trimming the leaves from tomato plants makes the fruits ripen better because it exposes them to sunlight. Is this true?

A. Although it is true that sunlight can help ripen tomatoes, it is not necessary to remove the leaves. Removing the leaves can lead to sunscald damage, which can reduce the quality and taste of the fruit. It is important to keep the tomato plant healthy and free from disease to ensure good fruit quality.

Cut Wind Speed To Reduce Evaporation

That's the advice of North Dakota State University, which compared evaporation from various soil types and surfaces. They found that daily evaporation from bare soil was much higher than from grassed soil. Soil type also played a role, with sandy soils coming very dry (then evaporation was greater from bare soil), and clay soils retaining moisture better because it was thicker than the sand. Other factors the scientists say that stubble (which, in this experiment, consisted of a row of wheat stalks about 2 feet tall) slows the wind and airflow across the soil surface, reducing the rate at which water is lost by evaporation from the soil to the air. Grass shade also slows the soil's evaporation, as does irrigation. The net effect of both of these practices is less evaporation. Instead of stubble, other kinds of windbreaks could be used to cut wind speed and, hence, evaporation. For semi-arid regions subject to "fear or famine" rainfed agriculture, the use of windbreaks to reduce evaporation during the "recharge" period of the growing season could make a big difference in how much water is available for use during a drying growing season.

Questions and Answers

Q. How can I prevent my garden from suffering from a disease called bacterial wilt?

A. To prevent bacterial wilt, it is important to plant disease-free stock. This can be achieved by buying certified disease-free plants from reputable nurseries. Additionally, it is important to maintain good garden hygiene by removing infected plants and cleaning up any debris that may harbor the bacteria. Rotating crops is also recommended to prevent the buildup of soil-borne pathogens.

Q. I'm growing tomatoes in my garden, but the fruit is not ripening. What can I do to improve fruit quality?

A. There are several things you can do to improve fruit quality:

- Use a compatible variety: Ensure that the variety you are growing is compatible with the climate and soil conditions in your area. Incompatible varieties may not produce good fruit quality.
- Use proper pruning: Prune the plant to promote good air circulation and prevent disease. Remove any dead or diseased leaves and branches.
- Provide adequate water: Tomato plants require consistent and adequate watering to produce good fruit quality.
- Use appropriate fertilization: Use a complete fertilizer that contains adequate amounts of nitrogen, phosphorus, and potassium. Avoid overfertilizing, as this can lead to excess foliage at the expense of fruit production.
- Control disease: Use proper disease control practices, such as crop rotation, sanitation, and the use of fungicides, to prevent disease that may affect fruit quality.

Q. I have an area in my garden that is difficult to water. What can I do to improve water penetration and reduce water loss?

A. To improve water penetration and reduce water loss, consider the following:

- Use mulch: Apply a layer of organic mulch around the plants to help retain moisture and reduce evaporation.
- Water deeply and infrequently: Water deeply and infrequently to encourage the roots to grow deeper and tap into more water sources. Avoid frequent, light watering, as this can lead to waterlogging and root rot.
- Use drip irrigation: Drip irrigation systems are more efficient than traditional sprinklers, as they distribute water directly to the roots and reduce water loss through evaporation.
- Use a water timer: Use a water timer to ensure that the water is applied for the correct amount of time.

Q. I have a problem with aphids in my garden. What can I do to control them?

A. Aphids are small, soft-bodied insects that can be a nuisance in gardens. To control aphids, consider the following:

- Use insecticidal soap: Apply insecticidal soap to the plants to control aphids. This method is effective and non-toxic to beneficial insects.
- Use neem oil: Apply neem oil to the plants to control aphids. Neem oil works by disrupting the aphid's digestive system, leading to their death.
- Handpick the aphids: Manually remove the aphids from the plants and dispose of them.
- Encourage beneficial insects: Encourage the presence of beneficial insects, such as ladybugs and lacewings, which feed on aphids.

Q. I have a problem with soil erosion in my garden. What can I do to prevent it?

A. Soil erosion is a common problem in gardens, especially in areas with steep slopes or poor soil structure. To prevent soil erosion, consider the following:

- Use mulch: Apply a layer of organic mulch to the soil to help retain moisture and prevent soil erosion.
- Use a cover crop: Plant a cover crop, such as clover or rye, to help prevent soil erosion and improve soil structure.
- Build terraces: Build terraces on steep slopes to help prevent soil erosion.
- Use straw bales: Use straw bales to help create a physical barrier against soil erosion.

Q. I have a problem with rodents in my garden. What can I do to control them?

A. Rodents can be a nuisance in gardens, as they can damage plants and spread disease. To control rodents, consider the following:

- Use barriers: Use barriers, such as wire mesh or plastic, to prevent rodents from entering the garden.
- Use traps: Use traps, such as mousetraps or rat traps, to capture and remove rodents.
- Use natural predators: Encourage the presence of natural predators, such as snakes and hawks, which feed on rodents.
- Use a repellent: Use a repellent, such as peppermint oil or castor oil, to deter rodents from entering the garden.

Q. I have a problem with weeds in my garden. What can I do to control them?

A. Weeds can be a problem in gardens, as they can compete with desired plants for water, nutrients, and sunlight. To control weeds, consider the following:

- Use mulch: Apply a layer of organic mulch to the soil to help suppress weed growth.
- Hoe regularly: Hoe regularly to remove weeds before they become established.
- Use a herbicide: Use a selective herbicide to control weeds, but be careful not to damage the desired plants.
- Use a cover crop: Plant a cover crop, such as rye or clover, to help suppress weed growth.
- Use a solar reflector: Use a solar reflector to help suppress weed growth by warming the soil and killing weed seeds.
New Extension Club Will Organize

Several homemakers in northwest Lincoln are planning to organize a new extension club in September. They wish to invite other homemakers in the 25 to 50 age group to join. If interested, contract the extension club member or even learn more about what clubs do, please contact the extension office, 471-7180 before September 1.

Facing Our Future

When you’re female and 40, you still have half your life ahead of you. You must have the information, skills and support you need to face your future confidently.

Facing Our Future is a realistic program that speaks on a down-to-earth level. Small, informal groups, you can plan the length of the second half of your life.

Cooperative Extension in Lancaster County asks the Lincoln Lancaster Committee on the Sunshine Club, women are co-sponsoring this series of four evening meetings starting on Thursday, September 20 and continuing at a location to be announced. Meeting time is from 7 to 9 p.m.

A Community Complete Guide to Home Canning contains recipes for home canned apple, cherry, peach and blueberry pie fillings. The thickening agent in which the sugar is produced excellent sauce can be used in your ability to handle many situations which parents face today.

On Active Parenting will be focused toward parents of children under 10 years of age. Neville Armitage and Margaret Wiechert, Route 6, Lincoln. The Wirechets arranged for this event to tour in the Star City.

Clearjel A Recommended For Home Canned Pie Filling

The USDA Complete Guide to Home Canning contains recipes for home canned apple, cherry, peach and blueberry pie fillings. The thickening agent in which the sugar is produced excellent sauce can be used in your ability to handle many situations which parents face today.

On Active Parenting will be focused toward parents of children under 10 years of age. Neville Armitage and Margaret Wiechert, Route 6, Lincoln. The Wirechets arranged for this event to tour in the Star City.

Clearjel A, a chemically modified starch made from cornstarch, produces excellent sauce even when two of the pie fillings are canned and baked.

Clearjel A is not marketed in the Lincoln area, but is available by ordering directly from the company. A limited supply has been reserved for the Lancaster Extension office. A request for an accurate proportion for make 1 quart or 7 quarts accompanies the purchase of the product. If you have any questions or are interested in trying this thickener, please call 944-8975.

Spaghetti Sauce Without Meat

Source: USDA’s “Complete Guide to Home Canning" yields about 9 pints

30 pounds tomatoes
1 cup onion
5 cloves garlic, minced
1 cup celery or green pepper
1 pound fresh mushrooms, sliced (optional)
4 1/2 teaspoons salt
2 Tablespoons minced parsley
2 teaspoons black pepper
1/4 cup brown sugar
1/4 cup vegetable oil

Procedure: Caution: Do not increase the proportion of onions, peppers, and mushrooms. Wash tomatoes and dice in boiling water, or until skins split. Dip in cold water and slip off skins. Remove cores and quarter tomatoes. Boil 2 minutes, uncovered, in large saucepan. Put through food mill. Add 1 cup of water. Add salt and the remaining ingredients and simmer for 2 hours, stirring occasionally. If desired, in vegetable oil until tender. Combine sauteed vegetables and the remaining ingredients. Reduce heat and simmer for 1/2 hour. Pour into 9 x 13 inch baking dish and serve.

Wool Contest

Information on the Make It Yourself With Wool Contest is available at the Extension office. The district contest is scheduled to be held at the Lancaster County Extension Office on Saturday, October 20, 1969. Entry deadline is October 6.

Women and Heart Disease

A dangerous myth is that heart disease happens only to men. The American Heart Association - Nebraska Affiliate, states that coronary heart disease is the number one killer of women. The difference is that it affects women later in life. The number one diet of coronary heart disease is cigarettes, which is all types of cancer combined.

Heart attacks are often more fatal for women than for men. Over 22 million American women who smoke, the risk of heart attack is twice as high as for non-smokers.

—Women smokers who use oral contraceptives are at least 33 times more likely to have a heart attack and up 22 times more likely to have a stroke.


For more information about heart disease, call or write for a copy of an extension publication on this topic — send a self-addressed, stamped envelope to: “Planning for Healthy Eating (SGS 935),” c/o Alice Henneman, University of Nebraska Cooperative Extension, 444 Cherry Creek Road, Lincoln, NE 68508.
Hotlines to Health

The next time you need information about a health-related question, let your fingers do the walking. Here are some sources of health information you may find useful:

- American Heart Association, (1-800-223-6833) Health professionals staff this hotline to answer nutrition questions related to heart health.
- Bulimia Anorexia Self-Help, (1-800-227-4765) Trained professionals give callers information about eating disorders.
- Bulimia Anorexia Self-Help Crisis Line, (1-800-227-4765) Trained professionals give callers information about eating disorders.

When a patient says something like “Is it 60 percent fat free,” what exactly does he mean? You might be surprised! These percentages refer to the percent of the food by weight that is fat free. To determine the number of calories from fat, the top portion of nutrition labels provides you with the grams of fat and the total number of calories in a typical serving. Let’s say that a food had 4 grams of fat and 50 total calories per serving. Here are the calculations:

1. Multiply the number of grams of fat per serving by the number of calories in one gram of fat. For example: 4 grams fat per serving x 9 calories per gram = 36 calories.
2. Divide the calories from fat per serving by the total number of calories. For example: 36 calories from fat divided by 50 total calories = 72% of the calories from fat.

Don’t Be Misled By Fat Percentages on Labels

Never Seed Alfalfa into Weeds

In eastern Nebraska, alfalfa seeding months are August and September. Soil moisture usually is favorable for plant establishment during early seeding; however, weeds can be a problem for seedling establishment. August seeding avoids most weed problems except for fields with downy brome, perennial ryegrass and other winter annuals. Fall seedings depend on soil moisture, fall rains, and adequate time for the plants to develop strong roots in order to survive the winter.

Making the decision to seed in August is difficult because of the many variables. If you decide to seed in August, you must have a field available which is not in production with a legume. If the field is cropped such as soybeans, corn, or grain sorghum, this means the selection of either the set-aside acres or the set-aside acres into set-aside acres. Weeds should be a real concern on the set-aside, because if they were not controlled while the set-aside then heavy weed pressure is bound to exist in the newly set-aside. When seeding into wheat stubble in the fall, perennial ryegrass and/or downy brome will certainly be a problem for alfalfa if these two winter annuals were present in the preceding year's wheat crop. Our best advice is never seed alfalfa into wheat stubble. Weeds or weed seeds already exist.

How to Use Fat Percentages:

- 1. Look up the percentage of fat in a serving of food. For example: 8 grams of fat per serving.
- 2. Divide this number by the total calories per serving. For example: 8 grams fat per serving / 400 calories per serving = 20% fat.

- 3. Multiply the result by 100 to get the percentage of fat. For example: 20% x 100 = 20% fat.

- 4. Compare the percentage of fat in your food to the recommended daily intake. For example: 20% fat is considered high fat.

- 5. Look for foods that are low in fat. For example: 5% fat is considered low fat.

- 6. Use fat percentages to make healthy choices. For example: Choose foods that are low in fat and high in fiber.

Conservation Compliance Field Day

Extension Demonstration Farm

SW 40th Street and West Van Dorn
Saturday, August 18, 1990
9 a.m. to noon

Field Demonstration includes:

1. Rainfall simulator demonstration showing soil erosion rates at various residue levels
2. No-till drill and planter demonstrations
3. Residue cover evaluation

Other plots for inspection:

1. Leaky spurge in herbicide control plots
2. CRP planting of switchgrass and big bluestem
3. No-till soybeans into wheat stubble
4. No-till soybeans into milo stubble
5. No-till milo into wheat stubble
6. No-till milo into milo stubble

For more information about calculating the amount of fat in your diet, write for a free copy of an extension publication on calculating fat in your diet. This extension publication is a service of The University of Nebraska Cooperative Extension Service. For more information, call the Nebraska Cooperative Extension Service in your county. The person to call is the extension agent in your county. They can also provide general information about bottled water and home water treatment.

U.S. Department of Agriculture’s Meat & Poultry Hotline, (1-800-535-4555). Call for further information about correct handling, label information and food safety questions about meat and poultry.

For more information about additional health hotlines, write for “Health Hotlines” from: DILRINE Information; Specialized Information Services; National Library of Medicine; 8600 Rockville Pike; Bethesda, MD 20894. Also, for diet-related questions about specific brand products, check the package for a hotline number. Most major companies offer a hotline service. Also, you can call directory assistance, (1-800-555-1212) to determine if a hot line exists for a company.
1990 Lancaster County Fair

Where

Lancaster County come together.

Health Awareness Day
Thursday August 9, 1990
9 a.m. to 8 p.m.
at the
Lancaster County Fair
Sponsored by:
Lancaster County Home Extension Council

Booths will include:
- Free Blood Pressure Screening
- Free Hearing Tests
- Alcohol & Drug Abuse Prevention Education
- Alzheimer's Disease/Assessment Clinic
- Arthritis Foundation
- Bicycle Jamboree
- Building Family Strengths
- Cancer Prevention & Early Detection
- Diabetes
- Groundwater Flow Model - Water Quality
- The Health Effects of Smoking
- LEAN Toward Health
- Lincoln Information For the Elderly (LIFE Office)
- Lyme Disease - Information for Nebraskans
- Poison Look-Alikes
- Recycling
- Respiratory Care
- Safe Driving for All Ages
- Stroke - It Can Be Prevented
- Youth Traffic Safety/The Healthy Totline

Located in the Farmland Building at State Fair Park

Invite your friends and neighbors to attend!

NO ADMISSION FEE!
Adults and children are welcome!
Come and join the fun of Lancaster County Fair’s family entertainment!

Cimarron Country Showcase featuring the Calhoun Family

Come enjoy the sounds of Jim and Chris Calhoun and their children, Diana, age 9, and Jim, age 8. They perform a variety of songs - country, gospel, patriotic and fifties. Young Jim and Diana are also featured in a clogging act that is sure to please.

You won’t want to miss the Cimarron Country Showcase on Tuesday, August 7, 1990 at 8:30 p.m.

The Martin Family Show

The Martin Family has been pleasing audiences with their mix of country, bluegrass, gospel, cajun and gospel music for nearly two decades. They are widely acclaimed for their wholesome and energetic shows. The Martin Family has been the opening act for many national acts, including Willie Nelson, Merle Haggard, Lynn Anderson and Hank Williams Jr., just to name a few.

Come enjoy the Martin Family’s harmony and comedy, Thursday, August 9, 1990, immediately following the 4-H Style Revue.

Family Fun Night

Friday, August 10, 1990
Family Pork Barbeque
6 to 7 p.m.
$2 per person

Barbershop Quartets will provide harmonious entertainment during the barbeque.

Ice Cream Social
6 - 8:30 p.m.
75 cents for a cone or dish sponsored by: 4-H Teen Council and Gillette Dairy

Family Fun Night activities will take place in the 4-H Demo Complex
**Watermelon Feed**

**Wednesday, August 8, 1990**

7:30 p.m.

Watermelon will be served by University of Nebraska-Lincoln football players

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**1990 4-H Music Contest**

Come and listen to the melodious sounds of 4-H members singing for their supper (their ribbons, actually). The contest will take place at 7 p.m. on Friday, August 3, 1990 at Kimball Recital Hall on the UNL city campus. Enjoy this singing and dancing extravaganza free of charge, everyone is welcome!

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**STATE FAIR PARK: 4-H YOUTH COMPLEX MAP**

Directions and Parking:

- **Points of Interest:**
  - Q: Livestock Office
  - A: 4-H Food Booth
  - B: Parking Lot (Mon–Thurs Only)
  - C: Farming Building
  - X: 4-H & Open Class Fair Office

- **Parking:**
  - **AA:** Exhibitor Parking
  - **H:** Home & Livestock Trailers Only
  - **N:** Horse Trailers Parking
  - **U:** Cat Show
  - **Horse Barn #10** (north of racetrack)

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**It's a Can Castle!**

Bring your canned goods to the upper level of the Old Youth Complex and watch the castle grow.

Make a child's dream of a good meal come true. Donate your unused canned food items.

You CAN make a difference!

Food will be donated to the Food Bank of Lincoln, sponsored by:

**4-H Teen Council**
1990 AK-SAR-BEN Family Farm Awards

The AKSARBEN Family Farm Awards are presented annually to families that have been farming the same land for 100 years.

Join us in honoring this year's recipients on Friday, August 10, 1990 at 7 p.m. in the New Youth Complex Arena.

1990 AK-SAR-BEN Family Farm Award Recipients:

Ronald L. and Ila Deinert, Malcolm Leroy and Rosemary DeVries, Hickman Margaret J. Hestermann, Walton Melvin and Lorraine A. Lesoing, Hickman Leroy Ringland, Bennet Orin D. and Ruth N. Schneider, Hallam
Farmers in Financial Control

Farmers who expect to obtain operating credit for the coming year will need to be in control of their financial progress. Major agricultural lenders have strengthened their underwriting standards to minimize future loan losses. The key to maintaining a first-class relationship with a creditor is to make sure that you are in control of your financial activities. In the future, specify standards of performance, monitor your financial progress, and have alternative plans available if problems occur.

To help judge your financial management skills, here is a quiz:
1. Do you routinely prepare all of the basic financial statements (income statement, balance sheet and cash flow)?
2. Are your financial statements thoroughly reviewed by another person involved with your firm (friend, lender, accountant)?
3. Are your records computerized?
4. Do you compare your financial performance with the market?
5. Do you develop cash flow budgets before any major expenditures?
6. After you develop a budget, do you really use it to monitor performance?
7. Does your annual operating loan or total cash flow vary by less than 10 percent from your budget?
8. Have you established your cash flow budgets in the previous three months?
9. Do you prepare financial statements for the future?
10. Do you compare the actual performance of your firm with your projections?
11. Do you routinely compare actual performance with your budget?
12. Do you monitor your financial progress on a monthly basis?
13. Have you written down your financial goals?
14. Do you have a formal contingency plan in the event your expectations are unfulfilled?
15. Do you have continuing management reports?
16. Have you reviewed your financial goals with your spouse and any partners?

Tally the number of "yes" answers and get your grade. If you answered between 13 to 16 of the questions with "yes," give yourself an A. If you answered 9 to 12 "yes" questions, give yourself a B. Less than 7 "yes" answers may indicate problems.

To find out what your financial condition may be, work with a financial planner or with your local cooperativeExtension service representative.
Lock-in Time
Night Owls Wanted!

A fun, end of the summer fling is planned for youth who will be in the seventh, eighth, or ninth grades this fall. The event will be held at the Lancaster County Extension Center.

Program will include:
- Games
- Pizza making
- Communication skills
- Movies
- Leadership skills
- Snacks
- T-shirt decorating (T-shirt provided)

4-H opportunities for junior high youth.

Registration fee is $10, payable to the Teen Council. Registration forms are available at the extension office or at the county fair 4-H office.

The lock-in committee includes Dani Wolff, Carrie Henschaw and Damon Spencers. Call Lorene for more information.

Ice Cream Social
Cool off with an ice cream cone or dish of ice cream during the barbecue, Friday, August 10, 6-8:30 p.m. in the new youth complex area.

Cup or cone only 75 cents with proceeds going to Teen Council educational and community service.

Sponsored by Gillette Dairy and 4-H Teen Council.

State Fair
Advance Tickets

State fair project exhibitors and 4-H activity participants will receive complimentary state fair tickets. Qualifying 4-Hers will receive detailed information after the county fair.

State fair tickets may be ordered directly from the Nebraska State Fair. They may be ordered over the phone using MasterCard or VISA or by mail with check or money order. There is a $2 per order handling charge.

Mail requests to: Tickets Nebraska State Fair P.O. Box 81202 Lincoln, NE 68501

Handicap Parking
There will be a few handicap parking spaces available for those who are in need. If you will be needing one, please send the license plate number to Peggy at the State 4-H Office.

State Fair Dates

See and learn about 4-H projects at a special project fair. Items made by 4-Hers in their projects are needed for this event. If you would like to help organize this event, or show your complete state fair exhibit, call Lynne Rosenberg, Mark Monday, October 29, on your calendars to make sure you have NE-BLINE for details.

4-H Project Fair

District Awards
Due October 1, 1990

Four-Hers who have exhibited at the state fair whose birthdate is between January 1, 1972 and December 31, 1976 are eligible for district awards. All entries are due to the extension office October 1, 1990.

I Dare You Award
Due October 1

The 'I Dare You' leadership award will be presented to one boy and one girl in recognition of their excellence in character, personal development, attitude and leadership. Students who will receive I DARE YOU, a book and t-shirt from tractor from Danforth. Nominations may be submitted by 4-H parents, leaders, or members.

Applications are available at the extension office and are due October 1.

4-H County Fair News

Rabbit Changes for County Fair

Exhibitors in the Rabbit Dress-Up Class that are not required to wear official 4-H Dress for that event must make up in place by 7 a.m. Thursday, August 9, and May leave after the show that day. This change has been made to reduce added stress on the rabbits during the heat. However, you may leave your doe and litter entry for the entire fair, if you wish.

Rabbit Quiz Bowl will be held Tuesday, August 7 and the Pet Class will be Thursday, August 9, at 2:00 p.m. followed by the Dress-up Class. There were two different times listed in the fairbook.

Join the Lancaster County Agricultural Society Fairboard

Stop by the County fair office and join the Lancaster County Agricultural Society. As a result of your support of youth, you may vote at the annual meeting this fall or be nominated for a board position.

County Fair Teachable Moments

County fair projects are excellent tools for 4-H'ers to help them "grow their own best critics." Providing youth opportunities to learn how to evaluate their own skills is as critical as evaluation from external sources such as judges.

According to Ellen Rosenberg, author of "Growing Up Feeling Good," parents, 4-H leaders and teachers may want to use these three questions to help them become self-evaluators.

1. What did you like about what you did?
2. If you could do it over, how would you do it more effectively?
3. What, if any, help do you need from me?

As a result, 4-H'ers will learn how to critique their skills and begin setting future goals.

What Do Ribbons Mean?

Ribbons are given to indicate the standard of quality of projects that has been achieved by 4-H'ers.

To review what they stand for:
- Purple = Excellent
- Blue = Above Average
- Red = Average
- White = Needs work

This is an acceptable ribbon. It shows that an entry needs more work or an exhibitor has room to grow.

National 4-H Week
October 7-13, 1990

Let's show our Lancaster County 4-H pride during National 4-H Week, October 7-13. What an excellent time to display your county fair 4-H projects at a school, supermarket, store or library! Check with those in charge before displaying your posters. You and your club can also encourage and do additional promotional activities during National 4-H Week using imagination and creativity.

Halloween Camp

Don't miss the fun of the 4-H camp "Things That Go Bump in the Night," Saturday, October 27 and 28 at the Eastern Nebraska 4-H Center. Registration forms will be available from the extension office.

4-H Recruiters Needed

Four-H recruiters are volunteers who help recruit 4-H members and leaders and organize 4-H clubs. Special training is provided and recruiters can work in the elementary school area in which they live. Any interested adults should contact Lorene.

Rocks and Changes

To remain consistent with the state fair contest the following changes should be made: make sure the word Lancaster is used on the score sheets of the Lancaster County fair. Re-weighs have launched are required to earn the five launch points given on the score sheet. This should be changed to read "10 twenty-five launch points." Failure to launch your rocket the required five times could have a serious effect on your plac­ ing. Ask any questions concerning these changes contact Mark Cashen.
General

College Scholarships

Need financial assistance for college education? Apply for one of the following scholarships. Forms are available at the extension office and are due October 1.

- Lancaster County Birdie E. Hutchinson Scholarship — $200 for high school senior majoring in home economics at UNL. In memory of long-time Lancaster County 4-H member and leader.
- Lincoln Center Kiwanis Club — $150 for 4-H member who will attend UNL.
- Hav deadlock Farmers Institute Scholarship — $100 each to one Waverly and one Northeast High senior 4-H, FFA or FHA member who will attend UNL.
- Contact Maureen for details.

County Awards - Due October 1

Any 4-H'er completing at least two years of a 4-H project area is eligible to apply for a county award. Members may apply in two project areas. The nomination guide will be used to evaluate the record book.

- 50% — Experiences in 4-H projects and activities
- 25% — Growth and development in 4-H leadership
- 25% — Growth and development in home economics at high school senior majoring in home economics at UNL.

Scholarship - $200 for at least two years of a 4-H membership.

Forms are available at the extension office.

Birdie E. Hutchinson County Awards - Due October 1

Any 4-H'er completing two years of a 4-H, FFA or FHA membership is eligible to apply for a county award. The nomination form can be obtained from the extension office.

Youth selected as county award winners will receive their awards at the Achievement Night, Tuesday, October 27.

Community Service Opportunity

Approximately 100 Christmas gifts are needed for the Elliot Headstart Program. Purchased or homemade gifts ($2 - $3) are welcome. You choose your projects.

For More

On-the-Grow

Horticulture News

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4-H Council Nominations Due September 15

Is this the time to nominate persons to represent you on the 1990 Lancaster County 4-H Council? Five new members will be elected. All 4-H members and leaders are eligible to hold a position on the council and are encouraged to submit nominations. Each position is held for two years.

What is a 4-H Council?

The 4-H Council is responsible for determining 4-H policies, establishing the planning committees, and finding resources to support 4-H events. There are nine meetings throughout the school year.

New members will be elected to fill the positions of the following members who will complete their two-year terms:

- Area 1: Dorothy Wierich
- Area 2: Gerald Halling
- Area 3: Todd & Dale Stente
- Area 5: Shelley Equal

Members will represent the following areas of Lancaster County, as indicated on the following map:

- Area 1: Northwest
- Area 2: Northeast
- Area 3: South
- Area 4: Southeast
- Area 5: Lincoln

Nomination By:

Area I Northwest
27th Street
Van Dorn Street
Area II Northeast
Van Dorn Street
Area III South
Lincoln City Limits
Area IV Southwest
27th Street
Area V

4-H Council Nominations

I nominate the following for consideration by the 4-H Council Nomination Committee:

Area 1 (Northwest): Adult:
- Dorothy Wierich
- Area 2 (Northeast): Adult:
- Todd Stente
- Area 3 (Southeast): Youth:
- Area 4 (Lincoln): Youth:
- Shelley Equal

Chris Clover Awards Program

All 4-H members are eligible to compete in the Chris Clover Record Book Awards program. The program was designed to prepare younger members for future participation in 4-H award programs. Also, it's an excellent way to reward and recognize youth for their accomplishments.

The record books are judged at the club level by leaders, committees of members, or exchanged with other clubs. All participants receive a bronze, silver, or gold ribbon based on points earned. The books are due to club leaders by October 1. Guidelines are available at the extension office. Contact Maureen for details.

August Blooming Perennial Flowers

Are most of your early summer perennial flowers done blooming for the year? Wouldn't it be nice to have a selection of perennials that bloom late in the summer? There are many attractive August blooming perennials available, and many bloom up until frost. Next year add a selection of late summer blooming perennials to your flower garden.

Common name

Black Eyed Susan
Sedums
Lavender Cotton
Goldenrod
Meadow Rue
Obedient Plant
Asters
Turtlehead
Helein's Flower
Hostas
Red Hot Poker
Gayfeather

Color

Yellow
Pink, Red, White
Yellow
Yellow
Lavender
Pink
Pink, Red
Pink
Yellow
Lavender
Red, Yellow
Rose, Purple

Height

2-3 ft.
2-3 ft.
1 ft.
3 ft.
3-5 ft.
2-4 ft.
3-4 ft.
3 ft.
3 ft.
1-3 ft.
3 ft.
1-2 ft.

This list is not complete. Check garden books and catalogs for additional late blooming perennials. Plan on enjoying your perennial garden until the cold weather sets in.

Moving Houseplants Indoors

The days become shorter and the temperatures begin to fall, it's time to bring houseplants back indoors. Carefully examine the plants for insect and disease pests. It is important not to introduce unwanted pests into the home where they may infest other houseplants. Remove any yellow or discolored leaves from the plant. If insects are spotted, use appropriate insecticides. Before applying insecticides, read and follow all label directions. Sapping insects, such as aphids, can be effectively controlled by simply washing the plant with warm, soapy water. Wash the foliage with a mild soap solution, one teaspoon liquid dish soap per gallon of water. If the plants are heavily infested with insects, it may be best to simply discard them.

Also check to see if the plants need to be repotted. Turn the plant upside down and tap the edge of the pot against a solid surface to loosen the rootball. If the roots are in a solid mass along the side of the bottom, the plant should be repotted. Repot in a container 1 to 2 inches larger in diameter at the rim. If the plant has grown too tall or spindly, prune it back. Place the plant in a good growing location in your home.
Dieting While Dining Out

Are you a "recreational eater" — that is, do you enjoy eating a nice dinner out as a form of entertainment? Next question — are you trying to lose weight? Third, and toughest question — can you do both at the same time? To eat out and stay on your diet, become creative about how you order. Here are some possibilities:

— Order a side dish instead of the main entree. In some restaurants, the side dish of pasta and sauce is large enough to be the main portion of your meal.

— Try a hearty soup for your main dish. A bean soup would be one example.

— Order an appetizer as your main course. Some restaurants offer specialty breads and spreads that might serve as a main dish.

— Consider a salad containing meat and/or cheese and go light on the salad dressing. To round out your choice of a lighter dish, you might order a roll as an accompaniment.

For more information about light-style eating out, write for a free copy of an extension publication on this topic — send a self-addressed, stamped envelope to: "Eating Out — Lightly But Delightfully" (HED88-238); c/o Alice Henneman; University of Nebraska Cooperative Extension in Lancaster County; 444 Cherrycreek Road; Lincoln, NE 68528.

Darnell Accepts State Ag Position

Kerensa Darnell, extension assistant, 4-H, has accepted a position with the State Department of Agriculture beginning August 1. Her responsibilities have included enrichment and a diversity of animal projects. She will continue association with 4-H by assisting with the 4-H Ambassador program on a volunteer basis.

Stop "Yo-Yo" Dieting

Does it get harder and harder to lose weight even though you’re eating a really low amount of calories? You may be experiencing "yo-yo" dieting. Like a yo-yo, some people continually lose and gain weight. Researchers believe that when you go on a low calorie diet, especially a very low calorie diet, you lose both fat and lean muscle. If you regain weight, you tend to gain back more fat than before. It’s felt that your body thinks it’s in danger of starving, slows the rate at which it burns calories, and stores up added calories as fat for an energy reserve. Thus, each time you diet, you lose weight — each time taking longer to lose weight and less time to regain weight. In a study of obese subjects, reported in the "University of California Wellness Letter," it took people a third longer to lose weight after their second round of dieting, even though their calories were the same on both diets. Rats put on a yo-yo diet cycle lost weight only half as fast the second time but gained it back in one third the original time.

What’s happening? Researchers believe that when you go on a low calorie diet, especially a very low calorie diet, you lose both fat and lean muscle. If you regain weight, you tend to gain back more fat than before. It’s felt that your body thinks it’s in danger of starving, slows the rate at which it burns calories, and stores up added calories as fat for an energy reserve. Thus, each time you diet, you lose weight — each time taking longer to lose weight and less time to regain weight.

The most successful diets include an exercise and behavior modification program.

The NEBLINE

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