7-1991

The NEBLINE, July 1991

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Seen any chinch bugs lately?

What if you end up with a severe chinch bug infestation to deal with? What about control with insecticides? The insecticides that are labeled for chinch bugs do kill chinch bugs, but they are not the total solution to the problem. This is because the insecticide does not contact chinch bugs that may be hiding in soil cracks and between the leaf sheath and the stalk.

The other problems are that chinch bugs invade sorghum or corn fields in “waves” and that short-lived insecticides on the market today make it very difficult to control chinch bugs. Results from Kansas State University show that no insecticide tested for chinch bug control is applied when bugs are out in the open. The time of day when most bugs are active will depend on temperature and amount of sunshine. Concool will be most effective if the insecticide is applied when bugs are out in the open. The time of day when most bugs are active will depend on temperature and amount of sunshine. In the summer better control is usually obtained before 10 a.m. and after 6 p.m., or following rainfall. Use a maximum of 30 to 40 gallons of water per acre in a directed spray when using a ground applicator.

Another practice that may add to the solution of controlling chinch bug infestations includes avoiding adjacent plantings of wheat and corn, or sorghum. Using trap crops that can be repeatedly treated and sacrificed for the well being of the rest of the field is another practical part of the solution. And of course, substituting soybeans, alfalfa or a similar crop in lieu of planting sorghum or corn in high risk areas is the surest solution.

For your convenience, the 4-H Building Food Booth also will be open.

Make sure it’s ripe

While some fruit and vegetables show unmistakable signs, the proper time to harvest many crops require a little more knowledge and experience. Guidelines for harvesting various fruits and vegetables are listed here.

Peach
Ground color is the best guide for maturity. Harvest when ground color or the color of the fruit’s skin changes from green to yellow. Discard the areas that have turned red, because it is not a reliable index of maturity.

Pear
Harvest when the ground color changes from dark green to a yellowish green and before the fruit is tree 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), which are green on immature fruit, become brown.

Raspberry
Harvest when the fruit is full color and separates easily from the center.

Tomato
For peak quality, harvest 4 to 6 days after fruits are fully colored. They will lose firmness if overripe.

Musk melon
The fruit of muskmelon or cantaloupe are mature when the stem slips easily from the melon with slight pressure. The melon is not ripe if the stem has to be forcibly separated from the fruit. 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 soft. The skin between the netting will turn from green to yellow. A ripe melon will produce a strong musky aroma.

Watermelon
Harvest when the melon is full-sized and the underside of the melon turns from a greenish white to a buttery yellow or cream. This color change is more noticeable on the varieties with dark skin. In addition, the fruit tends to lose its slick appearance on the top and become dull when ripe. Thumping or tapping the melon is generally not a good indicator of ripeness. The brown of the curled tendril attached to the vine near the fruit's skin is often a good indicator of ripeness.

From Pyrtle Elementary School Projects

Conservation Tips

1. Take short showers
2. Don’t let water run when you brush teeth
3. Don’t use the toilet as a waste can
4. Only do laundry if you have a full load
5. Water your lawn in the morning or night
6. Don’t fill the tub very full
7. Use a broom instead of a hose to clean sidewalks.

A Food Booth In “The Mall”

(South of the large animal arena in State Fair Park)

Enjoy hot food items from the grill as well as the usual food booth treats!

Open these days of the Lancaster County Fair:
Saturday, August 3 7:30 a.m.- 11 p.m.
Tuesday, August 6 7:30 a.m. - 9 p.m.
Wednesday, August 7 7 a.m. - 10:30 p.m.
Thursday, August 8 7:30 a.m. - 10:30 p.m.
Friday, August 9 7:30 a.m. - 6 p.m.
Saturday, August 10 7:30 a.m. - 9 p.m.

Come and join us!!

For your convenience, the 4-H Building Food Booth also will be open.

Extension Phone Numbers:
Office: (leave message after hours) 471-7180
After hours: 471-7170
Fax: 471-7148
NEBLINE RBBS: 471-7149
Summertime care.

Summer lawn care

Summertime may be a fun time for you and the family, but it can be hard on your lawn. The long, hot days of summer, together with the months of winter watering, feeding, and carefully following early spring and late fall lawns, are all part of the process to keep your lawn in good condition during the summer months. To encourage healthy, vigorous grass growth, certain fertilizers and conditioners should be used. For best results, summer lawn care should include:

- Mulching
- Watering
- Pruning
- Pest control

Mulching

Mulches help prevent a lawn from drying out and help retain moisture. Mulch is available in many different forms, including but not limited to:

- Chippings
- Wood chips
- Straw
- Stone

Watering

Watering is crucial to keeping your lawn healthy. Make sure to water your lawn deeply, but infrequently, rather than shallow and frequently. Watering early in the morning or late in the afternoon is best, as this helps minimize evaporation.

Pruning

Pruning is necessary to keep your lawn healthy and attractive. It involves removing dead or damaged grass, as well as shaping your lawn to your desired appearance. Pruning can also help promote new growth and improve soil structure.

Pest control

Pest control is essential to keeping your lawn healthy. Common lawn pests include weeds, insects, and diseases. It is important to monitor your lawn for signs of pest activity and take appropriate action to control them.

How to:

Pruning

- **Summer Pruning**: Prune in early summer to encourage new growth. Remove any dead or damaged grass and shape your lawn to your desired appearance.
- **Fall Pruning**: Prune in late summer or early fall to prepare your lawn for winter. Remove any dead or damaged grass and shape your lawn to your desired appearance.

Care of cut flowers

Flowers from your indoor display will last longer if you cut them at the right time, attractive if they are cut in the early evening. Cut each flower when the petals are closed. Place your cut flowers in a container of water. This is 100 degrees Fahrenheit for a few hours. This will condition them and prevent wilting. When you arrange the flowers, remove any leaves that will be below the water level; they will only decay and foul the water if left on. Use the correct size of container for the size of the flower. Most flowers need a container that is at least as wide as the flower stem.

Bacterial Blight of Geraniums

Bacterial blight of geraniums, caused by Xanthomonas campestris, is a common problem in the garden. It can be extremely serious when it does not break out. In the last few weeks, we have seen several cases of bacterial blight from garden and landscape centers. Several symptoms can be observed, but not all the symptoms may be present in all plants. One of the earliest symptoms is wilting of the leaf blade, while the petiole remains turgid; the result is that the collapsed blade droops over the petiole like an umbrella. This disease develops numerous dark brown spots, 1/8 to 1/4 inch across, surrounded by yellow halos; this symptom has been common on all the plants we’ve sprayed. Another leaf symptom is V-shaped, yellow halos at both ends of the V the leaf margin. This symptom usually appears in the middle of the petiole and in the zone of browning in the vascular system, followed by appearance of infected leaves. The petiole is also infected, the stem, especially near the base and, in some cases, the petiole may appear to be as rapidly as the stem rot progresses, or the plants may appear to recover unexpectedly.

The procedure for deadheading is to remove any flowers that have opened but not yet fully bloomed. The first flowering season of drying-up leaves. Some plants may require more than one or two applications of fungicide before the turgid, the result is that the collapsed blade droops over the petiole like an umbrella. This disease develops numerous dark brown spots, 1/8 to 1/4 inch across, surrounded by yellow halos; this symptom has been common on all the plants we’ve sprayed. Another leaf symptom is V-shaped, yellow halos at both ends of the V the leaf margin. This symptom usually appears in the middle of the petiole and in the zone of browning in the vascular system, followed by appearance of infected leaves. The petiole is also infected, the stem, especially near the base and, in some cases, the petiole may appear to be as rapidly as the stem rot progresses, or the plants may appear to recover unexpectedly.

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Fertilizing established alfalfa

One advantage often cited when fertilizing alfalfa is that it is not as labor-intensive. This is true on some point. While alfalfa does make up its nitrogen, it often contains more as a result of the addition of other nutrients, notably phosphorus.

Fertilization must be carefully planned considering the nutrient composition of the alfalfa and the needs of the soil. When there is a need for phosphorus, it will show up in the alfalfa plants. Therefore, it is only necessary to fertilize with phosphorus when the need is present.

The need for phosphorus often is not readily apparent. Alfalfa usually shows visible symptoms when it is short of nitrogen. However, if the return is poor, there may be a need for phosphorus. This is when a solid initial fertilization schedule should be used.

Because phosphorus is essential for the growth of alfalfa, it must be added to the soil. Phosphorus is often added as a dry substance, such as ground shale, which is rich in phosphorus. The use of a commercial fertilizer, such as bone meal, may also be effective in providing phosphorus to the soil.

The best time to fertilize with phosphorus is at the beginning of the growing season or when the soil is moist. The use of a commercial fertilizer, such as bone meal, may also be effective in providing phosphorus to the soil.

Not all turf! Land application of septic sludge

The Lincoln-Lancaster County Health Department has received reports of septic sludge and potentially hazardous materials being applied to the Lancaster County farm land. Land application of sludge is not a legal method of treatment unless the land is used and maintained as certified by the health director. The purpose of this action is to remove a portion of the hazardous waste that is not being handled properly.

If this waste is being illegally applied to Lancaster County farm land, it is the potential to contaminate crops and to put off area streams and affect water quality. In addition to water quality protection, the Health Department is also concerned that the land applied waste may include more than just septic sludge. Because septic cleaners also service several types of businesses and various other industries, hazardous waste could be included in the septic sludge load. Farmers who may apply septic sludge on their land without Health Department approval may be found by County Court as a party to an illegal act and may become responsible for clean-up, and may be denied the right to sell or use property. The decrease in value may occur when a prospective buyer discovers that uncontrolled septic sludge application has occurred.

Before land application of septic sludge is allowed in Lancaster County, approval must be obtained from the "Land Application Expert". Usually the landowner, a review of the treatment method and inspection of the site is performed by the Health Department to assure compliance with all federal, state and local regulations. This means a septic cleaner must have a signed document from the landowner showing permission for the landowner to apply septic sludge and that the cleaner will take precautions to protect public health.

For additional information, please contact the Health Department at 471-8022.

2,4-D timing is crucial

Corn should not be sprayed with 2,4-D from a day before tassel emergence until after the silks turn brown during this time often interferes with pollination and may cause yield reduction. After the silks turn brown, pollination is complete and 2,4-D can safely be used.

Sorghum should not be sprayed with 2,4-D from the boot through the dough stage. As corn, pollination problems and yield reduction results from spraying sorghum during this same period. Hence, 2,4-D should be sprayed after the dough stage. Between a 12-inch height and boot stage, a drop extension should be used to get the 2,4-D to the top of the sorghum whorl. For specific details, refer to label instructions of the particular brand being used.

Producing Pork Profitability

For many swine producers in Nebraska, swine production is one of the most profitable industries in the state. In the last half of 1989, Nebraska Swine Producers Record hired 13 consultants, which were utilized by 60 swine producers in Nebraska, with 40 of the 60 reporting increased profits from swine production.

One of the most profitable industries in the state of Nebraska is swine production, which has witnessed an increase in profitability. The increase in profitability has been attributed to a variety of factors, including changes in production practices, increased efficiency, and the use of new technologies.

The number of litters has a greater potential for profit than the number of piglets produced. Also, with some herds, there is a decrease in the amount of feed required for the growth of piglets. When the feed requirements for the growth of piglets are reduced, the amount of feed required for the growth of the sow is also reduced. Therefore, the total feed cost per pig produced is lower, which results in an increase in profitability.
HINTS FOR SUCCESSFUL EXHIBITING

Make your experience at the fair more successful by:

- Each exhibit needs an entry tag and club label
- Put a club name label or write your club name and exhibitor number on all entries
- Use ziploc type bags for food entries
- 4-H age is as of January 1, 1991
- Exhibit clean garments
- Mark entry tag of items to be interviewed
- Use straight pins to hold hangers
- Pin entry tag on LEFT side of garment (as it is worn)
- If more than one hanger is used for an entry, fasten hangers belonging to one exhibitor together with a twist tie
- Pin hanger on the hanger with hook to the garment at the front of the hanger
- Pin entry tag on LEFT side of garment (as it is worn)

SHOW ME! TELL ME!

The demonstration contest will be held Wednesday, August 7 at 3 p.m. and Saturday, August 10, at 8:30 a.m. in the Demonstration Complex, Rooms C and D. A schedule will be mailed to those registered to give demonstrations.

FINE-TUNE YOUR HORSE JUDGING SKILLS

Each 4-H’er enrolled in a plant science project is encouraged to participate in one or all of the county fair plant science judging contests. They’re educational and best of all, they’re fun. They’re educational and best of all, they’re fun.

The 4-H’ers will need help during the fair. Call the University of Nebraska Cooperative Extension in Lancaster County at (402) 352-7387.

WHOA! DON’T FORGET...

All county fair 4-H horse entries sheets must be submitted in the extension office by 5 p.m., July 22, in order to compete in the 1991 Lancaster County Fair Horse Show. Entry sheets are available from 4-H club leaders or at the extension office. All exhibitors must have successfully passed their level one, or higher, horsemanship certification by this date to be eligible for any of the events. Only horses enrolled on the 4-H identification form by June 1 are eligible for the fair. Colts and fillies born after June 1 are eligible, if enrolled within two weeks of birth.

THE SOUNDS OF MUSIC

The 1991 Music Contest is Friday, August 7 at 7 p.m. in Kimball Recital Hall on the University of Nebraska-Lincoln City Campus, 1113 Street. Entries are due in the University of Nebraska Cooperative Extension in Lancaster County by Monday, August 5. The contest will begin at 9:30 a.m. on Saturday, August 8.

JOIN THE PARADE

Imagine the smell of hamburgers on the grill — or the sizzle of sausage as it cooks to perfection! This will become a reality at the 4-H Food Booth at the 1991 Lancaster County Fair. 4-H Alumni, Ambassadors, Home Extension Club members, and other interested volunteers are invited to assist in the food booths. We are looking for — one person in the 4-H building and one on “The Mall” (south of the large animal arena). The needs are: 10 4-H projects such as leader training, camp scholarships, medals and membership pins, and the camp counselor program. The food booths open on August 5 and remain open in operation through August 10. The booth schedule includes two-hour shifts from 7:30 a.m. to 11 p.m. each day. Volunteers in the extension office will designate the times you are qualified. Call the extension office to secure your one-hour time slot.
1992 lessons for home extension clubs and other groups

Training and materials will be available to group leaders in 1992 on the following lessons:

- Essentials of Successful Agri-Business
- Health and financial aspects of consumer buying
- Impacts of personal and social factors which may affect the later years of life

By starting early and making improvements whenever possible, you may add high satisfaction to your later years of life.

Waste management and disposal can improve your health and your environment.

Learn safe disposal methods as well as safer ways to store and use such things as cleaning products, home canning, household batteries, old appliances, and household chemicals.

Working With An Adult's Trusts and Alternatives for Living

"Living" trusts are being sold as an alternative for property distribution at death.

Learn just what a "living" trust is and how it can save you time and money, work with an attorney, and how to create a valid "living" trust.

Exact information as to which of these trusts will be given will be available after August 15. Materials and sample trusts are available January 1, 1992. (EW)

55 Alive course offered in July

Cy Miller, representative for the AARP-Mature Driving Course, will be teaching 55 Alive, an eight hour class, on the old hotel, Sunday, July 15, 1:00-4:00 p.m. Each registration fee for the complete course is $6.00. Interested persons should call phoning the Extension Office, 471-7180. Participants are asked to bring a sack lunch. Beverages will be available. (EW)

How to survive a family vacation

Cramming mom, dad, the children and the pets into the car, making sure you bring Dia-to-go and making sure you’re on time for the vacation is just the first step. But before you do—

Hold a Couple of "Mobile" Reference to Troublehead.

If you’re on the road and have to keep mov­ing, then you’ll be behind the age. As a matter of fact, you can’t keep up with at least one of the new children.

Discuss problems that might come up and ways to solve them. Unresolved prob­lems that arose on previous trips, and talk about how they could have been handled bet­ter.

Have your salaries. Each

Teens learn from summer jobs

Many teens will spend the summer employed, but those who handle their money poorly and spend a source of income may be missing an important educational opportunity.

A part-time job may not seem like the best job to a teen, but if it’s the family’s future on this planet, an income is essential for Maui’s future on this planet.

Think about the job.

Do you have to interact with people? Does the job give you a chance to practice communication? Are you learning new skills? Are you learning something about running a business?

You need a job that allows you to do what you want to do and is rewarding to you.

Carpet stains can be a pain!

Regular care is vital to retaining properties of your carpets and preserving the wear life. Even the most modern of vac­uuming at least once a week will remove tracked-in soil from the surface of your carpet, but carpet stains require immediate at­tention. Some stains may be removed if they are properly treated before they have time to set and set.

A thorough stain removal chart is available in the Home Extension News. (EW)

How to get tips for a healthy diet by calling:

477-3333

Enter Code 1760

Accesible from any touch tone phone.

USDA’s meat and poultry hotline links you to scientists

Some 80,000 callers a year check USDA’s Meat and Poultry Hotline for safe food handling advice on everything from making the home-base turkey to when to discard leftovers.

But the Hotline also does another job,” says manager Linda Temple” in charge of USDA’s Food Safety and In­spec­tion Service (FSIS). “Several months ago, we’ve evolved into an educational resource for consumers and scientists.”

Through the Hotline, says Temple, “con­sumers can get information and the latest research of food safety…our recipes are given a window on the everyday problems consum­ers have with food.”

How does this work?

Talk at length with the professional caterer who called the Hotline per­plexed by her bright red fully cooked meatballs.

“Are they done?”

The caterer was asking for assistance.

Hotline researcher Bessie Berry knew there could be a number of reasons for a fully cooked meat that turned red.

First, the meat could have taken too long to cook or it was not hot enough.

She told the caller that studies show that meat gets pink on the surface after thorough cooking, and that the food is safe to eat even if it results in inaccurate timing.

USDA has also found that cooking meat with some vegetables, like broccoli or mushrooms, in the pan can cause a thin product or cause a thin product or cause a mold growth and to get a good seal on the jar.

Boil the water first, boil it’s generally safe to cook. Red meat red meat is 160 degrees F, poultry to 180 degrees and fish until it finishes with a fork.

The Hotline Team

USDA Home Extension Hotline Service (PSIS).

The staff includes former nutrition educators, public health and com­munity nutrition experts, a consumer adviser, microwave

continued on page 6

Challenge for home business owners

Get dressed for work.

This helps create the role by wearing what is appropriate to the job.

Set up business/work office home.

Dress up around the house. Reinforce work by getting to work on time and stopping on time.

Many home-based businesses operate in a traditional office organized, present office/workroom. Create a business look, espe­cially if customers come to your home.

Be alert to water showers.

Set up the clock, the telephone, machine, group our por­table office, set up place where customers will have to work in a location that is comfortable.

The NEBLINE

Page 5

Nursing home insurance update

Chet McPherson, life insurance specialist with Lincoln Financial Group, will be offering nursing home insurance on Tuesday, July 23, 7:30 to 9:00 p.m. This is an opportunity to ask questions.

Persons who are wondering whether to invest in a nursing home insurance policy, or what to look for when evaluating policies, are encouraged to come and take part in the talk.

Pre-registration is requested by Friday, July 19. Please call 471-7180 to register. There is no fee for this meeting. (EW)
Renter's insurance: Not just for those starting out

Today's home or apartment renter is often an older single or a single parent. The three-quarters of the nation's 35 million renters have no insurance to protect their personal possessions in case of loss. Insurance costs depend on the possessions and their value. Choosing to pay a larger deductible in case of loss is one way to cut the premium cost. The replacement cost feature, may be worth the added 10 percent to 25 percent of premium costs, instead of relying on the "depreciated" figure for any loss.

Liability coverage is also an important feature to renter's insurance. Depending on what a person owns, there may be a need to have 100/30/10 coverage. This means that the renter would be covered up to $100,000 for bodily injury or death of one person up to $30,000 for bodily injury or death of up to five people in an accident. The $10,000 covers property damage up to $10,000 for one accident.

USDA’s hotlines link continued...

What to do when you lose your income

Losing income is traumatic. Some are able to take to ease the burden.

Start by communicating with your family. Discuss how much income is spent, what is and is not important. Jointly decide to make temporary changes.

Take a financial inventory, namely how much money is coming in and what needs to go out. Write down all expenses. Place a check by those you must continue to make, including rent or mortgage, utilities, car payment, gasoline and food. Less critical ones such as entertainment and clothing can be adjusted. Put a lid on unnecessary spending.

Write down where all the money goes. Carefully monitor spending so you can stick to your temporary crises budget.

Don't ignore bills. Immediately contact creditors and explain your situation. They may be able to work out smaller payments for you on a temporary basis.

Above all, don't panic. Keeping a cool head during crises is extremely important. (AF)

Spring Pasta Salad

6 ounces reduced calorie buttermilk dressing
1/4 cup reduced calorie salad dressing
topping Beemounde Seasoning
1/2 teaspoon salt
1/4 teaspoon pepper
cups or about 8 ounces (uncooked) corkscrew pasta (or shells, rings, etc)
cups cubed, cooked chicken
1/2 cups sliced celery
1/4 cup chopped red onion
1/2 cup chopped green pepper
cup (1 ounce) mandarin orange segments, drained
cup (8 ounces) sliced water chestnuts, drained
cup seedless grapes, halved lengthwise
Buttermilk dressing, salad dressing and Beemounde seasoning, salt and pepper and refrigerate overnight. Cook pasta according to package directions. Combine with remaining ingredients. Add dressing, blending carefully. Refrigerate several hours to chill. Serves 6. (EM)

Healthy eating tips

Eating a diet that is balanced is time-tested advice. In short, that means a wide variety of foods without too many calories or too much of any one nutrient. These 10 tips may help you follow this time-honored advice.

1. Eat a variety of nutrient-rich foods. You need more than 40 different nutrients for good health, and no single food can provide them all.
2. Enjoy plenty of whole grains, fruits and vegetables. Do you eat several servings of these foods daily? Many Americans do not get enough of these foods at first, give them another chance. Look for whole grain breads and cereals and fresh fruits and vegetables to improve your diet.
3. Maintain a healthy weight. Obesity increases your chances of such health problems as high blood pressure, stroke, diabetes, some types of cancer and other illnesses.
4. Eat moderate portions. If you keep portion sizes reasonable, it's easier to eat the foods you want and stay healthy.
5. Eat regular meals. Skipping meals can result in over snacking and forgetting about good nutrition.
6. Reduce, don't eliminate certain foods. If your favorite foods are high in fat, salt or sugar, the key is how much of these foods you eat and not how often you eat them.
7. Balance your foods so they do not contain too much of any one nutrient. Not every food has to be "perfect." Your food choices over several days should add up to a healthier diet.
8. Know your diet pitfalls. To improve your diet, you first have to know what's wrong with it.
9. Don't change gradually. Just because there are no "super-foods" or easy answers to a healthy diet, don't expect to totally alter your eating habits overnight.
10. Remember, foods are not good or bad. Select foods based on your total diet, not whether any individual food is 'good' or 'bad.' (AF)

Carpet stains continued...

3. Use small amounts of recommended solvents. Overwetting can lead to more problems such as brown spots and mildew.
4. Work from the edge towards the center of the stained area.
5. Use repeated applications of solution as long as any staining material is removed. Use a blotting technique: DO NOT RUB.
6. Dry the cleaned area by covering with a pad of clean, white, absorbent material and weighting it down. Air drying may cause a ring to form.
7. When the area is dry vacuum or brush by hand and remove pile.
Pre-District Show results

The 1991 Pre-District 4-H Horse Show was held Sunday, June 9 at the Wranglers arena with a total of 100 entries in eight events. This show is held annually as a warm-up for 4-H members who must qualify at a district show in order to participate in the Nebraska State and Ak-Sar-Ben 4-H Horse Expositions. Winners for each event included:

Junior Division
Western Horsemanship: Angie Kruml, champion; Adrianne Graham, reserve
Western Pleasure: Jamie Cowell, champion; Kari Brandt, reserve
English Equitation: Angie Kruml, champion; Tina James, reserve
English Pleasure: Tina James, champion; Kari Brandt, reserve

Senior Division
Western Horsemanship: Jessica James, champion; Jayme Ager, reserve
Western Pleasure: Anne McCabe, champion; Lindsey Kerry, reserve
English Equitation: Staci Petek, champion; Anne McCabe, reserve
English Pleasure: Anne McCabe, champion; Staci Petek, reserve (WS)

Teen Council meeting and swimming party set

Final plans for county fair activities will be made at the Teen Council meeting/swimming party on Sunday, July 14 at 2:30 p.m. (All are welcome.) Social hour will be at 2 p.m. and come to 3800 Loveland Drive (Jim and Marilyn Schepers’ home), to make posters for the Teen Dance and Ice Cream Social and to finalize schedules for the Ice Cream Social and Food Booth.

Discuss your creative ideas and join other teens in helping to make the county fair run smoothly. Bring your swim suits and towels and let's have some fun. If you have questions, contact Teen Council President Damon Schepers at 486-6113. (ALH)

Teen Dance at the County Fair

Gather your 4-H friends and celebrate at the county fair exhibitors’ dance on Friday, August 9 from 8:30 to 11:30 p.m. Parents - you are needed to chaperone, so please contact Arlene with the University of Nebraska Cooperative Extension in Lancaster County if you are willing to help. (ALH)

Pork BBQ

Spend an evening with your family and friends at the pork barbecue Friday, August 9, 6 to 7 p.m. by the demonstration gardens. Tickets are available for $2 from the University of Nebraska Cooperative Extension in Lancaster County. Club leaders may check out tickets to be purchased by the club officers and friends. Money and un­sold tickets need to be returned to the Extension office by August 1. (MK)

Family Night

Not a 4 x 6 card. The 4-H member should be familiar with the exhibit he/she is entering. If no 4-H award is worth sacrificing the reputation of a 4-H member or leader.

Growing Up Female

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

Date: Saturday & Sunday, September 14-15, 1991
Where: Eastern Nebraska 4-H Center

Would you like to enhance that special relationship between you and your preteen daughter, stepdaughter or grand-daughter? If so, here’s an opportunity for you.

The Growing Up Female retreat is designed to provide a quiet, reassuring atmosphere including optional recreation. This retreat will:
• Enhance effective communication skills.
• Learn more about human sexuality.
• Build self-esteem and decision making skills.
• Discuss the importance of individual family values.

Registration is limited to 15 preteen/adult pairs from each of Lancaster and Douglas Counties. Cost is $60 per pair and includes ten meals, snacks and lodging. A few scholarships are available for participants with limited resources. For more information, please contact Maureen Burson. (MHB)

This We Believe...

• Four-H boys and girls are more important than 4-H projects.
• Learning 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 way of doing good 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 more important than “grooming”.
• Sound growth of programs and numbers of boys and girls reached are important measures of vitality.
• Competition 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 needed, to be recognized, to win, and to be praised.

To Make the Best Better

by Christy Kucera

All 4-H’ers have heard this motto and try to follow it to the best of their abilities. But, once in a while, some members may not understand that motto and the person who personifies that motto in a special way. For Lancaster County, that person is Dorothy Wiechert.

Dorothy was a 4-H mem­ber in the 1950’s. Her interest in 4-H was rekindled in 1951 when she was asked to be an assistant leader, working with the members in the sewing project. In 1959, she assumed full responsibility for the club - The Emerald J. Homemakers.

She and her club are still going strong after over 40 years.

Through the years, Dorothy has taught over 140 youth the importance of serv­ ing the community as well as many practical living skills. On the average, members in her club do a job of four years and she provides leadership for approximately 15 members.

Dorothy has been a Home Extension Club member for 44 years. She has served the Lancaster County Extension Council and the 4-H Council. She and her husband, Charles, have raised four children, all of whom were involved in 4-H projects.

Dorothy says she has no­ticed a gradual change in the area of projects from mainly foods, sewing and livestock to the present unlimited choices that provide members with opportunity to explore many other fields of interest and personal growth.

“It is a privilege to be a part of the 4-H Program, share in the excitement of their achievements and at the same time help ease their disap­pointments,” says Dorothy.

Aside from her work in 4-H and extension, she also has been an active member of St. Paul Methodist Church, the Nebraska Dairy Women, the Pleasant Dale Legion Auxiliary, the P.E.O., Nebraska Farm Bureau, A.P.S. - as a woman’s club and sponsor, the Mayor’s Committee on Friendship, the Emerald School Board, and the City-County Planning Commission.

Dorothy eloquently sums up her feelings about 4-H by saying, “As a parent or leader of 4-H, I have realized that we would like for time to just stand still, yet it is with great pride that each member has made the most of their 4-H years, using this bit of knowledge as they continue their future, and continue to "Make the Best Better!"

Christy Kucera is a 4-H Ambassador and a nine year member of the Emerald Jr. Homemaker 4-H Club.
4-H programs at the U.S. Space Camp

The U.S. Space Camp in Huntsville, Florida offers space exploration programs for 4-H members in grades 3-12. They are:

1. "Blue Sky" Weekend - 4-H members spend a week-end at the space camp and complete the entire "Blue Sky Below My Feet" 4-H program including the use of training simulators and a space shuttle replica. The agenda includes two nights lodging, five meals, a trip to Kennedy Space Center, and the U.S. Astronaut Hall of Fame. Cost is $65.

2. Space Camp Action Tours - This is a four-hour, mini space camp where each 4-H member experiences one of the astronaut training simulators and visits the U.S. Astronaut Hall of Fame. Cost is $5.

3. Outer Space Tours - This includes a Space Camp Action Tour, overnight accommodations for a Friday or Saturday night, two meals, and a visit to the U.S. Astronaut Hall of Fame. Cost is $25.

For more information, call Arlene at 471-7180.

At Pyrite School in room 12 4th graders learned some interesting facts about water. A lady came from Water Riches and explained to them about water pollution. She brought a model to help show us how water gets polluted. The class also watched five TV programs made by Water Riches. After the program, they got a small newspaper and talked about what they learned on the program.

A man came out and told them where they got their water. He brought some maps to show them where the river was that they got their water from. Now, 4th graders are concerned about using less water and water pollution.

From Pyrite Elementary School, projects directed by Nancy Falter

Extension Calendar

All programs and events will be held at the University of Nebraska Cooperative Extension in Lancaster County unless otherwise noted.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>July 1</td>
<td>4-H Livestock Booster Club</td>
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<tr>
<td>July 11</td>
<td>Paws and Claws Club meeting, 7 p.m.</td>
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<tr>
<td>July 11</td>
<td>Rabbit VIPS Committee meeting, 7:30 p.m.</td>
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<tr>
<td>July 13</td>
<td>District Dairy Show, Beatrice</td>
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<td>July 14</td>
<td>Teen Council Swimming Party, 2:30 p.m., 3820 Loveland Dr.</td>
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<td>July 15/16</td>
<td>55 Alive Mature Driving Course, 10 a.m. to 2:30 p.m.</td>
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<td>July 15</td>
<td>Critter Sitters Club meeting, 7 p.m.</td>
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<td>July 16</td>
<td>Star City Rabbit Raisers Club meeting, 7 p.m.</td>
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<tr>
<td>July 22</td>
<td>County and State Fair Animal Entries Due</td>
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<td>July 23</td>
<td>4-H Horse VIPS meeting, 7:30 p.m.</td>
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<tr>
<td>July 29-30</td>
<td>Music Contest practice sessions, 9 - 3 p.m., Kimball Recital Hall</td>
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<tr>
<td>July 31</td>
<td>Fair Superintendents’ meeting, 7:30 p.m.</td>
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1991 Lancaster County Fair
August 6, 7, 8, 9 & 10 State Fair Park