9-1992

The NEBLINE, September 1992

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Carpenter Ants difficult to control

Ant invasions can be a major annoyance to homemakers. But, carpenter ants cause structural damage to wood construction in addition to being a nuisance. As their name suggests, these ants use their mouthparts to gouge galleries the entire colony. Carpenter ants rarely invade sound wood, but tunnel most easily in wood that has become wet and started to decay. Carpenter ants are some of the largest ants found in Nebraska (about 3/8" to 1 1/2" long) and are black or red.

The best way to control carpenter ants that nest inside a dwelling is to find the nest and destroy it. Inaccessible spred-sites inside the home will kill some of the worker ants, but unless the entire nest is treated, the queen will continue to produce additional members for the colony.

Locating a nest can be difficult because nests may be within walls or roof rafter. At this point, some homeowners may prefer to work with a professional pest control company. The most likely places to find carpenter ants are where wood has been wet and weathered, such as rotting timbers about the foundation, window sills, porches, around leaky plumbing and in rafters under a leaky roof. Carpenter ants are most active in the evening hours foraging for all kinds of food, both inside the house and outside. By following ants, you may find the nest.

Carpenter ants keep the tunneled galleries very clean and push the sawdust and dead insect parts out small holes in the wood. A small, fresh pile of sawdust under the nest is the typical sign of an active carpenter ant nest. Once a nest is found, treat it as you would any insecticide dust or spray. Injection of insecticide into all voids or the nest itself may be necessary to insure complete control.

To prevent further carpenter ant infestations, trim all trees and bushes so branches do not touch the house and correct moisture problems such as leaky roofs and plumbing. Paint and/or seal exposed wood before it becomes wet. Replace ant-infested wood, rotted, or water-damaged wooden parts of the structure and eliminate wood/soil contacts. Remove dead stumps on the property and store firewood off the ground and away from the structure.

Because of their location and the necessity of destroying the nest, carpenter ant infestations may be difficult to control. For more information about ant control refer to Nebraska Guide 03-649, "Ants", and Insect Facts Sheet IFAX-3, "Ant Control". Both can be obtained from the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherry Creek Rd., Lincoln, NE 68528. (IFPS)

Computer volunteer honored

Worrest named City-County Volunteer of the Month

Jim Worrest was named Lincoln-Lancaster County Volunteer of the month at the July 28 Lancaster County Commissioners meeting for his volunteer service as Sysop (Systems Operator) of Nebline RBBS (Remote Bulletin Board System). Jim has been associated with Nebline RBBS since it was started in 1987, volunteering thousands (Don M. 7.4) of hours in a rather new way...with his personal computer and his modem.

Jim dialed up the Nebline RBBS computer from his home computer to answer electronic mail, perform file maintenance and check the validity of the information and programs found on Nebline RBBS.

Over the years Jim has helped users of the HBBS to learn about computer communications and discover what can be done with computer communications. His expertise in communications and computer technology, and his willingness to help other people with questions in these areas make him a valued resource on the bulletin board, and adds another dimension to the system.

If you have a personal computer and a modem, and would like to see what Jim has been working on, logon to Nebline RBBS at (402) 471-7149. (MDH)

Tausha Broer earns spot as Top 4-H Horse Exhibitor

Each year the Wilhelmina Fischer Witslruhk Memorial Trophy goes to the individual gaining the most points from pre-selected premium events at the county fair. A maximum of six events may be entered for cash premiums by 4-H horse exhibitors. Their premium classes are limited to four riding classes and one halter event for all shows in Nebraska. Exhibitors will receive prize money for the highest points earned at halter. The top honor this year went to Tausha Broer, daughter of Eric and Janet Broer of rural Lincoln. Tausha had the highest score with purples in all six premium events. She received reserve champion in senior pole bending. Tausha is a member of the Regulators 4-H Club. Her 4-H leader is Jon James.

Eating heart-healthy can be a lot of fun also!

According to the American Heart Association (AHA), heart disease may begin in childhood and progress through adulthood, even though symptoms usually do not appear until middle age or later. Therefore, it is never too early to begin a heart-healthy eating plan. The AHA recommends the following guidelines for all healthy children and adolescents over the age of about two years:

- Nutritional adequacy should be achieved by eating a wide variety of foods.
- Calories should be adequate to support growth and development and to reach or maintain desirable body weight.
- Less than 10 percent of total calories should come from saturated fats. Total fat intake should be no more than 30 percent of total calories. Dietary cholesterol should be 100 mg. for every 1,000 calories, not to exceed 300 mg. per day.
- Children can take an active role in developing their own heart-healthy eating plans. The first step might be to let them choose low-fat foods in the grocery store. Of course, parents will want to explain which foods are appropriate. If children are involved in the selection and preparation of food, they will be more likely to eat it. The following recipes are fun and nutritious snack foods for the entire family. Bon appétit!

Please turn to Heart: Page 7

Office Information:

Phone Numbers:
Office: 471-7180
After hours: 471-7170
Fax: 471-7148
NEBLINE Bulletin Board: 471-7149

Office Hours:
8 a.m. to 4:30 p.m., Monday - Friday
Landscape trees may need thinning

Whether you want to start a new garden next spring or enlarge an existing one, this fall is the time to start planning for it. Weeds tend to be the bane of home gardeners. You can reduce problems with grasses, perennial weeds and annual weeds by eliminating borders and weedy areas. A weed will appear to be a small weed a few weeks after it germinates and grow into a large nuisance. In fact, early frosts injure leaves and reduce the brilliance of autumn leaf color. In reality, the change in color is a result of chemical processes which take place in the tree as a reaction to autumn's cool temperatures. Winter what remains of the leaves is called fall color. Do not till the ground in the fall. Fall tilling may make the soil too warm to allow the fall till to freeze, so that what remains of the soil will be turned under by the freeze and will be loose and crumbly. Beginning in late September the ground becomes active very early next year. Autumn leaf color is not only a result of the color of the leaves, but of the amount of chlorophyll in the leaves. Caretoid pigments cause yellow leaf color such as in the cottonwood and ash trees. Some trees, such as sugar maple, contain both pigments and create spectacular mixtures of orange, red and yellow. Other trees can contain only one and merely turn brown as the chlorophyll disappears from leaves in the fall. After the chlorophyll is gone, the leaf is essentially dead and soon begins to dry. It is only a matter of time before the leaf falls to the ground. (MJM)
Looking for grain profits?

The Nebraska Soybean & Feed Grains Profitability Project will begin fall enrollment on September 17th. The program includes three components: on-farm research, educational programs, and farm record analysis. The project combines the efforts of private industry and University of Nebraska Cooperative Extension personnel to help producers determine profitable production, management and marketing strategies for localized areas.

A computerized farm record analysis provides an in-depth look at the member’s soybean, corn or grain sorghum enterprise and creates a baseline for sound management and marketing decisions.

Educational programs including tours, demonstrations, and discussions for the varieties, tillage, herbicides, fertility, entomology, pathology, cultural practices and scouting.

The on-farm research comparisons provide the member with the opportunity to judge an alternative production strategy against the current production system.

Enrollment in the Nebraska Soybean & Feed Grains Profitability Project requires a commitment of three years toward the project in order to generate reliable results from the on-farm research comparisons.

Please contact Dave Varner at the University of Nebraska Cooperative Extension in Lancaster County at 471-7180 for a program brochure and additional information. (DV)

Insecticides

Environmental Protection Agency begins to review priorities

Impelled by budgetary constraints and a growing list of environmental problems, the Environmental Protection Agency (EPA), in the late 1980s, began to consider whether its resources should be spent on the problems that pose the greatest risk to public health and the environment. The agency subsequently concluded that the nation is actually devoting more resources to problems that have captured public attention than to problems that are lesser known.

In an effort to find a way to target the agency’s resources where they would have greatest benefit, EPA’s Administrator in 1986 commissioned a team of 75 senior agency managers and technical experts to assess the risks associated with a range of environmental problems. In its report, entitled “Unfinished Business: A Comparative Assessment of Environmental Problems,” the project team concluded the EPA’s program priorities, as reflected in its budget, did not correspond well with rankings of environmental risk.

The report identified 31 environmental problems, ranging from global climate change to drinking water contamination and air pollution, and ranked them according to four broad categories:

1) Plowing stubble and volunteer wheat prior to planting;
2) 2,4-D plus 1 pt Banvel; Landmaster BW 80; Tordon 17% plus 1 pt 2,4-D. Delay tillage

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1) Plowing stubble and volunteer wheat prior to planting;
2) 2,4-D plus 1 pt Banvel; Landmaster BW 80; Tordon 17% plus 1 pt 2,4-D. Delay tillage

The Critical Difference

The eighth annual farm and ranch management conference for women

September 17 & 18, 1992

Kearney, Nebraska

Presented by:
Department of Agricultural Economics
Nebraska Cooperative Extension
Institute of Agriculture and Natural Resources
University of Nebraska-Lincoln

To receive a registration brochure, call 1-800-535-3456 or contact Lancaster County Extension office at 471-7180

Prevent Hessian fly problems

Preventive measures are the best safeguard against Hessian fly problems since chemical controls are not a practical solution for this pest. Prevent Hessian fly infestations by:

1) Plowing stubble and volunteer wheat prior to planting;
2) 2,4-D plus 1 pt Banvel; Landmaster BW 80; Tordon 17% plus 1 pt 2,4-D. Delay tillage

The project team concluded the EPA’s program priorities, as reflected in its budget, did not correspond well with rankings of environmental risk.
Carole’s comments

Change is everywhere. The world is changing, our country is changing, our personal lives are changing, even our organization is changing.

The first change, Lorene Bartos is our adviser, and she will be helping us with lessons as well as her other duties.

For those of you who attend a meeting or have a question about collection the dues at your September meeting. Please pick up your reorganization packet before your September meeting so that you have all the necessary forms. The dues need to be sent in by October 1.

Also in your packet you will find a form “Summary of Activities for 1992.” Many of you are helping others and we want to hear about it. Under family it might be child care, Easter egg hunt, Halloween party, camps, nursing home, etc. Environment might be something with recycling, beautification, water quality, etc. If you don’t know where to put something put it under special projects.

At the Council meeting, membership questionnaires were handed out. Even if you have one please fill it out and send it to me. If you have already sent it in, great.

At the convention in McCook it was suggested that I write a newsletter to you each month. Lorene and I feel that the NEB LINE is a good way to do this. Let us know if you feel this could be a help to your club.

It’s hard to change our way of doing things as we get very comfortable in our old ways. I feel these changes and others yet to come will make us a stronger organization for the future.

--Carole Doeches, Home Extension Club Council Chair

"Make It With Wool" contest

If you like to sew with wool why not enter the "Make It With Wool" contest. Contestants construct and model a garment of at least 60% wool. The Nebraska Contest is December 11 and 12 in North Platte. Nebraska County residents participate in the District VI contest, October 3, 1992 in Omaha. Entry categories are adult, senior, junior and preteen. Entries deadline date is September 21, 1992. Entry forms are available at the extension office. Alice Deane, 786-3555 or 472-6433, is state director. (LB)

"Body Image — What You Weigh or What You Wear"

Tuesday, October 20, 1 - 3 p.m. and 7 - 9 p.m.

Do you feel you’re about 5 to 20 pounds above your “ideal” weight and that you’d like to look more slender? Are you satisfied with your current weight but still feel that you “look” overweight? Would you like to learn more about whether you’re a “healthy” weight? Class content includes determining if your weight is healthy; how body image affects self-esteem; tips on using clothing colors, fabric, and selection and other ways to flatter your body shape; and clothing choices to wear while losing weight. Participants will receive a 15-page handout. Fee is $5, NO FEES. The fee for 4-H leaders, junior leaders and parent is $3. Following the presentation, volunteers will receive additional information about how to incorporate these important concepts into a variety of 4-H projects.

Coffee and Conversation About series "...Cooking With Younger Kids"

Saturday, October 3, 10:30 - 11:30 a.m.

This class can help if you’d like to start cooking with your 5 or 6 year old but have concerns about finding the time, making a mess, sources of recipes, age-appropriate activities and avoiding kitchen accidents. The participant will receive menus that provide tips, techniques and sample recipes for successful cooking with kids. Fee is $1.

Indulging Without Bulging

Saturday, November 14, 10:30 - 11:30 a.m.

A program for the person who wants to know MORE about eating LESS (while still enjoying food!) in situations such as parties, eating out, coffee breaks, family gatherings, afterwork socializing, business lunches, receptions/hearings/celebrations. Food choices and social settings are a major reason for straying from a weight/cholesterol control plan. Learn simple techniques for keeping calories and cholesterol in check. Fee is $1.

Other Programs:

Sponsored Individually for your group or organization — Contact Alice Henneman (471-7180) for more information or to schedule the programs. A minimum of 10 participants is requested.

Indulging Without Bulging: How to Avoid Overeating in Social Settings

Don’t Get “Bugged” by Food Poisoning (offered as a health fair display)

Fit Fat and Win

Healthy Heart Food Tour

Cooking With Younger Kids (for parents/caregivers of 5 and 6 year olds)

"Picky" Kids

Holiday Food Safety

Time for Health: Fitting in Food and Fitness (available after 1/93)

For a copy of the new food guide “Pyramid”...

If you’ve been hearing about the new Food Guide “Pyramid” and want more information, the Pyramid brochure is now available. To receive a copy, send a self-addressed, stamped, business-size envelope to: Pyramid, c/o Alice Henneman; University of Nebraska Cooperative Extension in Lancaster County; 444 Cherry creek Road, Lincoln, NE 68528-1507.

If you’d also like more information about obtaining bulk copies, include a note to this effect.

The Food Guide Pyramid is an outline of what to eat each day based on the Dietary Guidelines of the U.S. Department of Agriculture.

For a copy of the complete 29-page booklet on the Pyramid, send a letter with your request and a check or money order for $1.00, payable to the “Supervisor of Documents, U.S. Government Printing Office, Washington, D.C. 20402,” and the Pyramid brochure will be available this month. (AH)

Fall money management classes

We’ll be repeating two popular classes this fall. If you missed them the first time, here’s your chance to take them. For more information or to register, call 471-7180; fees are payable at the door.

Home “Updates” That Increase Resale Value

Thursday, October 22, 1 - 2:30 or 7 - 8:30 p.m.

This extended version should be easier to understand and less overwhelming.

EFNEP Expanded Food and Nutrition Education Program

Currently we are working on designs to incorporate EFNEP information into a section in the NEBLINE, and will be trying out new ideas until we find a format that works for the delivery of this information. We plan to continue to provide information in the Home Extension section until further notice. (MDH)

EFNEP Telephone

471-7180

(Sponsoring University of Nebraska Cooperative Extension in Lancaster County)
EFNEP: Part of the fight against hunger

"Hunger Hurts—Even in Nebraska" is the title of an appeal to the Community Human Services Planning Council of Lincoln/Lancaster County from the Lincoln/Lancaster County Food and Hunger Coalition. The coalition has asked the planning council to initiate a five-year focus study on food and hunger issues in Lancaster County. A sampling of hunger needs was recently completed by the Food and Hunger Coalition. As Chairman of the Interfaith Council, says, "...the finding of food as a single and disturbing as they demonstrate that here in the bread basket of America, too many people are desperate for basic food assistance." Statistics from nearly every agency providing food assistance show dramatic increases in the number of people served over the past five years.

The Expanded Food and Nutrition Education Program (EFNEP) is directly involved in the fight against hunger through its nutrition education program. Additionally, EFNEP works with other agencies concerned with hungry people through the Lincoln/Lancaster County Food and Hunger Coalition. The coalition was formed in 1990 in response to the need for a group which could assist with coordination and cooperation among the various agencies serving low-income residents and who access agencies who provide food to individuals in the community.

Coalition members include: Lincoln Interfaith Council, Lincoln Action Program (LAP), USDA Commodities Supplemental Food Program (CSP), Nebraska Expanded Food and Nutrition Program (EFNEP), Lincoln Food Bank, Lancaster County Department of Social Services, Family Service WIC Program (Women, Infants & Children), Tabitha Meals on Wheels, The Salvation Army, Resource Distribution Center of People's City Mission, Lincoln/ Lancaster County Senior Centers, The Gathering Place, Indian Community Center, Hispanic Community Center, Maloney Community Center and Food Net.

Activities of the coalition have included the production of a video highlighting sources that people could access within the community related to food, coordination of information efforts concerning food issues, and formal support for activities relating to food issues. A recent resolution of the Coalition endorsed The Medford Declaration to End Hunger in the U.S. The issue of domestic hunger as a serious problem in the U.S. was addressed by a coalition of corporate, religious and political leaders in April of 1992. The declaration calls for an expansion in government food programs, and suggests 1995 as a target for ending hunger in the U.S. This declaration serves as a guide for the Lincoln/Lancaster County Food and Hunger Coalition as it strives to do its own coordinated and cooperative ventures in feeding those who are hungry in our midst. The Medford Declaration indicates that abolishing hunger at home will require two steps. One, seeing that there is an end to the hunger on an adequate and consistent basis by utilizing existing public programs in conjunction with voluntary food providers in local communities; and two, moving as a nation to end the causes of hunger as well.

EFNEP, by providing education on how to use available foods in safe and nutritious ways, plays a vital role in the prevention of hunger in our community. Working with agencies who provide food to the hungry in the community, EFNEP advisors are able to help individuals make use of unfamiliar foods. Through food demonstrations, information on safe storage and sanitation, and through research based nutrition education, families utilize foods more effectively and are less likely to be hurt by hunger. (LJ)

Take the Challenge: Be a Leaner Eater

Challenge 12: The Healthy Order - Low-Fat Fast Foods

The following is part of a year long series on healthy eating. It's based on materials developed by Nebraska Project Lean. Fast-food encounters are challenging for the leaner eater! Take a look at fat and calories values for some popular sandwiches. (Values given are averages based on similar sandwiches from three popular fast-food restaurants.)

<table>
<thead>
<tr>
<th>Sandwich</th>
<th>Calories of Fat</th>
<th>Grams from Fat</th>
<th>Calories from Fat</th>
<th>Calories from Fat %</th>
<th>Calories from Fat %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hamburger (2 oz. patty)</td>
<td>297</td>
<td>10</td>
<td>90</td>
<td>34%</td>
<td>34%</td>
</tr>
<tr>
<td>1/4 Pound Burger</td>
<td>410</td>
<td>21</td>
<td>189</td>
<td>47%</td>
<td>47%</td>
</tr>
<tr>
<td>Double Patty</td>
<td>560</td>
<td>33</td>
<td>296</td>
<td>53%</td>
<td>53%</td>
</tr>
<tr>
<td>Special Sauce</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish Sandwich</td>
<td>442</td>
<td>26</td>
<td>234</td>
<td>53%</td>
<td>53%</td>
</tr>
<tr>
<td>Chicken Sandwich</td>
<td>688</td>
<td>40</td>
<td>360</td>
<td>52%</td>
<td>52%</td>
</tr>
</tbody>
</table>
| Where does the fat come from?  | Study the anatomy of a burger with the works to answer this question:  
| Burger                          | 160 calories, 2, 11% calories from fat. | | | |
| Special sauce                  | 99 calories, 11% fat, 97% calories from fat. |
| Lettuce, tomato - 9 calories, 0 grams fat, 0% calories from fat. |
| Lettuce, cheese - (3 ounces), 19 calories, 6% grams fat, 0% calories from fat. |
| Beef patty (3 ounces cooked, 80% lean) - 252 calories, 16 grams fat, 57% calories from fat. |
| French fries (3/4 ounce American) - 83 calories, 7 grams fat, 76% calories from fat. |

The fat and calories totals for the sandwich ingredients are: 622 calories, 35 grams fat, and 52% of the calories from fat.

A DEEPER LOOK... Take a deeper look at the sandwich anatomy. Notice that three sandwich ingredients contribute fat: special sauce, cheese, and the beef patty. The bread, lettuce, tomato, mustard and catsup are low in fat.

A SALAD MAY NOT BE A BETTER CHOICE...Salads made with plain lettuce and vegetables are fat free; but chef salads with cheese, ham, turkey and dressing can make some of the sandwiches look good.

<table>
<thead>
<tr>
<th>Fried Food</th>
<th>Calories of Fat</th>
<th>Grams from Fat</th>
<th>Calories from Fat</th>
<th>Calories from Fat %</th>
<th>Calories from Fat %</th>
</tr>
</thead>
<tbody>
<tr>
<td>French Fries</td>
<td>320</td>
<td>17</td>
<td>153</td>
<td>48%</td>
<td>48%</td>
</tr>
<tr>
<td>French Fries, medium</td>
<td>320</td>
<td>17</td>
<td>153</td>
<td>48%</td>
<td>48%</td>
</tr>
<tr>
<td>Fast-food menus are loaded with high-fat foods. In response to growing consumer demand, lower-fat foods are being added. Grilled chicken and fish sandwiches are examples. Dessert items like low-fat shakes and nonfat yogurt are showing up. Low-fat breakfast items are available at some restaurants: bagels (but go easy on the cream cheese), fat-free cereals and low-fat milk.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fat-free shakes and frozen deserts in the fast-food chains are made with low-fat ingredients. To be sure, check nutrition information for the product.</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Bring an example of your advertising to have it evaluated at the workshop (optional).</td>
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</table>

Marketing For Success

A HANDS-ON WORKSHOP FOR THE SMALL BUSINESS OWNER OR MANAGER.

September 12, 1992
9 a.m. - 12 p.m.
Lancaster Extension Conference Center
444 Cherry Creak Road
Lincoln, Nebraska

Registration Deadline: September 9, 1992

TOPICS TO BE DISCUSSED

• Learn how to develop an effective overall marketing plan.
• Learn how to set realistic goals for your business.
• Learn how to evaluate your current and future marketing activities.
• Learn how to set an advertising budget.
• Find out how much other businesses are spending on marketing and advertising.
• Find out what types of advertising will work best for your business.
• Bring an example of your advertising to have it evaluated at the workshop (optional).

"PLEASE NOTE": This workshop will include numerous examples of marketing activities that can be employed immediately by your business.

REGISTRATION:
$40 for the alumni of the Managing Main Street Business program
$30 for other small businesses

Home Extension News
Alice Henneman, Extension Agent.
Home Economics
Lorene Bartos, Extension Assistant

NEBLINE

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September 1992

Cheese (3/4 ounce American) - 83 calories, 7 grams fat, 76% calories from fat.
4-H Bulletin Board

Ak-Sar-Ben 4-H Livestock Exposition September 23-29. Contact Dave Swarts for details.

District Awards
Due October 1 for all 4-H'ers who have won county awards and whose birth date falls between January, 1974 and December 31, 1978.

Dare You Awards
Due October 1, nominations may be submitted by 4-H parents, leaders or members. Applications are available at the extension office.

National 4-H Week
October 4-10, 1992. Tell you friends and community about 4-H!

County Awards
Due October 1. Guidelines for the record book can be obtained from the extension office.

College Scholarships
Applications are available at the extension office and due October 1. Contact Maureen for details.

Growing Up...Growing Together
September 1-12. Designed for 11-13 year old boys and girls or a parent or other adult at the Eastern Nebraska 4-H Center. Call Maureen for more information!

North Central Regional 4-H Leaders Forum
Set for November 5-8 at Purdue University, West Lafayette, Indiana. If you, as a leader, are interested in being part of Lancaster County's team, call Maureen.

Reminder to all 4-H'ers over 12:
Teen Council will meet Sunday, September 13, 2:30 p.m. at the extension office.

Pat Heather, Waverly, now has a dark room set up to handle black and white processing. If you need a place to try processing, call Pat for more details at 786-2741.

4-H Needs You!
4-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. Interested adults should contact Maureen. (MHB)

4-H Council nominations due September 15
Now is the time to nominate persons to represent you on the 1993 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. Members may be elected for no more than two consecutive two-year terms.

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

New members will be elected to fill the positions of the following members who will complete a two-year term:
Area 1: Marty Minchow
Area 2: Dick Parrott
Area 4: Ron Swartz
Area 5: Krista Vasce

All 4-H volunteers and 4-H members in grade nine or older will be eligible to vote. Youth nominees must be at least in grade nine. Members will represent the following areas of Lancaster County as indicated on the following map:

Area 1
Northeast
Van Dom Street
Lincoln
City Limits

Area 2
Northeast
27th Street
Lincoln
City Limits

Area 3
Southwest
27th Street
Van Dom Street

Area 4
Southwest
27th Street

I nominate the following for the 4-H Council:

Nominated by:

If you live in the city or the country...
If you have at least 8 years old by January 1, 1993
If you want to develop skills to be successful in today's changing world.

4-H needs you to be a volunteer leader! 4-H is the youth education program of the University of Nebraska Cooperative Extension in Lancaster County as indicated on the following map.

4-H Council Nominations
Due September 15, 1992

It's not over 'til...
The fair is over, it's time to breathe a sigh and relax. But, don't stop now - it's time to wrap up the 4-H year. To learn how, attend a special session. "Fair's Over, Now What?", on Thursday, September 17, at either 9:30 a.m. or 7:00 p.m. We'll talk about completion of reports, membership records, Chris Clover Awards, achievement meeting ideas and selecting projects for the new year. Leaders and parents are encouraged to attend whether this is your first year or not. For more information, contact Maureen or Lorene. (MHB)

Community service opportunities!
Volunteers are needed for the Elf Shop (the children's gift shop) during the Tanenbaum Festival to be held November 24-29 at Bob DeVaney Sports Center. You would be helping people with their Christmas shopping. If you are able to donate a few hours of your time please call Janice Tatum at 488-3406.

4-H clubs or individuals are needed to make aprons, hats, bibs and/or chair pocket bags for youngsters at the Madonna Pediatrics Day Rehabilitation Center. These items will be used during therapy with the children. If you have basic sewing skills and would like to help, call Virginia or Nancy at 443-9456 for more information. (MHB)

Come and see why over 9000 Lancaster County Youth are involved in 4-H!

4-H Open House!!!
Tuesday, September 22, 1992
6:30-8 p.m.
University of Nebraska Cooperative Extension in Lancaster County
444 Cherry Creek Road, Lincoln, NE 68528-1507

4-H is for you...
If you live in the city or the country
If you are at least 8 years old by January 1, 1993
If you want to develop skills to be successful in today's changing world.

4-H'ers receive quality education!
4-H is the youth education program of the University of Nebraska Cooperative Extension in Lancaster County through the University of Nebraska-Lincoln.
4-H curriculum and programming is developed and managed by 4-H. For more information, visit the University of Nebraska Cooperative Extension in Lancaster County and enjoy the programs and view displays.

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4-H'ers receive quality education!
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Dr. Kendrick to teach agricultural marketing course

Q: What do national and world events have to do with you and farming?
A: Your bottom line: $Millions of dollars a year in sales and uninflected decisions and poor marketing skills" said Dr. Jim Kendrick, University of Nebraska marketing expert.

"The reality is continuing education is needed to further the business skills of our nation's producers." 

Local producers are encouraged to join the nearly 300 producers from 20 states who already have.

Hessian

Plowing will bury many flea seeds deep enough to prevent adults from reaching the surface. Planting after the fly-safe date allows seedlings to emerge after most adult Hessian flies have died. Fly-safe dates are averages based on several years of observations. A hot, dry September can delay fly emergence, and a moist, cool mohm may expedite emergence dates. Fly-safe dates have not been developed for western Nebraska. A local pest is recommended if Hessian fly problems are a concern. The map shows average fly-safe dates for county during September and October. This inspection program will be directed primarily at musk thistle since those plants that germinate this fall will be flowering and producing seed next year. This fall inspection will be conducted in order to promote fall control efforts which are essential to an effective musk thistle control program.

Hays will be sown on the primary drive line that, when covered above by a three-sided cover crop. These incidents were New Holland balers equipped with Model Number 273 balers. Each baler had a drive line which was covered above by a three-sided (inverted U-shaped) shield. These areas having emerging musk thistle rosettes will be reported to the county. The City of Lincoln Public Works Department will be notified. In all cases, follow-up inspections will be made to be sure these fall rosettes are eradicated. (RS)

Chinch 

Long hair? Beware of hay balers 

Identification of hay bales 

The National Institute for Occupational Safety and Health (NIOSH) requests your assistance in identifying hay families in your area of a hazard of immediate concern to their safety. NIOSH is supporting a national surveillance, research, and intervention program in agriculture. One of the surveillance components of that effort is the Occupational and Health Nurses in Agricultural Communities (OHNAC) program, and through this program, NIOSH has been notified of a serious safety hazard. Recently, wheat hay bales in New York State learned that a female farm worker was scalped with her hair left some entangled around the secondary drive shaft of a hay baler. Subsequent investigations identified four other similar incidents. All the victims were female, and each of the five entanglements occurred with a secondary driveline that powered a bale thrower at the rear of the baler. Each baler had a driveline that was covered above by a three-sided (inverted U-shaped) shield. The machines involved in all of these incidents were New Holland Model Number 273 balers equipped with New Holland Model Number 544 bale throwers. In 1976, New Holland introduced a plastic tube retrofit device for the secondary driveline to which the bale thrower is attached. These areas having emerging musk thistle rosettes will be reported to the county. The City of Lincoln Public Works Department will be notified. In all cases, follow-up inspections will be made to be sure these fall rosettes are eradicated. (RS)
Horse Bits

Judging competition at the 1992 Fonner Park State-4-H Horse Exposition July 4. All four members of the team placed in the top ten individual scores of the contest. Melody Nielsen placed 4th, Braci Peseck 6th and Alyson Young 8th in the contest.

The 1992 Lancaster County Horse Judging Team will represent Nebraska at the National Judging Contest to be held on October 20 in Columbus, Ohio. Kendra Kitt was also the coach of the 1987 Lancaster County State Champion Team that competed at this national contest.

Ak-Sar-Ben Site of National Horse Finals

National Show Horse Registry will be presenting the National finals in Omaha, September 9-12, at Ak-Sar-Ben Coliseum.

General Admission for Wednesday through Saturday will be reduced from $5 per seat, to $2.50 for your group or club. In addition to a reduced ticket rate, you may also make arrangements for a "behind-the-scenes" tour on Wednesday and Thursday, September 9 and 10, at 6 p.m. and watch the evening competition starting at 7 p.m. The competition will consist of English Pleasure, Country Pleasure and Pleasure Driving. The Saturday matinee on September 12 will begin at 1 p.m. and include Walk-Trot 10 years and under.

For more information and to make your reservations contact: Gretchen Duff at 280-4669.

Special Fair Awards Presented

The final event of the 1992 Lancaster County Fair was the presentation of awards held August 11. Plaques were presented to the champions and reserve champions of each division of the county fair show. Recognition was given to individuals, organizations and businesses who contributed to these awards.

Three special awards were given this year. They included:

- Kimberly Caha Wins All-Around Trail Award
- Trail classes have been a part of the Lancaster County Fair 4-H Horse Show for many years, but last year was the first year for a competitive trail ride. The 4-H horse VIPS committee decided that appropriate recognition be given to the top trailer at the fair. An "All Around Trail Rider" plaque was provided by Mr. and Mrs. Richard Confer to the 4-H fair winner. The plaque will be awarded to the horse with the highest scores of the contest. Kim Caha is the 1992 winner of this award in Lancaster County. Her parents are Mark and Deb Caha of Ceresco. She is a member of the Freedom Rider’s 4-H Club. Her 4-H leader is Janet Ball.

Extension Calendar

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

September 1
4-H Council.................................................................................................................. 7:30 p.m.

September 2
Check in 4-H State Fair Entries State Fair Park .......................................................... 7:30-10:00 a.m.

September 4-13
Nebaska State Fair State Fair Park ................................................................................ 7:00 p.m.

September 13
Teen Council Meeting .................................................................................................. 2:30 p.m.

September 14
Livestock Booster Club .................................................................................................. 7:30 p.m.

Critter Sitters Club Meeting .......................................................................................... 7 p.m.

Fall Ag Tour Meet in Princeton ...................................................................................... 5 p.m.

September 15
Star City Rabbit Raisers Club Meeting ........................................................................... 7 p.m.

Nebraska Swine Records Wrap-up Meeting - Wahoo .................................................... 7:30 p.m.

September 17
"Fair's Over, Now What?" Leader & Parent Meeting ...................................................... 9:30 a.m. and

10 a.m.

September 17-18
Women in Ag Conference: The Critical Difference - Kearney ..................................... 9:30 a.m. and

10 a.m.

September 22
4-H Open House ........................................................................................................... 6:30-8:30 p.m.

September 24
Canine Companions Club Meeting ............................................................................... 8 p.m.

Home Extension Club Leader Training Lesson: Living Trust ......................................... 1 or 7 p.m.

September 28
Critter Sitters Club Meeting .......................................................................................... 7 p.m.

October 1, 6 & 13
Hunters Safety Course ................................................................................................... 6:30-9:00 p.m.

October 3
Make It With Wool Contest - Omaha ............................................................................. 10:30 a.m.

October 5
Craft Marketing Workshop - Wahoo Extension Office .................................................. 9:30 a.m.

October 19
Body Image - What You Weigh or What You Wear ......................................................... 1 or 7 p.m.

October 22
Home Updates That Increase Resale Value ...................................................................... 1 or 7 p.m.

From page 6

Jesse Snover Top Barrel Racer

The Jean Card Memorial Trophy was awarded this year to Jesse Snover for receiving top time in the barrel racing event at the 1992 Lancaster County Fair. Jessie rode her grey mare, Ladies Poppy Image, to win top time over 38 other contestants from all three age divisions. Jessie is the 17 year old daughter of Ron and Donna Snover of Lincoln.

See Tasha Broer - Top 4-H Horse Exhibitor - Front page