4-H Club celebrates 50th anniversary!

As the Happy-Go-Lucky 4-H Club of Bennet celebrates its 50th anniversary this month, members will be looking back at a half century of tradition and family involvement. But, the club’s 45 members and 10 leaders will also be looking to the future as new members become involved in a wide variety of projects.

In 1942, Doyle Crawford of Roca gathered a group of five young people to form a “baby beef” club in that area. The Happy-Go-Lucky name came from a community club that had been active in the neighborhood in prior years. Charter members were Betty Hough, now of Grand Island; Jim Buel, Eagle; Alvan May, rural Lincoln; Don Crawford, Roca; and Duane May (deceased).

One of the most vivid experiences for Alvan, Don and Jim was the trip to the 1942 county fair. Because the Lancaster County Fair ran back-to-back with the state fair, club members took their animals to the fair and camped out on the grounds for the entire time. Family members would travel to Lincoln every other day bringing a picnic lunch and leave the left-overs for them to eat until the next lunch arrived.

Often the 4-H’ers would hire out to set stakes or do other work for the state fair carnival for what was then an astronomical fee of 70 cents an hour. The most memorable experience, though, was the night that heavy rains fell in Lincoln and the boys woke up to find six inches of water in their tent and trash floating by their cot.

During the early years of the club, members remembered the visits of County Agent Jake Purbaugh who would visit 4-H farms to tag cattle that would be shown at the fair. Since the calves were often not broken to halter until two or three weeks before the fair, the county agent often got more than he bargained for in conquering a reluctant animal.

Other members recounted the fun when they joined other 4-H members and their families from all over the county at the Kiwanis picnic held in Lincoln.

Over the years, the Happy-Go-Lucky Club has had a strong family tradition. Parents often attended meetings along with their children in the early years and the meetings were important social occasions for both generations. Many parents still attend meetings and have taken on the roles of project leaders as the club’s interests have expanded.

Several families have had three generations of involvement in the club. One family involved today, Gregg Nisely, have been connected with the club for four generations. Gregg’s grandfather, Bob Chambers, became a club leader in the 1950’s after Gregg’s mother, Carol (Chambers) Nisely had been a member. Gregg was a member himself and is now a beef project leader while his children, Melanie and Anthony, carry on the family club membership tradition.

Several other families active in 4-H in Lancaster County have their roots in the Happy-Go-Lucky Club.

In addition to family involvement, the club has another long standing tradition in the Bennet Beef Show, held every year on the Saturday before county fair. This show started in the mid-1940’s and drew a large interest even from the beginning. In fact, the 1949 annual report of the Lancaster County Extension Service reported that the Bennet Beef Show was held on August 27 of that year with 175 people attending.

Through the 50 years of the club’s existence, several people have taken on the role of leader for the group. Other leaders after Doyle Crawford moved from the area include Mike Buel, Bob Chambers, Clifford Etmund, LeRoy Ringland, Alvan May, Everett Wissel, Marvin Chambers, Ron Ringland, Dennis Roeder and current leader, Ron Dowding.

Hard work and involvement from many members and leaders have paid off for the club as they have been awarded the Wayne Farmer trophy for the outstanding club in Lancaster County several times over the years, including 1946, 1962 and most recently in 1989 and 1990. The club has grown from five members taking only the beef project to 45 members taking a variety of projects, including beef, swine, sheep, cat, dog, poultry, veterinary science, gardening, woodworking, rocketry, photography, even fish and guinea pigs.

Although times and people have changed, the Happy-Go-Lucky Club still relies on a formula of tradition and family involvement to be a successful club in the 1990’s.

Here’s to another 50 years! (MK)

Happy-Go-Lucky 4-H Club 50 Year Reunion

All past or present members, leaders, parents, assistant leaders, and others, are cordially invited to attend a pot luck dinner at the Bennet Park on July 12 at noon, to celebrate the Happy-Go-Lucky Club’s 50th anniversary. Each family is asked to bring a main dish and salad or dessert, as well as its own table service and lawn chairs. Any questions may be directed to Ron Dowding. (782-8051)
Mower wounds can kill trees

Injury and infection started by lawn mower wounds can often be controlled, but the wounds can be prevented by removal of turf around trees or by hand trimming. Care must also be used to avoid hurting lawn mower blades or other trimming machines. They can do a great deal of damage to the bark, particularly when cutting through thick branches. The site of injury is usually the root buttress, since it flares out from under the trunk. Prevention of the mower. However, injury is also common on shallow roots and above the root zone. Although large wounds are most serious, Air layering

Air layering is not the easiest method of plant propagation, but it is just what the doctor ordered for a dune bush or rubber plant that's growing tall and leggy.

The aim of air layering is to make woody plants produce roots up the stem. This method can also be used with fungi to stimulate the original plant to produce a new shoot. A remaining stump can then be cut down and another crop. Take care of outdoor plants

Houseplants that are put out outdoors during the summer need weekly care. Be on the lookout for disease and insect. Dew formation may result in disease spore germination. Be prepared to spray and be sure adequate air movement occurs around the plants. If disease is a problem, be sure to use it early morning sun. (DJ)

Garden
gossip hotline

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Termiticides

Termiticides are destructive wood-eating insects. They infest houses and other buildings that are not treated before they are built. Spraying or dusting in the house for termites is not practical. Some termiticides contain a device that stimulates the original plant to produce a new shoot. A remaining stump can then be cut down and another crop. Take care of outdoor plants

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Subterranean termites are destructive wood-eating insects. They infest houses and other buildings that are not treated before they are built. Spraying or dusting in the house for termites is not practical. Some termiticides contain a device that stimulates the original plant to produce a new shoot. A remaining stump can then be cut down and another crop. Take care of outdoor plants

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Wood damaged by termites may not be immediately apparent. Termite tunneling occurs inside the wood and a mere wooden shell may be all that remains. Damaged wood can be penetrated with a screwdriver or an ice pick, revealing the tunnels. Wood containing wood tunnels in an irregular pattern. Places to inspect for termite activity are areas of construction in basement and crawl space, wood beams, joists, support posts, basement walls, and wood under porches. Scrap wood on the ground (or a woodpile) next to the house is another area because these potential feeding areas may allow termites easier access to food. One toothpick cannot be found in dead trees or wood stumps after a dead tree had been removed. What should you do if you find termite activity? DO NOT PANIC! It is not uncommon to find termites in firewood piles and old dead wood stumps. It is very important for homeowners to learn as much about termites as possible to prevent termite damage and to be able to recognize the signs of an infestation. The sooner termite damage is recognized, the sooner it can be treated and how, 4, what insecticide(s) and rates will be used, and 5, any warrantee or limitations to the treatment. Read the proposals carefully. Use these reports to compare termite control companies. Also, be sure that you understand the results of inspections.

Chinese golden-rain tree is hardy

A flowering tree that doesn’t bloom in the spring! Right! It’s the golden-rain tree (Oriolitadina americana), also known as the China tree and Pride of India. It's small to medium-sized tree that is covered in July or early August with erect, graceful clusters of yellow flowers. These are succeeded by an abundance of one- to two-inch, bluish, rounded, papery, spindled capsules that range in color and shape from red to brown. Leaves are compound, 12-14 inches long, with 15 leaflets. In the fall, the leaves turn a golden yellow. The golden-rain tree is hardy in Nebraska, where it is adapted to most soils, including those considered well-drained, sandy or gravelly soils.

This tree was introduced to the western world from China in the mid-1700’s. It is most often grown in blue, with its terminal clusters of yellow flowers. These are succeeded by an abundance of one- to two-inch, bluish, rounded, papery, spindled capsules that range in color and shape from red to brown. Leaves are compound, 12-14 inches long, with 15 leaflets. In the fall, the leaves turn a golden yellow. The golden-rain tree is hardy in Nebraska, where it is adapted to most soils, including those considered well-drained, sandy or gravelly soils.

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New era of sludge begins  
First application culminates 10 years of planning

On May 6, 1992, the first truckload of organic sludge from Lincoln's wastewater treatment facility was delivered to farmland in Lancaster County. This event culminates a decade of planning, research, and action by Lincoln's sanitary engineers to dispose of the city's organic wastes in a more environmentally sound manner rather than burial in the soil or landfill. The recent federal legislation mandating landfill wastes make this land disposal an even more timely event.

This project is a cooperative effort between the City of Lincoln, Lancaster County Health Department, Cooperative Extension personnel, and several farmers. Extension Agent Warder (Gus) Shires has been working with willing farmers to evaluate potential field sites as to their suitability for sludge application. Sites are rejected if too close to wells, waterways, and public water supplies. In addition, sludge will not be applied to land with plastic irrigation film. Crop consumption will be grown or too close to residential districts zoomed R-1 to R-8.

On potential sites, deep soil samples are taken before application to determine soil texture and need to fertilize and to develop management practices that may already be present in the soil profile. The amount of sludge to be applied and the soil nutrient requirements needed for the next crop. Soil nutrients also will be evaluated by nutrient analysis. The organic waste has been tested for plant nutrient (N,P,K) levels as well as for odor, pathogens, and metals. Treatment plant sludge contains many beneficial minerals, phosphorus, potassium, and has moderate levels of zinc, copper, and other essential nutrients.

Sludge also contains organic nitrogen that will be naturally converted to fertilizer nitrate and become available to crop plants for several years after application. After the sludge has undergone an anaerobic digestion procedure and heated to 90-95°F, the bacteria in the unpumped sludge have been destroyed. Digested sludge also has a much less objectionable odor than unpumped sludge. Before delivery, the sludge has been de-watered to about 78% water content and looks like good quality compost material.

Swine Diet Workshop saves producers $$$

On June 10, 1992, the University of Nebraska Cooperative Extension Service will conduct a similar workshop last January costly diets as they grow? Registration deadline is Friday, abandoned well

Soybean stress injuries often appear to be diseases

Soybean stress injuries often appear to be diseases

Controlling weeds after winter wheat harvest

Improving weed control after winter wheat harvest

Three abandoned well demonstrations are scheduled in July. The demonstrations will last one to two hours each and will show participants how to properly plug a well according to Nebraska state law. The site locations and demonstration times are:

- Wednesday, July 22, 5 p.m., Hwy 34 & NW 140th, (2) Thursday, July 23, 1/2 mile south of Hickman on 68th, and (3) Friday, July 24, 9 a.m., on Hwy 33, 1/2 mile west of SW 72nd Street.

Abandoned wells are direct health risks that can present a host of contaminants such as sediment, bacteria, and chemicals to flow down into the groundwater supply. Runoff that might enter an abandoned well can contaminate potable water for livestock and other contaminants. These contaminants can eventually show up in public or private wells used by humans and animals. Abandoned wells are also a safety hazard to humans and animals. A one-inch diameter dull well irrigation wells Abandoned wells are air and water waiting to happen.

The Nebraska Water Well Standards and Contractors' Licensing Act requires all abandoned wells to be plugged. The Department of Health has developed regulations to guide the plugging of abandoned wells. Local well drillers and pump installers in cooperation with the Lower Platte South Natural Resource District and the University of Nebraska Cooperative Extension in Lancaster County will demonstrate the proper procedures at each site.

Proper plugging of abandoned wells costs time and money. However, it is time and money well spent, when you consider the benefit you will receive. Plugging an abandoned well will benefit you and your neighbor now, but will also be appreciated by future generations.

Contact the University of Nebraska Cooperative Extension in Lancaster County to obtain a Nebraska State entitled "Plugging Abandoned Wells," NEF-92-81.

Greenbug in sorghum

Sorghum growers should be alert to possible increases in pest populations and damage during the next few weeks. Numbers of beneficial insects may be too low to help effectively limit greenbug numbers in some cases. In grain sorghum from six inches tall to preb Thường stage, consider treatment when greenbug populations are beginning to build.
Home Extension scholarship winners announced

Karen Lynn Hatting, Lincoln, a senior home economics education major at the University of Nebraska in Lincoln, was named the winner of the $275 scholarship which is funded by the extension club members in Lancaster County. Karen has three children, including a daughter in college. She volunteers approximately six hours a week helping teachers in the Lincoln Public Schools and maintains a 4.0 grade average in her course work at the university. She plans to teach home economics upon graduation.

Lori Ann Duvall, daughter of Guy and Vicki Welton, Lincoln, is the recipient of the $315 scholarship, also sponsored by the Lancaster County Home Extension Clubs, for enrollment in the Southeast Community College. Lori Ann is majoring in Child Development and plans to work in a daycare setting or with a state agency for children after completing college. Janet L. Smith, route 8, Lincoln, a member of the Plainview Extension Club, is the recipient of the homemaker scholarship, which is funded by the East Campus Starrr Extension Club of Lincoln ($200) and the Jolly Dunn Extension Club of Waverly ($100). Janet is a substitute teacher for Lincoln and Bennett school systems and plans to attend UNL to renew her teaching certificate.

The scholarships were awarded on June 10 at the Lincoln Community Playhouse before an audience of 300 home extension members, families and friends. Nancy DeVries, chair of the Education and Scholarship Committee of the Lancaster County Council of Home Extension Clubs and a member of the Friendship Chain Extension Club, made the presentations. 

1993 Home Extension Club lessons available soon

Training and materials will be available to club members on a limited basis in 1993 on the following lessons:

Enhancing the Self: Clothing for the Older Woman

In this course, the need to look and feel attractive. Well designed functional and aesthetic clothing that fit may improve appearance and improve self-confidence, enhance self image and lead to social participation.

This lesson examines what factors influence the durability of a fabric as it ages, and identifies garment changes that are necessary to accommodate those physical body changes. Nutritional and Creative Salads will help members identify and design salads that will fit their nutritional needs and lifestyle. Emphasis will be placed on salads as a way of including vegetables in the diet.

Please turn to Club: Page 7

Veggie Pizza

Thanks to Lillian Backstock of the Kramer Extension Club for this recipe. Enjoy the nutrition of summer vegetables with this versatile recipe.

2 tubes Crescent rolls spread on jelly roll pan, patting and stretching to fit. Bake at 350 degrees about 8 minutes until lightly brown.

1 - 8 oz. cream cheese

3 tubes frozen egg yolk Hidden Valley dressing mix 2/3 cup miracle whip

Mix these 3 ingredients and spread on cooled, baked crust. It might need thinning with milk.

Top with fresh, crisp vegetables like broccoli, cauliflower, tomatoes, green onions, celery, carrots, etc.

Cover with plastic wrap and gently press vegetables into the filling. Refrigerate for 2 hours.

In the Farmland Building

Food Guide Pyramid helps Americans design healthy diets

A recently revamped Food Guide Pyramid makes it easier for Americans to design healthful diets has been released by the U.S. Department of Agriculture.

The new pyramid was released after an extended year of additional study to determine the usefulness of the design as an educational tool with children and adults from a variety of economic, educational and social backgrounds. Based on studies, the design relays a message to consumers that healthy diets are based on variety, moderation and personal preference, using foods from five basic food groups.

Nutrition educators now have a tool that supports the third edition of the Dietary Guidelines for Americans released in 1990. The Dietary Guidelines provide dietary advice intended for healthy Americans two years and older. The Food Guide Pyramid reinforces the message in the first dietary guideline: Eat a Variety of Foods.

The new pyramid replaces the wheel-shape a Basic Four Food Guide. New food groups include the five basic food groups plus a fats, oils and sweets group which should be used sparingly. The Food Guide Pyramid recommends six to 11 daily servings of breads, cereals, rice and pasta; three to five servings of vegetables; two to four servings of fruits; two to three servings of milk, yogurt and cheese; and two to three servings of meats, poultry, fish, dry beans and peas, eggs and nuts. All food groups are important for providing important nutrients. The new Food Guide Pyramid encourages consumers to select lower-fat choices from each of the five food groups. (AH)

Food Guide Pyramid

A Guide to Daily Food Choices

Even, On 4 Mornings USE SPRINKLY

Meat, Poultry, Fish, Dried Beans, Eggs and Nuts 

SERVINGS

2-3

Dairy, Eggs, Frozen Fruits and Vegetable Oils

SERVINGS

2-4

Vegetable

SERVINGS

2-5

Fruit

SERVINGS

2

Vegetable Turner

Served 12 Serves

2,4 oz SERVINGS

May, York, Poultry, Fish, Dried Beans, Eggs and Nuts

SERVINGS

2-5

Potassium: 340 mg

Calcium: 200 mg

Sodium: 400 mg

Tip of the month

"Keep It Clean"

Clean aluminum siding by using a solution of 1/3 cup laundry detergent, 1/4 cup white vinegar, 2 cups water. Using a soft bristle brush, gently rub the siding. Avoid scrubbing too hard as the aluminum will cause the siding to lose its shine. Wash from the bottom up and avoid using chlorine in swimming pools, as well as chlorine bleached for laundering, will cause the fabric to become yellow and deodorize. When laundering Spandex, be careful not to use water wash and tumble dry on air or low temperature settings, or allow the garment to dry on the floor. Spandex drying in a dryer may cause the fabric to lose elasticity.

Sources The Soap and Detergent Association, 475 Park Avenue, New York, New York 10016. (LB)
**Take the challenge: be a leaner eater**

**Challenge ten: cooking to your heart’s delight**

The following is part of a year long continuing series on healthy eating. It is based on materials developed by Nebraska Project LEAN. A researcher in heart health (Dr. William Castelli, Framingham Heart Studies) found that most Americans prepare the same ten recipes over and over. If you are like the typical American and your favorite dishes are high in fat, you have a challenge! The challenge is to trim the fat while you cook. There are at least two ways to do this:

1. **Replace High-Fat Ingredients with Low-fat Ingredients**

   The chart below compares common high-fat ingredients with low-fat substitutions. Replace all or part of the high-fat food with low-fat food.

<table>
<thead>
<tr>
<th>1/2 Cup Portions</th>
<th>Calories</th>
<th>Grams of Fat</th>
<th>% Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instead of</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sour cream</td>
<td>246</td>
<td>24</td>
<td>87%</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>800</td>
<td>88</td>
<td>100%</td>
</tr>
<tr>
<td>Substitute with</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plain low-fat yogurt*</td>
<td>70</td>
<td>2</td>
<td>25%</td>
</tr>
<tr>
<td>Instead of</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole milk</td>
<td>75</td>
<td>4</td>
<td>48%</td>
</tr>
<tr>
<td>Half &amp; Half</td>
<td>157</td>
<td>13</td>
<td>75%</td>
</tr>
<tr>
<td>Substitute with</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nonfat skim milk</td>
<td>44</td>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td>Nonfat buttermilk</td>
<td>45</td>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td>Instead of</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cream cheese</td>
<td>800</td>
<td>80</td>
<td>90%</td>
</tr>
<tr>
<td>Substitute with</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low-fat cottage cheese**</td>
<td>100</td>
<td>2</td>
<td>18%</td>
</tr>
<tr>
<td>Instead of</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole eggs, one</td>
<td>80</td>
<td>5.6</td>
<td>63%</td>
</tr>
<tr>
<td>Substitute with</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg whites, two</td>
<td>65</td>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td>Egg substitutes, 1/4 cup</td>
<td>25</td>
<td>0</td>
<td>0%</td>
</tr>
</tbody>
</table>

* Yogurt contains a lot of water. When used as a substitute for sour cream or mayonnaise, it can make your food too watery. Prevent this problem by draining the yogurt through one or two layers of cheese cloth. Cheese cloth can be purchased in the grocery store.

** This substitution works best if the cottage cheese is pureed or blended. You will be surprised how well substitutions work. But do keep an open mind; sometimes the low-fat versions will taste delicious but a little different from the original recipe. Try to prepare your new lower fat recipes most of the time.

2. **Choose Low-Fat Cooking Methods**

   The following methods do not require added fat:
   - Microwave Barbecue/Grill Steam
   - Braise Roast/Bake Broil
   - Stir/Bake

   Look for recipes that call for these cooking methods. To keep these methods low-fat, don’t add fat while preparing; use the low-fat ingredients.

   High-fat cooking methods include frying and sautéing. When a recipe calls for frying, try this instead:
   - Begin with lean meat or poultry; cook in a nonstick pan.
   - Drain the meat to remove excess fat.
   - Grill or broil meat on a rack above the heat source. To brown meat on the outside, place the raw meat, fat side down, in a nonstick pan. Cover and cook over low heat until browned on both sides. Turn over regularly.

   - For sautéing, try this:
   - Add only one or two teaspoons of oil to a nonstick pan. The small amount of oil gives flavor. Continue with the recipe; use low-fat ingredients.

   Deep-fat frying produces very high-fat foods. To some people, the flavor is highly pleasing. If you use this method often, start now to try new recipes that use lower-fat cooking methods. Repeat the ones you like!

   If substitutions in favorite high-fat recipes just won’t do, eat smaller portions and enjoy the food less often.

**Challenge:**

1. Look at the list of ingredients for a meatloaf recipe given below. There are three steps you can take to reduce the fat; what are they?

   **Meatloaf Ingredients:**
   - 1 pound ground beef
   - 1/2 cup bread crumbs
   - 1 egg
   - 1/4 cup milk

   - Eliminate creamed soups
   - Double the amount of milk while cooking
   - Substitute egg or egg substitute

**Refrigeration key to marinating meats safely**

Marinating meats adds flavor and improves the tenderness of less tender cuts.

A marinade contains an acid which aids in tenderizing tough muscle tissue. Meats prepared on the grill may be marinated for dip or sauce of the high-fat food with low-fat food. Always marinate meat in the refrigerator, because the acid in the marinade is not enough to improve potentially dangerous micro-organisms from growing.

Do not use an uncooked marinade as a dip or sauce later, as it may contain juices from the raw meat that harbor harmful bacteria. The marinade, however, can be boiled and used. When you place the marinated meat on the grill, get a clean dish to use for serving the cooked meat. If you use the same plate for the cooked meat, wash with warm soapy water before reuse. (AH)

**What’s in an EFNEP lesson?**

The Expanded Food and Nutrition Education Program (EFNEP) provides nutrition education to homemakers either in their own homes or in neighborhood or community group meetings. The curriculum is varied and includes topics such as: daily food guide, food preparation, menu planning, infant nutrition, cooking, feeding children, buying food better and weight management. Lessons provide a variety of activities and suggestions, and can also include a food preparation experience. Some people take several lessons on menu planning, for example, and others may spend limited time on that skill. Lessons are based on information the homemaker feels she might benefit from the most, and upon completion of a series of lessons, graduation certificates are awarded.

**Food Preparation Lesson**

Laying off many employees to cut cost is usually not an option for small businesses. If you are trying to trim the fat from your company’s operating expenses, it is true that the little things count. Here are tips on how to make the little cuts that could save big steps:

**Office supplies.** Ordering supplies in smaller amounts can free up money that could be spent in other priority areas.

**Inventory.** Stacking inventory costs money, so keep only what is most likely to sell. Check with suppliers about the feasibility of special ordering single-items for expensive products rarely sold.

**Staff.** Make sure the business is not overstaffed, employing three bored workers rather than two productive ones. Cut down overtime, if possible. Be sure pay scale is in line with other businesses in the field and area.

**Try a wise credit idea**

Many people have trouble keeping track of credit card purchases. At the end of the month they suddenly discover they don’t have enough money to pay off the whole amount they’ve charged, and thus they incur the high interest costs of having the unaffordable credit card company carry the balance. To make sure you always have

**More home economics news on page 7**
The forecast is for fashion!

The 4-H Style Revue Contest is scheduled for Wednesday, July 29 at the First Lutheran Church, 3151 South 70, 8:30 a.m. to 12:30 p.m. Pre-register through your club leader. Call the office to register if you are an independent member. An information letter will be mailed to all who have pre-registered by Monday, July 20. Teen Shopping Smart Style Revue judges will be in the afternoon. Teen Shopping Smart Style Revue participants need to bring their completed record book with them, as this counts for 50% of the total score. The record book is found in the back of the Teen Shopping Smart Manual.

You are a safe bicyclist?

Spend an evening with your family and friends at the pork fry, Friday, August 7, 6-8 and 7:30 a.m. to 12 a.m. most days. Volunteers are in great demand, so interested volunteers are invited to be purchased by club family members and friends. Money and snacks will be returned to the extension office by July 30. (MK)

Join the parade

Imagine the smell of hamburgers on the grill - or the sizzle of sausages as it cooks to perfection! This will become a reality at the 4-H Rock Cafe at the 1992 Lancaster County Fair. All 4-H alumni, ambassadors, home extension club members and other interested volunteers are invited to assist in the food booths. The money earned will contribute to 4-H membership pins, and the camp counselor program. The food booths open on August 1 and remain in operation through August 8. The booth schedule includes three-hour shifts from 7:30 a.m. to 12 a.m. most days. Volunteers are in great demand, so bring your spouse, your parents, your friends and join the parade to work in the 4-H food booths. It will be great fun! To save your spot, call Arlene. (ALH)

4-H Horticulture Workshop

Vegetable ID and Judging
Guest Speakers: Susan Schoneweis, extension coordinator, and Sherry Rea, Horticultural Coordinator
Monday, July 13, 7 p.m.
University of Nebraska Cooperative Extension in Lancaster County Contacts: Mary Jane Reynolds Please call by July 10 to register (MMJ)

Growing Up...Growing Together Retreat - September 11-12, 1992

The Growing Up...Growing Together Weekend Retreat at the Eastern Nebraska 4-H Center near Greta is designed for 11-13 year old boys and girls and their parents. The retreat begins Friday, September 11, 6:30 p.m. and concludes on Saturday, September 12, 8:30 p.m. Participants will re-affirm a trusting relationship, enhance communication skills, increase knowledge of human sexuality and increase understanding of their family values. The uniqueness of the retreat is the workshop format in which any combination of parent(s) and children may attend. For example, children may attend with sons, fathers with daughters, both parents with one or more children. The program is modeled after the successful Growing Up Female retreat which have served over 300 people. The retreat includes a variety of outdoor activities including the Project Adventure Challenge Course. Resource persons are Michael Keraud, M.D., Helen Goff, C.M.A., Eileen and Michael Curry, Rene Roberts, Maureen Banon, Cindy Hendricks, Susan Williams and Mary Nelson. The cost per pair is $50, which includes meals and lodging. Scholarships are available for limited resource participants. For more information, contact Maureen Banon. (MMB)

State 4-H Horse Show

State 4-H members, 12 years old and over, are needed to help during the judging of horse economics, horticulture and engineering projects on Tuesday, August 4, 8 a.m. to 12:30 p.m., or, 12:30 to 5 p.m. You may work one or both shifts. Assistants are also needed to answer questions and supervise project displays during the fair. Call the extension office to sign up. (MK)

County Fair Horse Show

The Lancaster County 4-H Horse VIPS Committee is sponsoring the sale of T-shirts for horse wearers during the 1992 Lancaster County Fair. Clip out and mail in this order blank. The deadline for placing T-shirt orders is July 15. (WLS)

Lancaster County Fair

The Lancaster County 4-H Horse Awards Activity which has been held on Thursday night of the Lancaster County 4-H Horse Show will be held this year during the week following the county fair. It will be held Tuesday evening, August 11 at the Lancaster Extension Conference Center. Full details will be in the August NEBLINE and information may be obtained through club leaders. (WLS)
Two Lancaster County 4-H'ers brought home awards from the Nebraska Trapshoot Senior Handicap Competition at Doniphan, Nebraska. Jason Schepers earned a runner-up medal in the 19-18 year old trapshoot senior handicap competition while Todd Steubeaker was the top 14-11 individual in the junior high division with a score of 81/100.

The Lancaster County Shooting Sports Club was well represented with Damion Schepers, Aaron Schepers, and Jason Minchow competing in the senior high categories. Junior participants were Justin Beal, Josh Day, and Jerry Minchow.

Table Setting Convention

The Table Setting Convention is Friday, August 7, 9 a.m. in the 4-H arena. Call the office to pre-register by Monday, July 20 to attend. Categories: picnic, casual, formal, holiday or birthday.

Participants are to display one place setting - include table coverings, dishes, glassware, silverware, centerpiece and menu. Members are to provide the card table for display. The tablecloth does not need to be the exact size of the table. We are interested in the color, texture and design.

The menu should be printed or typed by the 4-H member on a 4 x 6 card. The 4-H member should be familiar with the foods listed on their menu, including the color, texture, temperature, basic ingredients and preparation.

A new publication, "You, the Designer" is available at the extension office to help you with this contest. "You, the Designer" covers table settings, menu planning and writing recipe cards, as well as the new food groups recommended servings.

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 12 at 2:30 p.m. All of you are welcome, so bring your friends and come to 3820 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 Booths.

Club and attractive ways. Participants will explore salads from their own and other ethnic backgrounds and modify them to meet current needs. Participants will join in designing an original salad and naming it after the club or group.

Using Positive Discipline to Build Self-Esteem

Self-esteem, or the lack of it, is governed by what we learn to believe about ourselves. The use of the positive discipline strategies promoted in this lesson can provide the supportive, safe, predictable, and accepting environment needed to strengthen the self-esteem of a child and has reciprocal potential for the interacting adult.

The Real Facts: Organ Donations

Why decide to share an organ for donation? How are donations received? Who are the primary donors? Which organs and body parts are recognized in the national register and used in Nebraska? Which hospitals can provide organ donation services in the state? How are families, legal, and physician arrangements handled? How about religious considerations and medical decision making? What ethical and moral considerations are involved? What financial support is available? Will my insurance coverage be involved or is this a free service?

Is it possible to handle an organ donation in a confidential manner without donor and family notification? Two programs centered in Nebraska, eye and liver transplants, will be highlighted. Agency and professional resources will be cited.

Dates lessons will be given will be available after August 15th. Lesson materials will be available after January 1, 1993. (LB)
Prevent firework accidents

During the month of July, more people in our area as well as throughout the United States are injured and maimed by fireworks. Property damage incidents from fireworks also increase.

"Most fireworks-related accidents can be prevented by simply using some common sense and obeying a few easy-to-remember safety rules", says Bill Montz Jr., Fire Prevention Officer for the Southeast Fire Department.

The members of the Southeast Fire Department with you and your family a happy and safe Fourth of July season, and with that in mind, we offer you the following fire safety reminders:

Children should only use fireworks under the direct supervision of a competent adult. Many needles and often disfiguring or deadly injuries occur when children are not supervised while using fireworks.

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Stress and subject to breakage in winds. Heat scanner is most likely to occur on seedlings subjected to periods of unusually high temperatures. Intense solar radiation can heat the soil surface to temperatures exceeding 140 degrees F and injure the tender, thin-walled and succulent stem tissues of young soybean plants.

Hail Leaves injured by hail are torn and ragged; large areas of tissues may be blown away. Stems may be cut off or broken or may have sunken, dark impaction sites that appear somewhat fibrous at their margins. Pathogenic fungi may colonize hail-damaged areas and produce other sorts of stem-girdling cankers or weakened stems. Most damage is usually on the side of the plant facing the prevailing winds of the storm.

Lightening

Lightening kills soybeans in nearly circular to widely irregular spots in the field, surrounded by a border of less affected plants. The lower parts of stems may be blackened, with many dead leaves still attached. The pith of such plants appears "cooked" or blanched. Lightning damage is sometimes mistaken for an infectious disease such as a root or stem rot. However, the two are easily distinguished because lightning damage (1) kills both the soybeans and the weeds suddenly, (2) leaves a clearly defined margin around the affected area, (3) does not spread into other parts of the field, and (4) lacks any sign or symptoms of pathogen involvement. (DV)

Greenbug

Lower leaves of most plants. In grain sorghum fields where the plants are from boot to soft dough stage, consider treatment if greenbug colonies are present on most plants, before one lower leaf has been killed, and if parasite numbers are low (less than 20 percent of greenbugs are parasitized). Parasitized greenbugs are dead, swollen, and brown or tan in color. In forage sorghum, consider treatment when 25 percent of the lower leaves have greenbug colonies and are showing signs of damage.

Refer to the "Insect Management Guide for Nebraska Corn and Sorghum" extension publication EC92-1509, for a list of insecticides registered for controlling greenbugs in sorghum. (DV)

The NEBLINE is printed with Soy Ink, a blend of 60% recycled paper.

Extension Calendar

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

July 1

- All Sar-Ben Broiler Forms Due

July 6

- 4-H Livestock Booster Club ................................................................. 7:30 p.m.
- 4-H Beef VIPS Meeting ........................................................................ 8 p.m.

July 7

- Cass County Livestock Judging Contest, Cass County Fairgrounds .......... 6:30 p.m.
- 4-H Rabbit VIPS Meeting ...................................................................... 7:30 p.m.

July 10

- Saline County Lamb Progress Show, Crete ............................................. 2:30 p.m.
- Practice Demonstration Day ................................................................. 1:30 p.m.

July 12

- Salt Valley Lamb Show, State Fair Park ................................................ 2:30 p.m.
- 4-H Rabbit VIPS Meeting ...................................................................... 7:30 p.m.

July 14

- District Dairy Show, Beatrice .................................................................
- County & State Fair Pre-Entries Due

July 21

- 4-H Livestock Judging Contest, Washington County ............................... 9 a.m. - 2 p.m.

July 23

- Food Booth Training, State Fair Park .................................................... 2-7 p.m.

July 29

- Fair Superintendents Meeting ............................................................... 2-7 p.m.

July 30

- Style Revue Judging, First Lutheran Church .......................................... 2-7 p.m.

- Quad County Tractor Driving Contest, Fremont-Christensen Field ........ 2 p.m.
- Music Contest, Kimball Recital Hall ................................................... 7 p.m.

August 4-8

- Lancaster County Fair, State Fair Park ................................................

August 6

- Health Awareness Day, State Fair Park (Farmland Building) ............... 9 a.m.-5 p.m.

August 7

- Ice Cream Social, State Fair Park ......................................................... 6-8:30 p.m.
- Teen Dance, State Fair Park .................................................................. 8:30-11:30 p.m.

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