8-1992

The NEBLINE, August 1992
Shooting Sports at the County Fair

There is a minor change in the fairbook description of the BB gun and .177 pellet rifle competition. There will be four positions, prone, kneeling, standing and sitting. Each participant will be allowed 10 shots in each position. 4-H members who signed up for trapshooting, smallbore rifle, or archery competition will be contacted by the extension office or superintendents with information concerning the date, time and location of competition. Youth planning to compete in the Lancaster County Shooting Sports Contest must be receiving instruction from a certified shooting sports instructor to be eligible. Participants should wear appropriate 4-H identification during competition. (DV)

It's Not Over 'Til...

After the fair is over, it will take a while to breathe a sigh of relief. But don't stop then - it's time to start planning 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 p.m. (See EOS-92-107). We'll talk about completion of reports, member records, Chris Clover Awards, achievement meeting ideas and selecting projects for the new year. Juniors and parents are encouraged to attend. For more information, contact Marilie or Maureen. (MK)

Thatch Control

Thatch is a tightly intermingled layer of dead and living stems, leaves and roots. It forms between the soil surface and green vegetation. Thatch development is normal in home lawns. However, excessive thatch (greater than 1/2 inch in depth) may be detrimental. Excessive thatch increases the potential for damage due to environmental stress (drought, high or low temperatures), disease and insects. Thatch also decreases the effectiveness of many pesticides and fertilizers. 

The control of thatch is not just a once-every-five-year power raking job. Instead, it involves prevention and mechanical removal. Thatch prevention first requires an understanding of thatch formation. Thatch accumulates when the rate of thatch production exceeds the rate of microbial decomposition. The primary causes of thatch development are excessive nitrogen fertilization and irrigation. Fertilizer and water should be adequate to promote good growth, not excessive levels. Contrary to popular belief, lawn clippings do not significantly contribute to thatch development. It's not necessary to bag and remove lawn clippings when mowing the yard. Homeowners can alter the soil environment in order to promote

Please turn to Thatch: Page 2

Thank you...

We wish to express our gratitude to the Lancaster County Extension Board, Home Extension Club Council and clubs for co-sponsoring the open house in honor of our retirements. We appreciate the many folks who took time out to come and enjoy the party and wish us well. Thatch for the cards, gifts and personally expressed good wishes that made the day one that will be remembered for a long, long time.

Esther Wyant and Darlene Navratil

Alfalfa Producers Bugged!

Southeast Nebraska alfalfa producers have had their alfalfa hit hard by insect pests this season. First, phone calls, gifts and comments made by alfalfa weevils and second growth have been damaged by potato leafhoppers. Both the alfalfa weevil and potato leafhopper damage the foliage and can greatly reduce yield, but the insects have vastly different life cycles, feeding and overwintering habitats.

Alfalfa weevil is a European insect that appeared in North America this century. Primary damage is caused by adults and larvae feeding on the growing tips, leaves and buds of first growth alfalfa, although the second cutting may also be attacked. The adult weevil overwinters in Nebraska in sheltered areas along field margins. In spring, adults fly into alfalfa fields, mate and lay eggs. The eggs hatch into green larvae that have a white stripe down the back. There is generally only one generation per year so most of the damage is done to first growth alfalfa. Often, an infestation of alfalfa weevils can be controlled by carefully timing the cutting of alfalfa instead of spraying with an insecticide. Early cutting may reduce the amount of hay produced. Most years, potato leafhoppers do not migrate in large enough numbers to cause severe damage, but the potential is always present.

Once in an alfalfa field, adult leafhoppers lay eggs that hatch into very small, green, wedge-shaped nymphs that cannot fly, but jump quite well. Both adults and nymphs have piercing, sucking mouthparts and feed by sucking plant juices from the mid-vein on the underside of an alfalfa leaflet. The feeding damage ("hopperburn") appears as a yellowing of the leaf tips, followed by purple discoloration and death of the leaflets. Severely damaged post later in the season. Pennsylvania entomologists have established guidelines to determine the numbers of leafhoppers that will cause economic damage. These guidelines differ based on the age of the alfalfa and the price of alfalfa hay. Unfortunately, the numbers needed to cause economic loss is low compared with damage caused by other insects (see figure).

Although most alfalfa producers plant alfalfa for animal feed, many also view alfalfa as a low maintenance crop and fit cutting hay around other crop demands. So far this growing season, we have not seen any insects used in alfalfa other than alfalfa producers unable to get a good cutting of hay.

Refer to the extension publication, EOS-92-1551, Insect Management Guide for Nebraska Alfalfa.

Office Information:

Phone Numbers:
Office: (Leave message after hours) 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

UNIVERSITY OF NEBRASKA-LINCOLN COOPERATING WITH THE COUNTIES AND THE U.S. DEPARTMENT OF AGRICULTURE
Cooperative Extension provides information and educational programs to all people without regard to race, color, national origin, sex, handicap, or age.
Harvesting and curing gourds

There are two groups of gourds used for their ornamental and edible qualities. The fruit of the Ovifera group are usually small. Many varieties of this group have contrasting yellow and green patterns. The warty gourds are in this group. The black-eyed susan is the Langenaria. This group produces large, pale green fruit that change to a buff color after curing. These thin hard-shelled gourds are used as utensils and containers as well as ornaments. The powder horn and dipper gourds are in this group. Gourds do not cure well unless fully matured. At maturity, Ovifera Langenaria gourds will keep several years. (DJ)

Gourds are used as decorations. The powder horn and fruit to assure uniform coloration. Dipper gourds are in this group. Ovifera gourds will keep three to four years. (DJ)

August blooming perennial flowers

Are most of your early summer perennial flowers done blooming for the year? Wouldn’t it be nice to have a list showing the later flowering perennials available, and many bloom up until frost. Maybe next year you can add a selection of late summer blooming perennials to your flower garden.

Common Name
Black-Eyed Susan
Bedford
Lavender Cotton
Goldentrod
Meadow Rue
Obdient Plant
Aster
Turtlehead
Heaven’s Flower
Hosta
Red Hot Poker
Gayfeather

Of course, this list is not complete. Check garden books and catalogs for more late blooming perennials. Plan on enjoying your perennial garden until cold weather sets in. (MIM)

No magic solution to insect problems

The ads for some electronic bug zapper make them sound like the magic answer to all your insect pest problems. But that’s overselling their effectiveness.

Bug killers that use black light to attract insects and an electric grid to kill them are most effective when used in a screened porch, deck, or between a patio and the garage or other enclosed space. Used the way most people use them — fastened to a post in the back yard — they cannot meet the consumer’s expectations for control.

One reason is ecological: no gadget (or chemical) that can eliminate all the pesky insects in a particular area and keep that area insect free unless the area is enclosed. Even if it could kill all the insects in the yard, insects would come in from outside to replace the population. This constant influx of new individuals means you can never keep an open area bug free.

Another misconception about bug zappers that is fostered by some ads is that these gadgets will control the biting pests that plague people as they use their outdoor living space. Mosquitoes and other biting flies seek out potential victims by detecting carbon dioxide given off by humans or animals. A light in a blacklight may be attracted to a black light, mosquitoes in search of a blood meal will be attracted to the light in favor of the warm body. Horse flies and most other biting flies are day-flying insects and are not attracted to black light at all.

Most of the insects attracted to a black light trap are not pests, and some are even beneficial. The majority of the insects caught by snapping and cracking as they hit the electrified grid are sight-flying moths, beetles, and other beneficial insects, such as caddisflies, mayflies and other insects that are not pests. Those that may die on the grid include chironomus wapsons and predacious beetles.

Growing trees from seed can be fun. The seeds of most tree species, however, fail to germinate immediately when planted because they are in a dormant state. Dormancy must be broken before the seeds can germinate.

In some tree species, dormancy is the result of a thick, hard seed coat. The seed coat barrier may be broken in a variety of ways and the most common process is referred to as scarification. Mechanical means, such as a metal file or coarse sandpaper, can be used. Treatment with boiling water has also been successful for a number of seeds. In nature, the seed coat may be broken by microbial action, passage of the seed through the digestive tract of a bird or other animal, exposure to alternate freezing and thawing, or fire.

One of the more effective means of overcoming seed dormancy is straining. Seeds of many trees require a period of cool temperatures and many bloom up until frost. Maybe next year you can add a selection of late summer blooming perennials to your flower garden.

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

Height
2-3 ft.
2-3 ft.
1 ft.
3 ft.
3 ft.
3 ft.
3 ft.
3 ft.
1-2 ft.

Effective herbicides include 2,4-D, MCPB, dicamba and triclopyr. Most herbicides contain active ingredients that are not selective and may be required each fall until the thicket depth is less than 1/2 inch. Then, an integrated program of preventive methods should be used.

In Nebraska, early fall is the best time to either power rake or core aerate a lawn. To promote turfgrass recovery, apply fertilizer and water as necessary. Select a time of low wind and temperature. (MIM)

Julie Bredlau, NEP-3047, Crail Farm, Box 296, Elkhorn, NE 68022

Fall Weed Control

The best way to prevent weed problems in the lawn is to maintain a thick turf. When weeds do appear, herbicides may be required. Perennial broadleaf weeds, such as dandelions, plantain and ground ivy, can be successfully controlled in the fall.

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Moving houseplants indoors

As the days become shorter and temperatures begin to fall, it’s time to bring houseplants back indoors. Carefully examine the plants for insect and disease pests. It is important to note untransformed pests into the home. Houseplants can remove any yellow or diseased leaves from the plant.

If insects are noted, use appropriate insecticides. Before applying pesticides, read and follow label directions. If the plants are heavily infested with insects, it may be best to simply discard them.

Check to see if the plants need to be repotted. Tum the plant upside down and tap the edge of the pot against a solid surface to loosen the rootball. If the roots are in a solid mass along the sides and bottom of the pot, repot. Remove any excess soil from the rootball while gently prizing the plant out of the pot. Place the plant in a good growing location in your home. (MIM)
Thirteen-lined ground squirrels

are common throughout the Great Plains. They are most often seen during the daytime on golf courses, cemeteries, parks and yards. They are enjoyable to watch as they follow their routines of gathering food and playfully scurrying about.

The thirteen-lined ground squirrel gets its name from the thirteen light stripes with rows of light spots that run lengthwise down its back. "Thirteen-liners" or "striped gophers" as they are sometimes called, are usually about eleven inches long, including a five to six inch tail. Thirteen-liners like open grassy areas, where they dig burrows. The burrow entrances are small, two-inch diameter holes in the ground. Seldom will you find mounds at the entrances, but occasionally, the grass will appear worn.

Thirteen-liners are active from April through September while they search for food and mates. Young are usually born in May and are able to leave the burrows in late May to June. Thirteen-liners are one of our true hibernators - sleeping soundly in their burrows during late fall and winter.

The thirteen-lined ground squirrels prefer to feed on seeds of native and cultivated plants, garden vegetables, flowers and insects. They can cause minor problems when they dig burrows, eat seeds and seedlings, or nip off vegetables in gardens. These problems are easily solved by controlling their population so you can enjoy their presence and endure minimal damage.

An excellent method of safely controlling ground squirrels is to set a live trap made out of a 12" x 20" piece of hardware cloth (see illustration). A ground squirrel can be trapped live by securing a metal trap over its hole and pouring water into the hole. They will exit into the trap. The ground squirrels can then be released in suitable habitats such as roadside ditches or open areas. It is important not to release them into an area where they may cause a problem again. Tall vegetation deters ground squirrels from using an area, so by allowing vegetation to grow tall, thirteen-liners can be excluded from an area where they are not wanted.

Thirteen-liners are indeed an enjoyable species. Because they are fascinating and very visible animals, they are appreciated by many. One thing to keep in mind is that they can cause some problems if their population is too high. By simply controlling their population, thirteen-liners can be great backyard friends for you and your family to enjoy. (DV)

Ear attacking insects may be prevalent in corn

In most of Nebraska, corn is past the green silk stage, and there is little concern about rootworm beetle feeding interfering with pollination. However, a variety of insects still may feed in the ear tip or within the ear of corn plants. These include European corn borers, corn rootworm beetles, fall armyworms, corn earworns, western bean cutworms and picnic beetles. People often ask what can be done to control these insects. With the exception of corn rootworm beetles, once these insects enter the ear they cannot be controlled with insecticides. For all these insects, the amount of yield loss is less than the cost of controls.

European corn borers feed on silks and developing kernels in the ear shank. Finding corn borers in the ear does not indicate that a control has failed because the borer may have entered the ear before an insecticide was applied or after the residual activity of the insecticide has dissipated.

Corn rootworm beetles normally feed June through August when many beetles are found on an ear, they also may feed on developing kernels in the ear tip. Spraying specifically to control beetles feeding on kernels is not economically justified in field corn. However, insecticides applied during August to reduce beetle egg laying also will reduce feeding damage to kernels.

Corn earworns are a major pest of corn in Nebraska. It is not feasible to treat them in field corn. Corn earworns may vary greatly in color, from brownish to yellowish to greenish, but yellowish lateral stripes and alternating light and dark-colored longitudinal stripes on the dorsal surface are on all larvae. Also, numerous raised bumps occur on the skin, each with a spine. Corn earworm moth lays eggs on corn silks, and the earworms enter the ear soon after hatch, thus repeated insecticide applications would be necessary to significantly reduce the number of surviving corn earworns. Normally, damage is restricted to the tip, and since the caterpillars are cannibalistic, normally only one or two survive to maturity per ear.

Fall armyworms, which have fed in the niche earlier in the season, also may feed in ear tips. Fall armyworms have a whitish-yellow upcurved "Y" marking on the front of the head.

Western bean cutworms are best controlled while the cutworms are small and feeding in the whorl, on the tassel or are otherwise exposed. Young cutworms may be confused with young armyworms, but young cutworms are not obviously confused with armyworms. They can tan to cream colored with a light tan marking lengthwise down the back. Fully grown larvae are large, tan to pale gray with brown heads, and a wide dark brown collar behind the head with three narrow pale stripes. Once they enter the ear, insecticides will not provide much control. Heavy populations can extensively damage corn, as several cutworms may survive to maturity in one ear, and damage is not restricted to the tip. Timely scouting and treatment, if needed, is necessary to prevent damage to the ear.

Picnic beetles or corn sap beetles are attracted to decaying vegetable material and often invade corn ears damaged by insects. These are small (3/12 inch) dark black or brown beetles, which may have orange to yellow spots on their wing covers. These secondary invaders are not obvious to eat healthy ears but feed on decaying plant tissue and the associated microorganisms. The brown coloration from these insects, see NebGuide G82-613, Ear Attacking Insects of Corn, available from University of Nebraska Cooperative Extension offices. (DV)

Wanted: Insect Pests!

We are requesting that homeowners and farmers bring insect pest specimens to the Lancaster County Extension Office, 444 Cherry Creek Road, Lincoln. We will identify and preserve the specimens. The specimens will be placed in a reference collection to aid us in future insect identifications. The most desirable specimens are agronomic, livestock and household pests. Insects are best preserved while they are still alive, and most (with the exception of moths and butterflies) can be preserved temporarily in alcohol.

For more information about specific pests that we are seeking, call the extension office at 471-7180 and ask for Barb Spike. (BPS)
Attention incoming high school seniors!

Need financial assistance for your college education? Apply for one of the following scholarships! Jonathan Milligan Backes Scholarship - $500 for a high school senior who will enroll at UN-L. Jonathan Milligan back to the Institute of Agriculture and Natural Resources. In memory of Jonathan Milligan Backes.

Lancaster County 4-H member. Area 3: Marty Mischow

Hutchinson Scholarship - $200 for a high school senior majoring in home economics at UN-L. In memory of the long-time Lancaster County 4-H member and leader.

Lincoln Center Kiwanis Club Scholarship - $150 for a 4-H member who will attend UN-L.

Havelock Farmers Institute Scholarship - $100 each to one Waverley and one Northeast High School senior 4-H, FFA or FFA member who will attend UN-L.

Forms are available at the extension office and are due October 1. Contact Maureen for details. (MHB)

**Record Book Award Information**

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

- 50% - experiences in 4-H projects
- 25% - experiences in 4-H leader
- 25% - growth and development through 4-H citizenship and community service

Books are due to University of Nebraska Cooperative Extension in Lancaster County by October 1. Guidelines for the record book can be obtained from the extension office. Youth selected as county leaders are eligible to receive one of the following scholarships, call Marilee. (MK)

**Nebraska Q125 Birthday Bash needs capitol help**

August 22 will mark the date for the biggest birthday bash our state has ever seen. The Nebraska Q125 Birthday Bash calls for continuous entertainment from morning to night, fireworks and a laser light show at nightfall. The event will include performances by ethnic groups, an old time Chautauqua, historical displays, tours, children’s activities and much more.

The Birthday Bash will be held on and around the grounds of the State Capitol. A food court will take over the state employee parking lot. The 1992 Lincoln-Lancaster Health Department Clean Community System mini-grant recipients have been asked to help with keeping the State Capitol grounds clean and litter free during this 12 hour event. Any groups who are interested in volunteering at this prestigious event should call the CCE office at 471-8023 to reserve your two hour slot. (ALH)

**Clean Community needs your help!**

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**4-H Conference can help develop 4-H leadership skills**

Leaders can be born with talents or trained to develop new skills. Either way, they will benefit from a leadership development conference November 5-7 at Purdue University, called “Steps to the Future.”

The conference is part of the 1992 North Central 4-H Leaders Forum. Registration for the conference is $135, which includes meals, travel, and tours. Hotel costs, not included in the registration fee, are from $50 to $85 for one to three persons in a room.

Speakers will cover topics such as: Careers, networking, achieving goals and discovering the skills of others. Practical sessions will have opportunities to practice discovering their own personal style and how it influences their leadership skills.

The program will be offered two times. The conference skills in order to work with others in a team and develop leadership skills.

During the conference, 78 different skill sessions and tours will be offered. Session topics include: how to develop self-esteem and teach good decision-making, how to take the fear out of public speaking, 4-H involvement for youth with disabilities, and putting fun and learning into clubs. Leaders, if you’re interested in attending or want more information on the conference or scholarships, call Marilee. (MK)

**Clover Pride!**

Show your pride in Lancaster County 4-H during National 4-H Week set for October 4-10. It’s an excellent time to share 4-H with your friends and your community.

Wear your 4-H T-shirt on Friday. Display the 4-H promotional poster you made for the fair at a local business. (Be sure to check with those in charge before displaying it.) Schedule a show-and-tell time for 4-H friends at a club meeting. Use your imagination as you and your club show people what you’re learning and doing through 4-H.

**State Fair Tickets**

State fair animal project exhibitors and 4-H activity participants will receive complimentary state fair entry tickets. Qualifying 4-H members will receive detailed information after the fair. Admission administration office - 402/474-5371

Ticket office - 402/473-4105

Prices:

At the gate - adults/$5; children (6-12)/$1; children 5 & under/free

Advance ticket purchase: $3 for general public (available thru 9/9/92); $1.50 for state fair exhibitors and parents

Mail requests to:

Tickets Nebraska State Fair P.O. Box 192 Lincoln, NE 68501

Handicap Parking

There will be a few handicap parking spaces available this year. If you will be needing one, please send the license plate number to Peggy at the State 4-H Office, 114 Ag Hall, UN-L, Lincoln, NE 68583. (MK)
County Fair Facts

☆ The Lancaster County Fair began in 1870.
☆ 90% of Lancaster County 4-H members reside in Lincoln.

The 1991 Lancaster County Fair had:
☆ an attendance of approximately 20,000 people
☆ 1,200 people attended Health Awareness Day
☆ 1,100 people attended the 4-H Style Revue
☆ 1,500 people attended the Family Fun Night
☆ 900 people attended the 4-H Music Contest
☆ 400 volunteers who invest 3,500 hours in support of the fair.

745 volunteer leaders invest:
☆ Over 100,000 hours
☆ 125,000 miles
☆ Over $30,000 in supplies for support to over 9,300 Lancaster County 4-H members in 150 clubs.
Friday, August 7, 1992

Family Pork Barbeque
6 to 7 p.m.

Family FUN Night!
6 to 8:30 p.m.

Ice Cream Social
Friday, August 7, 1992

For Kids ONLY...

Big Wheel Race
for kids 8 and under
Wednesday, August 5 at 4:30 p.m.
Bring your own Big Wheel. Competition will take place west
of the Farmland Building.

Kiddie Tractor Pull
for kids 12 and under (broken into age brackets)
Thursday, August 7 at 4 p.m.
Tractor and sled provided. This is an independent competition
and is not affiliated with any state competitions. Competition
in the 4-H Arena.

FREE!
Watermelon Feed
with UNL athletes
Thursday, August 6
6:30 p.m.
at the Demo Complex

Health Awareness Day
August 6, 1992
9 a.m. - 5 p.m.
State Fair Park—Farmland Building
Sponsored by the Lancaster County Council of Home Extension Clubs

Everyone is welcome!
No admission fee!
Invite your friends and neighbors!

Special Events
(Held adjacent to the Farmland Building on the west side)

• Fire Safe House—Get Out Alive—Home Fire Exit Drill
  • Nebraska Lions Foundation Mobile Screening Unit
  • Offering blood pressure and blood sugar screening,
  visual acuity and glaucoma screening and hearing testing

In the Farmland Building

• The Poison Center
• Bicycle Safety Jamboree
• Stroke—It Can Be Prevented
• Take the Challenge: Be a Leaner Eater
• Respiratory Care Cares
• Graying of America to Driver Safety
• Alcohol & Drug Abuse Prevention Education
• Youth and Traffic Safety/The Healthy Totline
• Cancer Prevention & Early Detection
• Hazardous Household Waste/Indoor Air Quality
• Lincoln Information for the Elderly
• Diabetes
• Every Drop Counts
• Protecting Our Groundwater
• Dairy Council
• Operation Lifesaver
• The Manic Depressive & Depressive Assn. of Nebraska
• Alcoholics Anonymous
A FREE concert with...
The Rumbles
Thursday, August 6 at 8:30 p.m. in the Arena

Bring your non-perishable food donations to the fair for deposit in the Lancaster County Food Bank on Wednesday, Thursday and Friday!

Garden Tractor Pulls
All of the excitement of the Big Tractors
Even MORE FUN, because it's FREE!

Special Parking Instructions:
Trailers and Campers - parking is available east of the beef barns. The west side of the barns (north of the 4-H Exhibit Building) is reserved for fair events and exhibitor vehicles.

Friday and Saturday - the parking lot west of the Farmland Industry Building (south of the 4-H Exhibit Building) will not be available for parking on August 9 and 10. Exhibitors may park north of the 4-H Exhibit Building.

LANCASTER COUNTY FAIR MAP
STATE FAIR PARK LINCOLN, NE

PARKING
1. Exhibitor parking (no trailers)
2. Staff parking
3. General parking
4. Campers & RVs
5. Horse & livestock trailers
6. Working horse trailers

EXHIBITION AREAS:
*Please check fair schedule for specific times of events
AB Horticulture
CD Demo Rooms
E 4-H Youth Office
F 4-H Rock Cafe
G Rabbits
H Poultry & Pigeons
I Open Class Office
J Dairy Cattle
K Beef
L Swine
M Sheep
N Goats
O Livestock Office
P Snack Shack
Q Home Economics (upstairs)
R Engineering (upstairs)
S Farmland Building
T Shooting Sports
U Open Class Exhibits
V Restrooms

4-H Youth Complex
Indoor Arena
Farmland Building
East Arena
To 27th Street - Cornhusker Hwy
To 17th Street - Holdridge Street - Downtown
1992 Lancaster County Fair Schedule

Thursday, July 30, 1992
Music Contest (Kimball Hall) .................... 7 p.m.

Saturday, August 1, 1992
Open Class Horse Show (4-H Arena) ........... 8 a.m.

Sunday, August 2, 1992
Open Class Dressage Horse Show         (4-H Arena) .................... 9 a.m.

Tuesday, August 4, 1992
Judging of exhibits ........................................ 8 a.m.
4-H Horse Shows (East Arena) ...................... 9 a.m.
4-H Horse Judging Contest                  (East Arena) .................... 1:30 p.m.
4-H Horse Class (East Arena) ..................... 6 p.m.
Exhibits open to public ......................... 6 p.m.
4-H Rabbit Quiz Bowl (Demo rm C) ............. 6 p.m.
4-H Rabbit Judging Contest                  (Demo rm C) .................... 7 p.m.
Exhibits close to public ....................... 9 p.m.

Wednesday, August 5, 1992
Exhibits open to public ......................... 9 a.m.
“Special Needs” Horsemanship Class .......... 10 a.m.
4-H Household Pets Judging                  (Farmland Bldg) ............. 11 a.m.
4-H Horse Western classes                  (East Arena) .................... 11:30 a.m.
Big Wheel Race                             (West of Farmland Bldg) .......... 4:30 p.m.
4-H/FFA Sheep Show (North Arena) ............. 5 p.m.
4-H Poultry Show                            (Small Animal Bldg) .......... 6 p.m.
4-H Horse Game classes (East Arena) .......... 7:30 p.m.
4-H Style Revue                             (Devaney Sports Center) .......... 7 p.m.
Exhibits close to public ....................... 9 p.m.

Thursday, August 6, 1992
4-H/FFA Rabbit Show (4-H Bldg) ............... 8 a.m.
4-H Horse English classes (East Arena) ....... 9 a.m.
4-H/FFA Swine Show (North Arena) ............. 9 a.m.
Exhibits open to public ......................... 9 a.m.
Health Awareness (Farmland Bldg) ............. 9 a.m.-6 p.m.
Open Class Poultry Judging                  (Small Animal Bldg) .......... 10:30 a.m.
4-H/FFA Dairy Cattle Judging contest        (East Barn) .................... 1 p.m.
4-H Rabbit Showmanship (4-H Bldg) ............. 1 p.m.
Dairy Goat Quiz Bowl (Demo Rm) ............... 3 p.m.
4-H Livestock Judging (North Arena) .......... 3 p.m.
4-H Demonstrations (Demo Complex) .......... 4 p.m.
Kiddy Tractor Pull (4-H Arena) ............... 4 p.m.
Children’s Carnival                        (5:30-8:30 p.m.
4-H Rabbit Pet class .................................. 6 p.m.
Watermelon Feed                            (6:30 p.m.
4-H Rabbit Dress-Up class ..................... 6:30 p.m.
Lincoln Continentals and ... ............... 6:30 p.m.
Sweet Adelines (Demo Complex) ............... 7 p.m.
Rumbles - musical entertainment ............. 8:30-12 p.m.
Exhibits close to public ....................... 9 p.m.

Friday, August 7, 1992
4-H/FFA Dairy Goat Show                     (North Arena) ............... 8 a.m.
4-H/FFA Beef Show                           (East Arena) ............... 8 a.m.
Exhibits open to public ....................... 9 a.m.
4-H Table Setting Contest                   (4-H Arena) ............... 9 a.m.
Open Beef Show                              (East Arena-following 4-H/FFA show) .......... 2 p.m.
4-H/FFA Dairy Goat Judging Contest          (North Arena) ............... 3:30 p.m.
Children’s Carnival                        (5:30-8:30 p.m.
Family Night (Pork Barbecue) ................. 6-7 p.m.
Ice Cream Social                           (Demo Complex) ............... 6:30 p.m.
Farm Family Fun                             Farm Family Fun ............... 7 p.m.
4-H/FFA and Open Hay Hauling Contest       (East Arena) ............... 7 p.m.
4-H Dog Quiz Bowl                           (Demo Complex-Rm C) .......... 7 p.m.
Teen Dance                                 (youth exhibitors - 4-H Arena) .......... 8:30-11:30 p.m.
Exhibits close to public ....................... 9 p.m.
Sundowners - Musical Entertainment (East Arena) .......... 9-11:30 p.m.

Saturday, August 8, 1992
Open Dairy Goat Show                        (4-H Arena) ............... 8 a.m.
Volkswalk                                  (North of Small Animal Building) ........ 8 a.m.
4-H Demonstrations                         (Demo Complex) ............... 8:30 a.m.
Open Rabbit Show                           9 a.m.
4-H Shooting Sports Contest                (East of Demo Complex) .......... 9 a.m.
4-H/FFA Dairy Cattle Show                  (4-H Arena) ............... 9 a.m.
4-H Pigeon Show                            (Small Animal Bldg) .......... 9 a.m.
Exhibits open to public ....................... 9 a.m.
4-H Cat Show (Farmland Bldg) ............... 9:15 a.m.
Open Pigeon Show                           (Small Animal Bldg) .......... 9:30 a.m.
Open Class Sheep Show                      (North Arena) ............... 12 p.m.
4-H Bike Safety Contest                    (North of 4-H Bldg) ............ 1 p.m.
Open Class Dairy Cattle Show               (East Arena) ............... 1 p.m.
4-H Bucket Calf Show                      (East Arena) ............... 3 p.m.
4-H Rabbit Show Awards presentation        (4-H Bldg) ............... 3 p.m.
Livestock, Dairy Cattle & Dairy Goat Judging, Contest
Results & Herdsmanship Awards .......... 3 p.m.
Exhibits close to public ....................... 4 p.m.
Release all 4-H entries ..................... 4-6 p.m.
Garden Tractor Pull (East Arena) .......... 7 p.m.
Kids connect with NU science faculty

A new program called Mentors in Science connects 4-H members with faculty and researchers at the University of Nebraska and gives kids the opportunity to earn college credit while they are in high school. Mentors in Science is administered through the University of Nebraska's NU-UP program and provides a college-level resource to students interested in science.

Students have the opportunity to design their own scientific experiments and to work on scientific questions that intrigue them. Once a student has been accepted into the Mentors in Science program, a mentor, who is a member of the University faculty, is assigned to the student. This mentor guides the young person through the research process.

Students selected to the Mentors in Science program through an application process. Applications and more information are available at http://www.ext.umn.edu/4H/offices/114Ag.Hall.University.of.Nebraska.Lincoln.NE.68521-0700.(MIBB)

4-H Boys and girls are more important than 4-H projects.
Learning how to do a project is more important than the project itself.

"Learn by doing" through a useful work project is fundamental in any sound educational program and is characteristic of the 4-H project.

Generally speaking, there are no more important things to do than to grow people.
Our job is to teach 4-H members how to think, what to value.
A balanced program of work and play, geared to the individual needs of all members is more important than "grooming.
Sound growth of programs and numbers is not reached without the interest and talent in science.
Leaders are to contact one of the 4-H horse superintendents, Dick Confer or Cindy Blom, on problems concerning horsemanship judging procedures and results.

The results of horsemanship during last year's county fair were outstanding for nearly every 4-H horse club. Keep up the good work!

Horse Awards Activity
All 1992 class and special activity winners will receive their awards during this special program this year following the county fair at the Lancaster Extension Conference Center on Tuesday evening, August 11, at 6:30 p.m.

The awards will be presented for those winners listed on page 54 of the 1992 Lancaster County Fair Premium List as well as recognition of program supporters.

A pot luck dinner will be held prior to the awards activity. Each family is asked to bring one main dish, one salad or dessert, and their own table service. Drinks will be provided.

Horse T-shirt Sales
The Lancaster County 4-H Horse T-shirt Sales Committee is sponsoring the sale of T-shirts for all youth to wear during the 1992 Lancaster County Fair. Clip out and mail this order blank.

The deadline for placing T-shirt orders is July 15. (WLS)

Lancaster County Fair
3-9-2
Each T-shirt is $12
Lancaster County 4-H T-shirt Order Form

Name: ____________________________
Address: _________________________

Phone: _______________

T-shirt size ordered ___________ ___________ ___________ ___________

Amount enclosed $ ___________

Check enclosed ___________

Date issued ___________

Checks should be made payable to: ___________

Lancaster County 4-H Horse Program

Michael Young

Order forms & checks may be sent to:

Vice-chair VIPS Committee
Lincoln NE 68516

T-shirts will be handed out at check-in time at the fair.

THANK YOU FOR SHOWING YOUR SUPPORT FOR THE LANCスター COUNTY 4-H PROGRAM AND LANCaster COUNTY 4-H YOUTH. ALL PROCEEDS GO TO SUPPORT THE LANCaster COUNTY FAIR TROPHY FUND.

Stalls for county fair
All 4-H horses will be stalled in barn 10 on the north side of the race track.

Independent 4-H members will be assigned by the judge to each 4-H club and the leader is responsible for management and horsemanship of their block of stalls.
This includes clean-up after horses are removed from the stalls.

Participation of all 4-H members will be assigned by the judge to each 4-H club and the leader is responsible for management and horsemanship of their block of stalls.

Horsermanship
The rules for horsermanship are listed on page 8 of the County Fair Premium List. This list of rules and time of inspections also applies to the horse division.

Horse shows, however, it only lists general rules because it applies to all animal species. The following additional information is provided for horse exhibitors:

The horsermanship check sheet for horses will be posted on the bulletin board at the Fairgrounds.

Horse show judges will contact the 4-H member(s) on duty at the time of inspection and will not be held to any sneak inspections.

Horse shows will be judged in the barn area. Tractors will be parked in the designated area north and east of the arena. (WLS)

As the fair nears, remember...

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Altitude adjustments during canning

Water will boil at lower temperatures as altitude increases. Lower boiling temperatures are less effective for killing harmful microorganisms. "For altitudes above sea level, we need to add additional time or pressure for processing food to obtain a safe product," according to Julie Rollins, Nutrition Advisor. The Highland Homemakers Extension Club was started in the Highlands (which is located in northwest Lincoln) in March of 1982. Anyone interested in attending one of their monthly meetings, please contact Lenore Meyer, president, at 433-5484. (LB)

Time pressed parents and schools

When mom and dad help out in the classroom, children feel like "Very Important Persons". But if volunteering one day a week (as many schools would like parents to do) is out of the questions for you and your spouse, here are some inventive ways to get involved even when you’re crunched for time.

- Find out which days your office is closed but school is in session. Some possibilities are Columbus Day, Veterans Day, President’s Day and Martin Luther King Jr.’s birthday. Arrange with your child’s teacher to volunteer on your free days.
- When you have more than one child at the same school, maximize your volunteer time by working on a school-wide project, such as the book fair or picture taking day.
- Offer to bake snacks, type up work sheets, or prepare school materials. Teachers are always looking for help with these activities, most of which can be done at home.
- If the class is planning a field trip that is near your office or home, arrange to meet with it for part of the trip by changing or extending your lunch hour.
- Volunteer to be a guest speaker and talk about your job or a special interest. If a visit to your spouse’s or your place of business would make a good learning experience, plan a class trip there.
- If you cannot squeeze any free time out of your morning or
**Take the Challenge: Be a Leaner Eater**

**Challenge 11: Have Your Cake and Eat It Too!**

The following is part of a year-long series on healthy eating. It's based on materials developed by Nebraska Project LEAN.

Here's a challenge you'll love to take! If you want to have your cake and eat it, too, even while trying to eat less fat, use the makeover tips below on your home recipes. First, take a look to see how much fat is in a serving of some popular baked treats:

<table>
<thead>
<tr>
<th>Popular Baked Treats</th>
<th>Calories</th>
<th>Grams of Fat</th>
<th>% Calories of Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chocolate chip cookie, 2&quot; diameter</td>
<td>65</td>
<td>3.5</td>
<td>48%</td>
</tr>
<tr>
<td>Chocolate brownie, no icing, 2&quot; x 2&quot; x 3/4&quot;</td>
<td>146</td>
<td>9.4</td>
<td>66%</td>
</tr>
<tr>
<td>Chocolate cake, no icing, 2&quot; x 3&quot; x 2&quot;</td>
<td>167</td>
<td>7.7</td>
<td>47%</td>
</tr>
<tr>
<td>Apple pie, 1/6th of 9&quot;</td>
<td>410</td>
<td>18.0</td>
<td>40%</td>
</tr>
</tbody>
</table>

Other baked goods from traditional recipes are similar in fat content; some are much higher. If you want to have your cake and eat it, too, try these recipe makeovers.

**Recipe Makeovers**

*For Cakes, Muffins, Cookies and Quick Breads*

If Original Recipe Calls for This Amount of Fat

1/4 to 1/3 cup

**Do This to Lower the Fat**

1/2 cup

Reduce recipe to 1/3 cup fat.

2/3 to 3/4 cup

Reduce recipe to 1/2 cup fat.

1 cup

Reduce recipe to 3/4 cup fat and then subtract one tablespoon at a time until the product is still palatable to you.

**More Tips to Reduce Fat Without Sacrificing Flavor**

When the recipe calls for:

- whole eggs, use two egg whites in place of each egg.
- margarine should you use?
- cup sugar

Keep an open mind when you change a recipe. Sometimes your new recipe will have a different texture or taste than the original. If you like the new recipe, use it the next time you bake.

Some foods just won't be the same if you decrease the fat or change ingredients. When fat is a major ingredient (cheesecake, for example), recipe makeovers to reduce fat will result in a very different product. A better way to cut the fat in this type of recipe is to eat the food less often or eat a smaller piece.

When your favorite dessert just won't be the same if made with less fat, use one of these ideas to cut the fat:

* Share it with a friend
* Serve this recipe for special occasions
* Serve this dessert with a low-fat meal
* Save half for tomorrow

If changing your recipes sounds more scary than fun, try this low-fat lemon cookie recipe.

**Low-fat Lemon Loaf or Cupcakes**

| 2 tablespoons margarine, softened |
| 2/3 cup sugar |
| 1 cup lemon flavored low-fat yogurt |
| 2 egg whites |
| 1 teaspoon vanilla |
| 1 1/2 cups flour |
| 3/4 cup baking powder |
| 1/2 cup baking soda |

In medium bowl, beat margarine and sugar until fluffy. Add yogurt, egg whites and vanilla; mix thoroughly. Combine flour, baking powder and baking soda. Gradually add to yogurt mixture, mixing well.

For loaf, pour into pan; bake at 350 degrees for 25 minutes or until toothpick comes out clean. For loaf, grease and flour pan; pour batter into pan; bake at 375 degrees for 20 to 25 minutes until zucchini is tender. Add 2 to 3 tablespoons sliced

**Create your own stone washed jeans**

The March 1992 issue of "Sew News" had this information on how to make denim fabric appear stone or acid-washed. This popular look can be achieved several ways.

Stone washing involves tumbling the fabric with pumice stones, resulting in abrasion in the fabric. Acid washing is actually a bleaching process that fades the fabric. These two processes may be combined to create the worn appearance. Duplicate this look by using a pumice stone and bleach. Test first on a scrap fabric to determine the desired look and avoid over damaging the fabric. First soak the fabric in hot water for one hour to soften the fabric; wring out the excess water. Spread the fabric flat, smoothing out all wrinkles. Rub the fabric with a pumice stone until white fabric areas appear. Avoid rubbing too long in one spot to avoid creating holes or near holes. If you cannot locate a pumice stone, try using fine-grade sandpaper.

Set your washing machine water level at low, water temperature to hot and add 1/4 to 1/2 cup of detergent. Add three cups of the non-chlorine bleaches and 1 1/2 cups of chlorine bleach for 100 percent cotton fabric only and agitate for a few minutes before placing the fabric in the washing machine. For a dark fabric look, use less bleach. Machine dry the fabric as usual.

**Zucchini-Tomato Casserole**

Sauté 5 minutes:

| 1 tablespoon chopped green pepper (opt) |
| 1/4 cup chopped onion |
| 2 tablespoons butter or margarine |

Add to mix lightly:

| 2 cups zucchini, sliced 1/2" thick |
| 1 1/2 cups fresh bread crumbs (about 2 slices) |
| 1/2 cup sliced mushrooms (opt) |
| 1 cup Parmesan cheese |
| 1/2 teaspoon salt |

Dish of peppers

Dish of organo (opt)

Spoon into buttered one quart casserole. Cover and bake 375 degrees for 20 to 25 minutes until zucchini is tender. Add 2 to 3 tablespoons sliced

**Developing a debt payment plan**

Many people ignore debts when they experience financial difficulty. Sometimes they fear injuring their creditors. They do not understand the consequences of not paying bills.

Ignoring debts will affect your credit rating. In addition, creditors may take action against you in an effort to get payment. Or, your bill can be turned over to a debt collector. Your property can be repossessed. Wages may be assigned or garnished. You may be forced into bankruptcy.

However, several options may help you manage financial difficulties when bills stack up and you cannot pay them. You may set up a debt payment plan and discipline yourself to follow it. If that does not work, seek the assistance of a nonprofit credit counseling service, or choose a court provision to handle your credit obligations.

The most desirable of these options is to set up a debt payment plan. If you need assistance in preparing the plan, contact a credit counseling service. In Lincoln, call the Consumer Credit Counseling Service at 467-5456 for more information about how they can help you. The court provisions, which include bankruptcy, should be your last resort.

For more information about developing a debt payment plan, send a self-addressed, stamped, business-size envelope to: Solving Financial Problems: NF92-6. Dr. Rose Marie Tondl, University of Nebraska Cooperative Extension in Lancaster County, 444 Cherry Creek Road, Lincoln, NE 68528-1507.

**Promote your small business**

Every successful business uses some type of promotion to increase its visibility within the community, to enhance or improve its image and to bring in new business.

**There are many easy, cost-effective ways to promote a business:**

- **Newsletters** demonstrate how much you know about your field in a low-key, informative way. They remind people about your business.
- **Product or service demonstrations** can attract people to your place of business, show them how to use your product and establish your credibility.
- **Seminars** are the commercial side of demonstrations.
- **Newsletters** remind your customers of your expertise.
- **Speeches before chambers of commerce, trade associations, parent groups, senior citizens and other local organizations can help spread the word about your business.
- **Coupons** that are at least 15 percent off are one of the least expensive ways to develop new trade, and an excellent tool for evaluating advertising.
- **Creating your product or service** is a charitable cause often results in positive exposure in the community.
- **Giving a sample** is an excellent way to attract attention and make a positive impression.
- **Say “thanks.”** One of the best ways to let customers know you value their business and to encourage their continued patronage is also one of the easiest. It boils down to saying thank you. (AII)

The new USDA Food Guide Pyramid recommends five to six servings of vegetables daily. Use this recipe to enjoy fresh garden vegetables.
Vacation fire safety tips
by Bill Monta, Jr., Fire Prevention Officer, Southeast Fire Department

As the summer begins to wind down, many families in our area decide to "take off" for a vacation before the kids start back to school later this month. Many vacationers stay in hotels and motels, and because we care about you and want your summer vacation to be a memorable experience, the Southeast Fire Department would like to remind you to be prepared in case of fire in "your home away from home" by passing on the following fire safety tips:

- Investigate safety features of every motel or hotel you stay in.
- Upon checking in, locate the fire exit, extinguisher, and alarm nearest your room. Be sure to always count the number of doors between your room and the fire exit (this makes it easier to find the exit if you are crawling on your hands and knees due to darkness or smoke in the hallway).
- Know how to turn off the air conditioner in your room. Also, if they are operable, practice opening the windows in your room.
- Keep your room key and a flashlight on the nightstand by your bed at all times while you are sleeping.
- Know what to do in the event of fire (it's not much different than the Home Fire Escape Plan that you have for your home!). Contact the hotel or motel manager for more information for your "vacation suite".

Weed
herbicides are applied from September to mid-October. In the fall, perennial broadleaf weeds are actively translocating carbohydrates to the root system. When the herbicide is applied to the weeds, they translocate it to the roots with the carbohydrates. Then, the weeds die from the leaf tips to the roots. With gardening activity winding down in the fall, the risk of injury from herbicide drift to vegetable and flower gardens, fruits and ornamentals is reduced.

Before applying any herbicide, always read and follow the instructions on the manufacturer’s label. Broadleaf weed herbicides are usually applied as liquids or granules. When applying liquid formulations, drift can be avoided by following several precautions. Spray when wind speeds are low. Do not spray when wind speeds exceed five mph. Also, do not spray when temperatures are expected to exceed 85 degrees F within 24 hours of application. Spray drift can be minimized by using low sprayer pressure and nozzles that produce coarse droplets.

Granular herbicides should be applied when the foliage is damp or wet so that the particles stick to the leaves, allowing herbicide uptake. Apply them in the early morning when the lawn is damp or water the turf before application. (MJM)