Bartos named Extension Educator in Lancaster County

Loren Bartos, a veteran of 20 years experience in youth education, has been named extension educator in Lancaster County, effective June 21.

The appointment was approved by the University of Nebraska Board of Regents. Bartos’ selection was announced by Lyle Young, director of the NU South East Extension District.

Bartos' program emphasis in the new position will be environmental education, family life and well-being. She will serve as a team member of the Metro Extension Programming Unit.

Bartos replaces Esther Wyant, who retired last year after 30 years of service.

Bartos has served the past year as extension assistant in family and consumer resources and the previous 14 years as extension assistant in 4-H, all with Lancaster County.

A native of St. Edward, Nebraska, Bartos holds a B.S. degree in home economics education and extension and a M.S. degree in human development and the family from the University of Nebraska - Lincoln. She began her career in 1973 as a 4-H aide and in 1976 was named extension assistant, 4-H.

Bartos has received the Program Excellence Award from the Nebraska Cooperative Extension Association and the Kiwanis Newcomer of the Year Award. She is currently the president-elect of the Lincoln Center Kiwanis Club. She remains active in 4-H, American Legion Auxiliary and Cornhusker Girls State.

County Fair Alert—Farrand Building activities moved to Ag Hall

As a result of construction on the Farrand Building, all events scheduled at the county fair for the Farrand Building have been moved to Ag Hall. The events affected include:

- 4-H Household Pets judging Wed., Aug. 4, 10 a.m.-10 p.m.
- Health Awareness Day Thurs., Aug. 5, 9 a.m.-5 p.m.
- 4-H Cat entries (long hair) Sat., Aug. 7, 7:35-8:15 a.m.
- 4-H Cat Show (long hair) Sat., Aug. 7, 8:30 a.m.

Members of the extended Wittstruck family look on as county 4-H Extension Assistant, Dave Swarts checks the growth rate of this Guernsey heifer. The Wittstruck children, Mark Craig and Dwayne Wittstruck, clutches one of his many clucks, this one an Araucana crossbred.

Ribbons and winners

By Jerry Minchow, 4-H dad

When I returned home after attending our county fair, I went into our son’s room. Combed his hair, checked his keepake box containing, among other things, award ribbons of white, red, blue and purple. As I looked through this collection of his, I began to imagine what they might be worth someday. I suspect that they might be brought out to show the first child of his not to be disappointed over receiving a white or red ribbon, in a contest or competition. He would probably tell the child, as we had told him, that no matter what the color of the ribbon, he was still a winner to us. If he honestly tried his very best at whatever he attempted, that was all we needed to make us proud of him.

I mention this in this letter, because I observed too much importance placed on ribbons and winning by some parents and even some kids at the fair. Maybe some parents lose sight of the fact that these are kids, and they are there to learn and, hopefully, have fun doing it. This is important to remember because they are not kids for long, and for some, it may be a short time indeed. For you, see, our son’s room is empty now. He died at 17. He will not be telling his children that no matter what the color of the ribbon, they are still a winner and he is proud of them. His ribbons serve no purpose now, except as memories to his mother and me. But, maybe, just maybe, through this letter, they will tell their story. (AMM)

4-H is a family tradition

A third generation of the Dwayne and Joan Wittstruck family have been preparing for the Lancaster County Fair. They are following the tradition established by their grandfather, Dwayne, when he took his first chicken to the fair. The fair is an exciting time of the year, but it is the day-to-day involvement with the 4-H program that continues to build the skills, leadership qualities and commitment to the community found in generations of 4-H families like the Wittstrucks. It is not unusual to find older members of a family still actively involved in 4-H even though their days of exhibiting at the fair and participating in a club are over. Former 4-H members give their time to be club and project leaders, fair superintendents and judges.

In addition, they serve on 4-H boards. Beyond this involvement in 4-H, they are successful farmers and they have served as regional, community leaders and educators. The Wittstruck children, Mark Craig and Dwayne Wittstruck, remain in the forefront, sharing the skills they have acquired with new generations. Strong, dedicated, unique families are the cornerstone of 4-H. Why not get your family involved in 4-H? We invite you to join. 4-H not only provides opportunities for youth to grow, but it’s also an excellent chance for adult volunteers to sharpen their skills and work with youth who will become the leaders of tomorrow. (AMM)
Master gardener named volunteer of the month

The NEBLINE
August 1993

On-the-Grow
Horticulture News
Don Jansen
Extension Educator
Mary Jean McDonough
Extension Assistant, Horticulture

August is the month for growing grass

The horticulture department is proud to announce that Master Gardener Vicki Cunningham has been awarded the County/City Volunteer of the Month for the month of August. Vicki has been a valued Master Gardener volunteer for six years. A few of her accomplishments include giving educational programs to youth and adults, helping with the youth garden program, master farmer county fair, and answering horticulture phone calls for clients at the Lancaster County Extension Office. In appreciation of her service, the County Commissioner’s meeting. We appreciate Vicki Cunningham’s dedication and time to the Master Gardener Program. Thank you Vicki and congratulations! (MIM)

Controlling fall weeds

The best way to prevent lawn weed problems is to apply a healthy, thick turf. If weeds are present, herbicides can be used. Preemergent broadleaf weeds, such as dandelions, plantain and ground ivy, are successfully controlled in the fall. Effective herbicides include 2,4-D, MCPP, dicamba and triclopyr. Tall grassy garden centers consist of a mixture of these components.

In general, best results are obtained when these 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 tops, they are translocated 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 is reduced from herbicide drift to vegetable and flower gardens, fruits and ornamentals.

Before applying herbicides, it is important to know the instructions on the manufacturer’s label. Broadleaf weed herbicides are usually applied as liquids or granules. When applying liquid formulations, make sure the ground is wet. Spray when wind speeds are low. Do not spray when wind speeds exceed five mph. Also, do not spray when temperatures are expected to drop below freezing within 24 hours of application. Spray drift can be minimized by using low sprayer pressure and nozzles that produce coarse droplets. Herbicides used 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 warm the turf before application. (MIM)

Yellowjackets easily annoyed

This is the time of the year that will bring a lot of calls about yellowjackets. The problem is that they are so aggressive, especially when they are found in or near water or food. Many people are afraid of yellowjackets and they avoid them at all costs. However, if you are in a situation where you cannot avoid them, you should be aware of the following:

Yellowjackets are small, yellow and black, with a slender body. They are usually found in groups near their nest. They are very social insects and they will attack in large numbers. When you see a yellowjacket, it is likely that there are others nearby. If you are allergic to yellowjackets, you should avoid them altogether. If you do come into contact with a yellowjacket, you should not try to swat it. Instead, you should leave it alone and let nature take its course. If you are not allergic to yellowjackets, you can usually leave them alone and they will move on to another area.

Several smut samples received

Corn smut is one of those diseases favored by high temperatures and drier than normal weather. Indications are that this year is no exception; we have received several samples from sweet corn as well as popcorn fields.

Smut can cause the plants to rot and die. The spores, which are carried in the air, can land on healthy plants and cause new infections. To control smut, it is important to destroy all infected material and to plant healthy, disease-free plants. In conclusion, please remember to remove all smut-infected material and to plant healthy, disease-free plants. (MIM)

The enchantress of summer

If the masses of daylilies you saw blooming in gardens and along roadways got you to thinking about the color of the sky at sunset, then you have come to the right conclusion. Daylilies are a good choice for your garden because they are hardy and easy to grow.

Daylilies are a native of China and Japan, and they have been cultivated for centuries. They are easy to grow and require little care. They are hardy and can tolerate a wide range of soil conditions. They are also easy to transplant and can be grown in full sun or partial shade.

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Lethal baits kill corn rootworm beetles

Two poisonous baits that control corn rootworm beetles have been tested by entomologists at several midwestern universities including UNL and the other universities have given excellent control. The baits are made from a seed kernel, found in buffalo gourd roots, and carbofuran (i.e., Sevinicide). Bees are attracted to the seeds by the beetles, very small amounts of insecticide, and a small amount of moisture reduces hazards to applicators and the environment.

SLAM bait was registered by the EPA in 1992 for adult corn rootworm control, and it is being tested at the Nebraska Research and Education Center in Nebraska at this time. This product is a dry particulate formulation of the insecticide and can be applied in an aerial application

Control broadleaf weeds to aid with harvest

Late season broadleaf weed control in corn is possible with 2,4-D, but control of these weeds will make harvesting easier and reduce weed seed production. Treatments should be applied before Cena:ning of the flowering stage of weeds for control of spring annuals. Corn will not be controlled by 2,4-D applied during the flowering period of these weeds. If corn can be resown after the flowers turn brown. These late 2,4-D treatments will control remaining weeds.

For your kid’s sake... and yours—

Practice riding lawnmower safety

Homeowners generally use walk-behind power lawnmowers to cut small plots of grass. Many suburban and country residents rely on riding mowers, lawn tractors and garden tractors to maintain the lawns. 

Although many have driven riding mowers and tractors without injury, others haven’t been so fortunate. The U.S. Consumer Product Safety Commission estimated 3,750 injuries and 73 deaths each year from riding lawnmowers, lawn tractors and garden tractors. Half of the 5,000 lawnmower deaths involves a child. These deaths occur when a child falls off the mower and is run over and when the child falls into a mower’s path. Machine tipovers or flying debris may not be noticed unless the bins are cleared or the storage area is cleaned and inspected. Before seeding alfalfa, regardless of spring or fall, do a complete clean-up of the storage area and be sure to inoculate the seed. For more information, request Seed and Renovating Alfalfa, from the University of Nebraska Extension Office.

Controlling dogbane and other perennial weeds

Hemp dogbane, along with many other tall weeds, can be controlled in late August or September if it is in the fall stage. At this time, root buds will have a swollen or enlarged appearan- ce. Application of 2,4-D at an active ingredient/acre rate so the herbicide can move into the root system of the plant along with the stems. Herbicide control can be achieved if the 2,4-D treatment is made when the plant is not stressed by frost or a lack of moisture. Applications made during a drought or after a fall frost may not control weeds. Because plant translocation is slower. Other perennial weeds, unlike hemp dogbane, retain the ability to maintain active growth even after the first frost. Do not spray in corn until after the silks have turned brown or sorghum has reached the soft dough stage. Treatments made prior to the first killing frost can result in crop injury due to 2,4-D effecting pollination and yield potential. (DV)

Prepare grain bins to prevent insect infestations

Point of runoff to as many surfaces in the bin. The expense to produce the plant is not stressed by frost or a lack of moisture. Applications in the fall stage. At this time, root buds will have a swollen or enlarged appearance. Applications made during a drought or after a fall frost may not control weeds. Because plant translocation is slowed. Other perennial weeds, unlike hemp dogbane, retain the ability to maintain active growth even after the first frost. Do not spray in corn until after the silks have turned brown or sorghum has reached the soft dough stage. Treatments made prior to the first killing frost can result in crop injury due to 2,4-D effecting pollination and yield potential. (DV)
Bread machine workshop scheduled

You've seen them and asked about them. Now come and learn about bread machines that do all the work and give beautiful results. Our "Bread Machine Workshop" is scheduled for Tuesday, September 21, 7 - 9 p.m. at the extension office. You'll learn about several different brands and models. Learn from our presenter, Sue Ferguson the secrets and tricks of the trade. Sue will also share some recipes from her books that are not found in the manuals. Sue previously taught the very popular "Once-a-Month Cooking" class offered this past spring.

Advance registration and payment of the $10 class fee is requested by September 14. Return the following registration form with the class fee -- payment must accompany your registration. This is the only session of this class on the schedule for this year. (AH)

Table: Tools of the trade

<table>
<thead>
<tr>
<th>Tool</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. measuring cup</td>
<td>cup used for ingredients</td>
</tr>
<tr>
<td>2. colander</td>
<td>pan with lid</td>
</tr>
<tr>
<td>3. cookie sheet</td>
<td>bottom side of cake pans</td>
</tr>
<tr>
<td>4. rolling pin</td>
<td>smooth sturdy plastic bottle or glass could use plastic too</td>
</tr>
<tr>
<td>5. potato masher</td>
<td>flat cake pan</td>
</tr>
</tbody>
</table>
| 6. pie pan | stars feeding our community and budget cooking. The deli- egates all met for lunch to conduct the business meeting. At this meeting, 22 amendments to our state constitution were voted on. The change passed by an overwhelming vote. We are now the Nebraska Association for Family and Community Education, Inc. Also, passed was an increase in state dues from $2.45 to $5.00. Still a small price to pay for all we get. Our organization is funded only by dues, we do not get any tax dollars. A prime rib dinner was served to us in the evening as we were entertained by Dave Fowler and his band. The money raised was then used to purchase dinner we could go shopping. Moonlight Madness. On Fridays, there are learnshops and officer workshops. At the closing luncheon, the winners of the heritage arts exhibits were announced. Each of us was asked to vote for our favorite exhibit, but it was hard to choose. Have you ever painted a picture with the lint from your dryer? That's true recycling. The invitation to give us to go to South Sioux City for our 1994 Convention, and we were on our way home. I didn't get to attend all the meetings that I would have liked because of being responsible for registration, but I'm looking forward to next year.

The June 21 Council meeting started with a tour of the Visually Impaired - Rehabilitation Industry. This was a very interesting place to visit, and makes one very thankful for good eyesight. We are all very thankful for people who are willing to work with these people to train them to live in our communities. Our guides were visually impaired, but showed us how to read braille, to use a kitchen, a computer, and the woodworking shop. The executive committee serves cooked and a cold drink. The business meeting followed. All club presidents will get a copy of the minutes before the next council meeting.

--Carol Doeshell Council Chair

For more Family and Community news please turn to page 6

Pickle and pepper pointers

Don't get in a pickle ... follow these tips when canning and pickling peppers this summer.

- If you work with hot peppers, wash your hands with cold water before touching your face. You might want to rub some liquid soap on your hands, or wash hands thoroughly with soap and water before touching your face.

- If you don't have the type of dryer that falls apart, you can put salt in a container that has three heads of fresh dill equivalent to one tablespoon dill seed.

- Use canning or pickling salt when making pickles. Table salt usually contains an anti-caking agent in it which could make the brine slightly cloudy.

Please turn to Pickle: page 6

Nebraska Association for Family and Community Education News

Carole's comments

I have been asked by many of you, "How was convention?" It was great. I wish you all could have attended. The weather was cold but wet, and boured me feel very warm and welcomed. Roberta and I went out Tuesday evening and wanted to have registration material ready for the ladies who were going on tours the next morning. Each lady was given a name tag, an envelope with meal tickets, learnshops, tickets, and a bag containing: pencil, pad, program, map, coupon for a free tee, etc., when she picked up her registration.

Wednesday evening at Host Night, Seward welcomed us, fed us, and entertained us. "Beula & Grace" gave us many tips on easy and fast ways to prepare food. Have you ever used your iron to make a toastie? Believe me, it was great.

Thursday was very busy with general sessions, educational issues workshops and learnshops. Of the six educational issues workshops to choose from, we could choose. The EFNEP advises all new family members that there are no family literacy programs. This is to make family members become "food specialists". Like other specialists, some "tools of the trade" are needed to get the job done well.

Very few kitchens have all the tools a "food specialist" might like and so it is sometimes necessary to acquire a little. EFNEP help homemakers with whom they work to be creative in finding the tools needed to become a "specialist". Homemakers are encouraged to think of other household items that might work or they are encouraged to look for local garage sales with kitchen tool bargains. Once tools are acquired, teach them safely and to care for them in ways which will extend their life span.

A basic list of kitchen tools and ideas of their uses were provided below. Are there some tools that you might use as a substitute if you cannot acquire the special kitchen tool?

Removing grass stains

Grass stains often are difficult to remove from clothing. Remove the stain in the washing machine by soaking the item in an enzyme presoak solution until the stain is gone. Enzymes work best in water that is between room temperature and body temperature. Read the label to see which laundry products contain enzymes. If the stain is not completely removed, re-treat and rewash the clothing item before attempting to dry. Drying can often set grass stains, making them more difficult to remove. If a stain persists, launder using chlorine bleach or oxygen bleach.

Removing bug juice stains

If and when clothing is stained from the juice of bugs such as grasshoppers and fleas, sponge the stain with 10 percent acetic acid solution. If this solution is unavailable, use a water-white grade of vinegar, or a five percent solution of citric acid. Test vinegar on a hidden seam for colorfastness. Loosen the stain with a brush, flush out with water and dry. The wash the garment using a detergent in the hottest water that is safe for the fabric. For fly specks (the excreta of flies which contains tannin, organic matter, coloring matter, acids, etc.), first moisten the stain with water. Apply a soapless shampoo found at drug stores. Add a few drops of 10 percent ammonia water, then loosen the specks with a brush. Flush the stain out with water. Feather out and dry. Wash garment in the usual way.
Lancaster County Fair

"Helping you put knowledge to work"

The NEBLINE

University of Nebraska Cooperative Extension

Lancaster County

August 1993
Vol. VI, No. 9

"NEBLINE" August 3-7

1993 Lancaster County Fair

AUGUST 3-7 STATE FAIR PARK

1993 County Fair Highlights

Tuesday, August 3
Exhibits open to the public........................................ 6 p.m.

Wednesday, August 4
4-H Household Pets Judging................................. 11 a.m.
Big Wheel Race.................................................. 4:30 p.m.
4-H/FFA Sheep Show.............................................. 5 p.m.
Open Class Dog Show............................................. 7:30 p.m.
4-H Style Revue.................................................. 7 p.m.
Street Dance—Full Choke Band................................. 8 - 11 p.m.

Thursday, August 5
4-H/FFA Rabbit Show............................................. 8 a.m.

Friday, August 6
4-H/FFA Dairy Goat Show........................................ 8 a.m.
4-H/FFA Beef Show............................................... 8 a.m.
Children’s Carnival.............................................. 5:30 - 8:30 p.m.

Saturday, August 7
Volkswagen ......................................................... 7 a.m.
4-H Cat Show...................................................... 8:30 a.m. & 1:30 p.m.
4-H/FFA Dairy Cattle Show..................................... 9 a.m.
Midnight Riders Family Show................................. 1:30 - 3:30 p.m.
4-H Bucket Calf Show............................................ 3 p.m.
Mini Tractor Pull................................................ 4 p.m.

Health Awareness Day................................. 9 a.m. - 5 p.m.
Kiddy Tractor Pull.............................................. 4 p.m.
Stilt Walkers.................................................... 5 - 7 p.m.
Children’s Carnival.............................................. 5:30 - 9:30 p.m.
Watermelon Feed.................................................. 6:30 p.m.
4-H Horse Game Events......................................... 6:30 p.m.
4-H Rabbit Dress-Up class...................................... 6:30 p.m.
Dixie Cadillacs................................................... 7 - 9 p.m.

Family Night BBQ................................................. 6 - 7 p.m.
Ice Cream Social................................................ 6 - 8:30 p.m.
4-H/FFA/Open Hay Hauling Contest....................... 7 p.m.
Delisa Dawn Jones & the Route 66 Band................ 8 - 10 p.m.

COUNTY FAIR PHONES

Rich Wiese (president)........................................... 790-7758
Fair Board Office............................................... 441-6071
4-H Office ....................................................... 441-7097
Home Economics............................................... 441-7149
Coliseum (Horse Shows)................................. 473-4292
Livestock Office................................................. 441-7789

EXTENSION PHONES

Office......................................................... 441-7180
After hours...................................................... 441-7170
Fax................................................................. 441-7148
NEBLINE RBBS .................................................. 441-7149
Office Hours:....................................................
8 a.m. to 4:30 p.m., Monday - Friday

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Kenneth R. Bolen, Director of Cooperative Extension, University of Nebraska, Institute of Agriculture and Natural Resources.

It is the policy of the University of Nebraska to prohibit discrimination on the basis of sex, age, handicap, race, color, religion, marital status, veteran's status, national or ethnic origin, or sexual orientation.

From Clearwater, Nebraska, Full Choke is a popular, high-energy working band who recently won the World Herald's "Small Towns, Big Voices" contest.
Dixie Cadillacs are considered to be experts in traditional and modern country music as well as popular contemporary styles by their peers in the Midwest. They have shared billing with America's hottest recording, movie and TV personalities, such as Alabama, The Judds, Sam Kinison, Dwight Yoakam, Roy Orbison and Merle Haggard.

FREE!
WATERMELON FEED
Thursday, 6:30 p.m.

Served by the University of Nebraska Women’s Basketball Team and coaches outside at the 4-H Demo Mall

HEALTH AWARENESS DAY
August 5, 1993
(Held during the Lancaster County Fair)
9 a.m. - 5 p.m.
State Fair Park—Agricultural Hall

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

In Agricultural Hall
• Fire Safety
• Ag Injury Prevention: Handling the Farm & Ranch
• Nutrition: Get Out the Protein
• Renting & Releasing
• Entrepreneurial Care Careers
• Coping with America’s Drug Use Survey
• Alcohol & Drug Abuse Prevention Education
• Traffic Safety/Healthy Teeth
• Cancer Prevention & Early Detection

Health Care Services
• Preventative Dental Care
• Preventive Medicine
• Preventive Nutrition
• Comprehensive Disease Prevention
• Environmental Health
• Women’s Health Care
• Preventing Diabetes
• Proper Nutrition

Special Events
• 4-H Game Classes competition
• 4-H Rabbit Dress-Up class, Thursday, 6:30 p.m.
• Open Rabbit Show, Saturday, 9 a.m.

4-H/FFA Rabbit Show, Thursday, 8 a.m.
4-H/FFA Sheep Show
Wednesday, 5 p.m. in the North Arena

STILTWALKERS!
Thursday 5–7 p.m.

4-H/FFA Bucket Calf Show
Saturday, 3 p.m.
East Arena

4-H Rock Cafe
(South of the large animal arena in State Fair Park)
Enjoy hot food items from the grill as well as the usual food booth treats!

Come and join us!
For your convenience, the 4-H Snack Shack also will be open.
## 1993 Lancaster County Fair Schedule

### Saturday, July 24
- 4-H BB/Pellet Rifle Contest (Lancaster Bldg) ........................................... 9 a.m.
- 4-H Pellet Pistol Contest (Lancaster Bldg) ........................................... 9 a.m.

### Thursday, July 29
- Music Contest (Kimball Hall) ........................................................................ 7 p.m.

### Sunday, August 1
- Open Class Dressage Horse Show (East Arena) ........................................... 9 a.m.

### Tuesday, August 3
- English Horse Show (Coliseum) ................................................................... 9 a.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.
- English Hunter Events (Coliseum) ................................................................. 7 p.m.
- Exhibits close to public .................................................................................... 9 p.m.

### Wednesday, August 4
- 4-H Horse Showmanship Contest (Coliseum) ................................................. 8 a.m.
- Exhibits open to public .................................................................................... 9 a.m.
- 4-H Household Pets Judging (Ag Hall) ............................................................ 11 a.m.
- 4-H Horse Halter Show (Coliseum) ................................................................. 11 a.m.
- 4-H Sheep Lead (North Arena) ...................................................................... 3 p.m.
- 4-H Horse Judging Contest (Coliseum) .......................................................... 4 p.m.
- Big Wheel Race (West of Farmland Bldg) ...................................................... 4:30 p.m.
- 4-Dog Show (East Arena) .............................................................................. 5 p.m.
- Open Class Dog Show (East Arena) ............................................................... 7:30 p.m.
- 4-H/FFA Sheep Show (North Arena) ............................................................... 5 p.m.
- 4-H Poultry Show (Lancaster Bldg) ................................................................. 6 p.m.
- "Special Needs" Horsemanship Class (Coliseum) ......................................... 7:30 p.m.
- 4-H Style Revue (Devaney Sports Center) .................................................. 7 p.m.
- 4-H Horsemanship Pair Competition (Coliseum) .......................................... 8 p.m.
- 4-H Horse Free Style Drill Teams (Coliseum) — following Horsemanship Pair Competition Street Dance - Full Choke Band (West of Farmland Bldg) ................................................... 8-11 p.m.
- Exhibits close to public .................................................................................... 9 p.m.

### Thursday, August 5
- 4-H/FFA Rabbit Show (Lancaster Bldg) .......................................................... 8 a.m.
- 4-H Horse Trail Classes (Coliseum) ................................................................. 8 a.m.
- Fair Fun Day (Preregistration required) .......................................................... 8 a.m.
- 4-H/FFA Wbine Show (North Arena) ............................................................. 9 a.m.
- Exhibits open to public .................................................................................... 9 a.m.
- 4-H Pigeon Judging (Lancaster Bldg) .............................................................. 9 a.m.
- Health Awareness Day (Ag Hall) .................................................................. 9 a.m. - 5 p.m.
- Open Pigeon Judging (Lancaster Bldg) ............................................................. 9:30 a.m.
- Open Class Poultry Judging (Lancaster Bldg) ............................................. 10:30 a.m.
- 4-H Horse Western Show (Coliseum) ............................................................. 11 a.m.
- 4-H/FFA Dairy Cattle judging contest (East Barn) ....................................... 12 p.m.
- 4-H Rabbit Showmanship (Lancaster 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.
- Stilt Walkers .................................................................................................. 5-7 p.m.
- Children's Carnival (West of Farmland Bldg) ............................................. 5:30-9:30 p.m.
- 4-H Rabbit Pet class (Lancaster Bldg) ............................................................ 6 p.m.
- Watermelon Feed (4-H Demo Mall) ............................................................... 6:30 p.m.
- 4-H Horse Game Events (Coliseum) ............................................................. 8:30 p.m.
- 4-H Rabbit Dress-Up class (Lancaster Bldg) ................................................. 6:30 p.m.
- Dixie Cadillac (East Arena) .......................................................................... 7-9 p.m.
- Exhibits close to public .................................................................................... 9 p.m.

### Friday, August 6
- 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 (following 4-H/FFA show) .............................................. 2 p.m.
- 4-H/FFA Dairy Goat Judging (North Arena) ............................................... 3:30 p.m.
- Children's Carnival (West of Farmland Bldg) ............................................. 5:30-8:30 p.m.
- Family Night Pork Barbecue (Demo Mall) ............................................... 6-7 p.m.
- Ice Cream Social (Demo Mall) ..................................................................... 6-8:30 p.m.
- Farm Family Award (East Arena) ................................................................. 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.
- DeLisa Dawn Jones & the Route 66 Band (4-H Bldg) .................................. 8-10 p.m.
- Exhibits close to public .................................................................................... 9 p.m.

### Saturday, August 7
- Volkswalk (North of Lancaster Bldg) ......................................................... 7 a.m.
- Open Dairy Goat Show (4-H Arena) ............................................................ 8 a.m.
- 4-H Demonstrations (Demo Complex) ....................................................... 8:30 a.m.
- 4-H Cat Show (Ag Hall) - Long Hair Show .............................................. 8:30 a.m.
- 4-H Horse Trailride Briefing (Branched Oak Lake) ..................................... 9-10 a.m.
- Open Rabbit Show (Lancaster Bldg) ............................................................ 9 a.m.
- 4-H Bike Safety Contest (South of 4-H Bldg) ............................................. 9 a.m.
- 4-H/FFA Dairy Cattle Show (East Arena) ................................................... 9 a.m.
- Exhibits open to public .................................................................................... 9 a.m.
- 4-H Horse Competitive Trailride (Branched Oak Lake) ............................... 10 a.m.
- Open Class Sheep Show (North Arena) ....................................................... 10 a.m.
- Open Class Dairy Cattle Show (East Arena) ............................................. 1 p.m.
- 4-H Cat Show (Ag Hall) - Short Hair Show .............................................. 1:30 p.m.
- Midnight Riders Family Show (4-H Demo Mall) ........................................ 1:30-3:30 p.m.
- 4-H Bucket Calf Show (East Arena) ............................................................ 3 p.m.
- Exhibits close to public .................................................................................. 4 p.m.
- Mini Tractor Pull (Ag Hall) ............................................................................ 4 p.m.
- Garden Tractor Pull (East Arena) ................................................................. 7 p.m.
Scholarships available for 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. The applicant must be a resident of the county for four years or more and have a 3.0 GPA. (AMM)

Lancaster County Birdie E. Hutchinson Scholarship - $200 for a Raymond Central High School senior in pursuit of higher education related to knowledge gained in 4-H. (LJ)

Lincoln Community Scholarship - $250 for a 4-H member who will attend UN-L. (LJ)

Scholarship applications are due to club leaders by October 1.

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:
  - 30%—experiences in 4-H projects and activities
  - 25%—experiences in 4-H leadership

- 25%—growth and development through 4-H citizenship and community service.

- Books are due to the extension office by October 1. Guidelines for the record book can be obtained from the extension office.

- Youth selected as county award winners will receive their award at the 4-H Achievement Night, Thursday, November 4.

Japanese youth visit Nebraska

Thirty Nebraska families are opening up their homes to a Japanese youth for a month this summer through the 4-H/LABO exchange program at the University of Nebraska-Lincoln. The 12 to 17-year-old students will be visiting from July 22 until August 20. The focus of the stay is to learn about American family life and to practice their English skills.

LABO is a youth organization in Japan which has a 21 year history of foreign exchanges. Please turn to Japanese: page 7

3.0 GPA

Growing plants and growing minds

Thirty-one youth gardeners gather once a week at the Lakeview Youth Garden to maintain their gardens and participate in an educational activity. This summer garden program is in its fifth year with the combined efforts of the University of Nebraska Cooperative Extension in Lancaster County, Lancaster County Master Gardeners and Lakeview Elementary School.

Each student has their own garden that they plant with vegetables, flowers and herbs. There is also a community garden where students share the vegetables and garden duties. The students have workbooks and keep journals on their garden's progress. The students learn how to plant seeds at the correct depth, the importance of weeding the gardens and the names of the different flowers and vegetables they are growing in the gardens. Each week the students participate in a new educational and fun activity. Projects planned for this year include insect identification, constructing a scarecrow, bean towers, solar pickles, a vegetable recipe book and saving seeds.

The student gardeners also have an opportunity to exhibit their produce in the 4-H project at the Lancaster County Fair. The students learn how to select flowers and vegetables for exhibits at the fair. In late August, before the students go back to school an open house is held at the garden where family members are invited to attend.

Many of the students decide to start gardens at home. They enjoy raising their own flowers and vegetables and providing food for their families. The students learn how to work together, share, take responsibility, and that gardening is a fun and rewarding activity.

Chris Clover record book

All 4-H members are eligible to compete in the Chris Clover record book awards program. The program was developed to prepare young 4-H members for future participation in the 4-H awards program. It's also an excellent way to reward and recognize youth for their accomplishments.

These record books are judged at the club level by leaders, a committee of parents, or exchanged with other clubs. All participants will receive a bronze, silver or gold ribbon based on points earned. The books are due to club leaders by October 1.

Leaders may pick up guidelines and ribbons from the extension office. New guidelines are available for more information. (AMM)
**String 'em up!**

Hot peppers are easy to grow in Nebraska and are just as easy to dry and store. Five or six plants in the garden should be enough for summer and winter use. Trim the stems ends of fully colored pepper fruits to short stubs, then wash and drain in a colander. Thread a long strong thread through a large needle and drive the needle through the top part of the pepper stem. Then, run the pepper down to the end of the string. String all the peppers you have.

Hang the string in the dry, out-of-the-way location so the peppers can dry. After the peppers are thoroughly dried, they can be left on the string or put into a large envelope for storage. When needed for cooking purposes, remove the peppers from the string. (MDM)

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**Preserving Pickles/Peppers**

- To receive a sheet on canning either pickles or peppers, send a self-addressed, stamped business-sized envelope to:
  - Home Economics
  - UNL Cooperative Extension in Lancaster County
  - 444 Cherrycreek Road
  - Lincoln, Nebraska 68528-1507

- Selecting a food dehydrator
  - A food dehydrator is a small electrical appliance for drying foods indoors. A food dehydrator has an electric element for heat and a fan and vents for air circulation. Dehydrators are efficiently designed to dry foods fast at 140 degrees F. Food dehydrators are available from department stores, mail-order catalogs, the small appliance section of a department store, natural food stores and seed or garden supply catalogs.

- Costs vary from $50 to $350 or above depending on features. Some models are expandable and additional trays can be purchased later. Twelve square feet of drying space dries about a half-bushel of produce. The major disadvantage of a dehydrator is its limited capacity.

- Dehydrator features to look for:
  - Double wall construction of metal or high-grade plastic. The wood is not recommended, because it is a fire hazard and is difficult to clean.
  - Enclosed heating elements.
  - Counter top design.
  - An enclosed thermostat from 85 to 160 degrees F.
  - Fan or blower.
  - Four to 10 open mesh trays made of sturdy, lightweight plastic for easy washing.

- UL seal of approval.
- A-year guarantee.
- Container serves as a "dial" for regulating temperature.
- A timer. Often the completed drying may occur during the night and a timer could turn the dehydrator off and prevent scorching.

**Types of Dehydrators**

There are two basic designs for dehydrators. One has horizontal air flow and the other vertical air flow. Both methods with horizontal flow, the heating element and fan are located on the side of the unit. The major advantages of horizontal flow are: it reduces flavor mixture in several different foods can be dried at one time; all trays receive equal heat penetration; and juices or liquids do not drip down into the heating element. Vertical air flow dehydrators have the heating element and fan located at the base. If different foods are dried, flavors can mix and liquids can drip into the heating element.

**Source:** So Easy to Preserve, Cooperative Extension Service, University of Georgia, 1993 (AH)
**4-H News continued**

On June 21, the bus rolled in with some very tired, yet excited 4-H'ers who had just finished the highlight of their 4-H career. After three years of planning, the thirteen-day trip was completed and deemed a success. Addressed during the trip were educational topics of interest were University Hospital, in Philadelphia, U.S. Capitol, Kennedy Center, many other historic places were seen in Washington, D.C. and many other historic places were seen in Washington, D.C. and

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**Japanese**

4-H in the United States. Nebraska 4-H has been involved from the start.

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**4-H Council nominations due**

It is time to nominate persons to represent you on the 1993-94 Lincoln County 4-H Council. All 4-H members, in at least ninth grade, are encouraged to submit nominations. Each position is held for two years and members may be elected no more than four times.

Seven new members will be elected this year to fill the positions of the following members who will complete a two year term.

**Area 1**

- Russell Parrett—youth
- Joel Reddish—youth
- Russell Parrett—youth
- Jeff Parrett—youth

**Area 2**

- Stacey Nelson—youth
- Tim Bybee—youth

**Area 3**

- Gabby Pott—youth
- Debi Brandt—adult

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**4-H Council Nominations**

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

- Area 1 (Northwest) Youth: __________ 
- Area 1 (Northwest) Adult: __________ 
- Area 2 (Northeast) Youth: __________ 
- Area 2 (Northeast) Adult: __________ 
- Area 3 (Southeast) Youth: __________ 
- Area 3 (Southeast) Adult: __________ 
- Area 5 (Lincoln) Youth: __________ 
- Area 5 (Lincoln) Adult: __________

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**“On Your Own in Rural Nebraska”**

Do your children know what to do if a stranger comes to the door and asks to use the phone when an adult is not at home? Does your family have plans for handling house keys, answering the telephone and unlocking the door? How do you know if equipment is safe for children and adults are away?

Being home alone every day before or after school can be difficult for children. Feelings of uncertainty or anxiety are common for children left alone for short periods of time while parents do chores or run errands.

The University of Nebraska Cooperative Extension in Lancaster County and the Lincoln-Lancaster County Health Department have initiated a cooperative effort to offer a safety program to selected communities in the fall of 1993. The program will be integrated with training, materials, and help in initiating the program in the various communities.

The purpose of “On Your Own in Rural Nebraska” is to provide a way for rural families to discuss self-care and improve skills related to safety and well-being.

The targeted audience is families with children approximately 6-12 years old or other families who may feel that the information is important to them.

The delivery method will be through community-based lessons conducted at a school or group setting which could include youth clubs, etc. All families participating in the project will receive a “Family Handbook” to be completed by the family for future reference.

To be considered for the program, please indicate below or call Don Siffing at 441-6212 or LaDeane Jha at the extension office. Training will be on October 4, from 1-4 p.m. with a repeat session the same day from 7 - 10 p.m. at the University of Nebraska Cooperative Extension Conference Center in Lancaster County. (DELD)
New staff title changes in Extension direction

Changing the title of the Extension Agent to Extension Educator is just one of several effects by Cooperative Extension to address the critical issues facing people, said Don Miller, University of Nebraska Extension Educator in Lancaster County.

Members of the University of Nebraska Board of Regents approved the title change, effective July 1, 1993, said Ken Bolen, dean of Cooperative Extension at UNL. The change in title emphasizes the educational role of extension staff throughout the state, he added.

Grain

cooler parts of the grain, usually on the Treat the animal with an insecticide sand to 15 degrees Fahrenheit from the germination. When the grain has been turned on, it must be operated continuously until the temperature has moved entirely through the grain mass.

If grain is still in storage when temperatures are above 50 degrees Fahrenheit, grain should be inspected regularly for insect infestations. Stored grain represents a major investment. Precuations taken before and as grain is put into storage can pay dividends later by helping to assure that quality is maintained.

Drinking water in flooded areas may be unsafe

The Nebraska Department of Health urges residents in flooded areas of the state to have their drinking water tested. Water from flooded wells should be considered unsafe for drinking until bacteriological tests have been completed, said Allan Ackerman, supervisor of the Environmental Health Section at the department.

Cloudiness or a change in taste and smell are signs of possible contamination, Ackerman said. If there is any indication that the water supply has been breached by flood waters, even without changes in water condition, a resident should obtain a water sample for testing.

The State Health laboratory can supply bottles for water samples and testing instructions. If the well supplying drinking water is contaminated, it can be disturbed bybacteria, Ackerman said. While waiting for the results of the tests, residents should boil their drinking water for three to five minutes or obtain bottled water from an uncontaminated source.

Fleas

be used in conjunction to control both the adult and larval stages. The following procedures will help alleviate a flea problem:

1. Treat the animal with an insecticide sand, dip, or spray that is labeled for pet use. Be sure to follow label recommendations. After treatment, a flea collar can help repel fleas from your animal, but flea collars alone will not totally protect your animal from getting bitten or infested.

2. Wash pet bedding in hot water. If your cat sleeps with a family member, this bed must also be washed. Vaccum carpets thoroughly, especially near where the animal sleeps. In addition, steam cleaning carpets will eliminate organic debris and destroy larval fleas, too. There are some insecticide formulations on the market for use in steam cleaners. But, because heat causes insects to lose their effectiveness, the addition of the insecticide may not be any more effective.

Insecticides can be used in carpets to reduce numbers of fleas. Products on the market include pyrethrin and chlorpyrifos (Dursban), that target the adult flea. Methoprene, a growth regulator, prevents larvae from molting properly and turning into reproducing adults. There are several aerosol formulations available that include both an insecticide and a growth regulator that help control adult and larval stages for maximum effectiveness.

4. During the summer months, yards may need to be treated with an insecticide, (diaton, chlorpyrifos, carbaryl) to prevent reinfestation. It can take a lot of persistence to successfully control a serious infestation, because you may need to repeat these procedures. Be sure to follow insecticide label directions carefully.

Summer

Think before you eat

• Remember to use personal hygiene practices whether traveling or staying home. Prevention practices are the best safeguard against food-borne illness.

Know when to see a doctor

• If food-borne disease symptoms strike, see a doctor or get hospital help. If botulism is suspected, get medical help immediately. Botulism toxin attacks the nervous system and can be fatal. It attacks the nervous system and causes double vision and difficulty with swallowing and breathing. Symptoms generally appear 4 to 36 hours after eating. Ask your doctor what foods may be involved.

A message from Fireman Bill

Well, August is here, and that signals the mid-way portion of summer and if you are planning a late vacation here are some fire safety tips:

Be fire smart! Investigate safety features for every motel you pay a fee to travel.

Be prepared! Locate fire exits, alarms and extinguishers nearest your room.

Practice opening your guest room window, as this could provide an emergency exit point, a source of fresh air to breathe.

Know where your room key is at all times, and be sure to take it with you if you leave the building in case of fire.

Remember my old saying: “smoke detectors are real protectors!” This goes for hotels and motel fire safety as well! The Southeast Fire Department recommends purchasing and properly using, testing, and maintaining a UL listed “travel” smoke detector. Remember, play it safe and make your summer vacation a memory, not a mishap.

—Bill Montz, Jr., Fire Prevention/Public Relations OIC SouthEast Fire Department