The NEBLINE, July 1995

Follow this and additional works at: http://digitalcommons.unl.edu/neblines

http://digitalcommons.unl.edu/neblines/230

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in The NEBLINE Newsletter Archive from UNL Extension in Lancaster County by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.
Fun or porcupine? Would you like to increase your awareness and self-confidence? Looking for a fun adventure this summer? If you answered yes, you should find out about the Eastern Nebraska 4-H Center.

The 4-H Center is located within Schramm Park, about six miles south of the Gretna exit off Interstate 80. This beautiful camp is set on top of a hill with the flagpole at its center. Nestled in the woods to the north and east is a big, beautiful lodge where activities are held and meals are served. To the south is a large sports court donated by the Sunrise Kiwanis Club.

The 4-H Center is utilized by over 8,000 people throughout the year. Businessmen and organizations use the center as a retreat. Thirty-five schools visit the camp to explore practical applications of school science projects. And of course there is 4-H CAMP! Jim Bell has served as camp director for 12 years and puts all his energy into the camp. Talking to Jim, it's easy to see that he enjoys his job, the counselors, staff members and youth that visit the camp.

The 4-H Center employs four staff members year-round; 12 college-age staff to work the three summer months; several S.T.E.M.'s (Staff In Training) for 2-3 weeks during summer; and 72 volunteer counselors age 14 and over from throughout the Southeast District. Lancaster County is well-represented at the 4-H Center. Each year two or three youth from Lancaster County work their way up through the counselor ranks to become staff members.

"The Eastern Nebraska 4-H Center stresses friendship and building self-esteem," says Jim. Each of the 14 camps held each summer are different. The average length of camp is 3-4 days. Up to 135 campers are welcomed each session. Any youth age 8-14 is welcome to attend camp and need not be a 4-H member. Campers are encouraged to bring a friend; however, counselors are trained to be sensitive to those who don't.

Nine times out of ten it takes only a short while for everyone to be having a great time together! Each camp has its own theme, from fishing to sports to nature— and lets more. There are many popular activities during camp like the evening campfire with the skins, songs and friendships that make them special. Canoeing, animals and the Confidence Course are also popular, although kids will tell you they enjoy everything about 4-H camp. Everyone carries away memories from the Eastern Nebraska 4-H Center. Camp Director Jim Bell sees something unique happen to counselors when they come to camp. "When a counselor gains self-confidence and realizes they can make mature decisions and bring success to a situation, that is the most memorable for me." All-around, the 4-H Center develops personal growth and is great leadership training.

The 4-H Center continues to grow in many different ways. The new Inspiration Center was built so the camp could host more than one group at a time and a deck is scheduled to be added on to the back of the center where visitors may gaze out over the natural habitat in the adjacent woods.

The 4-H Center retains one counselor for every six campers. Staff are trained to mainstream physically-challenged youth into camp in ways similar to the public school system. Nature, crafts, photography, archery, a water slide, the Confidence Course, sports and much more are all part of the Eastern Nebraska 4-H Center. Jim Bell says it best: "While we have 4-H youth attending the camp, we're not here to sell the 4-H program—we're here as part of the overall University Extension program to help youth at risk build self-esteem and create an environment distinctively different from the troubled streets."

There is still time to take part in 4-H camp this summer. Call the Lancaster County Extension Office, 441-7180 or the Eastern Nebraska 4-H Center, (402) 332-4496 for more information. 4-H Camp is a great place for kids to grow socially, experience nature, make friends and have FUN!
**Horticulture**

**Tomato mulch**

Planning to mulch your tomatoes? It's a good practice for several reasons. Mulches help control weeds and reduce soil compaction. They also lessen fruit rot disease, keep the fruit cleaner and reduce soil compaction.

But, don't be in a hurry to get the mulch in. Organic mulches—such as straw or hay—may keep the soil cooler than optimum temperature for the best tomato growth. From mid-June on is probably the best time for mulching. (DJ)

**Garden Gossip Hotline**

441-7179

441-7179

ACCESSIBLE FROM ANY PHONE

---

**Squash vine borers**

The squash vine borer is one of the most serious pests affecting squash and pumpkin vines. Injury is caused by the caterpillars boring into the tender, lower stems of the vines or bushes causing them to suddenly wilt a few weeks later.

Now is the time to begin spraying to prevent loss of this year’s squash and pumpkin plants, since the adults deposit eggs on the young stems and leaves. Apply malathion or dipel to the base of squash or pumpkin vines. Injury is caused by the caterpillars boring into the young stems and leaves. Applications may need to be repeated. (MJM)

---

**Garden Hints for July**

- Snap-dragons should be pinched back after blooming to promote a second flush of bloom.
- Cut back and fertilize delphinium and phlox to encourage a second show of bloom.
- Many plants are easily increased by layering. Veteranas, euonymus, English ivy and climbing roses are some plants that will root if stems are fastened down on soft earth with a wire and covered with some soil.
- Cutting flowers is best done with sharp shears or a knife which will not crush the buds of the growing plant. A slanting cut will expose a larger absorbing surface to water and will prevent the base of the stem from being sealed by resting upon the bottom of the vase. It is best to carry a bucket of water to the garden for collecting blooms, rather than a cutting basket.
- A brown or grayish cast over leaves can be caused by dull or improperly adjusted mower blades that shredded grass rather than cut it.
- Store pesticides in a safe place in their original containers, away from children and pets. Use pesticides carefully in your garden. Read the labels and follow the directions. The warnings and precautions are for your protection.
- Certain pesticides have a waiting period of several days before the time of the last spray and harvest. Read and follow all directions on every label. Be sure to wash all thoroughly before use.
- Control mosquitoes by eliminating all sources of stagnant water.
- A garden needs 1 inch of rain or water each week. Early morning is the best time to water. Evening watering is less desirable because leaves that remain wet through the night are more susceptible to fungus diseases. Mulch plants to reduce water losses and improve root development.
- For a fall harvest of lettuce, radishes, carrots, beets, turnips, kale and spinach, sow seeds in late July to early August.
- Continue to make successive plantings of crops like beans, beets, cabbage and sweet corn to provide a continuous harvest until the frost. A small garden will produce a large quantity of vegetables if replanting is done throughout the summer.
- Check the soil moisture content of your garden vegetables and flowers daily. As the temperature rises, some plants may need water twice a day.
- Continue attracting insect eating birds to your garden area by providing them with a fresh water source. (MMM)

---

**Colorado potato beetle**

One of the most widespread and destructive pests of potatoes is the Colorado potato beetle. Plants also affected by this pest include tomato, eggplant, pepper and petunia. They will even attack certain weeds such as blackberry, dandelion and nettle. But you can control them. Rake up the fallen leaves from the garden area. Read the labels and follow the directions. The warnings and precautions are for your protection.

**Garden Corner**

Q. I would like to minimize the use of chemical insecticides in my garden as much as possible. Are there pests that are particularly controllable by nonchemical means?

A. Tomato hornworms are easy to control by handpicking, once you get good at spotting them. They can consume large quantities of tomato foliage if they are very large, so you must be alert and eliminate them while they are small to prevent major damage.

Likewise, if you can eliminate the first few adult Colorado potato beetles that appear, you may be able to keep future generations under control by handpicking and destroying them.

A board placed in the garden in the evening will attract squash bugs by providing them a handy hiding place. Pick up the board in the morning and destroy the pests.

Cabbage and cabbage worms on cabbage and other cole crops are usually very plentiful and difficult to control by hand-picking. An alternative to chemical insecticides is Bacillus thuringiensis, a bacterial disease of caterpillars sold under the trade names Dipel and Thuricide. It leaves no chemical residues and can be used right up to harvest. It is not effective against pests other than true caterpillars, however. Large numbers of aphids may attract enough predators to provide some control. Strong sprays of water or soap solutions may also help reduce their numbers.

One pest that almost demands chemical control is the cucumber beetle. This pest of squashes, melons and cucumbers carries the organism that causes bacterial wilt in these crops. There is no cure for the disease once it becomes established, so you have to prevent the insect from feeding and injecting the organism into the plants. About the only effective way to do this is to apply chemical insecticides as protective sprays. (DJ)
Late plantings, wet conditions create difficult ag situations

This year's extremely late-planted crops may encounter soil and plant later in the season that may be more susceptible to insect pests, bacterial and fungal diseases, and other problems with flea beetles, a pest that is more severe on smaller corn plants. Other pests that can severely damage small plants are wireworms, cutworms, European corn borer, greenbugs and corn leaf aphids. However, late-planted corn may escape feeding by corn rootworm larvae because eggs get kicked before the corn root system has spread through the soil. Saturated soil conditions early in the season often result in soilborne pathogens that are vulnerable to dry soil conditions later in the season. This shallow-rooted condition can make plants more susceptible to lodging from high winds.

Late-planting situations result in herbicides that work pretty well. But, in cases where farmers could not get into the field, weed growth will get ahead of control. The post-emergence herbicide treatments may be extremely important then.

Remember, it is important to scout fields on a regular basis. The herbicide program should be followed up when they are small. Also, it is easiest when the economic benefit from the control is the greatest. (BPO)

Keep an eye on soybeans for phytophthora root and stem rot

Phytophthora root and stem rot may be important to soybeans may be just around the corner in some areas of the state. If soybeans are watered or flooded for several days and soil temperatures were in the 60’s and 70s, some areas planted for the first or second trifoliate leaves, Phytophthora root and stem rot could develop.

The disease is most common in heavily seeded soybean fields or on texturally soils, but it can occur with other soil conditions as well. Affected plants usually occur in groups in a row rather than singly. Symptoms of yellowing between veins and along margins of lower leaves. Upper leaves become bluish to brown and then the mature plants wilt. Wilted leaves common remain attached to stems. Wilt symptoms are accompanied by destruction of the inner tissue of the root. A brown to black discoloration becomes evident on the half moon-shaped stripes from the soil line up to the first or second node. Internally, the cortex and vascular tissue are also discolored.

Seed or soil treatment with materials containing yellows and reds respectively, and/or use of race-specific resistant cultivars provide the best control in fields having a past history of Phytophthora root and stem rot. (DVT)

When do: hail + wind = replant?

Thunderstorms, high winds and hail cause crop damage in Nebraska. Don't get too anxious about small amounts of rain and hail. At least two to forty 70°F or warmer temperatures are necessary to stimulate new leaf growth in damaged plants. Assess plant survival at that time.

Defoliation of either corn or grain sorghum up to the seventh leaf stage will not affect grain yield. However, defoliation of these crops are below the surface until then and can sustain considerable defoliation and affect on yield, assuming growing conditions following the storm damage and subsequent rain. Likewise, defoliation now will not affect grain yield of indeterminate soybean plants, the soybean may incur yield losses.

Remaining plant stands should be estimated too. Both corn and soybeans can incur considerable stand losses and still remain a better option than replanting because of the known 20% to 30% yield penalty for replanting these crops. Grain sorghum planted in the second week of June still has a fairly good yield potential.

Hybrid and variety selection for replanting is important. Early maturing corn and grain sorghum hybrids can still mature assuming an average fall frost date. Use early to mid-season soybeans that are normally grown in your area when planting or replanting soybeans in June. The photoperiod response of these varieties will allow them to mature before the normal frost date. Early season varieties usually grow better and from northern soybean producing areas do not yield well.

The University of Nebraska Extension publications are excellent resources:

• NebGuide G86-812, “Soybean Yield Loss Due to Hail Damage”
• NebGuide G86-803, “Assessing Hail Damage to Corn”
• NebGuide G86-873, “Maturity of Corn and Silage Corn: Risks Based on Growing Degree Days.”
• EC 89-119, “Hail Damage Assessment and Replant Decisions” (596) (BPO)

Just the farm facts ma'am

• USDA-ERS says the average American spends about 11% of disposable personal income on food, 30%-30% of which is spent on meat.
• A national restaurant association survey shows about 15% of the nation’s 15 million college students consider themselves vegetarians; they are among those who are most concerned about fat rather than environmental or animal welfare concerns.
• Industrial consumption of grain, particularly corn, is growing at about 3% per year; about 1,000 products are now made from refined corn.
• A new wheat-based kitty litter has been patented and is now being produced. Enzymes in the litter will break down cat waste and make sewage break down faster, plus the wheat neutralizes the amonia smell.
• A new cat litter marketed heavily in litter is now being produced. The litter is a great alternative to clay. The litter is made of a mixture of organic matter that will break down, plus the wheat neutralizes the amonia smell.
• A new wheat-based kitty litter is now being produced. Enzymes in the litter will break down cat waste and make sewage break down faster, plus the wheat neutralizes the amonia smell.

• A recent poll of Iowa farms families shows 75% of farm women almost always maintain the family’s business records, 60% work off-the-farm to help support their family and 60% perform field work while caring for their children and performing other farm chores.

Source: UNL-IANR, Center for Sustainable Agricultural Systems (BPO)

Achieving weed control after winter wheat is a continual challenge

Controlling weeds after wheat harvest is an ongoing challenge for Nebraska producers.

The effectiveness of post-harvest weed control is often influenced by production practices associated with the previous wheat crop, such as winter wheat variety, fertility practices, planting date and seed rate. Other factors influencing weed control include: weeds that are too large, cutting off weed tops with the combine, crop rotation, temperature when spraying, rain the day of spraying, stress caused by sprayers, terraces, dust, straw chaff and odor of surfactants.

Many options, besides increasing the rate of herbicides, are available for controlling weeds after wheat harvest. It takes a total weed management package to control the weeds. Barnyard grass stands of vigorous winter wheat will compete better with weeds, allowing for better control of weed control in the fallow. Timely weed control and weed control in the growing winter wheat with herbicides, if needed, will offer the best chances of reducing weed populations.

Cyclone® offers good control of barnyard grass that is small or mature, but is less effective on medium or large plants. Control is poor with Cyclone + atrazine when sprayed during the tillering to boot stage. However, when the barnyard grass has headed, Cyclone provides good control. Spraying after the grain has headed allows seed production. In addition, the longer the weeds grow the more soil water is used.

Several options are available for using nonselective herbicides with difficult-toc controlling weeds. With Cyclone® be sure to use a minimum of 2 pints of X-77® or equivalent surfactant per 100 gallons of solution. A surfactant also needs to be added to Roundup® and Fallow Master® have a surfactant included. With Roundup Fallow Master and Landmaster BW, 20% and 40% herbicide (spray grade) at 17 pints per 100 gallons of spray solution. The ammonium salt is the first to put into the spray tank after the water. Ammonium salt is helpful in controlling stress conditions are present. However, since it is difficult to identify weeds under stress, it is wise to always add ammonium sulfate.

Improve control by increasing the rate of Roundup® or Landmaster. A spray volume of 5 to 10 gallons per acre should be used with Roundup and Landmaster BW. A D-7 Application

Atrazine combined with either Cyclone or Landmaster BW is an excellent combination for post-harvest weeds. Use this combination if atrazine does not work because before weeds are too large. Use Landmaster BW plus atrazine on grasses from the tillering to boot stage. If weeds are mature use the Cyclone + atrazine combination. Do not use Roundup, Fallow Master or Landmaster BW on days when it will rain or when temperatures reach 95°F.

Split treatments have been especially effective. With the split treatment, make the first application in July or early August. In September, make a second treatment of pure atrazine at 1 pound/acre of atrazine with Cyclone, crop oil concentrate or other surfactant. If your soil test and size of volunteer winter wheat, downy brome and/or joined grass present. The atrazine rate varies with soil and rainfall patterns. Be careful not to exceed the recommended rate of atrazine with the two combined treatments. The advantage of the split treatments is they provide excellent control of volunteer winter wheat and other winter annual grasses. (WS)

Correct timing key to late season 2,4-D applications

Do not spray corn with 2,4-D from a week before tassel emergence until after the silks turn brown. Treatments during this critical time often interfere with pollination and reduce yield. After the silks turn brown, pollination is complete and 2,4-D can be safely used. The state’s early-planted corn is no longer at risk, so it should not be sprayed with 2,4-D.

Do not spray grain sorghum with 2,4-D from the boot stage through the dough stage. As in corn, pollination problems and yield reductions result from application during this period. A 12-inch height and boot stage, use a drop extension to direct 2,4-D away from the sorghum whorl. Never use Banvel® on grain sorghum after it is 15 inches tall. (DV)
Midges: nuisance or gnats!

Barb Ogg
Extension Educator

DEET (diethyl-toluamide) is the active ingredient in the most effective insect repellents used for mosquitoes, biting flies, ticks and chiggers. It has been used for a number of years. Recently, there have been reports in the media about persons who seem to have had a toxic reaction to a DEET-containing product.

At the present time, the EPA is reviewing the safety of DEET and possible side-effects of this active ingredient. When all the evidence is in, there may be changes in labeling, high strength products or even cancellation of DEET. At this time, we have very little information about the review.

The repellents on the market have widely varying percentages of DEET. Some products may contain less than 10% DEET, but "power strength" products may contain more than 75% DEET.

Even though there are widely differing concentrations, directions for using the product may seem to be very similar.

The products should be used with care. The toxic effects are rare incidences and when high-concentration products are used extravagantly and repeatedly on the skin. It is likely that adverse effects are accentuated in children so take extra care with the kids.

Follow these precautions:

• Apply to clothing, not to skin, especially with products having high concentrations of DEET.

• Repeated use to the skin should be avoided as much as possible.

The dilemma is that products containing DEET are more effective than other repellents; no, removal of DEET-containing products from the market or use altogether would eliminate a valuable repellent. There may be other ways to control biting insects without the use of DEET.

The home is the child's first school and parents do teach children about things by their actions as well as by the things they talk about. If we are aware of these facts, we can take better advantage of everyday experiences to teach children about a variety of academic subjects. We can even plan activities that will teach biological science in the home.

Children have abundant curiosity. They are eager to explore, discover and learn new things. These are real teaching opportunities. By imitating experiences for young children. As teachers of our children, we should provide real learning activities and experiences that will enrich their understanding.

Young children have a sensitivity toward and seek an understanding of animals. Many concepts can be taught and ideas clarified when living with a bird, cat, dog, fish, gerbil or other animal. Pets are a child's special friend and they can help teach responsibility. Children soon learn that animals depend on them for proper care.

Have your little ones find the ducks at the pond, see a real live turkey, hear the cry of a baby pig and pet a kitten just after they are born? Remember, children learn best from experience. If you cannot bring the experience home to your child, take your children to the experience. Nebraska has a generous supply and variety of animals and places where you and your family can visit to explore the world of animals. Take a trip to a farm or ranch, the sandhills or a recreation area, a park, the hatchery, the zoo or pet store.

Even walks in your neighborhood can increase your and your child's sensitivity to nature. At night hold a flashlight in front of your nose. Possibly hundreds of creatures are looking at you; moths, beetles, flying ants, spiders and cats; their eyes shine like jewels in the moonlight. The home is like a light, and you'll see even more.

May we suggest another perspective? Consider yourself a tour guide for your children on a crawl. They'll see things right before their eyes. See if you can find a piece of gold dust in a spider web. Or a piece of grass so the spider mistakes the vibrations for an entraped fly. Turn over stones and boards and discover what is hiding from the light. Try putting your ear to the ground and listening for movement nearby.

Here's a fun way to figure out the temperature at night. Have you ever listened to a cheerful cricket at night? As a cold-blooded insect, his body temperature and activity varies according to the temperature of his surroundings. For example, if the number of chirps he makes in 15 seconds and then add 40 and you will discover the approximate temperature. Shine a flashlight and try to locate the hiding place of the little nocturnal visitor. Finding the little creature can be quite a challenge. If you're very patient and very lucky, you may be able to watch him make his chirpy chirp.

Remember, there is a whole world to be discovered. We challenge you and your children to become more aware of our beautiful world and the exciting adventures that are all around us. Encourage scientific exploration when you are with your children.

Source: Barbara Mason, Utah State University (SE)
Preserving Nebraska's unique saline wetlands

Corey Brubaker
Extension Educator

One of Nebraska’s most unique natural resources are the saline wetlands found along Salt Creek and its tributaries in Lincoln and Saunders counties. The wetlands are remnants of what was once a vast inland sea and are fed by saline seeps and springs which flow from the underlying geologic forma­tion. Although there are small areas of other saline wetlands located throughout the Salt Creek basin, the largest areas are located along Salt Creek south and east of Crece­reo, along Lai-tahin Creek, and especially in its confluence with Salt Creek; and along Salt Creek from its confluence with Jordan Creek in West Lincoln to its confluence with Jordan Creek west of Waverly. Unfortunately, a majority of the saline wetlands along Salt Creek, Lai-tahin Creek, and near the City of Lincoln and have been severely impacted by the city’s growth and development. Many acres of wetlands were filled or drained as by the Lower Platte Natural Resources District (LPSNRD) and the Nebraska Department of Natural Resources. The 1,000-acre area near Crece­reo is being protected by the Lower Platte South Natural Resources District (LPSNR D) with perpetual conservation easements. The easements protect the wetlands by restricting land use and remain in effect even if the land is sold. Another saline wetland being restored and managed by the NDRG is located in North Platte. A small area is being restored by the City of Lincoln. More recently, the City of Lincoln has been the recipient of the Nebraska Environmental Trust for the purpose of protecting the wetlands on Lake for Mayor Mike Johanns speaks at the dedication of the Lincoln Saline Lands Nature Center. The 9-acre area was donated in a private landowner’s effort to protect the habitat on the site. The site is open to the public and is managed by the Nebraska Wetlands Nature Center. The 10.2-acre area is also used by the public, and additional wetlands are located in the area. In addition to the filling and artificial drainage of existing wetlands, the channelization and restoration of Salt Creek and its tributaries also lowered the water table of the adjacent wetlands to the extent that many of them were no longer wet enough to support wetland vegetation.

In the 1980’s, efforts were initiated to preserve and restore some of the remaining wetlands. One of the larger areas is the Lai-tahin Memorial Wildlife Management Area located along Rock Creek south of Crece­reo. The 1,000-acre area contains remnants of saline wetlands and is being managed by the Nebraska Game and Parks Commission (NGPC). Two other saline wetland areas near Crece­reo are being protected by the Lower Platte South Natural Resources District (LPSNR D) with perpetual conservation easements. The easements protect the wetlands by restricting land use and remain in effect even if the land is sold. Another saline wetland being restored and managed by the NDRG is located on Lincoln’s 27th Street. It was acquired by the City of Lincoln for mitigation of the destruction of a smaller saline wetland located adjacent to the 100-acre tract of Land adjacent to South Beach Lake for 1980’s, efforts were protected by the Lower Platte South Natural Resources District (LPSNR D) with perpetual conservation easements. The easements protect the wetlands by restricting land use and remain in effect even if the land is sold. Another saline wetland being restored and managed by the NDRG is located on Lincoln’s 27th Street. It was acquired by the City of Lincoln for mitigation of the destruction of a smaller saline wetland located adjacent to the 100-acre tract of land adjacent to South Beach Lake for development.

One of the Lincoln Saline Lands Nature Center. The 10.2-acre area is also used by the public, and additional wetlands are located in the area. In addition to the filling and artificial drainage of existing wetlands, the channelization and restoration of Salt Creek and its tributaries also lowered the water table of the adjacent wetlands to the extent that many of them were no longer wet enough to support wetland vegetation.

Take the water challenge

Do your children know how much water they use in a day? Probably not. Try this exercise to help them become aware of the many uses of water and the importance of conservation.

Take an empty and cleaned half-gallon milk carton and cut off the top and bottom. Cover one end with a piece of clear cellophane and secure with a rubber band. For clever underwater viewing, simply place the plastic-covered end into the water and look through the carton. You’ll see many things you never noticed before! (ALH)

Solid waste recycling facts

Did you know—

• Nebraskans recycled about 22% of their solid waste in 1993? (It was only 17% in 1990.)
• Paper and paperboard products comprise the largest type of waste (28%) going to the landfill.
• That 10-20% of the solid waste generated in the U.S. is paper and paperboard products.
• Construction of a single family dwelling generates two to seven tons of waste, including 15 to 70 pounds of hazardous waste.
• The Environmental Exchange (UNL) BPO

Environmental Focus

University of Nebraska Environmental Programs is on the World Wide Web (WWW) at http://irwvw.unl.edu/anr/pat/ephome.html. The Environmental Programs home page also includes the Nebraska Private Pesticide Applicator Self-Study Manual. The Label newsletter, pesticide-related sources of information such as EXTONET, and access to other Web sites at other universities and the Environmental Protection Agency (EPA).

Old tires cool homes

Did you know—

• Nebraskans generate 1.5 million scrap tires each year?
• All tires will be completely banned from disposal in the North Bluff Landfill after September 1, 1995.
• If they cannot be put in the landfill, what can you do with your scrap tires? Take them to CMET, 900 Industrial Avenue (465-0000). The disposal fee is $65 per ton of tires (about 65 cents per car tire). CMET will shred your old tires and transport them to the Sheldon Power Station in Hallam where they will be used to generate power. The Sheldon Power Station has been burning tires for about two years. The electricity generated provides electricity to northeastern Nebraska during peak energy times of the year; without them there is a high demand. (Thank goodness for scrap tires!)

Worms: nature’s perfect no-till plow

Research on earthworms? You bet. According to Agricultural Re­search Service (ARS) researchers, the University of California, Davis, USDA-ARS researchers are studying the beneficial aspects of earthworm populations and techniques that will encourage worm populations. A healthy earthworm population improves plant growth by opening channels that loosen the soil, providing roots for paths. Worm activity also works in organic matter, increases the quality of topsoil and de­creases soil erosion by allowing better drainage. Scientists say that earthworm populations are a biological indicator of the quality of the soil. Farmers that use no-till and reduced tillage crop production are promoting the increase of worm populations. The surface residue moderates the soil tem­perature and helps keep the soil cool. Good earthworm populations mean good earthworm populations.

The moldboard plow (or the garden tiller) is the old-fashioned earthworms as it removes plant residue from the soil surface and breaks worm burrows. Worm burrows can survive for years if the soil is not tilled. But, worm burrows are—simply—they are more fish bait and food for the birds (BPO).
Plan vacation with the kids

How to make a family vacation beneficial to children. Teaching children about a question in a vacation planning schedule is a question many families have as they begin planning their summer schedules. Of course, children will benefit fully from a vacation and for you to really get your money’s worth out of a vacation planning should start early and the children should be included. Let’s look at a few ways in which children can be included and benefit from this planning.

1. Choosing where to go. As a family prepares for a vacation, children can learn decision-making skills. At alternate locations are discussed, they learn to look at the positive and negative aspects of each place. They also learn that not everyone thinks the same as they do, and that negotiation and compromise are often necessary in group decision making.

2. Obtaining information about the area. This can be done in two ways: writing letters and talking to people who have lived in or visited the area you plan to visit. Children can ask questions that show their special interests. Children learn to write in school, but writing letters gives them an opportunity to see why one needs to learn to write. Vacation planning can teach how to write a formal letter with date, address, etc. Letters can be written to merchants requesting brochures and information about things that could be seen while visiting the area.

3. Planning the time schedule. As you and the information received about what places to visit must be made. Estimates must be made based on your interests and how much time you will want to spend at each place. Lynne also need to make advance reservations to ensure attendance at some functions.

4. The vacation. It’s best to make a family vacation beneficial to children by planning ahead. You will want to plan your events well. It’s okay to let children simply experience the wonderment of nature. However, you should also let the children know about what’s going to happen. Sometimes kids’ imaginations can run wild. They can’t wait for the vacation to begin. They may also be excited about what they will see and do. This can be done in two ways: writing letters and talking to people who have lived in or visited the area you plan to visit. Children can ask questions that show their special interests. Children learn to write in school, but writing letters gives them an opportunity to see why one needs to learn to write. Vacation planning can teach how to write a formal letter with date, address, etc. Letters can be written to merchants requesting brochures and

Five ways to be a happier parent

1. Make two positive statements about yourself in front of your child every day. Do something nice for yourself. Show your children that you consider yourself a person of worth.

2. Don’t take yourself too seriously. Ask yourself, “What’s the worst thing that could happen?” If it’s not all that bad, don’t get so upset about it. Learn to laugh. Look for delightful, amusing and funny situations in your everyday life.

3. When you look back on your day, look at what you did right and take pleasure in it. If you make a mistake, cut it out and move on. Don’t dwell on it.

4. Try and schedule some time for yourself every day, even if it’s only 10 or 15 minutes.

Seven ways to be a happier parent

1. Make two positive statements about yourself in front of your child every day. Do something nice for yourself. Show your children that you consider yourself a person of worth.

2. Don’t take yourself too seriously. Ask yourself, “What’s the worst thing that could happen?” If it’s not all that bad, don’t get so upset about it.

3. Learn to laugh. Look for delightful, amusing and funny situations in your everyday life.

4. When you look back on your day, look at what you did right and take pleasure in it. If you make a mistake, cut it out and move on. Don’t dwell on it.

5. Like yourself.

6. Try and schedule some time for yourself every day, even if it’s only 10 or 15 minutes.

Family Community Leadership

Become involved in making decisions that affect you and your community.
Don't be deceived by these food safety myths

As many as 80 million Americans may suffer some form of foodborne illnesses yearly. Because the symptoms of cramps, diarrhea, vomiting, and/or nausea and fever are similar to flu, it's often passed off as some "bug" that's going around. Since the food poisoning incident at a fast food place on the west coast where two people died and hundreds became ill, foodborne illness has received more attention. Simply undercooking a piece of meat may make the difference between staying healthy and becoming ill.

Different people have different levels of immunity and one often can't see, smell or taste a potential hazard. It is difficult to make a judgment call whether a food is safe to eat.

Usually, the cost of the tossed food is much less than the cost of treatment (often a trip to the emergency room and possible loss wages). The best policy for foodborne illness is to strive for prevention. The Center for Disease Control and Prevention estimates that proper precautionary practices in the home can prevent about 85% of all foodborne illness. Here are some common mistakes discussed in "Tufts University-Diet & Nutrition Letter."

MYTH # 1: Salmonella is found only in animal foods. Salmonella is frequently associated with chicken and eggs. However, salmonella bacteria on the ground can get on the surface of other foods, such as melons. When melons are cut, if there's salmonella on the surface, the knife can transfer it to the fruit. Therefore, it's important to wash a melon in cold water before cutting it open. Then, either refrigerate it or eat it within a couple of hours before the bacteria have a chance to multiply.

The article also warns that all fruits and vegetables should be rinsed prior to eating. Also, some potentially harmful bacteria are capable of growing on foods such as cooked rice and pasta. To be on the safe side, refrigerate leftovers within two hours of heating them.

MYTH # 2: Putting foods in the refrigerator automatically stops bacterial growth. There are three failalies to this myth.

First, your refrigerator must be below 40 degrees F to slow down bacterial growth. A recent survey, however, found that one-fifth of all refrigerators registered temperatures of 50 degrees or higher! Refrigerator thermometers are available at most hardware stores and houseware sections of department stores for about $5.

The second fallacy is that refrigeration, in particular freezing, kills bacteria. Wrong! It only slows their growth. While frozen foods can be kept indefinitely at 0 degrees F or less (taste and texture may suffer after several months), keep most refrigerated holiday leftovers no more than a day or two before reheating them. Once frozen foods are thawed, however, they should be eaten shortly thereafter because bacteria can grow appreciably. Thaw frozen foods in the refrigerator or on the counter.

Refrigeration alone is not enough to kill bacteria, is the third fallacy. Large amounts of harmful toxins produced by some bacteria resist high temperatures. For example, staphylococcus bacteria which live in noses, throats and skin infections are an easily obtainable source of potentially harmful toxins.

If a perishable food, in particular foods containing meat, poultry or dairy products, has set out at room temperature for more than two hours, it could be a potential source of staph-related illness. Use special care when handling "buffet" foods. Don't add to Please turn to Myths: page 11

MYTH # 3: Heating a food hot enough and long enough will kill all harmful bacteria. "Yes," cooking kills bacteria; "no," harmful toxins produced by some bacteria resist high temperatures. For example, staphylococcus bacteria which live in noses, throats and skin infections are an easily obtainable source of potentially harmful toxins.

If a perishable food, in particular foods containing meat, poultry or dairy products, has set out at room temperature for more than two hours, it could be a potential source of staph-related illness. Use special care when handling "buffet" foods. Don't add to Please turn to Myths: page 11

Free "Home Freezing of Fruits and Vegetables" workshop July 25

What type of containers work best for freezing?

What's the difference between fruit frozen in a syrup pack, in sugar or in an unsweetened pack, in a frozen pack, in sugar or in an unsweetened pack, in a frozen pack?

How do you keep frozen foods from darkening?

How do you keep frozen foods from becoming soggy?

How long can you keep frozen foods?

Different people have different styles which could invite hassles.

• People who seek constant approval or who want attention and save may suffer after several months), keep most refrigerated holiday leftovers no more than a day or two before reheating them. Once frozen foods are thawed, however, they should be eaten shortly thereafter because bacteria can grow appreciably. Thaw frozen foods in the refrigerator or on the counter.

• Refrigeration alone is not enough to kill bacteria, is the third fallacy. Large amounts of harmful toxins produced by some bacteria resist high temperatures. For example, staphylococcus bacteria which live in noses, throats and skin infections are an easily obtainable source of potentially harmful toxins.

• If a perishable food, in particular foods containing meat, poultry or dairy products, has set out at room temperature for more than two hours, it could be a potential source of staph-related illness. Use special care when handling "buffet" foods. Don't add to Please turn to Myths: page 11

Do you invite frustrations?

Did you ever wonder why everything happens to you? The answer could be that you bring it on yourself. We all have personal styles which could invite hassles. You could become yourself up for more than your share of frustration if you:

• Need to be in control of the situation. People who seek constant approval or who want attention and save may suffer after several months), keep most refrigerated holiday leftovers no more than a day or two before reheating them. Once frozen foods are thawed, however, they should be eaten shortly thereafter because bacteria can grow appreciably. Thaw frozen foods in the refrigerator or on the counter.

• Look for approval all the time. Those who need constant approval set themselves up for disappointment since no one can be liked by everyone all the time.

• Don't accept criticism well. Criticism is always difficult, but people who view it as a personal attack are more stress-prone than those who find ways to use criticism for personal growth.

• Having trouble saying no. People who say "yes" so often overextend themselves and trigger a flurry of hassles trying to get everything done and meet deadlines when that's impossible.

• Get angry when you feel life isn't fair. Everyone has the wish as a child for life to be fair, but those who carry the unrealistic wish into adulthood, face the inevitable stress of disappointment.

Recognizing what we do to disappear. But, don't be fooled--they may still be there! Once the stain is exposed to air, the stain oxidizes and leaves an invisible stain, which ultimately turns yellow or brown. The stain never left; it was there all along. To correct the problem, immediately treat even light stains before they set, before they dry. For washable fabrics, sponge or soak the spill in cool water. Pretreat with a stain stick or gel, prevast stain remover, or laundry detergent. Launder as soon as possible (LB).
Attention 4-H club leaders and independent members

4-H food booth volunteer alert

What: Training for all food booth volunteers

Where: State Fair Park, 4-H demo rooms, just south of the 4-H Rock Cafe in the 4-H Youth Complex. (Check fair book map)

When: Wednesday, July 19, 7:00 - 8:30 P.M.

Time: This training is important for everyone involved. You will meet the supervisors of each food booth, learn all about customer service, make change and visit your food booth. (LJ)

Have some family fowl fun July 13

If you enjoy poultry, you’ll love this outing. The Middens (Don, Cleo and Julie) have shown birds for over 30 years. They rank first or first-runner-up in the nation in over 10 breeds of poultry. They have more than 75 breeds of chickens, waterfowl, pheasants, turkeys, pigeons and have served as superintendents of the Lancaster County Fair Open Class Poultry Show for approximately 18 years. They invite you to come to their farm July 13, 7 p.m. to learn how to wash your birds and prepare them for show. They will also discuss what to expect in the show. You will get to see birds of many different breeds and learn something about each breed. This is an opportunity to learn how to prepare your birds for the fair and see some beautiful birds and learn more about them. Call Cleo at 787-7215 by July 11 to reserve a spot for your family. The Midden farm is located approximately 2 3/4 miles south of Spengle on SW 14th (yellow house, east side). (DS)

Showing rabbits: grooming & conditioning

Who could better teach grooming, conditioning, showmanship and characteristics of different rabbit breeds than Merlin Dana? Merlin has been breeding and showing rabbits for more than 10 years. He has been judging for 8 years in more than a dozen counties. He and his wife, Jean, have more than 100 Holland Lops, Mini Rex and Jersey Woollies in their rabbitry.

Merlin and Jean will host a workshop to teach grooming, conditioning and showmanship of rabbits, Saturday, July 15, 9:30 a.m., 7200 Morrill Avenue, Lincoln. To register for this workshop, call Merlin or Jean at 466-6745 by July 12. (DS)

Answers to last month’s Embryology crossword.

From the home office in Lincoln, NE Top ten Lancaster County Fair tips

1. Remember that Monday, July 17 is the last day to preregister for contests.

2. The Table Setting Contest has new rules this year. An entry tag must be completed before the 4-H member will be able to present their table to the judge. Therefore, if they feel there is anything unique about their table, they should let the judge know. A new table setting brochure is available at the Extension Office.

3. Helpers (ages 12 and over and adults) are needed for entry day and judging day. Writing comments, displaying exhibits, etc. are all areas we need your help! Call the Extension Office to sign up! (AMM)

4. Style Revue narrations are very important and need to be sent in by July 17. Please make sure that when writing them you read the information sheet that comes along with it. Your cooperation in this area would help us a great deal when preparing the fashion show. You have never modeled before, call Ann Marie for tips and information.

5. Remember, exhibits will be brought back to the Extension Office after the fair. If you know that you are unable to pick them up on Saturday, August 5 from 4 - 6 p.m., you need to make arrangements with your club leader, friends, neighbors, etc. Exhibits not picked up will be donated to charity.

6. Many exhibits require supporting information to make them complete. Please remember to read your fair book and supply the needed attachments to your exhibit. Your exhibit will not be accepted by the superintendent if it is not complete.

7. Interview judging is available for a variety of projects. Refer to page 7 of your fair book for more information and call the Extension Office to sign up. This is fun and a good experience.

8. The 4-H Food Booths need your help! If you or your club has not signed up for a time, please call Penny Cariotto at 488-3792 or Pam Stearley at 488-1277 to take part! Have fun, make new friends and learn something new.

9. All static exhibits must be entered on Monday, July 31 from 4-8 p.m. Exhibits will not be accepted at a later time. Please check your fair book for times, places and information.

10. Remember, the fair is a learning experience, it is a time for families to spend time together and it is FUN for everyone! If we can help you in any way, please contact the Lancaster County Extension Office. (AMM)

Bucket calves for rural families

Youth and adults alike are invited to the Schill Dairy Farm 1/2 miles east of Denton on West Denton Road for a hands-on bucket calf workshop. The workshop will be Friday, July 7, 7:00 p.m.

You will learn:
• where to shop for a calf
• how to care for your calf
• what your calf needs to be vaccinated against
• how to feed your calf
• about housing requirements

You will also have the opportunity to:
• measure the height of a calf
• estimate the weight, with the aid of a weight tape
• practice haltering a calf
• fit a calf for show
• fill out a sample bucket calf record sheet
• participate in a practice bucket calf show.

Available at the Schill Dairy Farm is a bucket calf progress show immediately following the show. (DS)

HELP! We need your help as fair assistants and helpers in the home economics area on entry day, Monday, July 31 and judging day, Tuesday, August 1. If you are 12 years of age or older, you can be a tremendous help to the county fair. Call the Extension Office to sign up for times and areas! Thank you! (AMM)

Make sure to read your fair book for details on supporting information for exhibits, schedules, etc. Your cooperation in making sure exhibits are prepared properly for entry is much appreciated! (AMM)

Due to a scheduling conflict, 4-H members participating in the Lancaster County Fair Household Pooch Show must remove their exhibits from demonstration rooms A and B immediately following the show. (ALH)

The Lancaster County Fair 4-H Long Hair and Short Hair Cat Shows are combined this year. Check in and vet check will be 9:00-9:45 a.m. August 5. The cat show begins at 9:00 a.m. in demonstration rooms A and B. (ALH)

Dog Diseases, Vaccination and Nutrition is the title of a workshop featuring Dr. Fran Savage, veterinarian, 4-H parent and dog show enthusiast. If you own a dog, you will want to attend this 1½ hour session 7:00 p.m., Tuesday, July 25 at the Lancaster Extension Conference Center. (DS)

Don’t get confused: I.D. affidavits that were filled out by June 15 are not the same as Lancaster County Fair and Nebraska State Fair entries which are due July 17! (LJ)
**Horse Bits**

1995 4-H Lancaster County Fair Updates
Several changes have been taken place regarding the 4-H horse show classes and schedule after the fair book went to print: Please make these changes in your fair book:

Page 57, delete Sunday, July 23 trail competition
Page 61-62, delete western horse showmanship (Staci Greggs and Patty Rieker)
Page 61-62, delete entire horse competitive trail show (has been cancelled due to low participation)

Note: Club leaders—remember to bring or send in all county fair information regarding your club's participation and showmanship.

**Horse Show Safety and Precautions**

- At a show, tie your horse far enough away from strange horses to prevent sudden spooking.
- Always lead your horse, walk beside the horse, not behind. Always turn the horse to the right and walk around him.
- Never wrap a lead strap, halter shank, or reins around your hand, wrist or body. A bad accident could result if the horse kicks them from entangling your feet.
- Avoid letting the horse kick a hoof on the ground.
- When using a halter shank, or reins around your hand, wrist or body. A bad accident could result if the horse kicks them from entangling your feet.
- Do not punish your horse, when close to other horses. Space horses when possible. If your horse kicks a rider, tie a red ribbon or a piece of red yarn on his tail so nothers will know to watch out for him.
- Keep calm, confident and collected. Remember that a nervous showman creates an unfavorable impression.
- Carefully and courteously follow the directions of the judge and ring master. Follow instructions exactly.
- Be a good sport. Win without complaining.
- Know your horse's peculiarities. If someone else is riding him, tell them what to expect.
- Do not punish your horse.

**Tobacco-Free Nebraska grants available**

Tobacco use among Nebraska teens is a significant problem. Nebraska teens use tobacco at a rate higher than the national average. In Nebraska, 34% of high school students reported smoking. This compares with 29% nationwide. Statewide, 15% of high school students reported using chewing tobacco or snuff. National health goals call for the reduction in all tobacco use among children and youth by 15% by the year 2000.

4-H clubs in the state have an opportunity to apply for funding to develop and implement a project. A small pilot project could create a "Tobacco-Free Nebraska for Youth." Applicants with the strongest plans for decreasing tobacco use among young people will be eligible for a grant in the $200-$500 range. Money can be used for a variety of purposes including training, the purchase of educational materials, travel, meals, lodging, postage, printing and supplies. Clubs may work together or on their own. The deadline for project submission is July 26 and projects and reports must be turned in by November 30. For an application or more information, call LaDeane at 441-7180. (LJ)

**Quiz Bowls makes competition fun!**

Do you participate in a quiz bowl? Read what Belinda Gillam, superintendent of the cat show, has to say:

"Tobacco use among Nebraska teens is an important issue for 4-H members. Belinda indicates that the Cat VIPS Committee decided to have a quiz bowl at the Lancaster County Fair because it gives 4-H members an opportunity to test their knowledge of the cat breed.

"Sometimes, we tend to think that the end result of a project is to have the kids getting to know each other. Many say that the true purpose of the quiz bowl is to teach proper care of the pets," reports Belinda. "Hopefully, in the quiz bowl, we are exposing 4-H members to the opportunity of increased knowledge, participation and fun. The quiz bowl offers an individual public speaking experience with the opportunity to be the only one in the public eye. This works really well for those 4-H members who do not like being the only one in front of an audience."

So—if you want to test your knowledge and have fun too, sign up for the quiz bowl of your choice. Dog, cat, rabbit and dairy goat quiz bowls are scheduled at the Lancaster County Fair. See your fair book for details. (ALH)
Avoiding taking risks?

We all have a tendency to avoid risks. Let’s face it, every time you take a chance and fall on your face. Without this support, you’ll be reluctant to try again. 

• Don’t ask others to bail you out when you are a risk taker. You’ll deprive yourself of the chance to learn and grow from experience. Worse, you expect others to bail you out again.
• Encourage smart risks, not foolish chances. You always should have a clear goal in mind before you go out on a limb. Make sure you have considered the worst possible outcome of your actions. Can you live with it? Always have an alternative plan in case things turn sour.

Source: Herbert Lynnegen, Ph.D., Extension Family Life Specialist (LJ)

Are you part of an effective team?

We all work with teams at some point in our lives. For some of us, it is a work team, for others it may be a small community or religious team. Most of us have been on teams that were fun and accomplished many tasks. We’ve also experienced teams that were ineffective and full of conflict and strife. The Human Resource Institute has identified nine characteristics of an effective team.

1. The atmosphere tends to be informal, comfortable and relaxed.
2. There is a lot of discussion in which virtually everyone participates; but, it remains pertinent to the task of the team.
3. The task or objective of the team was understood and accepted by its members.
4. The members listen to one another.
5. They agree to disagree. The team is comfortable with this and shows no signs of avoiding conflict or leaving everything on the “social surface.”
6. Most decisions are reached by a consensus in which it is clear that everybody is in general agreement and willing to go along.
7. Consistency is frequent, frank, and relatively comfortable. There is a lack of evidence of personal attack.
8. People are free in expressing their feelings as well as their ideas on the problem and the team’s operation.
9. When action is taken, clear assignments are made and accepted. (LJ)

Protecting your child from abduction

• Empower your child? Explain that sometimes it is “okay” to say no to an adult.
• Teach your child positive body language — look up when talking — look everyone in the eye, not down on the ground.
• Decide on a “password” with your child. Teach your child not to leave with anyone unless they say the password.
• If your child is ever home alone, tell him/her to never answer the telephone without the front door being closed. An answering machine allows for screening of phone calls.
• Talk with your child about “good touch,” “bad touch,” and “private touch.” If he/she feels bad about the way someone touches him/her, they should tell a parent, teacher, guidance counselor, a doctor, or a trusted adult. The important thing is that they tell someone about it!
• If your child is followed by a car...
• Have him/her go in the opposite direction. It’s easier for your child to turn around and run the other way than it is for the car to turn around.
• If your child must run away from a stranger, let him/her know it’s okay to drop their books.
• Remember: Most harm caused to children is from someone who is not a stranger. Source: WorkWell, Inc.

Mediation: a community resource

The Lincoln/Lancaster Mediation Center is a resource available to all residents of Lancaster County to help reach win-win solutions when there is conflict. Mediation is a method of dispute resolution which helps people in conflict reach mutually agreeable solutions to problems with the assistance of a neutral mediator. Mediators are not judges and they make no decisions for any parties involved. A mediator helps parties realize and explain their needs, clarify issues, explore solutions, and negotiate an agreement. Through mediation, all parties find a solution that will work for them.

Disputes which are often mediated include:
• family and juvenile matters
• education disputes
• employer and employee disputes
• business and consumer matters
• landlord and tenant conflicts
• neighbor and community disputes
• governmental and organizational conflicts
• other civil matters.

What are some of the benefits of mediation?
• Parties keep control over the outcome of their own problems.
• Feelings and facts are considered with the help of an unbiased mediator.
• Mediation promotes better relationships through improved communication and constructive problem-solving.
• Problems can be settled promptly. A session is scheduled as soon as both parties agree to the mediation. Most mediations last about two hours.
• Mediation is inexpensive and based upon the parties’ ability to pay. No one is denied services for an inability to pay.
• Mediation is private and confidential.

How does it work?

Effective mediation can request mediation by calling the Mediation Center at 402-434-9480. A referral can be made by friends, courts, attorneys, social services and others. Once the parties agree to mediate, the time and place that is convenient for both parties is arranged by the Mediation Center.

A series of conflict resolution workshops targeted at youth is being sponsored by the Mediation Center in cooperation with several community agencies including Cooperative Extension. We strongly urge all youth interested in learning more about mediation to sign up for this exciting opportunity. (See related article “Tired of Fighting?” on p. 9 for registration information.)

Telecommunications: rural residents out in front of urbanites

When it comes to telecommunications knowledge and use, rural residents appear to be out in front, according to a recent study. An on-going policy study of rural telecommunication needs is supported by the Rural Policy Research Institute (RUPRI), at the University of Nebraska-Lincoln, indicates that overall computer use is higher in rural versus urban areas. While we may be on the cutting edge of the technology, rural telecommunications is more widespread in order to and distance. Business people in favor of technology felt that it was vital for recruitment and expansion.

The majority of those not interested in technology were either older and on the verge of retirement, or involved in businesses such as appliance repair where they felt that technology would have minimal impact. Business people in favor of technology felt that it would increase their efficiency, expand their marketing area, and erase distance.

While the majority of residents felt that telecommunications was important, the technological sophistication of those polled varied from highly sophisticated to beginning level. However, more than one-third of the respondents already knew how to access the technology, whether or not they were currently using it in their business.

Many rural communities have an information structure and fiber optics network, but, they haven’t been trained to exploit the technology to its fullest advantage. In order to offset this, the RUPRI is spearheading a new project starting in July that is designed to train rural businesses to access the internet.

Persons interested in learning more about the study should call Karen Loftis, (402) 472-1725, for information about “Navigating the Net.”

Source: John Allen, Ph.D., Rural Sociologist, NUIDAN (LJ)

PUBLIC INVITATION

Lancaster County Extension Board Meeting

Held at the Lancaster Extension Conference Center the second Monday of every month at 7:30 P.M.

Monthly agendas available for review

See Extension Office receptionist 8:00 a.m.-4:30 p.m. M-F
Myths

Myths on fresh food to foods that have set aside fresh food for the other food. If you're not used to eating foods that increase fiber gradually. Since fiber draws water into the large intestine, it helps to move the contents of the bowels. If you don't use enough fiber, your colon may become constipated. The suggested levels of fiber are not meant for children, the elderly, or people on special diets. Dietary fiber is marketed as a cholesterol-lowered food and has been pasteurized. Flowers of certain plants can be used raw or added to cooked mixtures at the last minute.

Flowers

Flowers can be cut back, it's likely to be the trigger. Caffeine withdrawal. If you have weekend headaches when coffee intake is typically less, you may be suffering from caffeine withdrawal. Food additives. Certain food additives. Tyramine. Tyramine is an amino acid found in aged cheese, beer and red wine, especially Chianti, to name a few common foods. Check with your physician for more information about diet and headaches in relation to headaches. For a more extensive list if you feel you might be sensitive to tyramine. Phenylethylamine. This substance is found in chocolate and has been linked to headaches with some people. How to get plenty of fiber

Diet and headaches

The next time you have a headache, consider if it could be something you ate. Food triggers have most often been linked to the new nutrition labels on foods. The amount of dietary fiber in the last 15 years has doubled. Dietary fiber will be listed on the new nutrition labels on foods. Which foods are best for fiber? Grains products, including grains, small children, for those who have to go on a restricted diet, and the elderly. Adding fiber to your diet can help you feel full, keep you from overeating and help you lose weight.

Self-esteem grows without ribbon color

These are exciting times for 4-H members and their families. Summer activities and county fairs provide the setting for a wide range of emotions... happiness, determination, frustration, disappointment and the thrill of a lifetime. Activities that provide the opportunity for members and their families to make memories they will recall throughout their lives. Kay McKinzie, University of Nebraska 4-H specialist, has a special memory she recalls from her years as a 4-H member. She remembers standing ready to enter a horse show and being told by a senior who would you say, "If you're only a purple ribbon, but she and her heifer were successful. They did compete, they received a blue ribbon, and they made a lasting memory.

4-H & Youth News continued

The Nebraska

Human Resources News continued

We keep hearing that Americans aren't eating enough fiber. How much is enough and what foods are best for fiber? To prolong the safety of a perishable food, either hold it in a chafing dish or warm serving tray that maintains food at an internal temperature of 140 degrees F or above or nestle the serving dish in a bed of crushed ice. Horse play is only for the unmounted horse, not for the horse and rider.

Horse

Horse members and their families to the tank and proceeded to the show ring with her senior horse while jumping, he or she would and into the tank. Kay went. She made sure the excess latigo was tied. Remember that the horse's chin. Remember that the use of a chain to control your horse is a poor substitute for good training. Before jumping, learn to cross a wall with a cavalettii with or without stirrups.
**Extension Calendar**

All programs and events will be held at the Lancaster Extension Conference Center unless otherwise noted.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 5</td>
<td>Star City Rabbit Raisers 4-H Club Meeting</td>
<td>7:00 p.m.</td>
</tr>
<tr>
<td>July 7</td>
<td>Bucket Calf “Learnshop”—Sned Dairy, 6605 West Denton Road</td>
<td>7:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>Pesticide Container Recycling, Countryside Cooperative, Milford</td>
<td></td>
</tr>
<tr>
<td>July 9</td>
<td>4-H Teen Council Meeting</td>
<td>3:00-6:00 p.m.</td>
</tr>
<tr>
<td>July 10</td>
<td>Horticulture, Weed &amp; Tree ID Judging Contest</td>
<td>10:00 a.m.</td>
</tr>
<tr>
<td></td>
<td>Lifetime Skills Judging Contest</td>
<td>1:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>Practice Style Revue</td>
<td>approx. 3:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>Strengthening Nebraska Families Videoconference—East Campus Union</td>
<td>noon-2:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>Extension Board Meeting</td>
<td>7:30 p.m.</td>
</tr>
<tr>
<td>July 10-13</td>
<td>Nebraska State 4-H Horse Show—Grand Island</td>
<td></td>
</tr>
<tr>
<td>July 11</td>
<td>Bucket Calf Progress Show—Sarpy County Fairgrounds, Springfield</td>
<td>9:00 a.m.</td>
</tr>
<tr>
<td></td>
<td>Sizing Summer Samples</td>
<td>6:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>4-H Council Meeting</td>
<td>7:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>4-H Production Livestock Booster Club Meeting</td>
<td>8:00 p.m.</td>
</tr>
<tr>
<td>July 11-13</td>
<td>Wet-n-Wild II Camp—Gretna</td>
<td></td>
</tr>
<tr>
<td>July 13</td>
<td>Poultry Outing—Madden Farm, Sprague</td>
<td>7:00 p.m.</td>
</tr>
<tr>
<td>July 14</td>
<td>Pesticide Container Recycling, Blue Valley Cooperative, Tamora</td>
<td></td>
</tr>
<tr>
<td>July 14-16</td>
<td>Sports Camp—Gretna</td>
<td></td>
</tr>
<tr>
<td>July 15</td>
<td>Rabbit Showmanship, Grooming and Conditioning Workshop</td>
<td>9:30 a.m.</td>
</tr>
<tr>
<td></td>
<td>Dana Home, 7200 Monill Avenue</td>
<td></td>
</tr>
<tr>
<td>July 17</td>
<td>Pre-entry Deadline for Livestock, County and State Fairs</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4-H Demonstration Contest</td>
<td></td>
</tr>
<tr>
<td>July 18</td>
<td>Star City Rabbit Raisers 4-H Club Meeting</td>
<td>7:00 p.m.</td>
</tr>
<tr>
<td>July 18-21</td>
<td>Summer Safari II Camp—Gretna</td>
<td></td>
</tr>
<tr>
<td>July 19</td>
<td>4-H Horse VIPS Meeting</td>
<td>7:30 p.m.</td>
</tr>
<tr>
<td></td>
<td>4-H Food Booth Training—State Fair Park</td>
<td>7:00-8:30 p.m.</td>
</tr>
<tr>
<td>July 20</td>
<td>4-H Fair Board Meeting</td>
<td>7:30 p.m.</td>
</tr>
<tr>
<td>July 21</td>
<td>Pesticide Container Recycling, Dorchester Farmer's Co-op, Dorchester</td>
<td></td>
</tr>
<tr>
<td>July 21-24</td>
<td>Summer Safari II Camp—Gretna</td>
<td></td>
</tr>
<tr>
<td>July 22</td>
<td>4-H Shooting Sports BB Gun, Pellet Rifle and Pistol Contest</td>
<td></td>
</tr>
<tr>
<td></td>
<td>times assigned</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lancaster Building, State Fair Park</td>
<td></td>
</tr>
<tr>
<td>July 25</td>
<td>Dog Diseases, Vaccination and Nutrition Workshop</td>
<td>7:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>“Home Freezing of Fruits and Vegetables” Workshop</td>
<td>1:30 or 7:00 p.m.</td>
</tr>
<tr>
<td>July 26</td>
<td>4-H Shooting Sports Archery Contest—Prairie Bowman Range</td>
<td></td>
</tr>
<tr>
<td></td>
<td>times assigned</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Style Revue Judging—First Lutheran Church</td>
<td>times tba</td>
</tr>
<tr>
<td></td>
<td>4-H Superintendents and Leader Meeting</td>
<td>7:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>4-H Horse Pre-Fair Briefing</td>
<td>7:30 p.m.</td>
</tr>
<tr>
<td>July 27</td>
<td>Music Contest—Kimball Hall</td>
<td>7:00 p.m.</td>
</tr>
<tr>
<td>July 28</td>
<td>Submission deadline, “Tobacco-Free Nebraska for Youth”</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pesticide Container Recycling, Land O’ Lakes, Wilber</td>
<td></td>
</tr>
<tr>
<td>July 29</td>
<td>4-H Shooting Sports Smallbore Rifle—Lincoln Parks and Recreation Center</td>
<td></td>
</tr>
<tr>
<td></td>
<td>times assigned</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4-H Trapshooting Contests—Isaac Walton League</td>
<td></td>
</tr>
<tr>
<td>July 31-August 3</td>
<td>Lancaster County Fair 4-H Horse Shows—State Fair Park</td>
<td></td>
</tr>
<tr>
<td>July 31</td>
<td>County Fair Entry Day for Stationary Exhibits—State Fair Park</td>
<td>4:00-8:00 p.m.</td>
</tr>
<tr>
<td>August 2-6</td>
<td>Lancaster County Fair—State Fair Park</td>
<td></td>
</tr>
<tr>
<td>August 3</td>
<td>Pesticide Container Recycling, Lancaster County Fair, Ag Hall, State Fair Park</td>
<td></td>
</tr>
<tr>
<td>August 4</td>
<td>Ak-Sar-Ben Entries Deadline</td>
<td></td>
</tr>
</tbody>
</table>

---

**NEBLINE FEEDBACK FORM**

In order to best serve our subscribers, this form will appear in every issue of THE NEBLINE. You can use this form to:

1. Change your address or order a subscription (please print)
2. Submit general comments and/or story ideas

**Name:**

**Address:**

**City**

**Zip**

☐ Order subscription (free—however, there is an annual $5 mailing and handling fee for zip codes other than 683-,
684-, 68501, 68017, and 68065)

☐ Change of Address

**Comments:**

**Story Idea(s):**

Return to:

University of Nebraska Cooperative Extension in Lancaster County
444 Cherry creek Road, Lincoln, Nebraska 68528-1507

---

**PHONE NUMBERS:**

Office (leave message after hours) 441-7180

After hours 441-7179

**FAX**

441-7148

**GARDEN GOSPEL HOTLINE**

441-7179

**COMPOSTING HOTLINE**

441-7147

**OFFICE HOURS:** 8 a.m. to 4:30 p.m. Monday-Friday