8-1995

The NEBLINE, August 1995

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Win with healthy eating

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Cooperative Extension
Ann Marie Moravec
Extension Assistant

When you have to eat on the run, every minute counts. Find out how you
will manage your mealtime. Think about your usual food
preparation practices for a typical evening meal while you answer
those questions developed by Julie Albrecle, Extension Food and
Nutrition Specialist.

1. How often do you plan meals in advance?
2. How often do you prepare portions of a meal in advance?
3. How often do you use 30 minutes or less preparing meals?
4. How often do you eat leftovers as the basis of another meal?
5. How often do you use mixes, frozen dinners and entrees, and
ready-to-eat foods in your meals?
6. If there are others in your household, how often do they help
fix meals and clean up?

We’d like to hear your suggestions on quick and easy food
preparation. We’ll publish some of the best ideas in future Nutrition
dissection articles. Everyone who submits an idea by August 30 will be
entered in a drawing for a cookbook on quick and
healthy eating. Send your idea on the
form at the bottom of this page. Here are some tips to get you
started preparing “healthy meals in a hurry.”

• Keep a supply of versatile
foods on-hand that can be used in
a variety of ways. An assortment of canned and frozen vegetables,
ground beef, chicken, and mixes may be useful for many occasions.
Does your family have favorite meals that are quick to make?
Keep ingredients for these meals stocked.
• Slice, chop or premeasure ingredients in advance for quick
fixing in a later time. Chop after dinner one evening so ingredients
are ready to throw together when you come home the next day.
With foods such as soups, stews,
chili or spaghetti sauce, make
extra and freeze in meal-size portions.
• Bake meats save cleanup time. Use cookware, such as
cauliflower, in which food can be cooked, served and heated.
Build your collection of cookware. Put these items on your
wish list at gift-giving times.
• Use “planned-overs” to
make efficient use of large meat
and other foods that come in
large packages. Roast a chicken,
turkey, beef roast, or ham and slice
for eating while hot. Cool the rest of the meat quickly and
cut into meal-size portions to use
later in casseroles, stir-fry dishes,
sandwiches, soups, stews and
salads. Freeze portions you don’t
use within a day or two.
• When you’re in a hurry and
wishing to pay for convenience,
carry items from a delicatessen
or restaurant can be served as the
main portion of the meal. For example,
you may choose to pick
up an entree and supplement it
with fruits, vegetables, bread and a
drink from home (for example,
hamburgers from the take-out
combined with a salad, apple and
and a glass of milk from home.
• Enroll your child(ren) in a
4-H Food project and make
learning to cook a family activity.
Call Ann Marie (441-7180) for
more information about getting
involved in 4-H.

Quick and Healthy Menu Ideas

Send us your ideas for preparing “healthy meals in a hurry.” All ideas received
by August 30, 1995 will be entered in a drawing for a cookbook on quick and
healthy eating. Mail to: Healthy Meals in a Hurry; UNL Cooperative Extension
in Lancaster County, 444 Chenery Road, Lincoln, NE 68528-1397.

My idea is ____________________________

Name ____________________________
Address ____________________________
City __________________ State ________
ZIP code __________________
Phone ________

Win: cyan.jpg

A PLAN
- Install smoke detectors
- Fire
- Agricultural issues and needs related to their economic, social and
- Horticulture
- Know
- Use your of your home. Test them
- and
- Each
- Hot,
- room.
- Willing
- Department of Agriculture. Kenneth R.
- Cooperative Extension, University of Nebraska.
- Helpful
- for us.
- people; another dietetic techni-
- care.
-DVD.
- The
- Media
- with Healthy Eating”—page 1
- Strengthening Neighborhoods and Communities
- “Rural Residents Asked to Help”—page 10
- University of Nebraska Cooperative Extension
- Lancaster County
- October 1995
- Title:
- Speaker:
- Location:
- Date:
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- Is this a primary source?
- Is this a secondary source?
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- Is this a narrative source?
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- Is this a persuasive source?
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- Is this a sociological source?
- Is this a psychological source?
- Is this an ethical source?
- Is this a literary source?
- Is this a visual source?
- Is this an auditory source?
- Is this an olfactory source?
- Is this a gustatory source?
- Is this a haptic source?
- Is this a kinesthetic source?
- Is this a logical source?
- Is this a mathematical source?
- Is this a scientific source?
- Is this a technological source?
- Is this an artistic source?
- Is this a musical source?
- Is this a dance source?
- Is this a theater source?
- Is this a film source?
- Is this a video source?
- Is this a game source?
- Is this an internet source?
- Is this a virtual source?
- Is this a augmented source?
- Is this a mixed source?
Mulch insulates plants above the winter. It also helps plants secure the optimum soil temperature and moisture in warmer weather. The time to apply mulch for the growing season depends on the plant. Cool-season plants, like pansies, should be mulched as soon as new growth appears in the spring, when soil temperatures are cooler.

Warm-season plants, like tomatoes, need to maintain a warmer soil temperature. Wait to apply mulch until the ground temperature reaches almost 70°F or until the first group of tomatoes begins forming.

Mulching also can benefit the garden. Mulch helps see turf growing up to the tree trunk; however, most trees would grow and thrive much better if mulched. Turf can remain mulched year-round, but mulch should be replaced or added occasionally.

Mulch should be placed within 6 to 8 inches of the trunk, without contacting it, to create some distance between the trunk and surrounding turf. This also keeps the lawn mower away from the trunk.

When choosing a garden mulch, make sure it is loose to allow some movement of water and air. All mulch should be at least 1 to 1½ inches deep and generally no more than 3 inches deep. That mulch is that too deep restricts air and water movement. Plants grown in deep mulches or chipped tree leaves are good organic mulches, as are inorganic mulches like pebbles, rocks and landscape materials. Light-colored or reflective materials should not be used next to a house, except in shaded areas. They reflect a lot of heat onto the house which can result in higher temperatures. Any wood chips used should be kept 2 feet from the house to avoid attracting termites.

Landscape materials are another option. Most materials resemble black plastic, with the notable exception that holes in the fabric-like materials allow more oxygen to penetrate to the plants’ roots. Black material is preferred over clear or milky white plastic because it is less likely to sunbleach the sunlight that triggers weed growth.

Check on needs of watering baskets daily in the summer. Sun and wind dry them much more quickly than other containers.

Clean up fallen rose and peony leaves. They can harbor disease and insect pests over the winter if allowed to remain on the ground.

Pinch off onion flower buds from the top of the plants to direct all of the plant’s energy into the developing bulb instead of seed production.

Mound soil over the lateral or branch roots of tomatoes for extra support against strong winds.

Pick summer squash and cucumbers every day or two to keep the plants producing.

Remove old plants which have stopped producing to eliminate a shelter for insects and disease organisms.

Water the garden early in the day, before the heat of the sun dries the soil. Early watering also insulates the plants from the hot sun before night. Wet foliage increases susceptibility to fungal diseases.

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Hearty plants indoors and out
If houseplants or garden transplants look droopy or have short, spindly stems, they are probably suffering from poor growing conditions and need extra attention.

First, make sure the plants have good soil. Never use un­treated soil from the garden as it can carry disease. Either use a commercial potting mix or sterilize garden soil by treating it in the oven, which kills most pathogens.

Next, feed with some fertilizer; but be careful. Over­fertilization can lead to lush green growth and weaken a plant. Plants need sufficient sunlight. Grow lights may be necessary and transplants get enough light while indoors.

Control of ground ivy in the lawn
A common weed found in many lawns is ground ivy. Ground ivy is a low growing, creeping perennial. It spreads by seed or by the stems that root at the nodes. The leaves of ground ivy are round or kidney-shaped with scalloped margins. The stems are four-sided. Flowers are small, bluish-purple and funnel-shaped. Ground ivy thrives in damp, shady areas and grows well in sunny locations. A member of the mint family, ground ivy is also known as creeping Charlie.

Control of ground ivy in lawns is difficult to achieve. Control depends upon the degree of infestation. Turfgrass areas that have a substantial number of ground ivy may need a major renovation. The small amount of grass is simply not worth saving. The ground ivy needs to be destroyed and the areas seeded in late summer. Glyphosate (Roundup®, Kleenup®) is a non-selective herbicide that can be used as a spot treatment to control ground ivy. Non-selective herbicides kill nearly all vegetation materials that they come in contact with.

Efforts to eliminate ground ivy should begin in early August. This allows adequate time to kill the ground ivy and prepare the area for seeding in late August or September. Apply glyphosate to the ground ivy infested areas. Wait 10 to 14 days. Treat the areas a second time if the ground ivy has not been completely killed. Once the ground ivy is controlled, the areas can be seeded.

Turfgrass areas that contain some ground ivy, but are mainly grass, can be treated with selective herbicides. These materials will selectively kill the ground ivy, but not harm the turfgrass. Products that contain 2,4-D, MCPP and dichlobenil can be used on ground ivy. To achieve control, make two or three applications in the fall. Fall applications are generally more effective than spring applications. Also, there is lower risk of injury to nearby garden plants from herbicide drift with fall applications. The first application can be made in mid- to late September and in early October. As always—when using systemic pesticides, read and follow label directions carefully.

Once the ground ivy has been controlled, the homeowner must take steps to use good mowing, fertilization, watering and cultivation practices to obtain and maintain a competative stand of turfgrass which should help prevent future weed infestations. (MIM)

Many herbs self-sow if the flowers are not removed. Dill produce seeds that fall around the parent plant may need volunteers the following spring.

To reduce the number of pests on your fruit trees for the coming year, pick up and destroy all fallen fruit.

BT (Bacillus thuringiensis) is used by many gardeners to protect crops from chewing cater­pilars.

White flies are attracted to yellow, so use yellow sticky traps to intercept white flies.

Every weed that produces seed means more trouble next year. Control weeds before they go to seed.

Do not add weeds with mature seeds to the compost pile. Many weed seeds can remain viable and germinate next year when the compost is used. (MIM)

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Check the needs of watering baskets daily in the summer. Sun and wind dry them much more quickly than other containers.

Clean up fallen rose and peony leaves. They can harbor disease and insect pests over the winter. Keep tall flowers staked and cut dead flower stalks.

Disbudding chrysanthemums produces larger blooms. Most disbudding techniques, responsive to disbudding.

Since container-grown plants have a limited area from which to absorb water, plants in a sunny location may require watering several times a week. Check plants often to avoid water stress.

Cut strawflowers intended for dried flower arrangements when the flowers have fallen. Tie small bundles of the flowers together and hang them upside down in a well ventilated place to dry.

Check on needs of watering baskets daily in the summer. Sun and wind dry them much more quickly than other containers.

Clean up fallen rose and peony leaves. They can harbor disease and insect pests over the winter, but less often.

In winter, houseplants may not need a weekly watering, as they often do in summer. The plant may seem dry on the surface; but, soil in the bottom of the pot may be saturated. Some pots have wicks that allow plants to soak up water from the bottom pot and can prevent overwatering. Water houseplants and cuttings according to schedule. Avoid root rot by letting houseplants dry out slightly, allowing the roots to get air.

Before purchasing a houseplant, get information about its ideal growing conditions. Try to simulate its growing conditions within the home.

The NEBLINE Garden Gossip Hotline: ACCESSIBLE FROM ANY PHONE 441-7179
Seed alfalfa in August

The best time for fall seeding alfalfa in eastern Nebraska is during the month of August, provided adequate soil moisture is available. At this time, soil moisture does look very favorable. Many producers prefer to seed in the fall rather than spring, because weed problems are usually not as great in the fall as in the spring. A fall seeding avoids the spring weed problems of foxtail, palisade grass, and other summer annuals that can destroy a new crop. In Lancaster County, it is important to seed alfalfa in mid- to late-September to plant alfalfa. This is often too late for the plants not to have a chance to become established before the first killing frost. September 10 is the latest date alfalfa should be seeded in Lancaster County. If it cannot be completed by that time, it is best to wait another season.

Each year many failures to establish alfalfa are reported to our office. Our investigations have revealed that the probable cause for failure is that the seed bed is too loose. It does not matter if it is a spring or fall seeding. Those who try to plant into loose soil are doomed to failure. Complete tillage is okay if the soil is firm enough to seed. No-till seeders have also been very successful. In fact, no-till seeding of alfalfa has become the trend among successful alfalfa producers.

Before seeding alfalfa (regardless of spring or fall) do a complete soil test, apply lime, if needed, and be sure to inoculate the seed. For more information, request NebGuide G82-652 “Seeding and Renovating Alfalfa” from the Extension Office. (WS)

Poor soil? Enrich it with sludge

We have seen excellent yield response on soils that have been fertilized with Lincoln’s municipal sludge, especially beneficial to soil. Sludge is high in nutrients needed by plants and is about 66% organic matter. It improves the water holding capacity of sandy soils and also helps drainage of heavy clay soils. It is especially beneficial to soil that is highly eroded or newly terraced. Other advantages to cooperators are that they are reimbursed 65¢ per cubic yard to partially defray the cost of application. In addition, free deep soil samples are taken as part of the evaluation process. If interested, a farmer needs access to a manure spreader and should be able to apply this organic material.

At the present time, we are evaluating fields for fall/winter application. For more information about this program, call 441-7180 and talk to Barb Ogg. (BPO)

Use mowers safely

Parents and others who use riding lawn mowers and garden tractors should keep children away from and off the vehicles. According to the Consumer Product Safety Commission, an estimated 25 to 30 people are injured and 75 are killed each year from riding lawn mower and garden tractor injuries. All too often, these deaths involve young children. These deaths often occur when the child falls off the mower and is run over or when the child falls into the path of a moving mower. A government survey shows that many families allow young children to ride on lawn mowers or garden tractors. Parents are advised to prohibit children from riding on this equipment and playing in the area where it is being used.

Follow these safety guidelines:

• Never take a child for a ride on a garden tractor or riding mower.
• Keep children indoors and supervised at all times when outdoor power equipment is used.
• Clear the moving area of objects such as rocks, toys, wire, etc. They can be picked up and thrown by the blade. (DV)

Where’s the prime farmland?

Source: USDA National Resources Inventory

This graphic is one of 17 featured in a packet currently being distributed by the USDA Natural Resources Conservation Service (NRCS). The graphics, available free, illustrate the findings of the latest National Resources Inventory (NRI). The NRI is an inventory of land cover and use, soil erosion, prime farmland, wetlands, and other natural resources in the U.S. The graphics and supporting information are great for reprinting in newspapers, newsletters, etc. For your own black and white camera-ready graphics packet (color packet also available), phone NRCS at 202-720-3210. (BPO)

Techniques for Improving Profitability Seminars for Swine Producers

September 7 & 8 • 1995

Marina Inn
South Sioux City • Nebraska

Cooperative Extension Services: Iowa State University South Dakota State University

University of Minnesota University of Nebraska

False chicln bugs and grasshoppers discovered in sorghum near Cortland

Early July, in the Cortland area, we saw a seedling stand of sorghum (4’ high) that needed an emergency treatment after being attacked by a combination of false chinch bug and grasshopper nymphs... False chinch bugs look similar to regular chinch bugs; however, they are not black and red—two disadvantages for the child. Earlier in the spring, the field was covered with Virginia pepperweed (a weed belonging to the mustard family) which served as a host for the false chinch bugs. After the pepperweed was destroyed, the false chinch bugs began feeding on the sorghum seedlings—not having any better source of food. The grasshoppers were still quite small, but the large numbers were severely feeding on the small sorghum seedlings. This field needed to be treated, but there are no insecticides registered for false chinch bugs in sorghum. There are some insecticides registered for grasshoppers in sorghum, however, and our treatment should control both insect problems. As the season progresses, watch for grasshoppers in all field crops. If they are found in high numbers now, they have the potential to be much worse later in the season. (MH/BPO)

Ag efficiency related to quality of life

America’s high quality of life seems to be driven in part by agriculture’s extremely high efficiency. The following facts demonstrate producing high quality, abundant food at low cost to consumers.

This efficiency is supported and enhanced by a strong link between science (source of technologies) and farming (application). For Americans, this means the vast majority of an individual’s time and income can be allocated to other material and recreational activities. Agriculture’s role in national affluence can be seen in the following examples. (DV)

<table>
<thead>
<tr>
<th>Country</th>
<th>% of Workforce in Agriculture*</th>
<th>% of Income Spent on Food*</th>
<th>Life Expectancy* in years</th>
<th>Infant Mortality/1,000</th>
<th>Passenger Cars/1,000 Persons**</th>
<th>Phones/1,000 Persons***</th>
</tr>
</thead>
<tbody>
<tr>
<td>U.S.A.</td>
<td>2.2</td>
<td>6.8</td>
<td>76</td>
<td>9</td>
<td>577.2</td>
<td>509</td>
</tr>
<tr>
<td>France</td>
<td>5.6</td>
<td>11.3</td>
<td>77</td>
<td>77</td>
<td>416.4</td>
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</tr>
<tr>
<td>Russia</td>
<td>13.5</td>
<td>13.2</td>
<td>69</td>
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<td>24.5</td>
<td>66</td>
<td>58</td>
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</tr>
<tr>
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<td>60</td>
<td>90</td>
<td>3.3</td>
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<tr>
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<td>27.4</td>
<td>59</td>
<td>67</td>
<td>6.4</td>
<td>15</td>
</tr>
</tbody>
</table>

* = From the World Bank  ** = From FAO, United Nations *** = From the United Nations
Drains/toilets not intended to be used as garbage cans

Even though you’ve tossed out the overfull roll, rinsed the drink cans, and scoured garbage containers, pesky fruit flies still seem to fly around. To make and effective trap is an excellent addition to your fruit fly control techniques.

Materials needed: jar, plastic bag, * beer (the bait), rubberband

1. Pour a mixture of 1 cup beer into a jar
2. Place plastic bag over mouth of jar with one corner reaching down into jar
3. Poke a small hole (no more than 1/4” diameter) in corner of bag with pencil
4. Secure bag around rim with rubberband
5. Place trap out-of-reach of children and pets

Fruit flies will be attracted by the fermenting beer, find their way through the trap, and then unable to leave the bait jar. Some people like to speed up the process and add a drop or two of fruit juice to the “bait.” Solid baits like bananas can also be used, but the flies will not die. They continue to reproduce and you’ll have a jar of spoiled banana, maggots and flies to clean up—not very attractive in the kitchen.

Construct a simple fruit fly trap

Consider baits for control of ants

The first roll of bathroom tissue is believed to have been produced in New York in 1871. A patent was granted for a machine that perforated paper and was used for making a roll of toilet paper. The first roll of toilet paper was called the “toilet chamois” because it was made of chamois leather. The first roll of toilet paper was sold for $5.00 per roll.

Groundwater pollutant sources

Domestic sources: A number of sources around the home can contaminate surface and groundwater. Fecal waste from both domestic and wild animals (for example, bird droppings on roof tops) and eroded soil are the major contaminants of surface water. Lawn fertilizers and pesticides can be significant contaminants in both surface and groundwater. Probably the greatest potential domestic source of groundwater contamination is from on-site wastewater treatment systems (septic tanks). Septic systems are used in 20 million (29 percent) of households throughout the country. Nitrates from these systems move readily through soil and can reach groundwater in significant amounts. They may also reach surface supplies if the surface supply is located closely to septics systems. Household chemicals such as paints and paint thinner, degreasers, polishes, cleaning solvents, and even waste from home car oil changes are also potential threats to groundwater.

Many of these products are disposed of improperly by being poured down the drain or out the back door. When poured down the drain, the substances make their way to the drain field of the on-site wastewater treatment system, where they may leach into the groundwater. Septic tank cleaners are of particular concern since many of these contain toxic organic chemicals that can leach through the soil to groundwater. Septic tanks are the primary source of groundwater contamination. In most cases, only small quantities of these materials in a water supply can cause severe contami­nation. (DF)
Bats are very misunderstood creatures. While the public perceives them as an evil menace, they are actually very gentle animals that need to be respected, not needlessly destroyed.

There are seven species of bats found in Nebraska. The big brown bat (Eptesicus fuscus) is found throughout the state and is commonly encountered by the public. This bat is about 5 inches from nose to tail. As its name suggests, its fur is brown with darker brown skin exposed on the nose, ears and wings. The underside of its body is usually a darker color.

Bats normally live in hollow trees, under loose bark and in cracks of buildings. However, in urban areas, they frequently utilize attics or areas behind shutters, downspouts and even in storm sewers.

To take advantage of bats’ insect eating habits, consider building bat houses in the yard. While there are several bat house designs, they all seem to have the same appeal to the common big brown bat. The simplest bat house is easily made (see figure 1).

Urban areas need wildlife and animals need plantings for several reasons. We can understand certain things about when we do and how we share space with nature.

People can identify with the cycles of birth and death by watching animals in their natural habitats.

We can observe other natural creatures adjust to different life conditions, just as we adjust in our daily lives. When we live close to wildlife and connect with it, we learn that these creatures, too, are part of nature.

When we take an interest and care for bat houses, we do a lot for wildlife in an urban environment. To help, we need to learn about these animals and what they need.

Before we can help or manage wildlife, we need to learn about the few natural laws that influence wildlife animals.

These animals live where they can meet their needs for food, cover and living space. This combination of food and shelter is called the habitat. Animals that do not find suitable habitat conditions may move to a different place.

Natural laws determine an animal’s life span or failure to live. This is called a given habitat. Natural laws are the basis for the important wildlife management principle called “carrying capacity.” Carrying capacity is the maximum number of healthy animals a habitat can support or “carry” at one time.

Food, quality and quantity, shelter and water determine a habitat’s carrying capacity.

Soil fertility and land use both influence carrying capacity as well. Relationships between animals themselves can also affect a habitat’s carrying capacity.

People do not influence soil fertility to a great extent. For the most part soil fertility is not a problem, or is easy to correct. The most important way we affect wildlife is through land use. The best land use produces direct benefits to people while conserving soil, water, minerals, plants and animals.

To achieve this goal, we must vary our land uses. Take for example, a yard or park that has only grass, few animals can prosper here. On the other hand, a diversely planted yard or park that combines fruit plants, grass and evergreen trees attracts more wildlife animals, since you provide for more habitat needs.

You can benefit many types of animals. You can help mammals, birds, reptiles and amphibians. Mammals include squirrels, raccoons, oppossums, rabbits, chippmunks, fox and even deer.

Rabbits, of course, mean different things to different people. Rabbits can do a lot of damage to urban plantings. You do not need to control them, but complete extermination is not necessary, desirable or even possible. If you apply control techniques properly, rabbits can add interest to your backyard.

Birds attracted to urban habitats vary according to where you live, but the most common urban birds include wrens, sparrows, mastins, swallows, chickadees, robins, doves, flickers, woodpeckers, cardinals and smaller owl family members.

Snakes live in urban areas as well as woods and farms. A host of spiders, insects and aquatic animals also result from various wildlife management techniques.

A Nebraska urban habitat offers interest and many learning opportunities. With proper management techniques it can add to your everyday life. Remember, you can improve the urban environment a wonderful place to live, it’s up to you. (MIM)

A Nebraska urban habitat offers interest and many learning opportunities. With proper management techniques it can add to your everyday life. Remember, you can improve the urban environment a wonderful place to live, it’s up to you. (MIM)

Young bats occasionally find their way into homes in the early evening hours. This happens accidentally when the bats are seeking shelter or hiding places. They can enter through openings as small as 1/8 inch in diameter. Bats do not act aggressively and, once indoors, they will try to escape to the outside. If a bat becomes trapped in the house, open exterior doors and windows and use a broom to direct the animal outside. Bats leave areas with no chemicals registered for use against bats. Mothballs and other ingesting devices have not been proven effective.

Source: Department of Agriculture, Lancaster County Extension (SE)

Environmental Focus

Lancaster County water testing promotes identification of unsafe wells

One hundred Lancaster County residents participated in a recent water testing promotion sponsored by University of Nebraska Cooperative Extension in Lancaster County. Private domestic well owners sampled their drinking water and the Nebraska Department of Health tested samples for bacterial and nitrate-nitrogen contamination.

Standards for private drinking water supplies are set by the Nebraska Department of Health. The standards for private drinking water requires that no coliform bacteria be present. Seventeen percent of the samples in the recent promotion tested positive for coliform bacteria. Coliform bacteria may not necessarily produce disease, but they can be indicators of organisms that cause gastrointestinal illnesses, dysentery, hepatitis, typhoid fever, cholera and other illnesses.

Drinking water with one or more coliform bacteria per 100 ml should be treated immediately. As a temporary measure, water should be boiled at least 3 minutes before use—or water should be obtained from another, bacteriologically safe supply. Evaluate the well location and construction and attempt to control any possible sources of contamination, such as nearby septic systems or a deteriorated well. Shock chlorinate the well and water system according to NeGuide (G95-1325) “Shock Chlorination of Domestic Water Supplies”.

The Environmental Protection Agency has established 10 mg/l (or ppm) as the maximum contaminant level for nitrate-nitrogen in drinking water. This level has been established because at this point at which water should be considered a potential health hazard, especially for infants and nursing mothers. Eight percent of the wells tested in the recent promotion contained greater than 10 ppm for nitrate-nitrogen and an additional 10 percent of the samples were at 8 ppm or higher.

If excessive nitrate-nitrogen is present in your water supply, you have two basic choices—obtain an alternative water supply or use some type of treatment to remove the nitrate-nitrogen.

Alternative water supplies can include drilling a new well in a different location or a deeper well in a different aquifer area. Another alternative water source is bottled water that can be purchased for drinking and cooking.

Nitrate can be removed from drinking water by three methods: distillation, reverse osmosis and ion exchange. Home treatment equipment using these procedures is available from several manufacturers. Merely boiling, however, will increase rather than decrease the nitrate concentration. Carbon adsorption filters and mechanical filters also do not remove nitrate-nitrogen. Obtain NeGuide (G95-1079) “Home Water Treatment Equipment: An Overview” for further details. (DV)

How do sponges hold water?

Whether a sponge is a human-made or a natural object, it is a great to the ocean creature, it holds water the same way.

Water seeps into the sponge by clinging to the sides of tubes that run through it. You can see many holes in a sponge. But when you use a microscope, you can’t spot the really tiny tubes. These tubes, called capillaries, absorb the most water.

Water molecules on the water’s surface are attracted to each other. But if they’re more attracted to the sides of a capillary, then the water rises into it. If the capillary walls repel water molecules, the water drops away. Scientists call this action “capillarity.”

Water trickles through many materials by capillarity. Your clothes, a baby’s diaper, a paper towel and sand are just some of water’s capillarity highways!

(AlH)

Andele ándele, arriba arriba

• The fastest human runner can tear up to 50 miles per hour.

• The pronghorn antelope can breeze along at 35 miles per hour for four miles before it slows down.

• The ostrich is the fastest bird on land. It makes great strides across the grasslands and deserts of Africa up to 40 miles per hour.

• A large tropical cockroach scurries at speeds up to 3.36 miles per hour, or 50 body lengths per second.

• The cheetah can dart 60-63 miles per hour when running short distances across level ground.

• When swooping from great heights, peregrine falcons can plunge almost straight down at 217 miles per hour.

• The genito penguin of Antarctica glides through the water with a maximum burst of speed of about 17 miles per hour.

• The microscopic bacterium called Rabdelsobec, bacteriovorus propels itself 50 times its own length in a second. It soars along by rotating a whiplike propeller 100 times per second. (ALH)

By age 75, the average American has created about 110,000 pounds of garbage.

There is enough energy in one boll of lighting to power a home for about two weeks. (ALH)

One drinking water a hand
Robert's remarks

Happy summertime! Some of us started our summer vacation time with a trip to State Convention at Broken Bow, June 7-9. As usual, we had a great time, in spite of the weather—such an old news story and some made new friends. We all heard about new places and learned about new experiences. Having a Healthy Back; Itty Bitty Baskets; Indoor Air Quality; Tricks with Sour Dough Bread; Egg Art and much more. Helpful Homemakers FCE club, again, had about seven of their members attending. Gateway Gourmet Club received special recognition for being a +2 club. Jimi Ann Brandt, environmental chair, accepted an honorable mention award for Lancaster County Council for having started the Environmental Poster contest for the first time in 1994. Jean Wheelock, literacy chair, was accepted an award for Lancaster County for participation in the Creative Writing Contest. Delegates voted on new district directors and a new vice president for education. It was announced that in 1995, only our national office will be returning to marketing purposes. I have a copy of our state budget for the year if anyone would like to see it. Those of us that attended as delegates wish to thank you all for sending us to the 1995 convention.

A few reminders:

• We still need volunteers for Health Awareness Day at the County Fair, on Thursday, August 3, 9 a.m. to 5 p.m. If you can help out, call Lorene Bartos, 441-7180.

• Be sure to mark your 1996 calendar. Lancaster County FCE Council will be sponsoring a fundraiser for FRESH START—ways to decorate your home using inexpensive, yet chic, goods. Geri is an award-winning interior designer with 13 years of experience. Geri will be donating her time and expertise for this worthy cause. Admission will be $5—larger donations will be accepted. This event is open to the public and no reservations are needed. Please help us support FRESH START and FCE.

• September is reorganization time again. Packets will be ready by Monday, August 15 at the Extension Office so please pick those up as soon as you can.

Our next council meeting will be Monday, September 25, 7 p.m. Kathy Neiswanger will be talking about massage therapy. We will have an elections of officers for 1996-97 at this meeting. See you at the Lancaster County Fair!

—Robertia Newburn, FCE Council Chair

Time to Reorganize

Family and Community Education (FCE) Club reorganization packets will be ready for club presidents to pick up August 15 at the Extension Office. It is time to look forward and plan an exciting and educational year for FCE. If you have questions, call Lorene or Pam at 441-7180. (LB)

Support Systems in Crisis Situations

Loader training for FCE clubs on “Support Systems in Crisis Situations” is scheduled for Tuesday, September 26, 1 or 7 p.m. Mark your calendar and watch for more details in the September Nebraska. (LB)

New publications for drying foods

SOME common fruits suitable for drying include apples, apricots, bananas, prunes, and peaches. Many of us have been trying to lower the fat in recipes by using some reduced-fat margarine/products. For one thing, the “margarine” you think you are using may not be a margarine but rather a “spread.” (Check the label.) By official definition, both margarine and butter must be at least 80 percent fat. The fat content for spreads in old tub form ranges from about 70 percent to 48 percent or less. The tub forms are most likely to be in lowest fat content. Water replaces the fat removed from a margarine/spread. For one thing, the “margarine” you think you are using may not be a margarine but rather a “spread.” (Check the label.)

For more information about drying foods, our newly developed fact sheets can help you:

• Drying Fruits
• Drying Vegetables
• Drying Vegetables

For a copy of the fact sheet of your choice, send a self-addressed, stamped envelope and a note indicating which fact sheet you’d like. If you’d like more than one, please send a separate self-addressed, stamped envelope for each.

Send to: Drying Foods; 800 South 50th Street; Lincoln, NE 68504. (AH)

Time to shop for school clothes

School bell rings and that means shopping for children’s clothing. If you haven’t had time yet to get that child’s wardrobe ready for school, here are some guidelines to follow.

First, see if any of last year’s clothes still fit and are in usable condition. Then, make a list of what is needed. This list should include the desired colors and clothing sizes. You may need to have a list of the measurements and a tape measure along to check clothing when you shop.

Remember that you may find good buys at garage sales, rummage sales, thrift shops, discount stores, outlets or department stores. Always remember to check the care label information. Different fabrics require different care. Think about how much it will cost to keep the garment clean.

Check carefully for securely stitched seams and fasteners and no stains when buying garments at a garage sale. Also, you may want to think about styles that have some “grow” room such as no-seam waists; raglan or kimono sleeves; long tuck-ins on blouses and skirts; knit cuffs, waistbands or neck bands; elastic waistbands; knit and stretch fabrics; and deep hems.

Remember that children like to be comfortable, wear bright colors and prints, dress themselves and have a say in choosing their clothes. (LB)

Margarine or spread?

Many of us have been trying to lower the fat in recipes by using some reduced-fat margarine/products. But our recipes don’t seem to turn out like they used to. What gives?

For one thing, the “margarine” you think you are using may not be a margarine but rather a “spread.” (Check the label.) By official definition, both margarine and butter must be at least 80 percent fat. The fat content for spreads in old tub form ranges from about 70 percent to 48 percent or less. The tub forms are most likely to be in lowest fat content. Water replaces the fat removed from a margarine/spread. For one thing, the “margarine” you think you are using may not be a margarine but rather a “spread.” (Check the label.)

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1995
Lancaster
County Fair

More to See

County Fair Highlights

Wednesday, August 2
4-H Horse Classes—Groom and Care and Western Showmanship (Coliseum) ...................... 8:00 a.m.
4-H Pigeon Judging (Lancaster Building) .............. 9:30 a.m.
Exhibits Open to Public ............................................. 11:00 a.m.
4-H Household Pets Show (Demo Complex A & B) ......... 11:00 a.m.
Carnival ...................................................................... noon-10 p.m.
4-H Sheep Show (North Arena) ................................ 3:00 p.m.
4-H Dog Show (4-H Building Arena) ...................... 4:00 p.m.
4-H Poultry Show (Lancaster Building) ..................... 4:00 p.m.
Watermelon Feed (Demo Mall) ..................................... 5:30 p.m.
Cat Quiz Bowl (Demo Complex D) ......................... 6:00 p.m.
4-H Rabbit Quiz Bowl (Demo Complex C) ............. 6:00 p.m.
4-H Llama Show (East Arena) ................................. 6:00 p.m.
4-H Western Horse Riding Classes (Coliseum) ....... 6:30 p.m.
Town Hall Meeting (Demo Complex) .................. 7:00 p.m.

Thursday, August 3
4-H Rabbit Show (Lancaster Building) .................. 8:00 a.m.
Fair Fun Day ................................................................. 8:00 a.m.
4-H Goat Show (4-H Arena) ...................................... 8:00 a.m.
4-H Western Horse Show— Pleasure & Horsemanship (Coliseum) .................. 8:00 a.m.
4-H FFA Swine Show (North Arena) .................... 8:00 a.m.
Health Awareness Day (Ag Hall) .......................... 9 a.m.-5 p.m.
EnviroFair (Ag Hall) ...................................................... 9 a.m.-5 p.m.
4-H Horse Game Show—Keyhole, Figure 8, Pole Bending, Barrels (Coliseum) .......... 4:00 p.m.
Kiddy Tractor Pull (parking lot) ............................ 6:00 p.m.
4-H Bucket Calf Show (East Arena) ..................... 6:30 p.m.
4-H Style Revue (Bob Devaney) ......................... 7:00 p.m.
Sandy Brown & Stilt Walkers in the afternoon & evening

Friday, August 4
4-H Beef Show (East End of East Arena) ............... 8:00 a.m.
4-H Dairy Cattle Show (West End of East Arena) .... 8:30 a.m.
Table Setting Contest (Ag Hall) ............................. 9:00 a.m.
Dog Quiz Bowl (Demo Complex C) ....................... 5:00 p.m.
Ice Cream Social (Beef Pit) ....................................... 5:00-7:30 p.m.
Beef Barbecue (Beef Pit) ........................................... 5:00 p.m.
Entertainment During BBQ—Sweetwater (Beef Pit) ........................................ 5:00-7:00 p.m.
Rabbit Specialty Classes—(Lancaster Building) .... 6:00 p.m.
Farm Family Award w/ Ken Killion, Cowboy Poet (East Arena) .................. 6:30 p.m.
Hay Hauling Contest (East Arena) ....................... 7:00 p.m.
Rodeo (Coliseum) ...................................................... 7:30 p.m.

Saturday, August 5 (Kids Day)
4-H Dog Agility Show (East Arena) ....................... 8:00 a.m.
4-H Demonstrations (Demo Complex C & D) ........... 8:30 a.m.
4-H Cat Show (Demo Complex A & B) ................... 8:00 a.m.
Bicycle Safety Rodeo (parking lot) ......................... 9:00 a.m.
Open Class Angora Goat Show (North Arena) .......... 8:30 a.m.
Big Wheel Race (Ag Hall) ......................................... 10:00 a.m.
Mini Tractor Pull (Dempster Building) .............. 4:00 p.m.
Garden Tractor Pull (East Arena) ....................... 7:00 p.m.
Rodeo (Coliseum) ...................................................... 7:00 p.m.
Youth Dance w/ Flatwater (Grandstand) ............. 9 p.m.-12:30 a.m.
Sandy Brown & Stilt Walkers in the afternoon & evening

Sunday, August 6
"Best of the Best "with Area Car Clubs and Featuring the Final "Cruising With the Cops" .... 11 a.m.-7:30 p.m.
Rodeo (Coliseum) ...................................................... 7:30 p.m.
Lancaster County
4-H Llama Show
Wednesday 6 PM
August 2
East Arena

We all scream for Ice Cream!

1995 4-H

Ice Cream Social

Friday, August 4
5:00 pm - 7:30 pm
At the Beef Pit

75¢
Sponsored by the Lancaster County 4-H Teen Council

Are you a 4-H Alumnus?
If so, the Lancaster County 4-H Foundation wants to give you Free Ice Cream (good only at the Ice Cream Social)

Look for a 4-H Ambassador or check in the 4-H Office or Exhibit Hall.

Sandy Brown
Juggler & Stiltwalker
Music & Comedy

Appearing Thursday
Fri and Sat afternoons
Special Guest Star Ziggy the Pig

High Caliber
9 PM Fri Aug 4
Appearing after Rodeo at the Grandstand
$4 Admission

"Best of the Best" Auto Show
“Crusin with the Cops”
Over 200 Fantastic Show Vehicles
11 AM Sun Aug 6

Barbecue Youth Dance with Flatwater
Saturday, August 5
9 PM - 12:30 AM
Grandstand

Free Watermelon Feed

5:30 PM
Wednesday
August 2

At the Demo Mall

Special Feature:
The Nebraska Lions Foundation Mobile Screening Unit will be parked east of Ag Hall and will offer test and screenings of:
- Blood Pressure
- Glaucoma
- Blood Sugar
- Hearing
- Visual Acuity

Health Awareness Day
Thursday • August 3
(Held during the Lancaster County Fair)
9 A.M. - 5 P.M.
Agricultural Hall State Fair Park

Sponsored by the Lancaster County Association for Family and Community Education

Activities for Adults & Children
No Admission Fee

Exhibitors & Agencies
- Alzheimer's Disease
- American Heart Association
- HIV/AIDS
- Cancer Detection/Prevention
- Chronic Wound Care
- Blood Donation
- D.A.R.E. and Safety Awareness
- Depressive Manic Depressive Association — Lincoln
- Drug-Free Youth, Prevention of Alcohol & Drugs
- Gluten Intolerance
- Golden Years of Driving
- Good Nutrition/Wellness
- Injury Prevention — "Safe at Home"
- Lincoln Information for Elderly Life
- Public Health Nursing
- Nebraska Services for Visually Impaired
- Respiratory Care
- Rural Health & Safety — Pulmonary Lung Function Testing
- Safe Kids: A Game of Chance
- Tabitha Health Care Services
- Traffic Safety — Occupant Protection
- United Cerebral Palsy of Nebraska
- And Many More...
LANCASTER COUNTY FAIR MAP
STATE FAIR PARK
LINCOLN, NE

EXHIBITION AREAS/FOOD/OFFICES
1. Grandstand/Dances
2. Coliseum
3. Feed Bag Cafe
4. Horse Barns
5. Dempster Building
6. Contests
7. Beef Pit
8. Agriculture Hall
9. Sheep
10. Goats
11. Horse & Engineering/Clowning (3rd floor)
12. Open Class Exhibits
13. Snack Shack
14. Livestock Office
15. Concessions/Vendors
16. Bicycle Safety
17. Manure/Biosolids
18. Horticulture
19. Open Class Office
20. Poultry/Pigeons/Rabbits
21. Manure/Biosolids
22. 4-H Youth Office
23. Demonstration Rooms
24. Snack Shack
25. 4-H Youth Office
26. 4-H Youth Office
27. 4-H Youth Office

PARKING/RESTROOMS
A. Exhitibor parking (no trailers)
B. Staff parking
C. General parking
D. Kiddy land parking
E. Horse & livestock trailers
F. Working horse trailers
G. Restrooms

4-H Style Review
Thursday, August 3, 7 p.m.
Devaney Sports Complex

While at the fair...
Purchase your concessions at these food spots

4-H ROCK CAFE
SNACK SHACK
FEED BAG

C'MON & SUPPORT 4-H

LANCASTER COUNTY FAIR MAP
STATE FAIR PARK
LINCOLN, NE
1995 Lancaster County Fair Schedule

Monday, July 10
Preregistration for all Horses and for July 17 Demonstration Contest
Horticulture Judging Contest (Extension Office) ........................................ 10:00 a.m.
Wet & Tree ID Judging Contest (pre-registration necessary) (Extension Office) ........... 10:00 a.m.
Last Day of Pre-registration for all contests except July 13 Contests

Tuesday, July 17
Last Day of Pre-registration of Open Class Entries and all Animals (except horses)
Last Day of Pre-registration for all contests (except July 13 Contests)

Wednesday, July 26
- Style Revue Judging (First Lutheran Church)
- 4-H Sportsmanship Contest (Extension Office)
- 4-H Horse Pre-Parade Belling, Stall Assignments and Dressage Ride Times (Coliseum) .................. 7:30 a.m.
- 4-H Horse Sportsmanship Contest (Lincoln Park & Rec Range) .................. 8:00 a.m.
- 4-H Horse Sportsmanship Contest (Lincoln Trap & Shoot Club Range) .................. 1:00 p.m.

Sunday, July 30
- Horses and Exhibitors May Begin Arriving (Pony and Dalmatian Horses) .................. 9:00 a.m.
- Horses Check-In (Coliseum Office) ........... 9:00 a.m.
- Cattle Town Penning—Open and One-on-One (East Barn) .................. 1:00 p.m.

Monday, July 31
- 4-H Horse Check-In (Coliseum Office) .................. 9 a.m. - 6 p.m.
- 4-H Horse Show—Dressage Classes (Coliseum) .................. 8:00 a.m.
- Horses Pre-Parade Belling, Stall Assignments and Dressage Ride Times (Coliseum) .................. 7:30 a.m.
- 4-H Horse Show—Dressage Classes (Lincoln Park & Rec Range) .................. 8:00 a.m.
- 4-H Horse Show—Dressage Classes (Lincoln Trap & Shoot Club Range) .................. 1:00 p.m.

Tuesday, August 1
- Interior Judging—See page 6 of the fair book for info
- Judging Contests: 4-H (4-H Building)
- Open Class Horse Judging (4-H Arena)
- 4-H Horse Judging Clinic (Lincoln Park & Rec Range) .................. 11 a.m.
- 4-H Horse Judging Contest (Coliseum) .................. 1:00 p.m.
- Animal Check-In (sheep, swine, rabbits & poultry must be entered at this time)
- Sheep Check-In (Lincoln Trap & Shoot Club Range) .................. 9:00 a.m.
- Special Interest Horse Activities—Physically Challenged, Special Needs, Horsemanship Fair Riding, & Free Style Drill Team Competition (Coliseum) ........... 7:00 p.m.

Wednesday, August 2
- 4-H Horse Classes—Groom and Care and Western Showmanship (Coliseum) ........... 8:00 a.m.
- Open Class Judging—Saddlehorses Class A & B (Coliseum)
- 4-H Pigeon Judging—Lancaster Building (Lincoln Park & Rec Range) .................. 9:30 a.m.
- 4-H Goat Judging—Lancaster Building (Lincoln Park & Rec Range) .................. 9:30 a.m.
- 4-H Horse Classes—Halter (Coliseum) .................. 10:00 a.m.
- ALL ANIMALS MUST BE IN PLACE .................. 11:00 a.m.
- SADDLEHORSE CLASSES (except horses) .................. 11:00 a.m.
- Exhibits Open to Public .................. 11:00 a.m.
- 4-H Household Pets Show (Coliseum A & B) .................. 12:00 p.m.
- Dog Check-In (4-H Building) .................. 1:00 p.m.
- 4-H Western Horse Riding Classes (Coliseum) .................. 1:30 p.m.
- 4-H Rabbit Judging Contest (Coliseum) .................. 3:00 p.m.
- Exhibits Close to Public .................. 3:00 p.m.

Thursday, August 3
- Livestock Exhibitors’ Breakfast (Demo, Mall) .................. 6:30-8:00 a.m.
- 4-H Rabbit Show (Lincoln Park & Rec Range) .................. 8:00 a.m.
- 4-H Goat Show (4-H Arena) .................. 8:00 a.m.
- 4-H Western Horse—Meat & Horsemanship (Coliseum) .................. 8:00 a.m.
- 4-HPPA Show (North Arena) .................. 8:00 a.m.
- Exhibits Open to Public .................. 9:00 a.m.
- Health Awareness Day (Ag Hall) .................. 9 a.m. - 5 p.m.
- 4-H Rabbit Showmanship—Lancaster Building (Lincoln Park & Rec Range) .................. 11 a.m.
- 4-H Livestock Judging Contest (North Arena) .................. 1:00 p.m.
- 4-H Horse Game Show—Keyhole, Figure 8, Pole Bending Barrels (Coliseum) .................. 4:00 p.m.
- 4-H Rabbit Poultry (Coliseum) .................. 5:30 p.m.
- Chicken Tractor Pull (parking lot) .................. 5:00 p.m.
- Exhibits Close to Public .................. 9:00 a.m.

Friday, August 4
- Ship of Swine .................. 4:00 a.m.
- Feeder Calves in Place .................. 7:00 a.m.
- 4-H Beef Show (East End of East Arena) .................. 8:00 a.m.
- 4-H Dairy Cattle Show (West End of East Arena) .................. 8:30 a.m.

Exhibits Open to Public .................. 9:00 a.m.
- Table Setting Contest (Ag Hall) .................. 9:00 a.m.
- HORSE HERITAGE NIGHT ENDS ........... 10:00 a.m.
- Carnival .................. noon - 12:30 a.m.
- Open Class Beef Show (East End of East Arena) following 4-HPPA show) .................. 11:00 a.m.
- Open Dairy Cattle Show (West End of East Arena) following 4-H Show) .................. 1:00 p.m.
- 4-H Goat Quiz Bowl (Demo Complex C & D) .................. 3:00 p.m.
- Shinnery Little Car .................. 4:00-5:00 p.m.
- Dog Show (Demo Complex C & D) .................. 5:00 p.m.
- Ice Cream Social (Demo Complex B) .................. 5:00-7:30 p.m.
- Rodeo Band (Demo Complex B) .................. 6:00 p.m.
- Entertainment During BBQ—Swatwater (Beef Pit) .................. 5:00-7:00 p.m.
- Rabbit Specialty Classes—Dress-Up, Best Tail, Best in Show (Lincoln Trap & Shoot Club Range) .................. 7:00 p.m.
- Pigeon Judging (Lancaster Building) .................. 8:00 p.m.
- Farm Family Award (Ken Kittles Cowboy Prayer) (Beef Pit) .................. 6:30 p.m.
- Hay Hauling Contest (East Arena) .................. 7:00 p.m.
- Rodeo (Coliseum) .................. 7:30 p.m.
- Exhibits Close to Public .................. 9:00 a.m.
- Rodeo Dance (Grandstand) High Collar—$4 .................. 9 p.m. -12:30 a.m.
- Sandy Brown & Still Walkers in the afternoon & evening

Saturday, August 5 (Kids Day)
Open Class Horse Show (Lincoln Park & Rec Range) .................. 8:00-9:00 a.m.
Volkmann .................. 7:00 a.m.
- Open Class Dairy Goat Show (4-H Arena) .................. 8:00 a.m.
- Open Class Angus Goat Check-In (North Barn) .................. 8:00 a.m.
- 4-Dog Agility Show (East Arena) .................. 8:00-9:45 a.m.
- 4-H Cat Entrances (Demo Complex A & B) .................. 9:30 a.m.
- 4-H Cat Show (Demo Complex C & D) .................. 9:30 a.m.
- Bicycle Safety Rodeo (parking lot) .................. 9:30 a.m.
- 4-H Rabbit Show (Lancaster Building) .................. 10:00 a.m.
- Exhibits Open to Public .................. 10:00 a.m.
- Open Class Angus Goat Show (North Arena) .................. 10:30 a.m.
- Open Class Dog Agility Show (immediately following 4-H horse) — East Arena) .................. 10:30 a.m.
- Open Class Sheep Check-In (North Barn) .................. 10:30 a.m.
- Turkey BBQ Contest (Demo Complex C & D) .................. 10:30 a.m.
- Big Wheel Race (Ag Hall) .................. 10:30 a.m.
- Open Class Sheep Show (North Arena) .................. 12:00 noon
- Beef Ambassador and Egg Preparation Contest (Demo Complex C & D) .................. 12:00 noon
- Carnival .................. noon-12:30 a.m.
- Cloverbud Show & Tail (4-H Building, 2nd Floor) .................. 1:00 p.m.
- Exhibits close to public .................. 4:00 p.m.
- Mini Tractor Pull (Demo, Mall) .................. 4:00 p.m.
- Championship Ends & Awards .................. 4:00 p.m.
- All 4-H Entries Released .................. 4:00 p.m.
- Garden Tractor Pull (East Arena) .................. 7:00 p.m.
- Riding (Coliseum) .................. 7:00 p.m.
- Youth Rodeo Prancing Rodeo (in the Grandstand)—No alcohol .................. 9 p.m. -12:30 a.m.
- Sandy Brown & Still Walkers in the afternoon & evening

Sunday, August 6
Open Class Dog Obedience Show (East Arena) .................. 10:00 a.m.
- “Daughter of the West” with Area Car Clubs and Featured—The Final “Crawling With the Cops” .................. 11 a.m. -7:30 p.m.
- Carnival (ends after rodeo) .................. noon - 10:00 p.m.
- Rodeo (Coliseum) .................. 7:00 p.m.
New reasons for food safety precautions

We keep hearing so much about food safety today. We never used to worry if food didn’t get refrigerated right away or whether it was cooked hot enough. And, we didn’t seem to have many problems until recently.

Four major changes that warrant a renewed interest in food safety include: a growing population centered by the University of Missouri Cooperative Extension; population that continue to age. In the next 50-year period, the percent of the population over age 65 will almost double. With an older population, we’re seeing more foodborne illness. Our immune systems become weaker as we age and our stomachs become less acidic, which limits our ability to fight foodborne bacteria.

We are getting older because we are living longer due to improved medical treatment. Improved medical treatment also means more people are living with chronic illnesses like cancer, kidney disease, and chronic liver disease and diabetes. Chronic illnesses can weaken individuals’ immune systems.

Today, more meals are prepared away from home. One incident of mishandling food in a food service establishment can affect more people than an incident at home.

At home, the symptoms of foodborne illness—nausea, vomiting, and stomach cramps—are often mistaken for the flu. However, several people from different households report these symptoms after eating away from home, the link to foodborne illness is established.

Changes have occurred in food preparation practices. Changing taste preferences and food preparation practices have also increased the potential risk for bacterial growth and subsequent foodborne illnesses. These changes include:

- a decrease in the use of refrigeration (nitrates, etc.);
- a desire for more raw and fresh foods, which eliminates the cooking process in which bacteria would be killed;
- a desire for convenience that results in food purchased in delis or take-out orders;
- an increase in the use of microwave ovens.

When cooking with your microwave, follow preparation directions for stir-frying and other cooking practices that will distribute heat evenly to all parts of the food. Avoid heating foods uncooked and leaving cold spots that could result in food that isn’t thoroughly or adequately cooked.

Strains of bacteria that are more lethal or deadly. More virulent forms of bacteria have been identified. Two such examples are Salmonella enteritidis and Escherichia coli 0157:H7.

The challenges of the hustle and bustle of the ’90s makes it important for women to have the best nutrition available. Here are some common sense guidelines from Extension Nutrition Specialist Linda Boeckner and Darlene Martinez.

Variety. Most women agree that variety is the spice of life, but many women don’t eat the minimum number of fruits and vegetables, six servings of bread, cereal or pasta daily.

Maintain a healthy weight. A recent study followed 115,886 American women 30 to 55 years old for eight years. The report clearly identified that coronary events such as fatal and nonfatal heart attacks were tied to excessive body weight.

For women, years have felt slightly protected from heart disease. But, statistics are changing and show that women are at greater risk than believe earlier. There are many reasons why risk for heart disease is increasing among women. Excessive weight may be one of them.

*Apple*-shaped people—those who carry most of their weight around their waists—are at greater health risks than “pear”-shaped. When individuals carry their excess fat in the hips and thighs, which is sometimes called “apple”-shaped, their body uses fat to keep their internal organs in place. This is because the fat around their hips and thighs protects the organs from the heat or cold, which is necessary for the body to function properly. When this fat is stored in the abdominal area, it is called “apple”-shaped. The body uses the fat in the abdominal area for energy and when the body is using fat for energy, it is called “apple”-shaped. The body uses the fat in the abdominal area for energy and when the body is using fat for energy, it is called “apple”-shaped.

Healthful eating. Many women report feeling more as if they are at higher risk of heart disease. The dietary fat-breast cancer relationship is complicated by other factors as well. In animal studies, reduced breast cancer shows a significant effect of high fat diets on breast cancer.

An amount of fat that provides 30 percent or less of total calories older are somewhat protected. However, studies show that as the fat grams in your diet depends on your calorie need. For example, when you eat, the lower limit on the fat grams in your diet need depends on your calorie need. For example, at 1,500 calorie diet, your suggested upper limit is 450 calories from fat (1,500 multiplied by 30). This is equal to 50 grams of fat (450 divided by nine), the number of calories each gram of fat provides.

To calculate your calorie needs, you first need to know your basal metabolic rate (BMR). To find your BMR, use a BMI calculator or consult a registered dietitian. Once you have your BMR, you can use the following equation to calculate your calorie needs:

* 

**BMR** + 10 if you are male

**BMR** + 5 if you are female

**BMR** + 5 if you are female

AARP offers 55 Alive - Mature Driver Course

If your driver’s license expires in 1995 and you are 50 years of age or older, you are required to pass a 55 Alive class. In the 1995 AARP course, you will review driving skills and prepare to take the license renewal test. This class is being offered Tuesday, August 8 and Wednesday, August 9, 10 a.m. to 3:30 p.m. This registration deadline is Wednesday, August 9. Registration fee is $8. Participants are asked to bring a sack lunch (LB)

**Healthy Eating**

After purchasing or growing salad "greens," try this recipe that is nutritious, delicious and easy to make.

**Healthy Roll-Up Treats**

In a bowl, mix a cup of sunflower (or any) sprouts with a teaspoonful of ordinary salad dressing. Add one teaspoonful of honey, a tablespoon of chopped fresh mint, a tablespoon of crumbled cheese, a teaspoonful of chopped fresh cherry tomatoes, and a splash of tamari or soy sauce. Mix well. You end up with a cup of shredded cucumber. Mix in a tablespoon or so of your favorite salad dressing. Next, lay out some leaves of salad greens, place the ingredients, crumbled cheese, a tablespoon of chopped fresh mint, a tablespoon of crumbled cheese, and a splash of tamari or soy sauce at the center of each leaf and roll like crepes. Hold the whole thing together with a toothpick.

If you don’t have a favorite salad dressing or are looking for a new treat, try this: in a bowl, combine the following: 1 cup of fresh lemon juice, 1 teaspoonful of pepper, 2 teaspoonsful of honey, a tablespoon of chopped dry black olives, a tablespoon of chopped fresh mint, a teaspoonful of chopped fresh cherry tomatoes, a tablespoon of crumbled cheese, and a splash of tamari or soy sauce. Mix well.

**Nutritional tips for women**

To get dishes thoroughly clean in the automatic dishwasher, position items with the soil side facing up, but away from the door or the center of the machine so the soil can be rinsed away by circulating hot water. Place delicate and plastic items on the rack farthest away from the heat­ ing or drying element, usually the upper rack. Place spoons, forks and knives on the rack that is separate compartment. Wrap the silverware basket to prevent scratches and other damage.

A spoonful of sugar ...

I heard that sugar can help cure hiccups. Does this work?

A recent study published in the "New England Journal of Medicine" found that swallowing a dry teaspoonful of ordinary table sugar immediately cured hiccups in 19 out of 20 hiccups sufferers. Some of these people had been hiccuping for up to six weeks.

Alice Hennessey
4-H & Youth

H-Bulletin Board

LaDeane Jha Extension Educator

Horse owners: be wary of new disease

New tastes, smells, sounds, ideas, and experiences were all part of the first-ever Exploring Cultures 4-H Day Camp held June 22. Seventy-two youth and 30 adults from throughout the county attended the Native American-themed event for the Humanities, kicked off the celebration of diversity.

She engaged young people in a discussion of African American history and introduced many of the contributions African Americans have made in this country.

Indian fry bread expertly demonstrated by Delores Shanks, sponsored by the Nebraska Humanities Council, a state affiliate of the National Endowment for the Humanities, kicked off the celebration of diversity.

A horse suffering from Potomac fever often may appear uncomfortable from the midto late afternoon, followed by an inconsistent fever, diarrhea, extreme thirst, and possible depression and going off feed. Finally, the horse may suffer from a profuse, watery diarrhea, which can lead to death.

A horse not previously vaccinated for Potomac must be given two injections. The first should be given in the spring and the second, six to eight weeks later. After the first year, the horse will need an annual booster vaccination.

The vaccine is only 80 percent effective. A horse that has been vaccinated generally will survive the disease, but it is costly and requires ongoing support care. Those unvaccinated often don’t survive.

Potomac vaccine should be available in most areas, either from veterinarians or veterinary supply companies.

Source: Kathy Anderson, Ph.D., horse specialist, NU/IANR

Horse owners: be wary of new disease

Spring is the best time to vaccinate horses to help them get ready for the upcoming riding season. In addition to the regular vaccinations, a new disease that's becoming more of a problem also warrants consideration.

Horses should be vaccinated annually against tetanus, influenza, sleeping sickness, and rhinopneumonitis. The first three vaccines are often combined into one injection. If rhinopneumonitis isn’t included in the vaccine, the horse may need a separate injection—check vaccine labels or with a veterinarian.

Another vaccine that may need to be administered separately from traditional shots is for Potomac Horse Fever. Potomac is a potentially fatal disease originating on the East Coast, but has gradually migrated to the Midwest. Although the disease is more often seen in the fall, Potomac vaccinations also should be administered in the spring. Springtime vaccination is thought to help build up protection from summer’s disease-carrying insects.

Potomac fever isn’t contagious among horses and it’s unknown if the disease affects other animals. Research thus far indicates that the disease is probably spread by some type of insect, tick or mosquito.

A horse suffering from Potomac fever may appear uncomfortable from mild colic, followed by an inconsistent fever, possible depression and going off feed. Finally, the horse may suffer from a profuse, watery diarrhea, which can lead to death.

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Exploring cultures at day camp

Our hats are off to all those 4-H livestock exhibitors who bring their animals to the fair and care for them night and day. Did you know that many of them stay overnight to make sure their animals are safe? Most only show one day and are there the rest of the fair to make it possible for all fairgoers to see the animals and watch them being cared for.

As a way of saying thank you to these young people and their leaders, an early morning, livestock exhibitor breakfast is held each year during the fair. Sponsors of this year’s event include: ACP Grain Co-op, Bentzinger Grain & Equipment, Firth Co-op, Greenwood Farmers Co-op and the Waverly Co-op. As you visit the fair this year, tour the 4-H exhibitors for thanks for displaying their animals, and express your appreciation to sponsors of the breakfast.

LaDeane Jha

Jhapanise,Mexican,African

Leaders: Get ready for the re-enrollment packet coming out the end of September. Also, remember to calculate any community service hours your 4-H member has done...the top 4-H members by number of hours will get a campership! (AMM)

Ak-Sar-Ben dates are September 20-25 in Omaha. Call the Extension Office for more information. (AMM)

Thank you to all the parents, leaders and 4-H members who have helped the Extension staff get ready for the fair. Your support and cooperation is greatly appreciated! (AMM)

Over 800 youth-serving volunteers from the U.S. and Canada will share their knowledge and resources at the 1995 North Central 4-H Leader’s Forum November 9 through 12 in Minneapolis, Minnesota. All Lancaster County 4-H adult volunteers and leaders are invited to participate. The full-time registration fee is $175 and lodging will be at the Radisson South. Room rates are $75 per night for a single or double and $85 for a triple or quad plus 12% Florida sales tax. Registration deadline is August 14, 1995. Contact LaDeane at the Extension Office for more information. (LJ)

All four of these ribbons: white, red, blue and purple. A white ribbon denotes below average, red denotes average, blue denotes excellent and purple denotes superior. In some areas, a certain amount of points must be accumulated to receive the ribbon. In other areas, the ribbon is awarded based on what the judge refers to. After the judge has reviewed the exhibit and interviews with the exhibitor (when available), the project is given a ribbon.

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If we judged the exhibits in a different way with a different judge, the exhibit might get a different ribbon, higher or lower. No matter what, the exhibitor should be proud of their exhibit, they made it with their own hands and they learned something! It is the challenge of the parent to emphasize that the ribbon color doesn’t matter. The best thing a 4-H member ever said to me was that she really hoped she got a red on her next exhibit...that way she would have one of every color!

Good luck to all exhibitors at the 1995 Lancaster County Fair! (AMM)

Did you know that...

• The moon moves about two inches away from the earth each year.
• Dogs sweat through their paw pads.
• A newborn kangaroo is small enough to fit into a teaspoon.
• Every three days, your body makes a new lining for your stomach.
• A chameleon’s tongue is often longer than its body. (ALH)

Twenty Lancaster County 4-H mem­bers were awarded the head to toe grant in 1995. Please help them meet their goals by supporting the following:

• Buy a raffle ticket where you could win a National Championship autographed football and meal night on the town, gift certificates, plus lots more. $1 per ticket.
• Eat at the Radisson Food Booth Saturday, July 29, during the open class horse show and July 30 during team penning.
• Get your car washed Friday, August 4, 1-4 p.m. on the east side of the beef barn. (AMM)

All colors are beautiful!

If all of the hard work 4-H members go through to prepare their exhibits for the fair does not get recognized. When a 4-H member brings their exhibit to the fair, a judge in that specific area (foods, clothing, horticul­ture, etc.) judges the exhibit. Each area or class has its own specific guidelines or score sheet which the judge refers to. After the judge has reviewed the exhibit and interviews with the exhibitor (when available), the project is given a ribbon.

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Llamas in costume

Don’t miss the first-ever llama show at the 1995 Lancaster County Fair. Since early May, 12 very excited 4-H youth have been learning about and training their adopted llamas. They will be showing the results of their hard work at the llama show Wednesday, August 2, 6 p.m. in the East Arena at State Fair Park. The four classes to be judged include:

- Halter — llamas are judged on soundness and conformation.
- Showmanship — judging is based on how well the 4-H member reacts with the llama and how well the llama is trained and presented to the judge.

Obstacle — judging based on how well obstacles are negotiated by the 4-H member and the llama. How well the llama and 4-H member work together is very important.

Costume — a fun class in which the 4-H member decides on a theme and dresses himself/herself and the llama to illustrate the chosen theme.

Harold Roper and Karen Kirby, 4-H club leaders, have been instrumental in giving young llama owners a chance to work with llamas and learn the responsibilities that go along with caring and training a large animal. Youth meet each Saturday at the Roper Llama Ranch for a few hours of instruction and working with their animals. Response has been overwhelmingly positive. 4-H members have become llama lovers and the 4-H leaders have enjoyed working with the youth. See you at the llama show! (LJ)

Small animal shows loads of fun

What is a cat’s tail for? What does an iguana eat? What is a cavy? Household pets show, August 1 at the fair. Don’t miss it! With the llama already ready for Christmas and the Llama Dress-Up Show, August 2 at the fair. Don’t miss it!

Important fair reminders for 4-H exhibitors

- If camping on the fairgrounds, 4-H youth must have a signed permission slip on file in the Extension Office. Permission slips are available at the Extension Office.
- No animals will be released early except for hardship/emergency reasons. Forms for early release in case of hardship/emergency must be obtained from the superintendent, show manager or 4-H office. Approval must be obtained from the “Lot” superintendent, “Lot” show manager, or a member of the grievance committee. Any livestock exhibitor removed from pens or stalls prior to the designated release time without a completed Early Release Form for Animals, will forfeit all premium money.
- All exhibits must be picked up from the fair at the designated release time. Items will not be taken to the Extension Office. If not picked up, items will be donated to charity.
- All 4-H members exhibiting market swine, sheep, and beef must present signed 4-H Market Livestock Show Affidavits and Statements of Disclosure at the time of entry at the Nebraska State Fair and Ak-Sar-Ben. Each exhibitor will receive a mailing about this policy.
- Cats must have records of current rabies and distemper (feline enteritis) vaccinations. Shot records will be checked. (LJ)

4-H & Youth

Volunteers appreciated! (and really needed)

If you are 12 years of age or older, you could help as:

1. Fair assistant — help judges and superintendents with exhibits Monday, July 31, 4-8 p.m. or Tuesday, August 1, 8 a.m.-5 p.m.
2. Fair Fun Day helper — give tours to day care groups of the fairgrounds and the activities Thursday, August 3.
3. Food booth worker — help in the 4-H food booths. Please call Penny Carloff at 488-3792 or Pam Starley at 488-1277. Get your whole club to help!

Call the Extension Office at 441-7180 to sign up. Thanks a million! (AAMM)

How can I exhibit at the state fair?

One of the fringe benefits of 4-H is having your exhibit selected to be judged at the Nebraska State Fair. But how? Any 4-H member who brings an exhibit to the county fair is eligible to be selected for the state fair. If the exhibit is not physically at the state fair for a livestock show, judging contest, etc., it could win! 12 years old as of January 1 of the current year. But, for an any static exhibit, they can be eight years or older. Each county in Nebraska is eligible to send a certain number of 4-H members to the state fair.

Hey! here’s the scoop!

Everywhere, USA— Do you scream for ice cream? Last year, 875 million gallons of ice cream were produced in the United States alone. (That’s enough ice cream to fill more than 30,000 average-size swimming pools!) And, plain vanilla ice cream still is the number one flavor. (Half of all the ice cream eaten in the United States is vanilla.)

Some more cool ice cream facts:

- The first ice cream cone was introduced at the 1904 St. Louis World’s Fair. A waffle maker wrapped his waffles into a cone shape to serve ice cream when he ran out of waffle cones.
- There’s seaweed in your ice cream! Algin is a substance found in seaweed and it’s used in many ice cream products to prevent ice crystals.
- So—enjoy an ice cream cone and be sure to attend the Ice Cream Social at the county fair, August 4, 5:00-7:30 p.m. (AAMM)
Marketing yourself and home-based business

How can home-based business owners market themselves to keep current customers and attract prospective ones? What are the special characteristics in staying visible to the public while working from home?

Answers to these marketing questions can be found in advertising, recognition, image and networking.

Common forms of advertising include TV, radio, print, direct mail and yellow pages. An important form of advertising is word of mouth because it is sincere and unsolicited—a customer usually expressing satisfaction with a product or service.

Recognition means that people associate a business with a particular service or product. A logo can be helpful. Use it on signs, business cards, letterhead, invoices, etc. The logo should make people think of your business and what you have to offer.

Image is a part of marketing that is often overlooked by home-based business owners. A great contact may be by phone or personal. Family members answering the phone should understand the correct home-based business service or product. A logo can be helpful. If that isn't possible, be sure that the parts of the home that are special marketing questions can be found and made visible.

If money is limited and prevents the home-based business owner from working from prospectively, involvement in community, school and church activities also helps. Use every opportunity to present yourself personally as well as advertisements.

Have you been asked to facilitate a group and wondered what the role of that position was? The Partners in Planning Facilitators Planning Guide presents the following characteristics for a facilitator:

• Accepts all individuals, without judgment.
• Listens for interesting points of view and allows those views to be shared. Each person is important and contributes. Listens carefully, trying not to interrupt.
• Allows everyone to express themselves and communicate with each other.
• Monitors participation so that individuals neither monopolize conversation nor sit back and say nothing.
• Emphasizes that each community (person) can be their own best teacher. The facilitator should "facilitate" not teach, instruct or lecture. At first the facilitator may have to do a lot of it, but as the group begins to mature, the facilitator should step back and let the group function on its own.
• Provides ideas and opinions as just that, opinions.
• Removes the leader from the discussion. The leader should "facilitate" not teach, instruct or lecture. The leader should not be the one person who has all the ideas and solutions. The leader should keep the group focused and on track. The facilitator should be sensitive to others, consider the other person's ideas and allow the other person to participate. The facilitator should be able to make the planning process easier and run smoothly. The facilitator should consider the benefits of shared leadership style and group decision making. The facilitator should keep the group focused and on track. The facilitator should be able to make the planning process easier and run smoothly. The facilitator should keep the group focused and on track.

Shared group leadership style

LaDeane Jha
Extension Educator

Community problems are usually not solved by one person or with the ideas of only one person. They are solved by a group working together. A shared group leader­ship style allows us to listen to each other and to value each others' ideas and skills.

Consider these two situations:

Situation One
Leader: Hello, Harvey. How are you?
Neighbor: Oh, hi Mary. I'm OK. How are you?
Leader: I'm having a meeting at the community center tonight about getting our road repaved. You need to be there.
Neighbor: You know, I don't think the roads are so bad. What we really need is a crossing light for our children going to school.
Leader: A crossing light is a small thing. Good thing you brought up the important. I have a plan. You be at the meeting and I'll tell you what you need to do to help with this road project.
Neighbor: Well ... I don't know ...
Leader: Just be at the meeting. I'm already put you in the group to talk to the town council. Don't be like the rest of them and not come.
Situation Two
Leader: Hello, Harvey. How are you?
Neighbor: Oh, hi Mary. I'm OK.
How are you?
Leader: We are having a meeting at the community center next Tuesday at 7:00 p.m. about getting our road repaved. Several people told me to be sure you are to be there. You know, I don't think the roads are bad and need to be repaved. But what we really need is a crossing light for our children going to school. I worry everyday when I see kids dodging cars to cross the street.
Leader: I never thought about that. A crossing light is an important issue too. Please come if you can and maybe we could put that on the agenda to discuss at the meeting.
Neighbor: Well, I work nights now. I will have to check and see.
Leader: I know, but our community really needs you.

When trying to unite communities to work together on problems that concern everyone, think about your leadership style and consider the benefits of shared leadership. Shared group leadership style works with community groups because everyone partici­pates. Each person is important and each person has something to contribute to the success of the group.
Win

evaluation form.

Since its development last year, Pyramid Power has been purchased in 47 states plus Guam and Puerto Rico,发展模式 has been recognized through invited presentations at national meetings of nutrition and the National Association of Extension Home Economists and the Urban Extension Conference. Recently, Pyramid Power was a first place Regional Winner in the National Association of Extension Home Economists Awards Program.

EFNEP Families Learn Food Basics

The Expanded Food and Nutrition Education Program (EFNEP) helps limited resource families improve their diet by teaching them to plan and prepare nutritious meals that include a variety of foods. Families have learned to improve their food shopping and budget management skills. Positive changes which EFNEP families have enjoyed include:

• more fruits and vegetables in family meals
• less illness as a result of poor food safety and sanitation practices
• better budgeting of food stamps throughout the month
• better use of commodity foods

This past year, Lancaster County EFNEP nutrition advisors provided food safety, food preparation, and food nutrition information through 2,140 educational programs. In addition, 715 youth participated in EFNEP youth activities.

Food behaviors recorded at the start and conclusion of the education lessons showed that 73% of the homemakers improved in managing food resources, 89% improved their family's nutrition and 61% were practicing additional food techniques. EFNEP has helped participants experience a sense of accomplishment and increase self-esteem. Many have improved their lives by finishing high school, enrolling in college or other training programs, finding jobs and becoming self-sufficient; thus, no longer needing public assistance.

EFNEP nutrition advisors do presentations in homes, community centers, youth recreational centers and group homes. EFNEP is conducted through the Cooperative Extension System at land grant universities throughout the nation. The paraprofessionals (nutrition advisors) have been vital to the program's success over the past 26 years. EFNEP advisors have developed special skills in coping with and solving problems.

Lancaster County is served by nutrition advisors Lenora Fittro, Nebuko Nyman, Sandra Phillips, Charlene Rollins, Marilyn Waldron and Yvette Olivetti. The Lancaster County Housing Authority and the Food Stamp Program have provided funding, enabling EFNEP to expand number of families served. Virginia Pining provides support for the EFNEP and Maureen Bunson, Extension Educator, coordinates the program.

4-H Projects Teach Healthy Eating

Many families participate in the 4-H food programs. Eleven food and nutrition projects are available, from “basics of measuring” and “nutrition” to “baking breads” and “canning.” Let’s explore some of these projects and see how youth learn to help their busy families eat healthy.

The “Road to Good Cooking” project is for the beginning 4-H'er and teaches the basics such as: knowing utensils and how they should be used; learning how to measure properly; and basic cooking skills. Final products such as cinnamon toast, peanut butter squares and cranberry cookies have proven to be successful as well as yummy.

• “Baking is Fun” and “More Baking Fun” involve more advanced cooking techniques and even better results. Youth learn how to make biscuits, muffins, yeast rolls and breads, plus much more.

• “Fit All Together II and III” are 4-H projects which focus on nutrition and what foods are healthy for youth. These projects provide in-depth information on carbohydrates, calories, the Food Guide Pyramid and tips for keeping active youth healthy.

4-H members enjoy this series of projects because they teach fun ways to eat healthy. “Microwave Connection” is understandably very popular. This project teaches youth the proper ways of using the microwave and how to prepare more nutritious foods in a hurry. The microwave can be used for the healthy preparation and heating leftovers and heating up TV dinners. Busy families can prepare healthy meals with the help of time by effectively using micro-

waves.

The “Food for the Future” series teaches dehydrating, freezing and canning methods. 4-H offers the curriculum for those wishing to learn these skills. 4-H members are able to help cook at home and provide snacks for the family when adults don’t have time. In 4-H homes, the kitchen table offers the family new and exciting foods to try. 4-H members are encouraged to experiment and practice the skills they have learned through their 4-H projects. Some 4-H clubs have meetings where all members bring in a bottle of 4-Hers and prepare and serve the meal—a nice treat and a break from the hectic family meal time. 4-H teaches families lifetime skills through food and nutrition projects. Enroll your children in 4-H and help them learn skills they will use for a lifetime. If your youngster is 9-18 years old, he or she can become a 4-H member. Call the Extension Office, 441-7180, for more information.
Notice
All programs and events listed in this newsletter will be held at the Lancaster Extension Conference Center unless noted otherwise. Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County. Articles written by the staff of the University of Nebraska Cooperative Extension in Lancaster County may be reprinted without special permission if the source is acknowledged. For reprint information about other articles in THE NEBLINE, contact the source listed in the article.

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Office Hours: 8 a.m. to 4:30 p.m. Monday-Friday

Extension Calendar

July 31
County Fair Entry Day for Stationary Exhibits—State Fair Park....4:00-8:00 p.m.

August 2-6
Lancaster County Fair—State Fair Park

August 3
Ag Pesticide Container Recycling—State Fair Park.............9:00 a.m.-4:00 p.m.

August 5
Ak-Sar-Ben Entries Deadline Date

August 8
Extension Board Meeting..................................................... TBA

August 8-9
55 Alive—Mature Driving Course........................................10:00 a.m.-2:30 p.m.

August 10
Fresh Start Fund-Raiser..........................................................7:00 p.m.

August 11
Agricultural Pesticide Container Recycling.............................9:00 a.m.-3:00 p.m.
Firth Cooperative Company

August 13-15
Dismal River Canoe Weekend—Halsey

August 15
FCE reorganization packets available for pick-up

August 18
Agricultural Pesticide Container Recycling.............................9:00 a.m.-3:00 p.m.
Southeast Nebraska Co-op, Beatrice

August 25-Sept 4
Nebraska State Fair—State Fair Park (see page 9)

August 25
Agricultural Pesticide Container Recycling.............................9:00 a.m.-3:00 p.m.
Farmer’s Co-op Elevator, Plymouth

September 5
4-H Council Meeting...........................................................7:30 p.m.

September 7
TIPS for Swine Producers—South Sioux City, Nebraska...........12:30-7:00 p.m.

September 8
TIPS for Swine Producers—South Sioux City, Nebraska...........8:00 a.m.-4:00 p.m.

September 10
4-H Teen Council Meeting....................................................3:00-5:00 p.m.

September 20-25
Ak-Sar-Ben—Ak-Sar-Ben, Omaha

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