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4-H & County Fair = Family Time



**"Fun is in the Air
at the Lancaster County Fair"**

Lorene Bartos
Extension Educator

Lancaster County Fair time is just around the corner. It's a time to plan a family excursion. Family involvement with the



county fair starts long before fair time is here. This involvement begins when youth join 4-H. Parent and family members

are involved in leading 4-H clubs, getting youth to meetings and activities, helping select projects, completing projects, and giving support and encouragement throughout the year.

Enjoying time at the fair as a family includes quality time together, sharing in the accomplishments of family members, and the fun and excitement of the fair atmosphere. Why is family, especially parent involvement important? Research tells us when

families are involved in children's educations, whether it be formal or informal, children achieve higher grades, have better

attendance at school, demonstrate more positive attitudes and behavior, graduate at higher rates, and have greater enrollment in higher education. (Henderson & Berla 1994, Becher, 1984). Parents can emphasize good work habits, value learning, good character, set high expectations for their

children, stay informed about their children's progress, and monitor their children's activities.

Establishing daily family routines helps make life predictable and satisfying to all family members. Discussion of daily events at mealtimes, for example, is important.

Families can help children spend time constructively by guiding the use of leisure time. 4-H is a positive extra-curricular activity in which families can be involved. Being involved in 4-H gives parents the opportunity to set realistic goals and standards with their children and help them achieve these goals. Encouraging children to do their best and praising them for their achievement, whether they win or come in second, is very important in developing strong responsible youth. Recognition

helps youth become capable and competent by building positive self-esteem and reliance. But



exhibitors don't need top honor to be recognized and feel their accomplishment. Sometimes, those who aren't champions learn more than the winners.

Family involvement includes doing projects and activities together. Learning new skills may be as challenging to the adults as the children. By



showing support and learning together or finding resources to help the child achieve the goal, everyone is a winner.

Attending the county fair will be great fun and an exciting family event. Enjoy each other; be a part of children's lives, make family time a priority.

In this issue...

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Horticulture

—page 2



Environmental Focus

—page 3



Farm Views

—page 4



Acreage Insights

—page 5



Food & Fitness

—page 6



Family Living

—page 7



4-H & Youth

—pages 8-9



Community Focus

—page 10

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**Visit Lancaster County Extension on the
World Wide Web!**

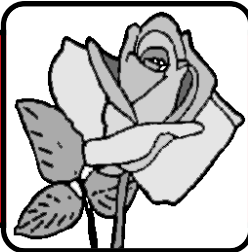
www.lanco.unl.edu



Lancaster County 4-H Council
University of Nebraska
Cooperative Extension in Lancaster County
444 Cherry Creek Road • Suite A
Lincoln, Nebraska 68528-1507

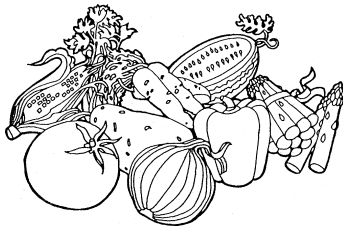
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Horticulture

Vegetable Gardening in The Fall



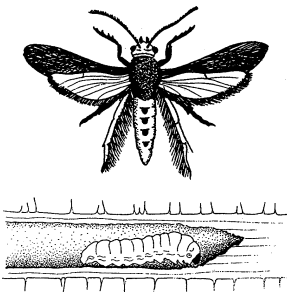
By planning and planting a fall vegetable garden, it is possible to have fresh vegetables up to and even past the first frosts. Many varieties of vegetables can be planted in mid to late summer for fall harvests. Succession plantings of warm season crops, such as corn and beans, can be harvested until the first killing frost. Cool season crops, such as broccoli, beets, cabbage, cauliflower, kohlrabi, leaf lettuce, radishes, spinach,

turnips, kale, and collards grow well during the cool fall days and withstand light frosts. Timely planting is the key to a successful fall garden. To determine the time to plant a particular vegetable for the latest harvest, you need to know the average date of the first hard freeze. For Lancaster County, it is approximately October 10th. You also must know the number of days to maturity for the variety of vegetable you plan to grow. Count the days back from the frost date to figure your planting date. When planting fall crops, prepare the soil by restoring nutrients removed by spring and

See VEGETABLES on page 11

Watch for Squash Vine Borer

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. Spray now to prevent loss of this year's squash and pumpkin plants, since the adults deposit eggs on the young stems and leaves. Apply an insecticide like malathion to the base of squash or pumpkin plants weekly, beginning when the vines begin to run or bush begins to grow. Follow all label directions and precautions when using insecticides. (MJM)

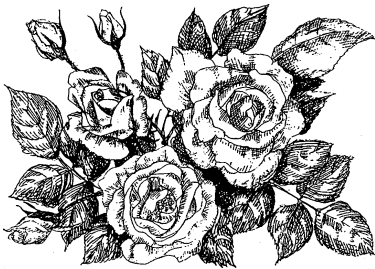


All America Rose Selections, All Time Classics

What makes an All America Rose Selections (AARS) rose award winner a classic? That all depends on who you ask. These five winners are mentioned again and again as gardeners' all time favorites.

Peace, 1946 AARS Winner
1995 marked the 50th anniversary of the end of World War II. Also celebrating its 50th anniversary was the Peace rose, a true symbol that beauty and hope can survive even in the face of destruction. Widely regarded as "the rose of the century," Peace was the only AARS award winner in 1946. This rugged, leathery foliaged rose bears huge, yellow shaded flowers with a pink edge that last forever.

Mr. Lincoln, 1965 AARS Winner
For more than 30 years Mister Lincoln has been the gardeners' rose of choice. Large, well-formed, dark red flowers bloom with an intense fragrance.



This tall, robust hybrid tea rose is highly productive. The long-stemmed, beautiful blooms are set off by dark, green foliage and last through fall.

Queen Elizabeth, 1955 AARS Winner
Tall, stately plants are the idealization of grandifloras and Queen Elizabeth is truly the queen of this rose classification. This rose can produce an enormous display of coral shaded pink blooms. Queen Elizabeth is extremely hardy and disease resistant.

Tropicana, 1963 AARS Winner
This extremely popular

hybrid tea rose has been described as ranging from coral orange to red orange. Its brilliant colors are offset with dark green foliage. Not only do Tropicana's large colorful blooms last forever, but so does its intense fruity fragrance. Big pointed buds are borne on long stout stems, making Tropicana an excellent choice for cutting gardens.

Double Delight, 1977 AARS Winner
Double Delight is nicely formed and features creamy white blooms with bright strawberry markings on the outer petal edges. This hybrid tea rose is very free blooming, intensely fragrant and certainly one of the most popular varieties since it won the 1977 award. Double Delight is highly prized as a cut flower during the summer's heat when its colors are most intense. (MJM)

Lawn and Garden Water Check List

This check list will help you conserve water for lawn and garden use. Try to add these water conservation tips into your landscape and vegetable gardens.

- Mulch shrubs, perennials, annuals, and vegetable plants to retain moisture in the soil longer. Use shredded leaves, grass clippings, or chopped bark around the plants. Mulching also controls weeds that

compete with garden plants for water.

- Vegetables that require more water should be grouped together in the garden to make maximum use of water applications.
- Collect rain water in a barrel or large bucket from down spouts.
- Use a drip irrigation system in your gardens. This method uses 25 to 50 percent

less water than hose or sprinkler methods.

- Water the lawn during the morning hours. Avoid watering when it is windy or during the hottest part of the day. To avoid over watering, keep track of the time by setting a timer or alarm clock.
- When purchasing plants or developing a new landscape, select low water use plants. (MJM)

2000 July/August Garden Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Plant fall garden	4 Backyard Farmer 7 p.m. NETV	5 Check garden for spider mites	6 Remove faded flowers from annual plants	7	8
9	10 Control squash vine borer	11 Backyard Farmer 7 p.m. NETV	12 Prune suckers on maple tree	13	14	15
16	17 Check tomatoes for blight	18 Backyard Farmer 7 p.m. NETV	19	20 Store extra seeds	21	22
23	24	25 Backyard Farmer 7 p.m. NETV	26 Apply grub control	27	28 Divide iris	29
30	31 Keep garden well watered	1 Backyard Farmer 7 p.m. NETV	2	3 Pull weeds	4	5
6	7 Cut herbs to dry	8 Backyard Farmer 7 p.m. NETV	9	10 Control bean leaf beetle	11	12
13	14	15 Backyard Farmer 7 p.m. NETV	16 Pick flowers to dry or press	17	18 Stop fertilizing roses	19
20	21 Control yellow nut sedge	22 Backyard Farmer 7 p.m. NETV	23 Overseed tall fescue	24	25	26
27	28 Divide peonies	29 Backyard Farmer 7 p.m. NETV	30	31		

Many of us need reminders. That is the purpose of this calendar. Check the calendar each month and follow the recommendations if they are necessary in your landscape situation. (MJM)

Horticulture information center

NUFACTS
24 hours a day, 7 days a week
1-800-832-5441; or
441-7188 in the Lincoln area



To listen to a NUFACTS information center message, call the number above on a touch-tone phone, then enter a three-digit number listed below. Call 441-7180 to receive a brochure with all the NUFACTS message topics. (MJM)

- NUFACTS
- 112 Euonymous Scale
- 127 Tree Watering
- 134 Yellowing and Dropping Leaves
- 140 Mite Injury
- 141 Leaf Scorch
- 156 Black Spot on Roses
- 180 Summer Patch of Turf
- 183 Poison Ivy Control
- 195 Turf Watering
- 200 Broadleaf Weed Control
- 267 Water Management
- 268 Blossom End Rot
- 273 Fall Vegetable Gardening
- 277 Squash Vine Borer
- 290 Weed Control in Garden
- 292 Rabbit Control in Garden
- 187 White Grubs in Turf

EPA Curbs Dursban Uses

Barb Ogg
Extension Educator

The Food Quality Protection Act of 1996 has claimed its first victim: Dursban, (chlorpyrifos) an organophosphate insecticide.

Dow AgroSciences has reached a memorandum of understanding with the U.S. Environmental Protection Agency (USEPA) to voluntarily withdraw chlorpyrifos from most uses in and around residences. Dow AgroSciences will begin monitoring a plan to deplete the existing supplies of chlorpyrifos and remove it from distribution.

Chlorpyrifos is the active ingredient in Dursban and Lorsban insecticides and is also marketed under other trade names. Hundreds of products contain chlorpyrifos.

Why has the EPA taken this step?

The EPA is concerned about exposure of children to chlorpyrifos. Of the 20-24 million pounds of chlorpyrifos used each year, about 50 percent of this insecticide is used in and around the home. This act will eliminate the use of chlorpyrifos by homeowners, limiting uses to certified, professional, or agricultural applicators. The EPA will also lower the toler-

ance on apples and grapes and eliminate its use on tomatoes—foods posing the greatest risk to children.

Will this action affect agricultural uses of chlorpyrifos in Nebraska? The agricultural use of chlorpyrifos is sold under the trade name, Lorsban. This action will have little or no effect on current agricultural uses on Nebraska crops, but



future restrictions may occur.

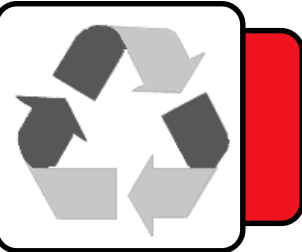
How do I know if the insecticide I have has chlorpyrifos in it? Each insecticide label contains information and gives the “active ingredients” in the product. Some products that are marketed under other trade names may contain chlorpyrifos.

During the summer month, I have been spraying around the outside of my house with Dursban to keep bugs out. What can I use after Dursban is no longer available? We don’t

recommend routine spraying of insecticides as a preventative, because most of the time, homeowners are spraying for a problem that doesn’t exist. This routine and widespread use of Dursban is part of reason why the EPA has taken this action. We recommend that homeowners maintain the outside of their home in such a way as to discourage insects near the structure and fix cracks and crevices that will allow entry by small insects. If an insect invasion occurs, actions can be taken at that time to eliminate the problem. These actions can include pesticides, but many times least toxic controls can be used to solve the pest problem.

What can I do if I find a product containing chlorpyrifos in my garage or basement? It makes the most sense to use up the product, as directed on the label. If you decide it is a product you no longer want to use, you can take it to the Household Hazardous Waste Collection, sponsored by the Lincoln-Lancaster County Health Department. The next collection will be held 9 a.m. to 3 p.m. on, Saturday, July 29 at the Nebraska Wesleyan University parking lot, 56th and Huntington Street.

Environmental Focus



Money Saving Techniques to Help Save the Environment

Dina Bertolini
P3 Intern

The new buzzword in technology is “pollution prevention.” Pollution prevention isn’t cleaning up the oil spills in the Atlantic or recovering toxic spills in old waste dump areas. The idea behind pollution prevention is much like the ideas behind car maintenance, the need for continuous updates on a systems performance. Many times, just like car maintenance, pollution prevention saves money, either directly or indirectly, because it prevents unnecessary wastes from being generated and keeps companies and businesses updated with new technologies.

Pollution Prevention (P2) is, in essence, waste minimization. P2 is the practice of following the order of reduce, reuse, and recycle as a guideline in industrial or company applications. These P2 guidelines save money, but are environmentally friendly. Examples are replacing incandescent lights with fluorescent fixtures in a heavily lighted office building or posting a sign in hotel bathrooms asking patrons to leave clean towels hung so they won’t be washed if they’re not dirty. If all recommendations such as these were implemented, businesses in the Nebraska area could have reduced over 6.5 million pounds of land-filled solid wastes and have saved over \$650,000 through the Partners in Pollution Prevention program.

There are many free public

opportunities available to learn how to implement pollution prevention practices. One particular program, Partners in Pollution Prevention (P3), has been offered every summer since 1997. This year, twelve student interns will apply their backgrounds in engineering disciplines to offer free services to the Nebraska area from May 22 to

August 8. The students assist businesses by providing money-saving techniques and suggestions, and also provide information to businesses so they can remain economically competitive in our present,

rapidly changing technological world. A simple example would be helping a dry cleaning business that uses hazardous chemicals change to a cleaning process that uses carbon dioxide gas.

Presently there is a P3 intern working through the Lancaster County Extension office. Dina Bertolini is from Iowa State University completing a double major in Civil Engineering with an environmental emphasis and a major in Environmental Science within the next school year. She will be providing free services for small businesses ranging from three to one hundred employees and outreach activities for P2 education.

If any organization would like more information on P2 presentations, assessment services for P2 practices, or basic information can contact Dina Bertolini (for Lincoln area) (402) 441-7180 or Dr. Woldt (for any Nebraska area) at (402) 472-8656.



Be Good to Your Worms

Often earthworms leave small mounds or clumps of granular soil scattered about in the lawn or garden, which are called “castings.” These castings may be a nuisance when they accumulate.

As earthworms tunnel through the soil, they ingest the soil and drag organic matter into their burrows where it is broken down. Although earthworms are the most numerous in the top six inches, they also work in the subsoil, bringing mineral rich soil from below to the surface. This adds to the supply of nutrients available to the plants. Research shows in 100 square feet of garden soil, earthworms may bring four to eight pounds

of dirt to the soil surface each year.

Besides incorporating organic matter to your soil, earthworms are good manufacturers of fertilizer. Castings have organic matter levels much higher than the surrounding soil and significant levels of nitrogen, phosphorous, potassium and many micronutrients in a form that all plants can use. For example, a 200 square foot garden with a low worm population of only five worms per cubic foot will provide over 35 pounds (about 1/3 pound per worm) of top-grade fertilizer each garden year.

Not only do they produce this fertilizer, but spread it



thoroughly within the top 12 inches of soil and incorporate it as far down as six feet. Soil that is well managed, rich in humus, may easily support 25 worms per cubic foot, which translates into at least 175 pounds of fertilizer per year for the same 200 square foot garden.

This means your garden or lawn can be supplied with far more fertilizer of superior

See **WORMS** on page 12

Misplaced Wildlife Become Problems in Urban Areas

Problem wildlife are animals in the wrong place at the wrong time. Although these animals may seem annoying when in your neighborhood, most don’t pose a threat and measures can be taken to keep them away.

Raccoons, opossums, squirrels, bats, rabbits, snakes, and skunks are the most common problem wildlife that can invade anywhere.

Many factors can contribute to a wildlife population increase, even in urban areas. A depression in the fur market has reduced the mortality factor for raccoons, and humans are ex-

panding residential districts into areas that were once wildlife habitats affecting other animals. Also, humans provide food and cover that will attract animals.

Wild animals in urban areas often seek food or shelter in porches, chimneys, and garages. Dog and cat food left outside or garbage cans with food in them, can lure the animals.

Eliminate these sources of food or shelter. Feed dogs or cats only one to two times a day, and make sure all food is eaten. Put garbage cans lids on tightly. Use steal or plastic containers with a tight seal.

If bats or squirrels seek

shelter in chimneys, cap them with a cover that allows smoke to go out but prevents the animals from getting in. Keep garage doors closed. Screen underneath porches with woven wire or wood lattice for a more attractive look.

If the problem persists, professional pest control operators can be found in the phone book and, for a fee, will come to a home to resolve the problem.

Live traps may be rented from a local humane society or municipal animal control office. These entities will pick up some trapped animals, particularly those that can transmit rabies.

Traps also can be bought at most hardware stores.

If an animal is encountered, be alert for abnormal behavior. Raccoon or skunk activity during the day is considered abnormal behavior because they are nocturnal animals. Don’t take chances of contracting rabies. If you do see a skunk or raccoon walking in the yard during the day, contact your local sheriff’s department and the local public health department. Tell the officer where the animal is. They should respond. Pets and children should be taken inside.

Beware of handling wild animals due to a risk of rabies,

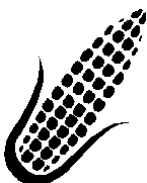
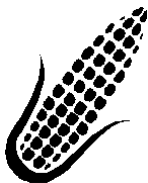
especially in raccoons and skunks. If a person is bitten, wash the wound immediately because the virus is transmitted through saliva, and contact a physician. The offending animal should be captured, killed, and the intact head submitted to the state public health department for rabies testing. If shooting the animal, don’t shoot it in the head.

Although some danger may exist in wildlife, they can be enjoyed by all as long as we can prevent and control the problems they may cause.

SOURCE: Scott Hygnstrom, Ph.D., wildlife specialist, NU/IANR. (BPO)



Farm Views



Utilizing Drought-Damaged Corn

Identification of drought-stress and effect on corn growth and yield

Inadequate moisture during any period of growth can result in reduced grain yield. Nutrient availability, uptake, and transport are impaired without sufficient water. Plants weakened by stress are also more susceptible to disease and insects. Severe moisture stress is indicated by leaf wilting and is alleviated only when the plants receive additional water.

Drought stress prior to tassel and silk appearance may result in small ear size. From the 10-leaf to the 12-leaf stage (V10 to V12), potential number of rows of kernels on the cob is determined. From the 12-leaf to the 17-leaf stage (V12 to V17), potential number of kernels per row is determined. Moisture stress during these vegetative periods may reduce ear length and the number of potential kernels on each ear. If ear size is reduced during this period, it cannot be corrected by relieving the moisture stress later in the season.

Drought stress after pollination and fertilization will result in aborted kernels or poor kernel fill, causing low test weight and reduced yield. It may also predispose the plants to development of stalk rots.

Four consecutive days of visible wilting can reduce potential corn yield by five to ten percent during the vegetative growth stage. During silking and pollination, yield reduction after four consecutive days of wilting can be as much as 40 to 50 percent. Moisture stress during this period can result in a lack of synchronization between pollen shed and silking at pollination, because pollen grains may not remain viable and silking may be delayed.

Within one to three days after silk is pollinated and fertilization is successful, the

silk will detach from the developing kernel. Thus, you can carefully remove the husk leaves from an ear shoot, shake the cob, and estimate the degree of successful fertilization by observing how many silks shake loose.

Another method to determine whether drought-stressed corn plants have been pollinated and fertilized is to look for small white blisters on the ear seven to ten days after pollen shed. To identify the blisters, take ears from several areas in the field and break them in half. Using a knife, dig out several kernels on each ear. If you find kernels that resemble blisters on the ears, you can assume kernel fertilization occurred. If you are unsure whether fertilization has occurred, observe the kernels again in five to seven days. If the kernels were fertilized, the blisters will have rapidly increased in size. If fertilization did not occur, the kernels will not have increased in size. It is also possible to tell if fertilization has occurred by slicing the kernels longitudinally through the embryo side and looking for the young embryo. Only fertilized kernels will produce embryos. Most kernels that have been fertilized, will continue to develop and mature if the plants get water.

If a plant has tasseled and shed pollen but no blisters have appeared, it will be barren. A common result of prolonged moisture stress or moderate moisture stress during late pollination is the production of ears with barren tips. This occurs because the tip kernels were not pollinated or were aborted after pollination.

Feeding drought-stressed corn silage

Before making and feeding silage, be sure all pesticides applied to the crop are cleared for silage use. The interval between final application and

allowable harvest may differ for silage and grain. Be sure to check the label of any chemical that was applied.

Before drought-stressed corn is chopped for silage, test moisture percentage. Even though lower leaves may be brown, plants can contain 75 to 90 percent water, which is too wet for acceptable silage fermentation. If drought-stressed corn has pollinated, it is best to delay harvest as long as some green leaf and stalk tissue remains and the black layer has not formed on kernels. Rainfall and subsequent relief of moisture stress can increase grain dry matter and silage quality.

The feed value of silage made from drought-stressed corn is between 90 and 100 percent of silage made from well-eared corn, based on equal dry weights of the two feeds. Crude fiber and protein will be somewhat higher and TDN (total digestible nutrients) lower than with normal silage, because ears from drought-stressed corn may contain 50 percent or more cob compared to 20 percent cob on normal ears. Drought-stressed silage should be tested for moisture percentage and feed value.

Shelled corn from drought-stressed plants contains between 90 and 100 percent of the feed value of normal shelled corn. Test weight will be lower. Market discounts on low test-weight corn are often greater than the reduced feeding value, so this shelled corn is a good buy for a livestock producer.

Selling drought-stressed silage

For moisture-stressed corn, you can expect to harvest about one ton of silage per acre for each five to eight bushels of corn grain per acre that could have been harvested. For example, if you expect a grain yield of 50 bushels per acre, you can expect six to ten tons per

acre of 30 percent dry matter silage. If very little or no grain is expected, a rough preharvest estimate of yield can be made by assuming one ton of 30 percent dry matter silage can be obtained for each one foot of height of plant material, excluding the tassel.

Selling Price

Two methods can be used to determine a fair market value for silage, each make comparisons with substitute feed sources. The first compares to the price of corn and alfalfa hay. For 70 percent moisture (30 percent dry matter) silage, first, add \$0.50 per bushel to the price of corn grain to cover the added costs of harvesting and storing corn silage rather than grain. Next, multiply the result by five. This gives the minimum value of the silage compared to corn. Next, divide the price of good quality alfalfa hay by three. This gives the value of corn silage compared to a substitute forage. The price per ton of corn silage should fall somewhere between the prices calculated by the two methods.

For example: If corn is \$2.20 per bushel and good quality alfalfa hay is \$75 per ton, compare corn: \$2.20 + \$0.50 = \$2.70 x 5 = \$13.50 per ton. Compare alfalfa hay: \$75 ÷ 3 = \$25 per ton. The range is \$13.50 to \$25.00 per ton for 70 percent moisture silage.

If the buyer harvests and stores the silage, \$2 to \$2.50 per ton should be subtracted because the seller will pay nothing to harvest the crop.

The silage values based on the prices for the two commodities represent the range of bid prices you can ask for drought-stressed silage. You should receive at least the minimum price determined above, or you might as well harvest and market it as grain.

A second method that can be used to calculate a price for

silage uses the price for corn and soybean meal. Table 1 lists prices for drought-stressed corn silage based on both energy (TDN) and crude protein (CP) content for a range of corn grain and soybean meal prices. These prices were calculated assuming 30 percent dry matter corn silage with 65 percent TDN and 10 percent crude protein. The actual exchange price for drought-stressed corn silage will vary by area, depending on the relative supply and demand.

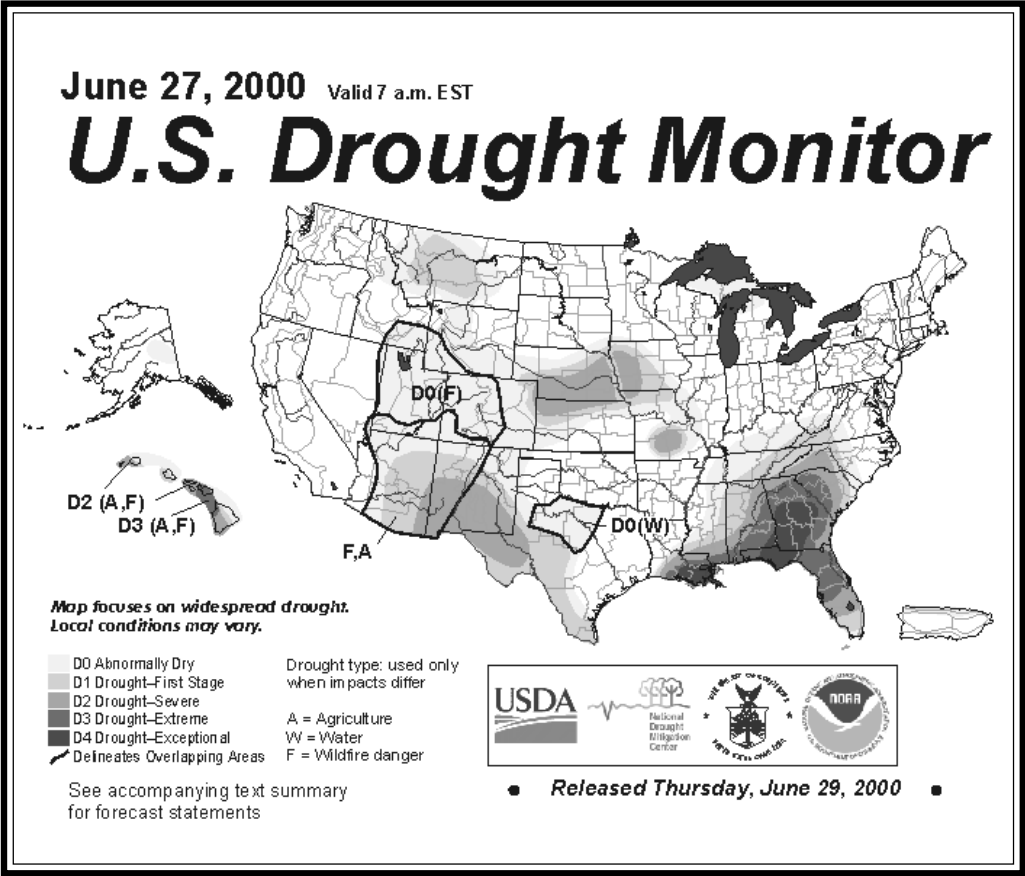
Ensiling stressed corn is preferred to chopping or grazing because of the potential for nitrate toxicity. The potential for nitrate toxicity is practically eliminated during the fermentation process. **Caution!** Ensiling high-nitrate forage can result in production of various nitrogen oxide gases (known, collectively, as silo gas). These gases are highly toxic to humans and livestock. Do not enter a silo for the first four weeks after filling without first running a blower for 15 to 20 minutes.

If drought-stressed corn is green-chopped and fed without ensiling, it should be fed immediately after it is chopped and not allowed to begin to heat. Feed only the amount that will be cleaned up within two hours. When drought conditions prevent normal plant growth, the corn stalk may contain abnormally high levels of nitrate. If fed in excessive amounts, it can cause animals to go off feed or die. Under most feeding situations, the nitrate level in feed must be over 2000 ppm to cause a problem. Nitrate testing of feed is especially important if high rates of nitrogen fertilizer or manure were applied, or if the soil has a high organic matter content. A return to non-stressed conditions following substantial rainfall should decrease nitrate accumulation, but chopping should be delayed for three to five days. (TD)

Table 1. Value of Drought-Stressed Corn Silage, Based on Corn Grain and Soybean Meal Prices.*

Price of soybean meal (\$/cwt)	Price of corn grain (\$/bu)						
	1.80	2.00	2.20	2.40	2.60	2.80	3.00
Value of corn silage (\$/ton)							
6.00	16.97	18.54	20.11	21.68	23.24	24.81	26.38
6.50	17.21	18.77	20.34	21.91	23.48	25.05	26.62
7.00	17.44	19.01	20.58	22.15	23.72	25.29	26.86
7.50	17.68	19.25	20.82	22.39	23.96	25.53	27.09
8.00	17.92	19.49	21.06	22.62	24.19	25.76	27.33
8.50	18.16	19.72	21.29	22.86	24.43	26.00	27.57
9.00	18.39	19.96	21.53	23.10	24.67	26.24	27.81
9.50	18.63	20.20	21.77	23.34	24.91	26.47	28.04
10.00	18.87	20.44	22.01	23.57	25.14	26.71	28.28
10.50	19.10	20.68	22.24	23.81	25.38	26.95	28.52
11.00	19.34	20.91	22.48	24.05	25.62	27.19	28.76
11.50	19.58	21.15	22.72	24.29	25.86	27.42	28.99
12.00	19.82	21.38	22.96	24.52	26.09	27.66	29.23
12.50	20.06	21.62	23.19	24.76	26.33	27.90	29.47
13.00	20.29	21.86	23.43	25.00	26.57	28.14	29.71

* Find the current price for corn grain in the row at the top of the table and the current price for soybean meal in the far left-hand column. You will find the value of silage at the intersection of these prices.



Noxious Weed Number 7



Another plant will be added to the state’s list of noxious weeds. Beginning January 1, 2001, county weed superintendents will enforce the control of purple loosestrife, a plant most often found in wetland areas. Governor Mike Johanns approved the new noxious weed rule and regulations on May 1. What is purple loosestrife? Purple loosestrife is an introduced perennial weed that aggressively invades wetland habitats, destroying these

valuable ecosystems and reducing the diversity of native plants. Purple loosestrife plants can grow up to 10 feet tall and produce as many as 50 stems on a single plant. The leaves are opposite, lance-shaped, and are directly attached to the stiff, four-sided stems. Purple flowers are borne on tall spikes from July through September each year. One mature purple loosestrife plant may produce up to 2.5 million seeds each year. Purple loosestrife was originally from Europe and was introduced into the U.S. and Canada in the early 1800’s. It is not a native, or naturally-occurring plant in any part of the U.S. and is considered an introduced, or exotic species. When purple loosestrife made its way over to America from Europe in the 1800’s, all of the beneficial insects that kept the loosestrife population under control in Europe were left behind. As purple loosestrife began to invade wetland habitats in the U.S., it aggressively took over areas where cattails, sedges, rushes, and many other native plant species were growing.

Purple loosestrife has since eliminated many of these native plants, which are so important to animals as a food source, for nesting materials and to provide protection for birds, muskrats, turtles, and other species. Once purple loosestrife invades a wetland, the area will eventually become a solid stand of loosestrife, of no value to the wildlife that used to live there. Young purple loosestrife plants can be pulled by hand, as long as the entire plant and the roots are removed completely. Mowing or hand-pulling older, larger plants or applying herbicides is more difficult, expensive, and may only be a temporary remedy to control purple loosestrife in wetland areas. Do not plant purple loosestrife in your garden. Biological control is the only long-term solution to manage purple loosestrife infestations and reduce populations of this invasive weed. The introduction of beneficial insects is part of a national purple loosestrife biological control program that began in the U.S. in 1992. (DJ)

Farmers’ Markets on the Rise (Part 2)

More and more farmers’ markets are starting up across the state. These markets have expanded from the basic ‘sell your extra produce’ to commercial food vendors, selling just about everything you could find in a small grocery store. People often ask what can and can’t be sold at a farmers’ market. Here are some answers to these questions. What are the requirements for the sale of red meat (beef and pork)? All red meat must be processed in a USDA inspected

facility and carry the marks of inspection. The packages must bear a label with the USDA establishment number, the net weight, price per pound, total weight, and name and address of the producer, packer, or distributor. This type of sale would require a convenience store permit. What are the requirements of the sale of dressed poultry? Poultry normally is processed under USDA inspection. However, there is an exemption that allows individuals to process poultry they have raised and sell

it through commercial channels. The poultry must be processed in either a USDA establishment or in a facility under state inspection. The packaged poultry must be labeled with the USDA exemption statement, name and address of processor, weight, and price. A processors permit is required, as well as, the convenience store permit. What are the requirements for selling processed game animals? Game animals must also be

See MARKETS on page 11

Fertilizing Roses

Roses are heavy feeders, so a routine fertilization program is important for good plant health and vigor. It may be wise to get the soil tested if there hasn’t been a soil test preformed on the planting bed recently. Roses grow best in the pH range of 5.5 to 7.0. Powdered sulfur can be used to lower the pH. For soils with a pH between 7 and 7.5, add one pound of sulfur per 100 square feet; for a pH between 8 and 8.5, add two pounds of sulfur per 100 square feet; and for soil with a pH over 8.5, add three pounds of sulfur per 100 square feet. Iron sulfate can be used instead of powdered sulfur to decrease the pH and provide the needed nutrients. It’s always a good idea to amend your soil with organic matter, such as peat moss, manure, or compost for an added source of slow-release nutrients. The addition of organic matter will also improve the soil’s drainage and nutrient

holding capacity. It’s recommended two to four inches of organic matter be added and worked into new beds to a depth of 12 inches. Many gardeners find the combination of organic materials and a fast-release, complete, inorganic fertilizer, such as a 5-10-5, 10-10-10, or 12-12-12, works best to produce beautiful roses. In general, roses do well with an application of three pounds of actual nitrogen per 1000 square feet (or 0.3 pounds of actual nitrogen per 100 square feet), divided into three applications per year. To calculate how much fertilizer to apply depends on the formulation, use the following example: Using 5-10-5 fertilizer at the rate of three pounds actual nitrogen per 1000 square feet. Three pounds actual nitro-



gen divided by 0.05 (5 percent nitrogen in 5-10-5) equals 60.6 pounds divided by 10 (1000 square feet to 100 square feet) equals six pounds of 5-10-5 fertilizer per 100 square feet. Using the above example, a total of six pounds of 5-10-5 fertilizer will be applied to a 100 square foot rose bed per year. The six pounds will be divided into three applications (two pounds each); the first in mid- to late-May (for spring planted roses, the fertilizer should be applied after new green vegetative growth begins), the second in mid-July, and the third in the autumn after a killing frost, or very early in the spring before new growth begins. (DJ)

Acreage Insights

The Operations Plan

By Frank Leibrock, Small Business Support
Colorado State University Cooperative Extension

Last month, we discussed marketing your product or service. This month we will look at the operations section of your business plan. It is here you will identify all the details involved in creating and delivering your product or service. This section of your business plan details the day-to-day functions of your business. In this section, you should answer such questions as:

- How will you manufacture your product or deliver your service?
- How will your customers be billed?
- What methods of payment will you accept?
- What policies will you have for your receivables?

- Will you be factoring (selling your receivables to a “collector” for a discount) or setting up your own collection system?
- How will your suppliers be paid?
- How will your employees be evaluated?
- What quality-control methods will be used?
- How will you handle dissatisfied customers?
- How will new products or services be introduced?
- How will “changeovers” take place?
- What kind of training programs will be available to you and your employees?

See OPERATIONS on page 11

Summer Care Yields Fall Harvest

Summers’ warm temperatures may be great for swimming, but hot days are tough on garden seeds. One of the biggest problems for the gardener is getting cool-season vegetable seeds to come up when they are planted during the heat of the summer. To avoid this problem, set out transplants. Transplanting vegetables such as tomatoes, peppers, eggplants, broccoli, and cauliflower will ensure production before frost occurs. Other vegetables can be seeded directly into the soil. Make a seed furrow. Seed furrows vary in depth, but are usually three-fourths to one inch deep. Apply water directly into the seed furrow using a watering can or water hose. Apply enough water to wet the loosened soil to a depth of two to three inches. Always plant more seed than needed. After the water has

soaked in, scatter the seeds evenly along the furrow. After planting, cover the seeds with potting soil, peat moss, or compost. These provide a better environment than garden soil for the seeds to germinate and grow. They also eliminate the problems associated with soil crusting and poor aeration. Use a light-colored material for a cooler seeding area. Seeding depth is still important when using materials like compost. Seeds should germinate and begin to emerge within a few days. Do not allow the soil to dry out; apply additional water as needed. Once plants have emerged, apply a protective shade or cover on the west side of the row to shield them from the summer sun. When plants are one to two inches tall, thin them to the proper spacing. (DJ)

Learn at your convenience

—24 hours a day, 7 days a week—

NUFACTS (audio) Information Center

NUFACTS audio message center offers fast, convenient information. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.

Acreage & Small Farm Insights Web Site

Visit our Internet web site at: <http://www.ianr.unl.edu/ianr/dodge/acreage/index.htm> to learn about Extension programs, publications and links to other acreage and small farm information.

"Part-time Farming" video

"Part-time Farming" will help develop your country environment and improve your quality of life. Just one hour of "Part-time Farming" provides tips that will save you costly mistakes and precious time. Call 402-441-7180 to order your copy.



Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

For a quick and easy way to add interest to summer salads, try making your own croutons. Here's a recipe from the Nebraska Wheat Board to get you started. For more information and recipes for using wheat foods in your diet, call the Nebraska Wheat Board at (800) 651-6736 or e-mail at nwb@nrdec.nrc.state.ne.us. You can also visit the national web site of the Wheat Foods Council at <http://www.wheatfoods.org>

Homemade Whole Wheat Croutons

Makes about 2 cups

NOTE: Trim crusts from bread, if desired. Leaving the crusts on the bread, however, can add visual interest, save preparation time and you don't have to come up with a use for the cut-off crusts!

Oven Method:

4 slices whole wheat bread (use day-old or older bread for best results)

Garlic powder, onion powder, or other herb or spice to taste
2 to 3 tablespoons olive oil

Lightly brush both sides of bread with olive oil or spray them with a pump-type oil mister. Sprinkle with garlic powder, onion powder, or other herb or spice. Cut into 1/2-inch cubes. Bake in a 400 degree F oven on an ungreased cookie sheet, stirring occasionally, until browned and crisp, about 10 minutes.

Skillet Method:

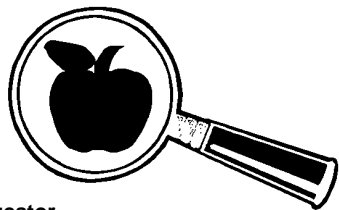
4 slices whole wheat bread (use day-old or older bread for best results)

2 to 3 tablespoons olive oil
Onion or garlic powder, to taste

Cut bread into 1/2-inch cubes. Heat olive oil in a large skillet on medium heat. Add bread cubes; toss and stir until browned and crisp—about 5 minutes. Sprinkle with onion or garlic powder, if desired. (AH)

Focus on Food

Alice Henneman, RD, LMNT, Extension Educator



Q: How should you handle raw fruits and vegetables to help keep them fresh-tasting and safe to eat?

A: As with other foods, it's important to handle fruits and vegetables properly for best taste and to help prevent food-borne illness. It's especially important to follow safe food practices in summer months when temperatures are warmer and bacteria can grow faster. There is more chance for contamination as we may eat outside more, especially in sites away from home where there is little or no access to refrigeration and washing facilities. Following are some steps from a Food and Drug Administration (FDA) Talk Paper (May 26, 2000) that consumers can take to reduce the risk of food-borne illness from fresh produce:

- At the store, purchase produce that is not bruised or damaged. If buying fresh cut produce, be sure it is refrigerated or surrounded by ice.
- At home, chill and refrigerate foods. After purchase, put produce that needs refrigeration away promptly. (Fresh whole produce such as bananas and potatoes do not need refrigeration.) Fresh produce should be refrigerated within two hours of peeling or cutting. Leftover cut produce should be discarded if left at room temperature for more than two hours.
- Wash hands often. Hands should be washed with hot soapy water before and after handling fresh produce, raw meat, poultry, or seafood, as well as after using the bathroom, changing diapers,

See FOCUS on page 11

WIC Works Wonders!!

WIC helps pregnant women eat better, have healthier babies, and receive early prenatal care. Infants born to WIC mothers weigh more, and grow and develop better. Children on WIC eat foods with more iron and vitamin C, visit their doctors regularly, and receive immunizations.

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides free foods and nutrition information to keep pregnant women, infants, and children under five healthy and strong.

Over 4,700 Lincoln/Lancaster County clients are a part of the WIC program, at convenient locations, coordinated by Family Service and the Lincoln/Lancaster County Health Department. A family of four earning \$31,544 annually meet the income guidelines. WIC foods include milk, cheese, infant formula, cereal, eggs, juice, beans, carrots, and peanut butter.

The Nutrition Education Program (NEP) works side by side with WIC. "The teamwork enhances the nutrition education which our clients receive. The NEP staff do a great job of individualizing the education to fit the families needs," says Marcia Wallen, Family Service WIC program coordinator.

Sandy Phillips, nutrition advisor says, "The WIC staff and clients are great to work with. Many of the clients come to see me even when they aren't scheduled just to share the successes they've had with the information we share."

A WIC parent says, "The WIC program is perfect. It has been a lifesaver for my children."

If you or someone you know may benefit from the WIC, call 441-8655 or 441-6200 for more information. (MB)



Sandy Phillips (NEP) and Kim Cline (Family Service WIC) serve families at Carol Yoakum Family Resource Center on Thursday afternoons.

Make It A S*U*P*E*R Salad Summer!

Alice Henneman
Extension Educator

What comes to mind when you think of a salad? Perhaps a little lettuce with a gob of a fatty dressing on top. How about thinking: **S*U*P*E*R SALAD!**

Bowl 'em over this season with nutrient-packed, slimming, hunger-satisfying, sumptuous summer salads! Here's how and some recipes that will help you get started:

1. COLOR IT HEALTHY

Create your salads from a variety of colorful fruits and vegetables to gain the most advantage from the nutrients, fiber, and phytochemicals in these foods. Phytochemicals are chemicals produced by plants

that are thought to have beneficial health effects.

Eating five or more fruits and vegetables a day has been associated with helping protect against certain types of cancer, heart disease, osteoporosis, and with aiding in weight control.

The new Dietary Guidelines for Americans, 2000 has a new guideline developed solely for fruits and vegetables: "Choose a variety of fruits and vegetables daily." For starters, here's a palette of some possible colors:

• **RED:** Tomatoes, watermelon, strawberries, red grapes, raspberries, red peppers.

• **ORANGE:** Apricots, cantaloupe, carrots, papaya, peaches, oranges.

• **GREEN:** Broccoli, lettuce and other greens, spinach, chives, peas, kiwi fruit, green peppers. When considering green plant foods, you might also think about

adding herbs for flavor and color. Some possibilities include: basil, dill, mint, oregano, parsley, rosemary.

• **WHITE:** Cabbage, cauliflower, onions, garlic, scallions, leeks, potatoes, bananas.



See SUPER SALAD on page 11



**YOUR
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around the
clock**

NUFACTS

NUFACTS offers information 24 hours a day, 7 days a week. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.

**301 Canning Vegetables Safely
302 Using a Boiling Water Bath
303 Keeping Canned Fruit from Floating**

and many more...

Cook It Quick!

Tips and recipes for cooking healthy foods in a hurry:
www.lanco.unl.edu/food

FREE monthly Food Reflections e-mail newsletter.

To be added to the mailing list, e-mail Alice Henneman at AHENNEMAN1@UNL.EDU

Diabetes Study Course

Call Alice Henneman (441-7180) for more information.



*"Fun is in the Air
at the Lancaster County Fair"*

2000 County Fair Highlights

(see complete fair schedule on the back of this insert)

Saturday, July 29
Open Class Horse Show (*East Arena*)..... 8 a.m.

Sunday, July 30
Cattle Team Penning (*East Arena*)..... 11 a.m.

Monday, July 31
4-H Horse Show (*East Arena*) all day

Tuesday, August 1
4-H Horse Show (*East Arena*) all day


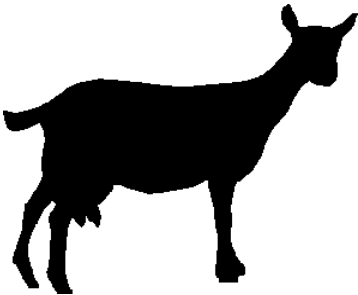
Wednesday, August 2
4-H Horse Show (*East Arena*) 8 a.m.
Exhibits Open 6 p.m.
Carnival Opens evenings
4-H Style Revue (*4-H Arena*) 7 p.m.

Thursday, August 3
4-H Horse Show (*East Arena*) 9 a.m.
4-H Household Pets Show (*Farmland Building*) . 11 a.m.
Petting Zoo (*Behind Farmland Building*) noon-7 p.m.
Watermelon Feed (*Youth Complex*) 4:30-6 p.m.
Town Hall Meeting with Lancaster County State
Senators (*Farmland Building*) 7 p.m.
Carnival afternoon, evening
Teen Dance 8-11 p.m.

Friday, August 4
Health Awareness Day (*Ag Hall*) 9 a.m.-4:00 p.m.
Petting Zoo (*Behind Farmland Building*) ... 9 a.m.-9 p.m.
Celebrity Swine Show (*North Arena*) 4 p.m.
Ice Cream Social (*Youth Complex*) 5:30-7 p.m.
Family Barbecue (*Youth Complex*) 5:30-7 p.m.
Farm Family Awards (*East Arena*) 8 p.m.
Hay Hauling Contest (*East Arena*) 7 p.m.

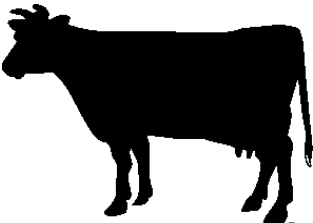
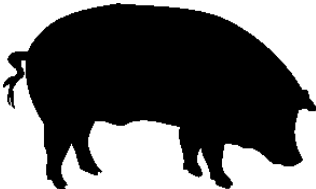
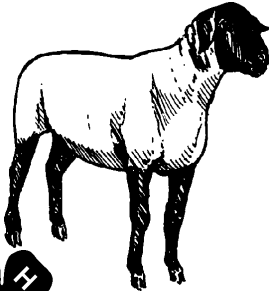
Saturday, August 5
Open Class Dog Show (*East Arena*) 9 a.m.
Petting Zoo (*Behind Farmland Building*) ... 9 a.m.-9 p.m.
Big Wheel Race (*Ag Hall*) 11 a.m.
Keeping Families First Day Activities (*Ag Hall*)
..... 11 a.m.- 4 p.m.
Pedal Tractor Pull (*Ag Hall*) 4 p.m.
Micro/Mini Tractor Pull 4 p.m.
4-H Horse Show (*East Arena*) all day

Sunday, August 6
Open Class Miniature Horse Show (*Coliseum*) 8 a.m.
4-H Celebration/Achievement & Leadership Recognition
(*4-H Arena*) 2 p.m.
Garden Tractor Pull (*East Arena*) 7 p.m.



4-H Livestock Shows

If you would like to see the beef, sheep, swine, dairy, llama or goat shows, please check the back page of this insert for times and locations of each show.





4-H Horse Show

Monday, July 31
through
Thursday, August 3
and
Saturday, August 5

East Arena

(see schedule on back page for times)

2000

HEALTH AWARENESS DAY

Friday, August 4
9 a.m.-4 p.m.

Agricultural Hall • State Fair Park

*Sponsored by the Lancaster County Agricultural Association
for Family and Community Education Clubs*

Activities for adults & children

Exhibitors & Agencies

Lincoln-Lancaster County Health Department

Saint Elizabeth Burn Center

Operation Life Saver

Animal Control

Community Blood Bank

Lions Screening Unit

and many more!



4-H Rabbit Show

Thursday, August 3
through
Saturday, August 5

Lancaster Building
Tent

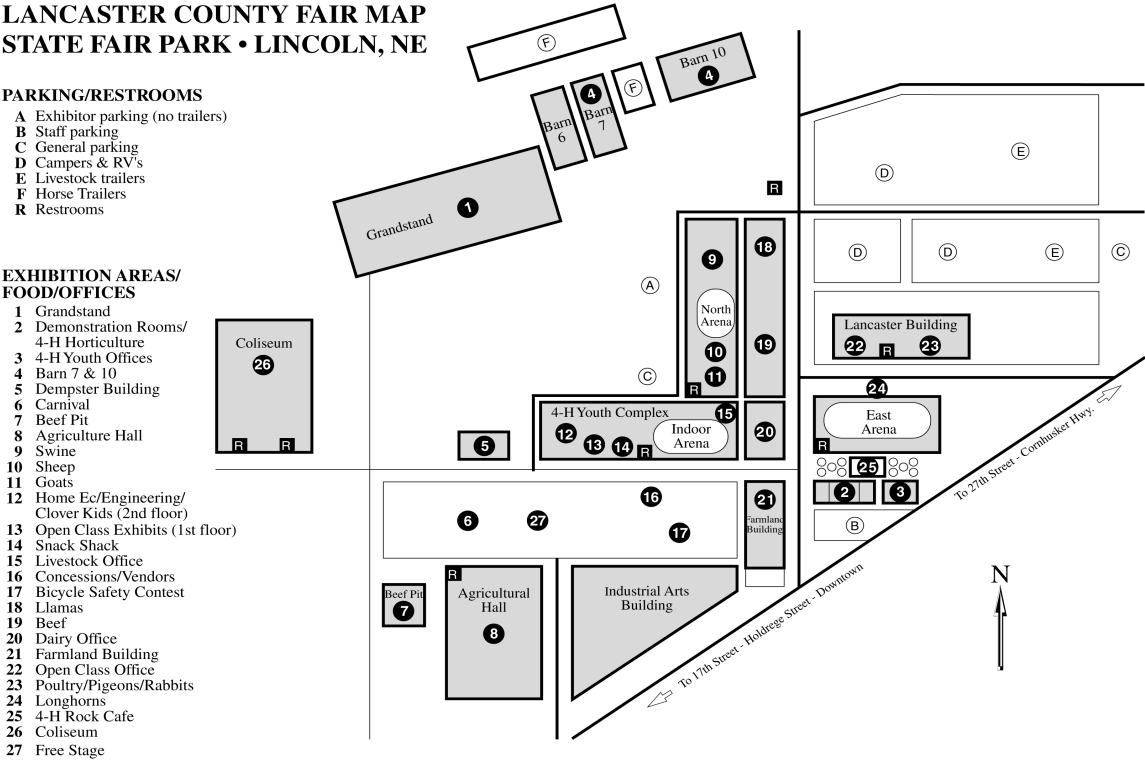
(see schedule on back page for times)

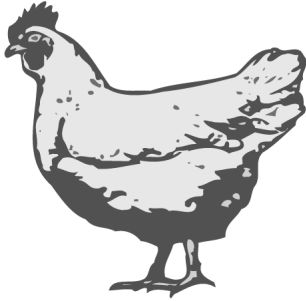
Town Hall Meeting

Meet with
Lancaster County
State Senators

Thursday, August 3
7 p.m.

Air conditioned Farmland Building



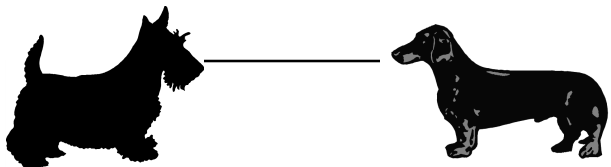


4-H Poultry & Pigeon Show

Thursday,
August 3

Lancaster Building

(see schedule on back page for times)



4-H Dog Show

Thursday, August 3, 9 a.m.

4-H Arena

(see back page for specific class times)

4-H Style Revue



Wednesday, August 2
7 p.m.



4-H Building Arena



4-H Cat Show

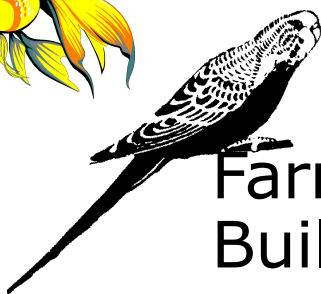
Saturday, August 5, 9 a.m.

Farmland Building



4-H Household Pets Show

Thursday, August 3,
11 a.m.



Farmland
Building

Keeping Families First Day

Saturday, August 5 • 11 a.m.-4 p.m.

State Fair Park • Ag Hall

Make family memories by spending a day at the fair and visiting The Keeping Families First booths. Fun, games, activities and family information make Keeping Families First a must event.

Booths open at 11:00 a.m.. Stop by for ice cream sold by the 4-H Teen council and get ready to enter the Pedal Tractor Pull at 4:00 p.m.

Contact LaDeane Jha at 441-7180 for more information.



KEEPING
FAMILIES
F·I·R·S·T

University of Nebraska Cooperative Extension



4-H



Célébration.

to recognize 4-H youth and leaders

Sunday, August 6 • 2 p.m.

4-H Arena • State Fair Park

Watermelon Feed



Thursday, August 3

4:30-6 p.m.

Youth Complex • State Fair Park

4-H Teen Council Ice Cream Social

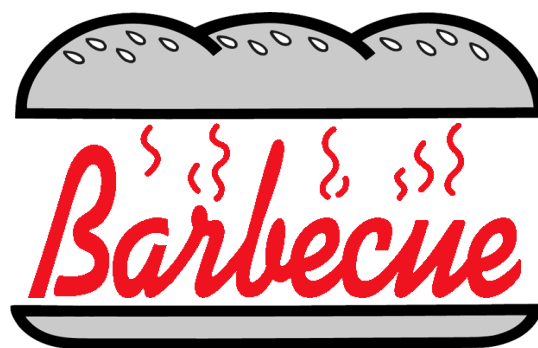
Friday, August 4

5:30-7 p.m.

\$.75



Youth Complex • State Fair Park



Barbecue

Friday, August 4

5:30-7 p.m.

\$3

Youth Complex • State Fair Park

2000 Lancaster County Fair Schedule

Clarice's Column

Clarice Steffens
FCE Council Chair



It really is mid-July and our summer is flying by! Our grandsons spend the days with us during the summer and it's really hard to believe they will return to school in about a month.

Every year before school is out we make a list of things we want to do in the next few months. That usually includes, at least, trips to the library, days at the zoo, swimming, movies (when we can all agree on one), some day trips, eating out, Bible

school, basketball camp, and church camp. We're working on the list, but have a lot of things to do yet!

FCE members have already attended the June Council meeting and enjoyed the Sizzling Summer Sampler. August will bring Health Awareness Day at the County Fair on August 4. Preparation for this includes collecting items for the gift bags, stuffing the bags, and distributing them. Some of you may be surprised to know we usually prepare about 500 bags for kids and adults each year. As you know, we need volunteers for this task. (Another activity the grandsons get in on.) I hope you will also consider helping.

Our next Council meeting will be Monday, September 25 at 7 p.m. This meeting will be hosted by the 49'ers, Willing Workers, and Home Service Clubs. Mark your calendars.

Congratulations are in order for Pam Branson who was recognized by the County Commissioners on June 6 for her outstanding work. We all know of her invaluable assistance to all of us connected with FCE.

Summer seems to be a time for celebrations—family reunions, graduations, weddings, holidays, etc. Just in case you need something else to celebrate, remember July is National Ice Cream month! Stay cool!

Do You Have a Baby at Home?

In the first year of life, your baby is learning to trust people. He/She trusts you because you provide food, clothes, and warmth. They trust you to take care of them when they are hungry, wet, or need love. They trust you to take care of them when they are afraid.

Your baby is also learning to trust themselves. Everyday they are learning new things with their body such as how to sit up, crawl, pull themselves up, and walk. They are also learning how to grasp things and hold on.

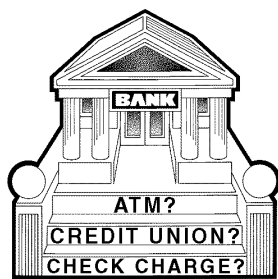
It is important to help your baby learn these things. If they can't learn these things and you don't help them, they will mistrust you and the world. (LJ)



Choosing a Financial Institution

When choosing a financial institution with whom to do business, you may want to think about the following questions. They may help you determine which financial institution is right for you.

- Does it offer the services I need?
- Is it close to home?
- Does it have reasonable hours? What about after-hours or Saturday banking?
- Does it have ATM's? If so, are they located near where I live, work, or shop?
- Am I eligible to join a credit union?
- Do any employees speak my language?
- What kind of identification is required to open an account?
- What, if any, fees will be charged?
- How much money do I need to open an account?
- How much do I have to keep in my account to avoid fees?
- What is the monthly service charge, if any?
- What are the fees for bounced checks?
- How many checks can I write before extra fees are charged?
- Will I be charged a fee if I want a canceled check or a copy of one?
- How many withdrawals can I make each month?
- Does this account pay interest?
- Does an ATM or debit card come with this account?
- Will I be charged an additional fee to use the ATM or debit card at another institution? (LJ)



But Everyone Else Has One

Some kids have more things, and better things, than others. That's a fact of life. But it doesn't mean those with less have to be unhappy.

If your child talks about all the things a friend has, don't take it as a complaint that they don't have all that, too. Enjoy talking to them, and say, "It's nice to have a friend like that, isn't it?"

Don't apologize for not having as much. Talk about the good things about your family, such as time spent together, the love between you, a warm and safe place to live, and more.

Practice being content

yourself. The amount of money a person has doesn't have much to do with how rich they feel.

Be sure your child understands your family's money situation. Have an older child help you balance the checkbook or put checks for bills in envelopes so they understand where the money goes and there may not be anything for extras. This way they won't just think you're being mean if you can't buy them something.

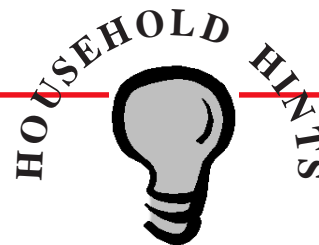
When they are old enough, talk to kids about earning money to get some of the things they want. Kids who earn money themselves learn the value of

money more quickly than those who don't earn money.

Don't try to keep up with the things other kids have. Set your own standards. Each family is different. The fact other kids have something does not mean it's right for your child or family.

If your child gets teased because they don't have the most up-to-date jeans, the latest shoes, a neat bookbag, or even a great car, help them think of a good answer. An example would be: "I don't need to have that in order to be a neat person." Or "I am who I am, take it or leave it." If they can say this with confidence, it often ends the teasing. (LJ)

Family Living



by Lorene Bartos, Extension Educator

Laundry 101

- Check clothing care labels to see how the manufacturer recommends caring for the garment.
- Match the wash cycle and water level to the load.
- Separate colors from whites (to keep dyes from bleeding onto lighter-colored fabrics) and heavily soiled items from lightly soiled ones.
- Use the recommended amount of detergent per load. Adjust the amount of detergent if soil, water, or machine conditions are not average. (LB)

Health Awareness Day

Friday, August 4
9 a.m. to 4 p.m.
Ag Hall, State Fair Park

Lancaster County Family & Community Education Clubs emphasizes healthy lifestyle practices. Booths will feature hands-on activities and information for youth and adults. Local health related agencies will be on-hand to share their information.

Come join the fun! FCE members are needed to volunteer at Health Awareness Day.

Call Ann Meier, 488-6219, if you can help August 4. (LB)

Keeping Families First Day at the Fair

Bring your family to Families First Day at the Fair Saturday, August 5, 11 a.m. to 4 p.m. in Ag Hall on the State Fairgrounds. Information, games, and fun for all. (LJ)

CHARACTER COUNTS! Corner The Rewards of Respect

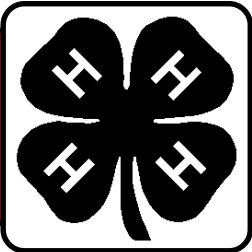
When we were younger and first heard about respect, it was a "should" or a "have to." We were told to use good manners and show respect to others, especially older people. Showing respect was something we had to do.

We sometimes concentrate on the bad things that happen if we are rude, but fail to recognize the great rewards of being respectful. The following represent the rewards of treating others the way we'd like to be treated.

- We develop effective social skills and habits.
- We make other people feel good.
- We earn the respect of others.
- We establish good relationships.
- We are treated better by other people.
- We improve our feelings of self-worth.
- We build a solid reputation.

More than anything else, respect reaps a rich harvest in life. What we send out has a way of returning. Good people build their lives on a foundation of respect. (LJ)





4-H & Youth



Volunteers are Needed and Appreciated!



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

- **Fair assistant**—help judges and superintendents with exhibits Tuesday, August 1, 4-8 p.m. or Wednesday, August 2, 8 a.m.-5 p.m.
- **Fair Fund Day helper**—give tours of the fairgrounds and activities to daycare groups Friday, August 4.
- **Food booth worker**—help in the 4-H food booths. Please call Deb Day. Call the extension office at 441-7180 to sign up. Thanks a million! (LB)



Take time at the Lancaster County Fair to vote for the 2000 4-H Council.

Ballots will be available at the 4-H Office, State Fair Park and at the information booth, 2nd floor of the 4-H Building.

We need your vote! (LB)

Food Booth Training

What: A workshop for ALL food booth volunteers. Even if you have attended before, you are encouraged to come this year.

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

When: Thursday, July 29, 6-7:30 p.m.

Workshops: Customer Service
Making Change and Taking Orders
Food Safety

Your Responsibilities as a Volunteer

Visit: Food Booths

Bonus: Certificate of Completion and lots of fun.(LB)

Did You Know...

The moon moves about two inches away from 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)

Hoof Trimming Clinic

Please attend a hoof trimming clinic for beef on Tuesday, July 18, 6-7 p.m. at the Gordon Chapelle residence. For directions or for detailed information, contact Deanna at 441-7180. (DK)



4-H Celebration



Sunday, August 6, 2 p.m.

4-H Arena, State Fair Park

Recognizing members and leaders for outstanding achievement and years of service.

Join the "Fun At The Fair."

Families will be selected from the audience to participate in "Family Fun Activities." Come and celebrate the achievements. Help give the 4-H members and leaders the recognition they deserve and the "thanks" they have earned. (LB)

Needed: 4-H Ambassadors

4-H members who will be in grades 9-12 in the fall, are eligible to apply. Ambassadors will be selected through an application and interview process. Two positions are open.

4-H Ambassadors

Promote 4-H through PSA's and displays.

Serve as master/mistress of ceremonies at events.

Develop marketing skills through selling ads for the fair flyer.

Provide leadership for 4-H activities.

To apply, send a letter on why you would like to be an ambassador and resume of your 4-H, school, and community activities to Lorene Bartos, University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528-1507. Call Lorene if you have questions. (LB)

Interview Judging

Wednesday, August 2, refer to pages 5-6 of the fair book for project areas that will have interview judging. Sign up for a five-minute time slot by calling the extension office at 441-7180. If you have more than one item in a project area, sign up for five minutes per item. Talk to the judge about your fair exhibits by sharing the trials and lessons of your exhibits. Interview judging is a great way for 4-H members to learn what the judge looks for and how to improve their skills.

Small Animal Shows Loads of Fun



What is a cat's tail for? What does an iguana eat? What is a cavy? Come to the Lancaster County Household Pets Show and Cat Show to find out. And — have a great time!

In some 4-H projects, youngsters experience the pride of owning and being responsible for the care of animals. At the small pet shows, judges examine the health of these pets, as well as, determine knowledge gained by the exhibitors.



Judges inspect cages, tanks, or appropriate environments. These areas should be clean, organized, and include food and water. Many times, exhibitors bring favorite blankets and toys so their pets adapt more readily to strange surroundings. Of course, the environments must be

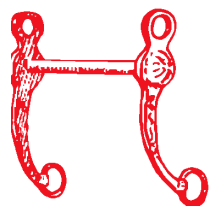
safe, both for the animals and the 4-Hers.

In the showmanship category, exhibitors answer questions about their animals and the care of their pets. Judges may ask about nutrition and diet, vaccinations, grooming information (if appropriate), health, and other general knowledge and experience questions. Through this mini-presentation, 4-Hers improve their communication skills and gain self-confidence.



So come to the Household Pets Show, Thursday, August 3 at 11 a.m. and the Cat Show on Saturday, August 5, 9 a.m. in the Farmland Building on State Fair Park. It's fun for the whole family! (ALH)





HORSE BITS

Pre-District Horse Show Held June 10

On Saturday, June 10, Lancaster County held its Pre-District 4-H Horse Clinic/Show at Wranglers Saddle Club. There were 40 youth in attendance. Leon Olson judged the clinic and critiqued the exhibitors in preparation for the upcoming district horse shows.

The district shows were held in eight locations around the state of Nebraska the last two weeks of June. Exhibitors must place blue or purple at districts to qualify for the Grand Island State 4-H Horse Exposition being held July 16-20.

By all accounts, the Pre-District Horse Show was a success and a valuable learning experience for youth showing this year and in upcoming years.



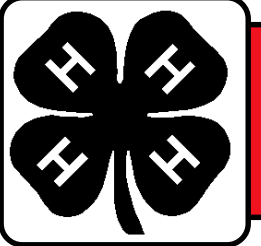
▲ #659 Elizabeth Harris
#657 Ben Leach



▲ #679 Gabrielle Warner



4-H & Youth



Helping 4-H

Valerie Lemke
4-H Council Member

Selling houses to help out 4-H! Sounds a little strange, huh? Well not to Mitch Sump. Mitch Sump is a realtor for Home Real Estate, and for every house he helps a family purchase or sells to people who mention his new 4-H fund-raiser program, 25% of his commission will be donated to the Lancaster County 4-H Council for 4-H programming.

Mitch grew up in Clarinda, Iowa where his parents were farmers. As a boy, Mitch was very active in both Boy Scouts and 4-H.

His wife, Kathy, was a very active 4-H'er in Randolph, Nebraska and about a year ago, Mitch and Kathy learned of a similar idea from a realtor in California. That realtor would

donate part of his commission to the food banks and other local organizations. The idea sparked both Mitch and Kathy, so they began thinking of youth programs. They wanted programs that they were a part of and would like their future children to be part of — 4-H topped their charts.

According to Mitch, "There are so many youth organizations out there. 4-H definitely focuses on more than just the winning aspect, but on the learning aspect as well. It is a long term program with set goals established, and Kathy and I strongly believe in it!"

So the next time you're looking for a house, or have a friend who is selling one, remember Mitch Sump and his 4-H fund-raising program. Mitch can be reached at 436-3367 or 474-9578.

Attention Livestock Exhibitors

NO straw bedding will be allowed in the livestock barns at county fair. Woodchips will be available for sale at the fair or exhibitors may bring their own. (DK)



North Central Regional Volunteer Forum



Information is now available for this year's North Central Regional Volunteer Forum. It will be held October 19-22 in Fargo, North Dakota. Share ideas, experiences, challenges, and successes with other volunteers. You can also participate in educational sessions and activities designed to increase your effectiveness and competencies. The conference will center around these four themes:

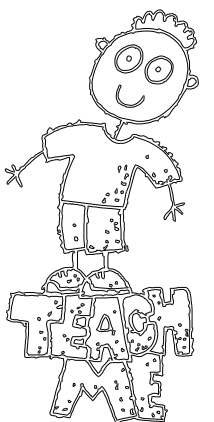
**Connecting with Youth
Collaborating with Community
Caring for Yourself
Creating Change for the Future**

A variety of tours will also be available for volunteers to explore the many points of interest in the Fargo area such as: the local heritage and art, children's attractions, new technology, and agriculture.

Registration is \$190 plus \$10 per tour. Registration is due August 21. Transportation for Nebraska delegates will be arranged, sign up by August 10. Scholarships are available from the volunteer development resources and are due by July 30. The 4-H Council will also offer scholarships. Contact Tracy for more information. (TK)

Attention: All FUN-seekers!

Do you like to have FUN with kids? Are you interested in helping with the 2000 Lancaster County Fair? We have just the thing for you. We need volunteers to help with FAIR FUN DAY, to be held on Friday, August 4. Volunteers will take school-age children through different FUN activities around the fairgrounds. Please call Kris Grage at 441-7180 for more details. (KG)



A REMINDER FOR INTERNET USERS:

Lancaster County Extension Office has a new, shorter home page address: www.lanco.unl.edu

Some shortcuts:

www.lanco.unl.edu/food

www.lanco.unl.edu/ag

www.lanco.unl.edu/enviro

www.lanco.unl.edu/neblne

www.lanco.unl.edu/hort

www.lanco.unl.edu/family

www.lanco.unl.edu/4h

www.lanco.unl.edu/contact



Community Focus

Crime Prevention

Recent rural Lancaster County burglaries signal a need to take extra precautions to prevent you from falling victim to crime. Many crimes can be prevented if the opportunity to commit a crime is removed.

Protect your equipment, tools, and supplies.

Rural properties contain many items attractive to thieves. Garden tractors, hand tools, batteries, machinery attachments, and supplies such as gasoline, oil, and animal feed are items a criminal is eager to steal.

To defend your property, follow these security tips:

- ✓ Utilize yard lights and a watch dog to deter potential thieves.
- ✓ Secure storage buildings, gas pumps, your home and barn with deadbolt locks or sturdy padlocks.
- ✓ Keep boats, snowmobiles, bikes, fertilizers, tools, and other small equipment out of view and in locked buildings. Consider



constructing a metal storage cage within a building for locking up smaller more valuable items.

- ✓ Secure property you leave outdoors to large stationary objects with a chain and pad-lock.
- ✓ Never leave valuable tools or guns in an open car or pickup truck.
- ✓ Avoid leaving garage doors open. An open garage door especially with no vehicle in sight is a “welcome” sign to burglars.



- ✓ Avoid leaving farm equipment and tractors in a field overnight.
- ✓ Remove vehicle and equipment keys—do not make it easy for a thieves to take your belongings.
- ✓ Identify your property with permanent identification in two locations. This helps prevent easy sale of unidentified items and helps authorities to identify recovered items.
- ✓ Maintain a property inventory and keep a record of serial numbers.
- ✓ Utilize your neighbors to help fight crime and keep an eye on each other’s property. Be observant and report any suspicious activity to the authorities at once.
- ✓ Encourage family members and employees to be security conscious.
- Protect your livestock
- ✓ Mark your animals. A permanent brand tattoo or other marking system is essential for identification of stolen livestock. Signs posted indicating animals are branded are often a deterrent to thieves.
- ✓ Check your livestock frequently and take a frequent count. When away, arrange for a neighbor to check them for you.
- ✓ Check gates and fences regularly. Good fences and closed gates prevents stray animals which are especially vulnerable to theft. Lock corral gates, loading chutes and livestock trailers. Don’t make it easy for thieves to use your equipment to steal from you. (GB)

Prevent Crime the Pro-active Way: Organize a Neighborhood Watch Program

Neighborhood watch is a program to help residents protect themselves and their property. It is not a program of vigilante actions nor does it use citizens to actually enforce the laws. It is about establishing a network of eyes and ears for the Lancaster County Sheriff’s Department. Through a system of training and organizing neighborhoods, citizens become alert to suspicious activity and take an active role in reducing crime.

Organizing a Neighborhood Watch

1. Visit with friends and neighbors to determine their interest and support for a Neighborhood Watch Program.
2. Contact the Crime



- Prevention Division of the Lancaster County Sheriff’s Department to organize a meeting (main non-emergency phone number 441-6500).
3. Determine an organiza-

tional meeting date and time. Usually these meeting are held at the home of the organizer.

4. During the meeting, the Lancaster County Sheriff’s Department will provide:
 - A deputy to explain the Neighborhood Watch Program and answer questions.
 - Assistance in selecting a coordinator for your area—usually the person who organizes the meeting.

(A color TV should be available for use during the meeting.)

5. If an easily defined area exists for a Neighborhood Watch Program to operate, the

See WATCH on page 11

Suspicious activity

Not every stranger who comes into your neighborhood is a criminal by any means. There are many door-to-door salesmen, repairmen, and servicemen moving around our neighborhoods all the time, but criminals DO take advantage of this by pretending to be legitimate workmen. The Sheriff’s Office would rather investigate than be called when it is too late. Your call could save a life, prevent an injury, or stop a criminal act. BE ALERT. BE CONCERNED and CALL.

SUSPICIOUS ACTIVITY CONCERNING PERSONS	
CIRCUMSTANCES	POSSIBLE CRIME
Going door to door in a residential area especially if one or more persons goes to the rear of the residence.	Possible burglary suspects or trespassers.
Waiting or loitering in front of a house or business, if the business is closed or house unoccupied.	Possible burglary suspects.
Forcing entrance, or entering your neighbor's house, when it is unoccupied.	Possible burglary, theft, or trespassing.
Person running, especially if something of value is being carried.	Possible suspect fleeing the scene of a crime.
Person carrying property that is not wrapped, at an unusual hour.	Possible suspect fleeing the scene of a burglary or robbery.
Much human traffic to and from a certain residence, if it occurs on a daily or regular basis.	Possible vice, fence, or narcotics operation.
Person screaming.	Possible rape or assault.
Person loitering around cars or going car to car peering into them, especially in parking lots or on the streets.	Possible car thief or a theft from automobile.
Persons loitering around schools, parks, or secluded areas.	Possible sex offenders or drug activity.
Persons offering items for sale at a very low price.	Possibly trying to sell stolen property.
Strangers loitering or driving through a neighborhood several times.	Possible burglary or larceny suspects.
“Delivery Man” with the wrong address, or one who asks if someone else lives there.	Possible burglary suspect.
Vehicle moving slowly, without lights, or driving in an aimless manner. This is suspicious in any location, including residential streets, schools, and playgrounds.	Possible burglar, drug pusher, or sex offender.
Parked or occupied vehicles containing one or more persons especially significant if observed at an unusual hour.	Possible lookouts for a burglary or robbery.
Vehicles being loaded with valuables if parked by a business or unoccupied residence.	Possible burglary or theft in progress.
Abandoned vehicle parked on your block.	Possible stolen car.
Vehicle containing weapons.	Owner may be engaged in criminal activity.
Vehicle where someone is being forced into it, especially females or juveniles.	Possible kidnapping, assault, or attempted rape.
Vehicle where a business transaction is being conducted around schools or parks.	Possibly selling stolen items or drugs.
Locked vehicle that someone is attempting to forcibly enter, especially in a parking lot.	Possible theft of a car or contents.
Persons detaching mechanical parts or accessories from a vehicle.	Possible theft or vandalism.
Objects thrown from a vehicle.	Possible disposal of contraband.
Property in homes, garages, or storage areas is suspicious if accumulations are large, or item in good condition but not in use.	Possible stolen property.
Property offered for sale at a very low price.	Possible stolen property.
Property in vehicles that is not normally found in vehicles, especially if observed at an unusual hour or if TV sets, stereos, guns, or auto parts.	Possible stolen property.
Property carried by persons on foot, especially suspicious at an unusual place or hour. Very questionable if person is running or property is unwrapped.	Possible property just stolen in a burglary or robbery.
Property being removed from or loaded into a vehicle or building. Not suspicious unless at an unusual hour or from a closed business or unoccupied residence.	Possible burglary or theft in progress.
Continuous repair operations at a nonbusiness location.	Possible stolen property being altered.
Open or broken doors and windows at a closed business or unoccupied residence.	Possible burglary in progress, completed burglary, or vandalism.
Unusual noises such as gunshots, screaming, or dogs barking continuously.	Possible burglary, assault, rape, etc.
Sound of breaking glass.	Possible burglary or vandalism.
A person exhibiting unusual mental or physical symptoms.	Person may be injured, under the influence of drugs, or otherwise needing medical attention.



Sheriff's Office Seeks Your Help

The Lancaster County Sheriff’s office seeks your help in solving burglaries throughout the county. If you or members of your family witness:

- (1) strangers asking for directions;
 - (2) a vehicle that looks out of place;
 - (3) multiple hang up phone calls; or
 - (4) unannounced sales persons or any other suspicious activities in your neighborhood,
- please call the sheriff’s office at 441-6500 and ask to speak to a criminal investigator. Remember many crimes are solved through information provided by the public. (GB)

SUPER SALAD

continued from page 6

- **PURPLE/BLUE:** Blueberries, blackberries, red cabbage, raisins.
 - **YELLOW:** Corn, yellow peppers.
- For more information: Visit the web sites of the Produce for Better Health Foundation (PBHF) (<http://www.5aday.com>) and the National Cancer Institute (NCI) (<http://dccps.nci.nih.gov/5aday>). For specific information—plus recipes—for more than 50 fruits and vegetables, click on “links” on the PBHF Web site. Also, check the Dietary Guidelines for Americans, 2000 Web site (<http://www.usda.gov/cnpp/Pubs/DG2000/Index.htm>) for more information about the benefits of fruits and vegetables.
- 2. FIX IT LOW FAT**

Dress your salad skinny with nonfat or low-fat dressings. Or—if you use a fat-based dressing—reduce the fat in other parts of your meal. A fourth cup of a high-fat dressing can quickly add 300 or more calories to your salad!

Likewise, emphasize lower fat forms of meat, poultry, seafood, and dairy products in salads. Or, balance them with lower fat choices in the rest of your meal.

For a flavorful oil-based dressing, consider olive oil. Olive oil is high in monounsaturated fat. It can help lower total blood cholesterol without lowering HDL or “good” cholesterol when consumed according to the new Dietary Guidelines for Americans, 2000 recommendation:

- “Choose a diet that is low in saturated fat, cholesterol, and moderate in total fat.”
- 3. PUT THE PYRAMID ON YOUR PLATE**
- Move salads from side dish to main dish status for some of your meals. Include foods from the other Food Guide Pyramid Groups in addition to fruits and vegetables:
- **MEAT GROUP:** Mix in meat, poultry, seafood, cooked dry beans, eggs and/or nuts.
 - **DAIRY GROUP:** Slip in slivers of cheese. Drizzle on a yogurt-based dressing.
 - **BREAD GROUP:** Add croutons for crunch—store bought or home made. Put in pasta or rice as the base for some of your salad.



FOCUS

continued from page 6

- or handling pets.
- Wash all fresh fruits and vegetables with cool tap water immediately before eating. Don’t use soap or detergents. Scrub firm produce, such as melons and cucumbers, with a clean produce brush. Cut away any bruised or damaged areas before eating.
 - Wash surfaces often. Cutting boards, dishes, utensils, and counter tops should be washed with hot soapy water and sanitized after coming in contact with fresh produce, raw meat, poultry, or seafood. Sanitize after use with a solution of 1 teaspoon of chlorine bleach in 1 quart of water.

- Don’t cross contaminate. Use clean cutting boards and utensils when handling fresh produce. If possible, use one clean cutting board for fresh produce and a separate one for raw meat, poultry, and seafood. During food preparation, wash cutting boards, utensils or dishes that have come into contact with fresh produce, raw meat, poultry, or seafood. Do not consume ice that has come in contact with fresh produce or other raw products.
- Use a cooler with ice or use ice gel packs when transporting or storing perishable food outdoors, including cut fresh fruits and vegetables.

As an extra measure of precaution, you may wish to wash pre-packaged salads, especially if you are uncertain about how they were cleaned. Don’t assume that because a food is pre-packaged it’s ready to eat.

Even if you don’t eat the peel of a fruit or vegetable—such as melons—it’s still important to wash them. Bacteria from the outer surface can be transferred to the inside of the fruit or vegetable. Discard the outer leaves of leafy vegetables before washing them.

Healthy Eating From Your Home Garden!

As we reap the harvest of our gardens, we may eat more veggies during the summer than we do the rest of the year. Here’s an update on how those good-tasting veggies are good-for-you too!

- **Tomatoes.** (Tomatoes are technically a fruit—why they’re classified as a vegetable is another story!) Tomatoes are an excellent source of lycopene, a substance that may help reduce the risk of cancer of the prostate, cervix and colon. Lycopene also may help protect against heart disease. Processed tomatoes provide more lycopene than raw ones. Cooking breaks down cell walls and makes lycopene more available to your body. For extra lycopene, you might enjoy some of your fresh tomatoes in a sauce.

- **Broccoli and cabbage.** Harvard researchers found men who ate more than five servings of cruciferous vegetables weekly were half as likely



to develop bladder cancer as those eating one or fewer servings a week. These vegetables include cabbage family members such as broccoli, cauliflower, kale, and Brussels sprouts. Broccoli and cabbage seemed especially protective.

- **Kale, collard greens, Swiss chard, spinach, broccoli, turnip greens, leaf lettuce and other dark green lettuces, cabbage.** Eating your greens may help your bones. Cooperative research by Harvard and Tufts Universities suggests that vitamin K, found in the highest amounts in dark green vegetables, may help protect against hip fractures. A 10-year study of middle-aged women showed those eating the most vitamin K were 30% less likely to have a hip fracture.

Calcium and vitamin D are still important for bone health. Vitamin K is thought to help promote a chemical change necessary in bone development.

Green vegetables also tend to be high in folate, vitamin C and carotenoids, equally important nutrients. A daily trip to your garden for your greens makes good sense.

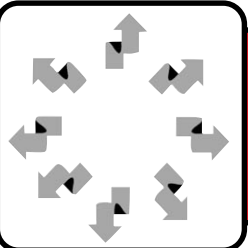
- **Carrots, pumpkin, leafy greens, winter squash, tomatoes, sweet peppers, spinach, brussels sprouts, kale, broccoli.** Diets rich in antioxidant vitamins may help protect against cancer and heart disease.

This list gives some common vegetables high in antioxidant nutrients. Notice how these green vegetables keep popping up on almost all the lists!

To keep the health benefits coming year round, enjoy frozen or canned versions of these veggies when fresh ones aren’t available. Aim for three to five servings of veggies daily. For a free fact sheet on freezing so you can enjoy your garden vegetables throughout the year, send a self-addressed, stamped envelope to: Freezing (# 108-94); c/o Alice Henneman; NU Lancaster County Extension; 444 Cherrycreek Road; Suite A; Lincoln, NE 68528-1507. (AH)



Miscellaneous



VEGETABLES

continued from page 2

summer crops. A light layer of compost or a small application of fertilizer will prepare the soil for another crop. Dry soil may make working the soil difficult and inhibit seed germination during the midsummer period. Plant fall vegetables when the soil is moist after a rain, or water the area thoroughly the day before planting. It may be beneficial to soak the seeds overnight before planting.

An organic mulch will help keep the soil cool. Mulching between rows can decrease soil

drying. Irrigate when necessary so plants have sufficient moisture during the warm days. Some of the best quality vegetables are produced during the warm days and cool nights of the fall season.

Look ahead to the fall garden, which offers its own satisfaction through its prolonged harvest of fresh vegetables, savings in food costs, and the knowledge that you are making full use of your gardening space and season. (MJM)



WATCH

continued from page 11

Sheriff’s Department will post Neighborhood Watch signs. An area map of people from the neighborhood should be supplied.

The services of a Neighborhood Watch

1. During the organizational meeting, the Lancaster County Sheriff’s Department will compile a list of participants and distribute additional information to all members in the watch area.
2. Once all guidelines are met, Neighborhood Watch signs will be posted.
3. When the Lancaster County Sheriff’s Department has information pertinent to your neighborhood watch area, the

coordinator will be notified. The coordinator will forward the information on to neighborhood watch members. (i.e., a certain car or person to watch for, etc.)

4. If a neighborhood watch member has something to report, they are to phone the Sheriff’s Department directly.
5. Newsletters from the Sheriff’s Department are distributed through the neighborhood watch coordinator to the members.
6. Neighborhood Watch groups can organize various networks of communication between members as deemed necessary. (GB)



MARKETS

continued from page 5

processed under state inspection. Game animals (rabbits, buffalo, pheasants, etc.) are not amenable to USDA regulations, therefore, inspection by the USDA is not required. Similar to poultry processing, the processing area must meet food safety and sanitation requirements including smooth, cleanable work surfaces, walls, floors and ceilings, adequate clean-up facilities, hand sinks with hot and cold water, and adequate refrigeration facilities. This area would be permitted as a processor.

What about selling shell eggs?

Eggs must be clean, graded, and kept refrigerated at 45 degrees F and be labeled with the Nebraska Egg Code number, grade, size, pack date, and name and address of packer. The egg code number is a registration number provided by the Department of Agriculture at no charge. A person may sell eggs of their own raising to stores, restaurants, and institutions without a permit.



OPERATIONS

continued from page 5

- How will your business handle growth?
 - How long will it take from the time an order is placed to when the customer receives it?
- These questions and many others need to be addressed as you look at the operation of your business. You will find your

production operations have a direct bearing on your financial planning. In our next article, we will look at the financial structures you must create to support the business operations you have identified in this section of your plan. (DJ)

The NEBLINE

Nebraska Cooperative Extension
Newsletter
Lancaster County

THE NEBLINE is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Rd., Suite A, Lincoln, Nebraska, 68528-1507. Contact the extension office, (402) 441-7180 for more information.



Gary C. Bergman, Extension Educator—Unit Leader

NOTICE: All programs and events listed in this newsletter will be held at the Lancaster Extension Education 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.

Mary Abbott, Extension Assistant
Lorene Bartos, Extension Educator
Corey Brubaker, Extension Educator
Maureen Burson, Extension Educator
Linda Detsauer, Nutrition Advisor
Tom Dorn, Extension Educator
Soni Cochran, Extension Associate
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Mardel Meinke, Extension Assistant
Barb Ogg, Extension Educator
Sondra Phillips, Nutrition Advisor
David Smith, Extension Technologist
Jim Wies, Extension Assistant
Karen Wobig, Extension Assistant



Phone numbers & addresses:

Office (leave message after hours) **441-7180**
After hours **441-7170**
FAX **441-7148**
COMPOSTING HOTLINE **441-7139**
NUFACTS INFORMATION CENTER **441-7188**
EXTENSION OFFICE E-MAIL..... **LanCo@unl.edu**
WORLD WIDE WEB ADDRESS..... **www.lanco.unl.edu**

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



Nebline Feedback

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Return to:
University of Nebraska
Cooperative Extension in Lancaster County
444 Cherrycreek Road • Suite A, Lincoln, Nebraska 68528-1507

Extension Calendar

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

July 14

Pesticide Container Recycling Collection, *Farmers Coop, Waverly Fertilizer Plant* 9 a.m.- 3 p.m.

July 17

Market Journal Satellite Conferences 8-10 p.m.

July 18

Hoof Trimming Clinic, *Gordon Chapelle residence* 6-7 p.m.

July 28

Pesticide Container Recycling Collection, *Plymouth Coop at Fairbury* 9 a.m.- 3 p.m.

July 29

4-H Food Booth Training - *State Fair Park* 6-7:30 p.m.

July 30 - August 6

County Fair Activities (see insert)

August 4

Pesticide Container Recycling Collection, *Plymouth Coop at Plymouth* 9 a.m.- 3 p.m.

August 11

Pesticide Container Recycling Collection, *Plymouth Coop at Wilber* 9 a.m.- 3 p.m.

August 21

Market Journal Satellite Conferences - Lancaster Extension Education Center 8-10 p.m.

Mosquitoes Have Discriminating Tastes

Are you one of the unlucky persons who always seems to get more mosquito bites when you are at an outdoor barbeque? According to a research study conducted by University of Florida entomologist Jerry Butler and research assistant Karen McKenzie, mosquitoes choose some people over others. The trick is to try to determine why.

Mosquitoes are attracted by carbon dioxide and other odors and can hone in on a blood meal 40 miles away. They fly in a zigzag fashion, using chemosensors on their antenna until they are close to the victim. Then they use vision and heat sensors to select the most attractive person to feed on.

What are the attractants? More research is needed, but Butler and McKenzie already know natural secretions through the skin and skin care products affect the mosquitoes' appetite.

Here are a few factors they have observed:

-As a person perspires and bacteria start to grow, a person may increasingly become more attractive to mosquitoes. Bathing before you attend an outdoor

evening event may be helpful.

-After bath products, skin-care products and cosmetics have ingredients that often attract mosquitoes and may last longer than insect repellents.

-Butler and McKenzie observed some medications can change an attractive person into one who is repellent or vice versa.

-They also observed a research volunteer was diagnosed with a brain tumor in the middle of the research study. Before the tumor was removed, he was repellent. Afterwards, he was attractive to mosquitoes.

Butler and McKenzie theorize mosquitoes who need cholesterol and B vitamins, but can't make them on their own, can sense which host has the richest source of nutrients. Outcomes from this research may be helpful in identifying substances that are repellent to mosquitoes.

They also suggest if you can figure out which of your friends is attractive to mosquitoes, always invite that person to your barbeques to spare your guests (and yourself) from mosquito bites. (BPO)



WORMS

continued from page 3

quality, than a dry or granular fast-acting chemical fertilizer of 10-20 pounds. In fact, these fertilizers may even repel the earthworms that are present. As the fertilizers become soluble, they may leach down into the soil and force the earthworms to seek refuge elsewhere.

Worms make other contributions, such as adding calcium carbonate, a compound which helps moderate soil pH. Over-time, earthworms can help change acid or alkaline soils toward a more neutral pH.

Earthworm tunnels help to aerate and loosen the soil. This allows more oxygen, which not only helps the plant directly, but also improves conditions for certain beneficial soil bacteria. Finally, the tunneling of the earthworms provide an access to deeper soil levels for the numerous smaller organisms that contribute to the health of the soil.

How can you encourage earthworm activity? First, use a mulching mower, one that leaves the grass on the lawn or spread the lawn clippings in the garden area to "feed your worms." Because earthworms are less active when the soil is dry, watering may be necessary.

Since earthworms are beneficial, control measures are not required and there are no treatments registered for earthworm control. If the mounds of soil on your lawn really bother you, you can break them up with a rake.

In summary, earthworm activity in your soil is good for your lawn and garden and should be encouraged. They help incorporate organic matter, improve the soil structure, improve water movement through the soil, improve plant root growth, and minimize thatch build up in lawns. Source: Ask Jeeves website. Check out: <http://www.askjeeves.com> (BPO)

Calling all Artists! 2001 White House Easter Egg Artistry Contest

The 2001 White House Easter Egg Artistry Contest is underway! The American Egg Board (AEB), in conjunction with the Poultry & Egg Division of the Nebraska Department of Agriculture, is again sponsoring this statewide contest. Nebraska artists are asked to decorate an egg to represent some special feature(s) of the State of Nebraska.

The winning egg chosen from the state of Nebraska will be sent to the American Egg Board for inclusion in the 2001 Easter Egg Display at the White House in Washington, D.C. Entries for this year's contest are due September 7, 2000. For contest criteria or futher information, contact Mary Torell by e-mail at mtorell2@unl.edu or call 402-472-0752. (GB)

