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8-1995

## The NEBLINE, August 1995

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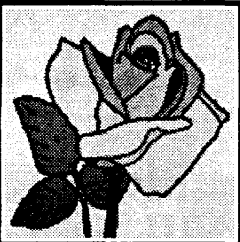
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## Horticulture

# Summer mulching



Mulch insulates plants over the winter. It also helps plants secure

the optimum soil temperature and moisture in warmer weather. The time to apply mulch for the growing season depends on the plant. Cool-season plants, like pansies, should be mulched as soon as new growth appears in the spring, when soil temperatures are cooler.

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

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

Mulch should be placed within 6 to 8 inches of the trunk, without contacting it, to create some distance between the trunk and

surrounding turf. This also keeps the lawn mower away from the trunk.

When choosing a garden mulch, make sure it is loose to allow some movement of water and air. Also, the mulch should be at least 1 to 1½ inches deep and generally no more than 3 inches deep. Mulch that is too fine or deep may get roots growing in it and become more prone to winter injury. Also, mulch that is too deep restricts air and water movement. Wood chips, grass clippings or chopped tree leaves are good organic mulches, as are inorganic materials like pebbles, rocks and landscape materials. Light-colored or reflective materials should not be used next to a house, except in shaded areas. They reflect a lot of heat onto the house which can raise the cost of air conditioning. Any wood chips used should be kept 2 feet from the house to avoid attracting termites.

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



of dormant plants such as spring bulbs or perennials.

✱ Keep tall flowers staked and cut out dead flower stalks.

✱ Disbudding chrysanthemums produces larger blooms. Most mums, except spray types, respond well to disbudding.

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

✱ Cut strawflowers intended for dried flower arrangements when the blooms are only half open. Tie small bundles of the flowers together and hang them upside down in a well ventilated place to dry.

✱ Check on water needs of hanging baskets daily in the summer. Wind and sun dry them much more quickly than other containers.

✱ Clean up fallen rose and peony leaves. They can harbor disease

and insect pests over the winter if allowed to remain on the ground.

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

✱ Mound soil over the lateral or brace roots of corn stalks for extra support against strong winds.

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

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

✱ Water the garden early in the day so plants can absorb the moisture before the hot sun dries the soil. Early watering also insures that the foliage dries before night. Wet foliage at night increases susceptibility to fungus diseases.

✱ Many herbs self-sow if the flowers are not removed. Dill produce seeds that fall around the parent plant and come up as volunteers the following spring.

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

✱ Bt (*Bacillus thuringiensis*) is used by many gardeners to protect cole crops from chewing caterpillars.

✱ White flies are attracted to yellow, so use yellow sticky boards to reduce their populations.

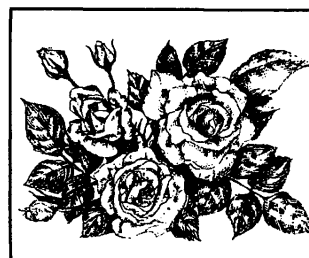
✱ Every weed that produces seed means more trouble next year. Control weeds before they go to seed.

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

## A rose is a rose ...

Free additions to your rose garden are as close as your pruning shears.

Most roses can readily be propagated from cuttings. Whether you are preserving an old



one with a glass jar. Leave the jars over the cuttings all winter. In the spring, remove the jars.

Take hardwood cuttings in the fall after the shoots are

very firm. Remove all the leaves from 8- to 10-inch cuttings and plant the cuttings in a well-protected, sunny place with only the topmost bud of each above the soil surface. After the arrival of cold weather (before the ground freezes), mulch the cuttings with several inches of straw, wood chips or other such material.

Remove the mulch, next spring, after the danger of frost has past. To avoid propagating diseases along with your plants, take cuttings only from plants showing no signs of virus or bacterial diseases. (DJ)

Softwood cuttings are taken in late summer; hardwood cuttings in the fall. In either case, all cuttings taken may not form roots, so take more than you think you need. Take softwood cuttings after the flowers have fallen. Then take 6- to 8-inch cuttings from the stems. Remove all the leaves except one or two at the tip and plant the cuttings with half their length below the soil surface. Water thoroughly and cover each

very firm. Remove all the leaves from 8- to 10-inch cuttings and plant the cuttings in a well-protected, sunny place with only the topmost bud of each above the soil surface. After the arrival of cold weather (before the ground freezes), mulch the cuttings with several inches of straw, wood chips or other such material. Remove the mulch, next spring, after the danger of frost has past.

To avoid propagating diseases along with your plants, take cuttings only from plants showing no signs of virus or bacterial diseases. (DJ)

## Healthy plants indoors and out

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

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

Plants may need some fertilizer; but, be careful. Over-fertilization can lead to lush growth which may also cause disease. Plants need sufficient sunlight. Grow lights may be necessary to help transplants get enough light while indoors.



Houseplants not getting enough sunlight can be moved to a sunnier window.

Before moving a houseplant outside in summer, check with a garden nursery. A plant accustomed to a dark environment will overdose from sunshine and go into shock—turning yellow and losing leaves.

Avoid overwatering transplants as too much moisture can promote root rot. Keep transplants moist until the seed germinates; then

continue to water, but less often.

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

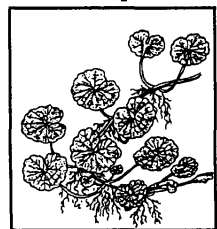
Before purchasing a houseplant, get information about its ideal growing conditions. Try to simulate its growing conditions within the home. (DJ)

## Control of ground ivy in the lawn

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

Control of ground ivy in lawns is difficult. The control strategy depends upon the degree of infestation. Turfgrass areas that have become completely overrun with ground ivy may need a major renovation. The small amount of grass is simply not worth saving. The ground ivy needs to be destroyed and the areas seeded in late summer. Glyphosate

(Roundup®, Kleenup®) is a non-selective herbicide that can be used as a spot treatment to control



ground ivy. Non-selective herbicides kill nearly all plant materials that they come in contact with. Efforts to eliminate ground ivy should begin in early August. This allows adequate time to kill the ground ivy and prepare the area for seeding in late August or September. Apply glyphosate to the ground ivy infested areas. Wait 10 to 14 days. Treat the areas a second time if the ground ivy has not been completely killed. Once the ground ivy is controlled, the areas can be seeded.

Turfgrass areas that contain some ground ivy, but are mainly grass, can be treated with selective

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

Once the ground ivy has been controlled, the homeowner needs to use good mowing, fertilization, watering and cultivation practices to obtain a dense, healthy, competitive stand of turfgrass which should help prevent future weed infestations. (MJM)

## Prune for safety's sake

Midsummer weather means that a lot of people are out walking and bicycling these days. Homeowners can help make self-powered transportation more pleasant and safe, as well as economical, by trimming trees and shrubs that overhang sidewalks and roadways.

Removing a few overhanging limbs or cutting back an overgrown shrub can turn a sidewalk from an obstacle course to a wide avenue for a pleasant stroll. Trees like willows, with their weeping habit of growth, are especially likely to cause problems for the passersby; however, any landscape plant near a walkway or bike path can encroach upon it.

When cutting back these plants, be sure to use proper

pruning tools and techniques. Remove a branch or limb where it joins the next larger branch or the plant's trunk. Make cuts flush with that branch or stem—stubs may let insects and disease organisms invade the rest of the plant.

Pruning wounds, even large ones on trees, need no first aid treatment. You can dab them with wound paint for cosmetic purposes—to darken the cut surface—but this is not necessary. Painting them with bright-colored paint is definitely not advised. It merely makes the wounds more noticeable. And, it lasts much longer than the month or so it will take the freshly exposed wood to weather to a soft barnwood gray. (DJ)

## GARDEN GOSSIP HOTLINE

ACCESSIBLE FROM

ANY PHONE

441-7179





# Seed alfalfa in August

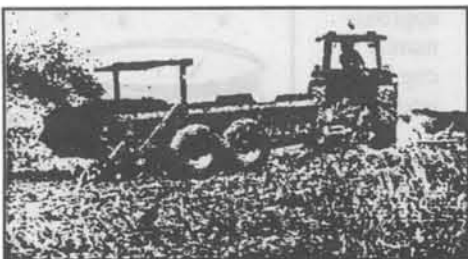
**\$** The best time for fall seeding alfalfa in eastern Nebraska is during the month of August, provided adequate soil moisture is available. At this time, soil moisture does look very favorable. Many producers prefer to seed in the fall rather than spring, because weed problems are usually not as great in the fall. A fall seeding avoids the spring weed problems of foxtail, pigweed and other summer annuals that can destroy a new crop. In Lancaster County, it is necessary to consider the weeds that will cause a problem for a fall seeding. The cardinal rule has always been that you should not seed alfalfa into a weed problem!

Pennycress and downy brome have become very competitive over the years to fall seeded crops such as alfalfa and wheat. Therefore, if either of these two weeds are a problem in that field, do not seed there. Farmers sometimes wait until mid- or late-September to plant alfalfa. This is often too late because the plants do not have a chance to become established before the first killing frost. September 10 is the latest date alfalfa should be seeded in Lancaster County. If it cannot be completed by that time, it is best to wait another season. Each year, many failures to establish alfalfa are reported to our office. Our investigations have

revealed that the probable cause for failure is that the seed bed is too loose. It does not matter if it is a spring or fall seeding. Those who try to plant into loose soil are doomed to failure. Complete tillage is okay if the soil is firmed up by either moisture or packer-seeders. No-till planters have also been very successful. In fact, no-till seeding of alfalfa has become the trend among successful alfalfa producers. Before seeding alfalfa (regardless of spring or fall) do a complete soil test, apply lime, if needed, and be sure to inoculate the seed. For more information, request NebGuide G82-652 "Seeding and Renovating Alfalfa" from the Extension Office. (WS)

# Poor soil? Enrich it with sludge

We have seen excellent yield response on soils that have been fertilized with Lincoln's municipal sludge, especially soils that are deficient in phosphorus and micronutrients. Sludge is high in nutrients needed by plants and is about 66% organic matter. It improves the water holding capacity of sandier soils and also helps drainage of heavy clay soils. It is



especially beneficial to soil that is highly eroded or newly terraced. Other advantages to coopera-

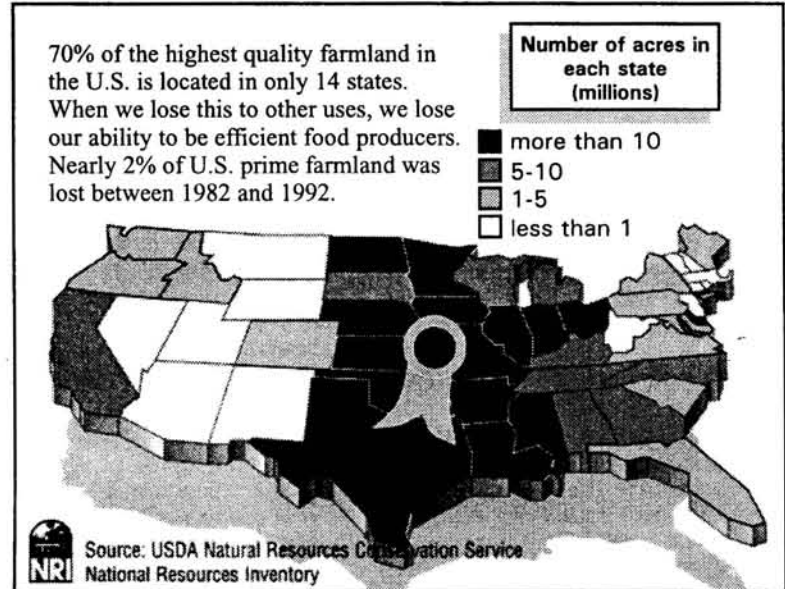
tors are that they are reimbursed 65¢ per cubic yard to partially defray the cost of application. In addition, free deep soil samples are taken as part of the evaluation process. If interested, a farmer needs access to a manure spreader and the time to apply this organic material. At the present time, we are evaluating fields for fall/winter application. For more information about this program, call 441-7180 and talk to Barb Ogg. (BPO)

# Use mowers safely

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

- Never take a child for a ride on a garden tractor or riding mower.
- Keep children indoors and supervised at all times when outdoor power equipment is used.
- Never assume children will remain where you last saw them. Be alert and keep an eye on children in the area. Use extra care when backing up or approaching corners, shrubs or trees.
- Never allow a child to operate a riding mower or garden tractor, even if the child is supervised.
- Clear the mowing area of objects such as rocks, toys, wire, etc. They can be picked up and thrown by the blade. (DV)

# Where's the prime farmland?



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

## Rural Sense



# Common reed weed



A new crop of common reed stands along side last year's seed heads.

Common reed is a perennial weed with very stout creeping rhizomes (underground stems) and wide flat leaf blades. The seed head is a panicle, golden brown or purple in color, approximately 5 to 15 inches long. When you break the stem, the inside will be hollow. Common reed is typically found in marshes, stream banks, waterways and around springs. It can grow 10 to 15 feet tall. Common reed was recently found growing in the Martell area in a waterway next to cropland. Some populations do exist in Nebraska; however, habitats in the southern and eastern parts of the United States are more widespread. Because of its rhizomatous and perennial nature, common reed has a clustered growth form. It is easiest to control when small. For more information on identification and control, call the Lancaster County Extension Office, 441-7180. (SP)

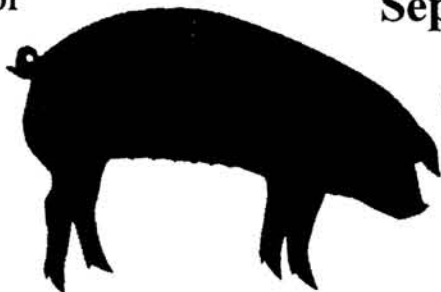
# False chinch bugs and grasshoppers discovered in sorghum near Cortland

Early July, in the Cortland area, we saw a seedling stand of sorghum (4" high) that needed an emergency treatment after being attacked by a combination of false chinch bug and small grasshopper nymphs. False chinch bugs look similar to regular chinch bugs; however, they are not black and red—they are brown. Earlier in the spring, the field was covered with Virginia pepperweed (a weed belonging to

the mustard family) which served as a host for the false chinch bugs. After the pepperweed was destroyed, the false chinch bugs began feeding on the sorghum seedlings—not having any better source of food. The grasshoppers were still quite small, but the large numbers were severely feeding on the small sorghum seedlings. This field needed to be treated, but there are no insecticides

registered for false chinch bugs in sorghum. There are some insecticides registered for grasshoppers in sorghum; however, and one treatment should control both insect problems. As the season progresses, watch for grasshoppers in all field crops. If they are found in high numbers now, they have the potential to be much worse later in the season. (MW/BPO)

Techniques for  
Improving  
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Seminars  
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# Ag efficiency related to quality of life

America's high quality of life seems to be driven in part by agriculture's extremely high efficiency (a minimum of persons producing height quality, abundant food at low cost to consumers).

This efficiency is supported and enhanced by a strong link between science (source of technologies) and farming (application). For Americans, this means the vast majority of an individual's time

and income can be allocated to other material and recreational activities. Agriculture's role in national affluence can be seen in the following examples. (DV)

Country	% of Workforce in Agriculture*	% of Income Spent on Food*	Life Expectancy in years**	Infant Mortality/1,000	Passenger Cars/1,000 Persons**	Phones/1,000 Persons***
U.S.A.	2.2	6.8	76	9	577.2	509
France	5	11.3	77	7	416.4	482
Russia	13.5	13.2	69	20	N/A	N/A
Brazil	23.7	24.5	66	58	87.5	94
India	66.2	35.3	60	90	3.3	7
Kenya	76.5	27.4	59	67	6.4	15

\* = From the World Bank    \*\* = From FAO, United Nations    \*\*\* = From the United Nations



## EnviroFair 1995



**Held during the Lancaster County Fair**  
**Thursday • August 3 • 9-5 p.m.**  
**Ag Hall • State Fair Park**  
**Exhibits • Hands-On Activities**  
**Free Admission • All Ages Welcome**

## Report from Poison Control Center

The American Association of Poison Control Centers summarizes calls received about human exposure to poisons on an annual basis. The 1993 summary involves 1,751,476 exposures, reported to one of the 64 poison control centers nationwide. The 64 centers serve approximately 181 million people.

Calls concerning a pesticide exposure represented about 4 percent of all 1993 contacts. Of these, 1,107 dealt with a fungicide, 7,059 with an herbicide, 49,378 with an insecticide and 14,920 with a rodenticide.

Ten pesticide-related deaths were reported: two involved rodenticides and eight were due to



Did you know that the average home contains three to ten gallons of hazardous waste? So, what do you do with that used motor oil? Or what about the outdated insecticide?

Don't pour these wastes down the drain. Storm and household drains are not intended to be used as garbage cans. If you have a septic tank, for example, excessively large quantities of some chemicals can destroy the bacteria that break down the waste. If this happens, the septic tank won't function properly and may clog

the drain field.

You may think it is okay if you are linked to Lincoln's municipal sewer system, but substances discarded into home drains can also inhibit or destroy biological processes that break down waste during the secondary treatment.

Toxic metals and other harmful residual materials contained in household waste may accumulate in the sludge in the treatment plant. In high concentrations, toxic metals can make the biosolids unfit for land application.

What to do with toxic wastes? Take inventory and bring waste to

the hazardous waste collection days, sponsored by the Lincoln/Lancaster County Health Department. There are only two collection days left this year. They are:

Saturday, August 19  
 Nebraska Department of Roads  
 1500 Hwy 2, north parking lot  
 9:00 a.m. to 3:00 p.m.

Saturday, October 7,  
 Former Health Department  
 parking lot  
 2200 St. Mary's Avenue  
 9:00 a.m. to 3:00 p.m. (BPO)

## Construct a simple fruit fly trap

Even though you've tossed out the overripe fruit, rinsed the soft drink cans, and scoured garbage containers, pesky fruit flies still seem to stay around. This easy-to-make and effective trap is an excellent addition to your fruit fly control techniques.

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

1. Pour approximately ½ cup beer into jar.

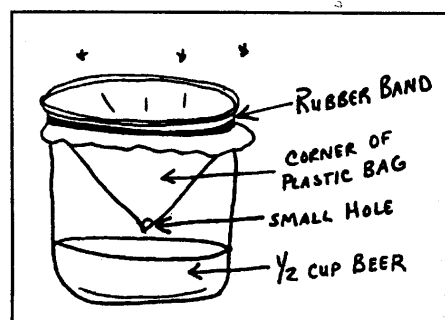
2. Place plastic bag over mouth of jar with one corner reaching down into jar.

3. Poke a small hole (no more than ¼" diameter) in corner of bag with pencil.

4. Secure bag around rim with rubberband.

5. Place trap out-of-reach of children and pets.

Fruit flies will be attracted by the fermenting beer, find their way



through the tiny hole in the bottom of the funnel, not be able to find their way out and drown.

\* You may substitute vinegar for beer (beer does

work quicker). Some people like to speed up the process and add a drop or two of fruit juice to the "bait." Solid baits like bananas can also be used, but the flies will not die. They continue to reproduce and you'll have a jar of spoiled banana, maggots and flies to clean up—not very attractive in the kitchen. (SE)

## TP for septic tanks

Scientific testing for toilet paper? Yes! According to the National Small Flows Clearinghouse, rigorous testing of all brands is done annually by NSF International (National Sanitation Foundation), an independent laboratory. Results have shown that some toilet papers biologically degrade faster than others and are better for septic tanks. Two national brands, Charmin® and Cottonelle® carry this NSF mark. Because testing of TP is conducted annually, the NSF mark of approval may be added to the labels of other brands of toilet paper, as they pass these strict tests.

What about colored toilet paper? Contrary to a popular myth, one study has shown that, the presence of dyes did not interfere with the biodegradation process. After 12 days of degradation, the amount of cellulose of dyed paper was similar to that of white paper.

Septic tank pumpers are split over the question of colored toilet paper, but they all agree that thin paper is better than two-ply or quilted paper. And, the biggest factor in toilet paper digestion seems to be how often the tanks are cleaned.

*Did you know ...*

- The average person uses 96 rolls of toilet tissue per year. It is among the top 10 purchases consumers make at supermarkets.
- The first recorded reference to toilet paper was in 1718.
- In the late 1700s, someone invented a ladies bamboo fan with a hollow handle that would discreetly hold squares of bathroom tissue.
- In 1871, a patent was granted for a machine that perforated paper with holes. Before this process, toilet paper was often dispensed in a cabinet with a knife to cut the desired amount.
- The first roll of bathroom tissue is believed to have been produced in New York in 1882. (BPO)

## Groundwater pollutant sources

**Domestic sources.** A number of sources around the home can contaminate surface and groundwater. Fecal waste from both domestic and wild animals (for example, bird droppings on roof tops) and eroded soil are the major contaminants of surface water. Lawn fertilizers and pesticides can be significant contaminants in both surface and groundwater.

Probably the greatest potential domestic source of groundwater contamination is from on-site wastewater treatment systems (septic tanks). Septic systems are used in 20 million (29 percent)

households throughout the country. Nitrates from these systems move readily through soil and can reach groundwater in significant amounts. They may also reach surface supplies if the surface supply is located too closely to septic systems.

Household chemicals such as paints and paint thinner, degreasers, polishes, cleaning solvents, and even waste oil from home car oil changes are also potential threats to groundwater. Many of these products are disposed of improperly by being poured down the drain or out the

back door. When poured down the drain, the substances make their way to the drain field of the on-site disposal system where they may leach into the groundwater. Septic tank cleaners are of particular concern, since many of these contain toxic organic chemicals that can leach through the soil. Household chemicals and waste oil may also move readily through the soil even if they have been spread on the soil surface. In most cases, only small quantities of these materials in a water supply can cause severe contamination. (DJ)

insecticide exposure. Eight of the ten were intentional abuse.

*Source: American Journal of Emergency Medicine 12(5) as reported in Kentucky Pest News, May 8, 1995 (DJ)*

## Consider baits for control of ants

**Barb Ogg**  
 Extension Educator

When faced with an insect pest problem inside the home, too many people reach for an aerosol container. For many ant species, slow-acting baits are the best management tactic because the entire colony is destroyed.

The trick to using baits is to make sure that the offending ants find the bait, eat it voraciously and take it back to the nest to the queen. If insecticide sprays are used, the foraging ants may die before they take the bait back to the nest, counteracting the effectiveness of the bait. *Do not use insecticide sprays if you want to bait for ant control.* If the bait is attractive to the ants, the entire colony will be destroyed within a few weeks—be patient.

Not all ant species can be controlled by baits and some baits work better than others. In general, sugar-loving ants are the easiest to control.

*Baiting:* You may already

know where the ants are foraging. If not, you can also use small blobs (1/4 teaspoon) of mint or mint-apple jelly on cardboard squares to pinpoint areas that should be baited. This prebaiting technique will also tell you if your ants are sweet-loving types. It is important to put the bait in areas where ants will find it.

The best baits are those that contain a slow-acting stomach poison so the foraging ant workers will take the bait back to the queen. We recommend baits that have boric acid as their active ingredient. Boric acid baits (like Terro II or Pic liquid) can be purchased in drug, hardware or discount stores.

A homemade ant bait can be made by mixing 1/4 teaspoon boric acid to 4 tablespoons of a food attractive to the ants. For sweet-loving ants, try mint or mint-apple jelly. A peanut butter base often works for grease and protein-loving ants.

Even though boric acid baits have low toxicity to people and

pets, baits should be placed in areas where children and pets cannot eat them.

**Ant Species.** It can be important to identify the ant species because not all ants can be controlled using baits. Bring ants (6-12) to our office and we will identify them at no cost to you. The following ant species can be controlled by baits:

- Argentine ants (sweet bait)
- Odorous house ants (sweet bait)
- Small honey ants (sweet bait)
- Pavement ants (sweet and grease baits)
- Little black ants (sweet and grease bait)
- Bigheaded ants (sweet and grease bait)

Unfortunately, baits do not work well for carpenter ants because they eat a wide range of foods. Carpenter ants are best controlled by locating and treating the entire colony. For more information on ant control, contact the Extension Office (441-7180).

## "Farmers are the original environmentalists"

"I've always believed that farmers are the original environmentalists because farmers live on the land and they work the soil. No farmer would deliberately contaminate his own land or deliberately cause physical harm to his family.

"That's why I've felt that, as a general proposition, farmers are very good stewards of the soil. Now, sometimes they need to be helped with government assistance programs and technical assistance.

"But the farmer is not and should not be the enemy of the environmentalists or environmental issues. In fact, farmers were the original environmentalists."

(Comments from U.S. Secretary of Agriculture Dan Glickman, appearing in *FloriAgriculture*, 5/95 via *Chemically Speaking*, 6/95)



# Build yourself a bat house

Bats are very misunderstood creatures. While the public perceives them as an evil menace, they are actually very gentle animals that need to be respected, not needlessly destroyed.

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

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

These bats feed exclusively on insects, devouring more mosquitoes and other insects than birds and bug zappers.

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

.....

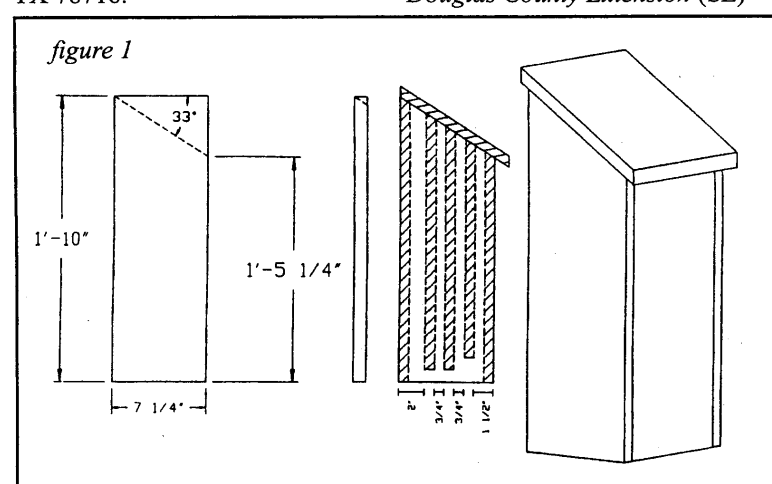
*... they are actually very gentle animals that need to be respected, not needlessly destroyed.*

.....

with a coarse file or router to allow the bat to climb. Stain or paint the house a dark color and fasten it securely to the south side of a building or tree. It may be placed 12-18 feet above ground. Other designs may be obtained from Bat Conservation International, P.O. Box 162603, Austin, TX 78716.

Young bats occasionally find their way into houses in the early evening hours. This happens accidentally when the bats are seeking shelter or hiding places. They can enter through openings as small as 1/2 inch in diameter. Bats do not act offensively and, once indoors, they will try to escape to the outside. If a bat becomes trapped in the house, open exterior doors and windows and use a broom to direct the animal outdoors. There are no chemical controls registered for use against bats. Mothballs and ultrasound devices have not been proven effective.

Source: Dennis Ferraro, Douglas County Extension (SE)



# Coexisting in the urban habitat

Urban areas need wildlife animals and natural plantings for several reasons. We can understand ourselves better when we share space with nature. People can identify with wildlife and we can see the miracle of birth and death by watching animals in their natural habitats.

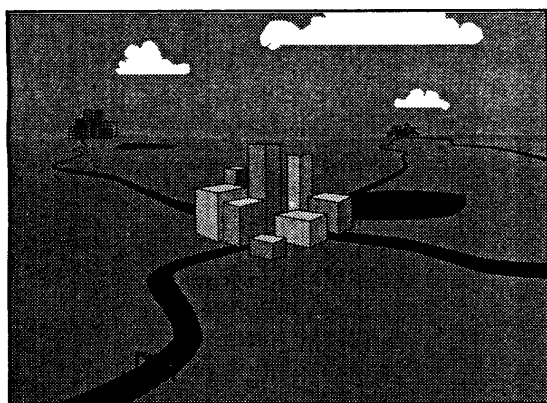
We can observe other natural creatures adjust to different outside conditions, just as we adjust in our daily lives. When we live close to wildlife and coexist with it, we learn that these creatures, too, are part of nature. When we take an interest and care for nature, we can do a lot for wildlife in an urban environment. To help, we need to learn about these animal species and what they need.

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

These animals live where they can meet their needs for food, cover and living space. This combination of food and shelter is called the habitat. Animals that do not find suitable habitat conditions may starve, be preyed upon, unable to raise young or move to a better environment. We must also remember that wildlife populations that are too successful may grow too quickly and create many other problems.

Natural laws determine an animal's success or failure in a given habitat. Natural laws are the basis for the important wildlife management principle called "carrying capacity." Carrying capacity is the number of healthy animals that a habitat can support or "carry" at one time. Food quality and quantity, shelter and water determine a habitat's carrying capacity.

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



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

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

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

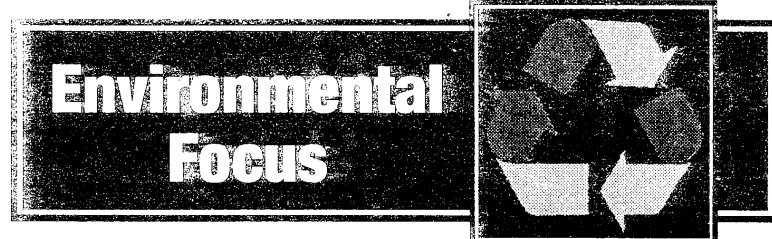
Rabbits, of course, mean different things to different people. Rabbits can do a lot of damage to urban plantings. You do need to control them, but complete extermination is not necessary, desirable or even possible. If you apply control techniques properly, rabbits can add interest to your backyard.

Birds attracted to urban habitats vary according to where you live, but the most common urban birds include wrens, sparrows, martins, swallows, chickadees, robins, doves, flickers,

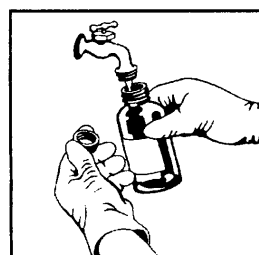
woodpeckers, cardinals and smaller owl family members.

Snakes live in urban areas, as do turtles, toads and frogs. A host of spiders, insects and aquatic animals also benefit from various wildlife management techniques.

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



# Lancaster County water testing promotion identifies unsafe wells



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

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

Drinking water with one or more coliform bacteria per 100 ml should be treated immediately. As a temporary measure, water should be boiled at least 3 minutes before use—or water should be obtained from another, bacterially safe supply. Evaluate the well location and construction and attempt to control any possible sources of contamination, such as nearby septic systems or a deteriorated well. Shock chlorinate the well and water system according to NebGuide (G95-1255) "Shock Chlorination of Domestic Water Supplies."

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

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

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

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

# Ánde! ánde!, arriba arriba

➔ The fastest human runner can tear up the track at more than 26 miles per hour.

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

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

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

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

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

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

➔ The microscopic bacterium called *Bdellovibrio bacteriovorus* propels itself 50 times its own length in a second. It scoots along by rotating a whiplike propeller 100 times per second. (ALH)

# How do sponges hold water?

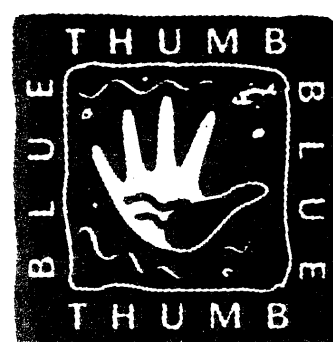
Whether a sponge is a human-made blue rectangle or a tan skeleton of the ocean creature, it holds water the same way.

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

Water molecules on the water's surface are attracted to each other. But if they're more attracted to the sides of a capillary, then the water

rises into it. If the capillary walls repel water molecules, the water drops away. Scientists call this action "capillarity."

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



Give drinking water a hand.

- By age 75, the average American has created about 110,000 pounds of garbage.
- There is enough energy in one bolt of lightning to power a home for about two weeks. (ALH)



## Family Living

### Roberta's remarks



Happy summertime! Some of us started our summer vacation time with a trip to State Convention at Broken Bow, June 7-9. As usual, we had a great time, in spite of the weather. Some renewed old acquaintances and some made new friends. We all heard about new places and learned about new things, including: Having a Healthy Back;

Itty Bitty Baskets; Indoor Air Quality; Tricks with Sour Dough Bread; Egg Art and much more. Helpful Homemakers FCE Club, again, had about seven of their members attending. Gateway Gourmet Club received special recognition for being a +2 club. Jimmi Anne Brandt, environmental chair, accepted an honorable mention award for Lancaster County Council for having started the Environmental Poster contest for the first time in 1994. Jean Wheelock, literacy chair, accepted an award for Lancaster County for participation in the Creative Writing Contest. Delegates voted on new district directors and a new vice president for education. It was announced that in 1995, only our national office will be returning to our state office \$3 per member (from collected dues) to be used for marketing purposes. I have a copy of our state budget for the year if anyone would like to see it. Those of us that attended as delegates wish to thank you all for sending us to the 1995 convention.

#### A few reminders:

- We still need volunteers for Health Awareness Day at the County Fair, on Thursday, August 3, 9 a.m. to 5 p.m. If you can help out, call Lorene Bartos, 441-7180.
- Be sure to mark August 10 on your calendar. Lancaster County FCE Council will be sponsoring a fundraiser for FRESH START—which is the only transitional housing for women, unaccompanied by a child at the Lancaster Extension Conference Center. Geri True of Greathouse Associates Limited will be presenting "Cheap Chic"—ways to decorate your home using inexpensive, yet chic, goods. Geri is an award-winning interior designer with 13 years of experience. Geri will be donating her time and expertise for this worthy cause. Admission will be \$5—larger donations will be accepted. This event is open to the public and no reservations are needed. Please help us support FRESH START and FCE!
- September is reorganization time again. Packets will be ready by August 15 at the Extension Office so please pick those up as soon as you can.
- Our next council meeting will be Monday, September 25, 7 p.m. Kathy Neiswanger will be talking about massage therapy. We will have election of officers for 1996 that evening.
- See you at the Lancaster County Fair!

—Roberta Newburn, FCE Council Chair



LaDeane Jha  
Extension Educator

Can you remember how you felt when words like these were said to you? "How many times do I have to tell you ...?" "That was a stupid thing to do" "Can't you do anything right?" "Act your age!"

It may not be easy to do, but the key to helping children build self-esteem is to accept every child as an individual with unique capabilities, likes, dislikes, delights and anxieties. When it comes to helping kids feel good about themselves, the most important thing to remember is to never belittle them. Here are some other helpful suggestions to try:

- Avoid labeling children as careless, incompetent, slow or messy. They may be programmed to live up to your descriptions.

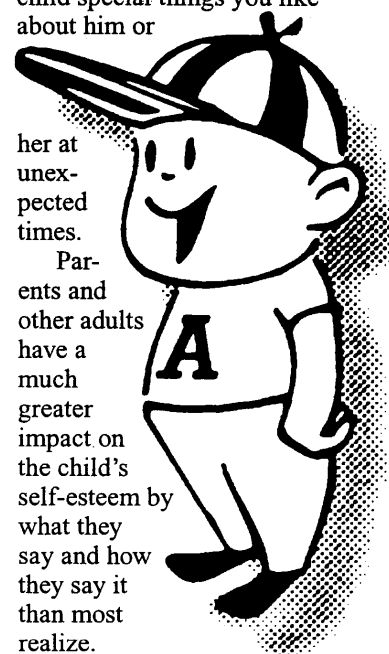
- Be careful about using nicknames. Even a loving "Shorty" can hurt.
- Don't stoop to clever sarcasm. It's a waste of time, and can potentially hurt.
- Talk to children as you would an adult. Would you tell an adult, "Your hair looks awful. Do something about it."
- Don't interrupt kids with unimportant messages such as: "You're squirming again."
- Start sentences with "I ..." (expressing your opinion) instead of "you ..." (supposed fact). You might say, "I feel you are ..." instead of, "You make me ..."
- Avoid using "never," "always" and other absolutes.
- Find ways to praise or commend children that are sincere and specific.
- Give your child a hug for no reason, a touch on the arm, a

reassuring smile.

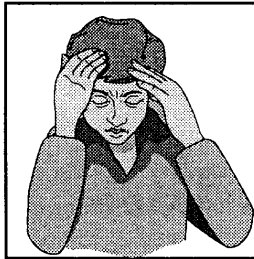
- Make a point of telling your child special things you like about him or

her at unexpected times.

Parents and other adults have a much greater impact on the child's self-esteem by what they say and how they say it than most realize.



## Do you invite frustrations?



Did you ever wonder why everything happens to you?

The answer could be that you bring it on yourself. We all have personal styles which could invite hassles. You could be setting yourself up for more than your share of frustration if you:

- *Need to be in control of the situation.* People who seek constant control are apt to regard anything that occurs outside their

sphere of influence—even a minor difference—as a hassle and react accordingly.

- *Look for approval all the time.* Those who need constant approval set themselves up for disappointment since no one can be liked by everyone all the time.
- *Don't accept criticism well.* Criticism is always difficult; however, people who view it as a personal attack are more stress-prone than those who find ways to use criticism for personal growth.
- *Having trouble saying no.* People who can't say no often overextend themselves and trigger a flurry of hassles trying to get everything done and resent it when

that's impossible.

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

Recognizing what we do to create our own problems is the first step toward coping. Modifying behavior when possible—or at least understanding its causes—can ease stress.

Source: Herbert Lingren, PhD, Extension Family Life Specialist, Enriching Family Relations Newsletter. (LB)

## Time to shop for school clothes

School bells will be ringing and that means shopping for children's clothing. If you haven't had time to get that child's wardrobe ready for school, here are some guidelines to follow.

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

Remember that you may find good buys at garage sales, rummage sales, thrift shops, discount stores, outlets or depart-

ment stores. Always remember to check the care label information. Different fabrics require different care. Think about how much it will cost to keep the garment clean.

Check carefully for securely stitched seams and fasteners and no stains when buying garments at a garage sale. Also, you may want to think about styles that have some "grow" room such as no-

defined waistlines; raglan or kimono sleeves; long tuck-ins on blouses and shirts; knit cuffs, waists or neck bands; elastic waistbands; knit and stretch fabrics; and deep hems.

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

## Margarine or spread?

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

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

A recent newsletter from General Mills noted that they had been receiving calls about differences in the finished product when consumers replaced the butter or true margarine in a recipe with a spread. In preliminary comparison tests of using various spreads instead of traditional stick form butter or margarine, General Mills home economists found the following:

- sugar cookies made with a tub spread were harder and tougher.
- cookies made with a chocolate chip cookie mix and a reduced-fat spread were crisp, brittle and tasted more bland. After one-day storage, they tended to be harder and drier.
- frosting made with a tub spread was thin and didn't cling to the cake.

It's the fat that adds tenderness and helps frosting stay put. When the water is increased, you may get a harder baked good or a thinner frosting.

When making a recipe for the first time, it's probably wise to follow the directions exactly as to the suggested type and amount of fat. This will give you a baseline of how the food should taste. After that, if you liked the results, you can experiment with the fat and see if you're still satisfied. (AH)



Nebraska Association for  
Family & Community Education

### Time to Reorganize

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

### Support Systems in Crisis Situations

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

## New publications for drying foods

Some common fruits suitable for drying include apples, apricots, bananas, peaches and pears, according to "So Easy to Preserve," a publication of the University of Georgia Cooperative Extension.

For more information about drying foods, our newly developed

fact sheets can help you:

- Drying Fruits
- Drying Fruit Leathers
- Drying Vegetables

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

please send a separate self-addressed, stamped envelope for each one. Send to: Drying Foods; c/o Alice Henneman; University of Nebraska Cooperative Extension in Lancaster County; 444 Cherrycreek Road; Lincoln, NE 68528-1507. (AH)



Public invited to Lancaster Extension Conference Center

## Fresh Start Fund-Raiser

7 p.m. Thursday, August 10

"Cheap Chic" featuring Award-Winning Interior Designer Geri True





## County Fair Highlights

### Wednesday, August 2

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

### Thursday, August 3

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

### Friday, August 4

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

### Saturday, August 5 (Kids Day)

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

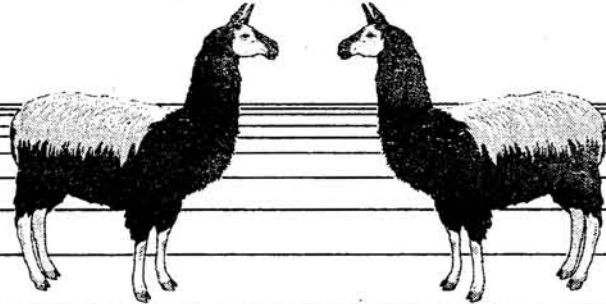
### Sunday, August 6

"Best of the Best" with Area Car Clubs and Featuring the Final "Cruising With the Cops"....11 a.m.-7:30 p.m.  
Rodeo (Coliseum).....7:00 p.m.



# LANCASTER COUNTY

## 4 - H LLAMA SHOW



WEDNESDAY 6 PM

AUGUST 2

EAST ARENA



## HIGH CALIBER

9PM FRI AUG 4

Appearing after  
Rodeo at the  
Grandstand

\$4 Admission

## SANDY BROWN

Juggler & Stiltwalker  
Music & Comedy

Appearing Thursday  
Fri and Sat afternoons

Special Guest Star Ziggy the Pig



We all scream for  
*Ice Cream!*



1995 4-H

## Ice Cream Social

Friday, August 4

5:00pm - 7:30p.m.

At the Beef Pit

75¢

Sponsored by the Lancaster County  
4-H Teen Council

### Are you a 4-H Alumnus?

If so, the Lancaster County  
4-H Foundation wants to  
give you

### Free Ice Cream

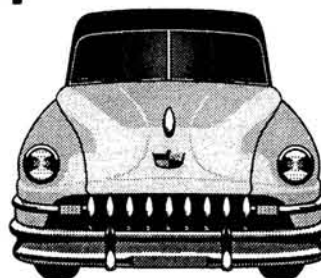
(good only at the Ice Cream Social)

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

## "BEST OF THE BEST" AUTO SHOW

"Crusin with the Cops"  
OVER 200 FANTASTIC  
SHOW VEHICLES

11 AM SUN AUG 6



## BBQ

Begins at 6 pm  
Friday • August 4

At the Beef Pit

## YOUTH DANCE

WITH

## FLATWATER

SATURDAY, AUGUST 5  
9 P.M.-12:30 A.M.

GRANDSTAND

## FREE WATERMELON FEED



5:30 PM  
WEDNESDAY  
AUGUST 2

At the Demo Mall

# 1995 HEALTH AWARENESS DAY

THURSDAY • AUGUST 3

(Held during the Lancaster County Fair)

9 A.M. - 5 P.M.

AGRICULTURAL HALL  
STATE FAIR PARK

Sponsored by the  
Lancaster County Association for  
Family and Community Education

ACTIVITIES FOR ADULTS & CHILDREN  
NO ADMISSION FEE

### SPECIAL FEATURE:

The Nebraska Lions Foundation Mobile  
Screening Unit will be parked east of Ag  
Hall and will offer test and screenings of:

- Blood Pressure
- Blood Sugar
- Visual Acuity
- Glaucoma
- Hearing

### EXHIBITORS & AGENCIES

- ALZHEIMER'S DISEASE
- AMERICAN HEART ASSOCIATION
- HIV/AIDS
- CANCER DETECTION/PREVENTION
- CHRONIC WOUND CARE
- BLOOD DONATION
- D.A.R.E. AND SAFETY AWARENESS
- DEPRESSIVE MANIC DEPRESSIVE ASSOCIATION—LINCOLN
- DRUG-FREE YOUTH ... PREVENTION OF ALCOHOL & DRUGS
- GLUTEN INTOLERANCE
- GOLDEN YEARS OF DRIVING
- GOOD NUTRITION/WEALTH
- INJURY PREVENTION—"SAFE AT HOME"
- LINCOLN INFORMATION FOR ELDERLY (LIFE)
- PUBLIC HEALTH NURSING
- NEBRASKA SERVICES FOR VISUALLY IMPAIRED
- RESPIRATORY CARE
- RURAL HEALTH & SAFETY—PULMONARY LUNG FUNCTION TESTING
- SAFE FOOD: A GAME OF CHANCE
- TABITHA HEALTH CARE SERVICES
- TRAFFIC SAFETY—OCCUPANT PROTECTION
- UNITED CEREBRAL PALSY OF NEBRASKA
- AND MANY MORE ...



# AUGUST 4 5 6 RODEO



**FRI 7:30 PM SAT/SUN 7:00 PM**  
**STATE FAIR PARK COLISEUM**

**EXCITEMENT!**

Animal & comedy acts  
featuring  
**Mark Roberts**

**GREAT ACTION!**

**3 BIG NIGHTS**  
**PRO RODEO ACTION**  
Bareback & Saddle Broncs  
Bull Riding Calf Roping  
Steer Wrestling  
Team Roping Barrel Racing

**KIDS EVENTS**  
Kids Mutton Bust'n  
(Wild Sheep Riding)  
Trophy Buckles to Winners

**PRIZES/DRAWINGS**  
Win a pair of boots



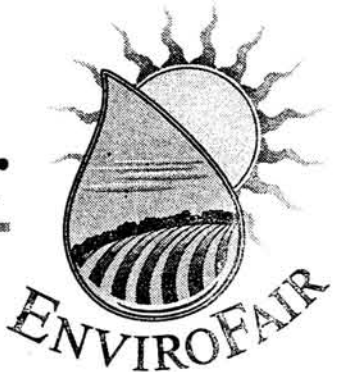
**PRE-RODEO ENTERTAINMENT**  
(In the Arena)  
**WAMBLI SHA WO WACI**  
(Red Eagle Dancers)  
FRI 7 PM SAT/SUN 6:30 PM

**Cowboy Poet**  
**KEN KILLION**  
SAT/SUN 6:15 PM

**RODEO DANCE**  
Friday night after Rodeo  
at the Grandstand  
with  
**HIGH CALIBER**  
Admission \$4

## 1995 EnviroFair

**August 3**  
**9 AM - 5 PM**



**Held during the Lancaster County Fair**  
**Ag Hall, State Fair Park**

Pesticide Container Recycling/Collection  
"From Trash to Terrific"  
Composting/Mulching  
Nature's Recyclers: Worms  
Abandoned Well Plugging  
Recycling/Recycling/Shop S.M.A.R.T.  
S.W.A.P. (Storm Water Awareness Program)—Clean Community  
Invaders!—Lancaster County Noxious Weed Control  
Animal Control Display  
H<sub>2</sub>O Show  
Manure/Biosolid/Nitrate Management  
Project Wild & Aquatic Education—Nebraska Game & Parks  
& much, much, more

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

**4-H ROCK CAFE**  
**SNACK SHACK**  
**FEED BAG**

**C'MON & SUPPORT 4-H**

## CARNIVAL

Try the thrilling new  
**Rock-O-Plane**  
Rides for all ages

Kiddy rides \$1  
Noon to midnight

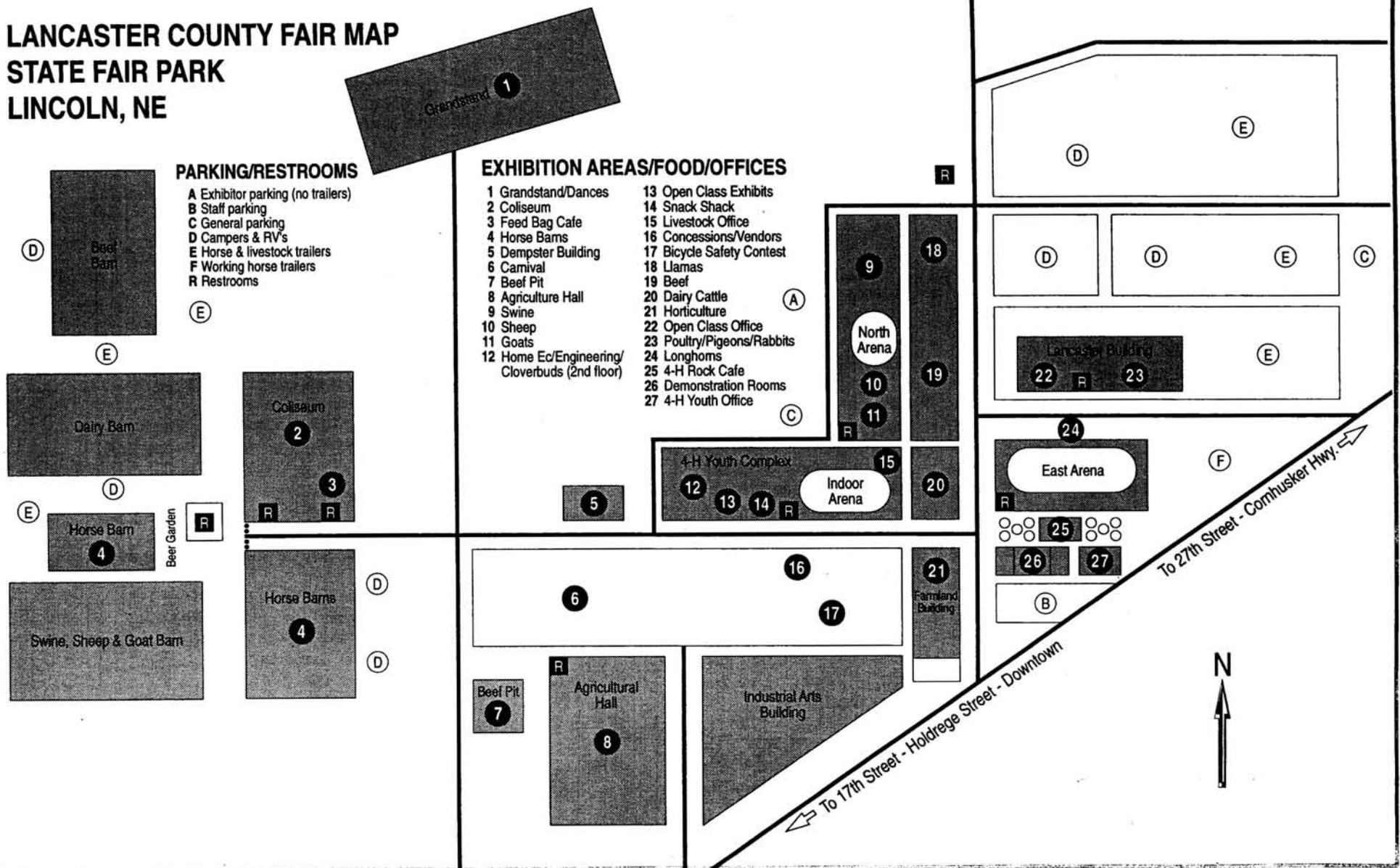


### 4-H Style Review

Thursday, August 3, 7 p.m.  
Devaney Sports Complex



## LANCASTER COUNTY FAIR MAP STATE FAIR PARK LINCOLN, NE





SPEAK YOUR MIND AT A TOWN HALL MEETING W/ AREA STATE SENATORS • 7 PM WED AUG 2 • DEMO COMPLEX



1995 Lancaster County Fair Schedule

<b>Monday, July 10</b> Preregistration for all Horses and for July 17 Demonstration Contest Horticulture Judging Contest (no preregistration necessary) (Extension Office).....10:00 a.m. Weed & Tree ID Judging Contest (no preregistration necessary) (Extension Office).....10:00 a.m. Lifetime Skills Judging Contest (no preregistration necessary) (Extension Office).....1:00 p.m.	<b>Wednesday, August 2</b> 4-H Horse Classes—Groom and Care and Western Showmanship (Coliseum).....8:00 a.m. 4-H Household Pets Check-In (Demo Complex A & B).....9:00 a.m. Open Class Pigeon Judging (Lancaster Building).....9:30 a.m. 4-H Pigeon Judging (Lancaster Building).....9:30 a.m. Open Class Poultry Judging (Lancaster Building).....10:00 a.m. 4-H Horse Classes—Halter (Coliseum).....10:00 a.m. ALL ANIMALS MUST BE IN PLACE.....11:00 a.m. HERDSMANSHIP BEGINS (except horses).....11:00 a.m. Exhibits Open to Public.....11:00 a.m. 4-H Household Pets Show (Demo Complex A & B).....11:00 a.m. VIP Luncheon (Beef Pit).....12:00 p.m. Beef Weigh-In (North Barn).....12:00 p.m. 4-H Dairy Cattle Judging Contest (North Barn).....12:00 p.m. Carnival.....noon-10 p.m. 4-H Performance Swine Weigh-In (North Barn).....1:00 p.m. Dog Check-In (4-H Building Arena).....2:00 p.m. 4-H Swine Weigh-In (North Barn).....2:30 p.m. 4-H Sheep Show (North Arena).....3:00 p.m. 4-H Dairy Goat Judging Contest (East Arena).....3:00 p.m. 4-H Horse Trail Show (Coliseum).....3:00 p.m. 4-H Dog Show (4-H Building Arena).....4:00 p.m. 4-H Poultry Show (Lancaster Building).....4:00 p.m. Household Pets Released.....5:00-6:00 p.m. Watermelon Feed (Demo Mall).....5:30 p.m. 4-H Rabbit Quiz Bowl (Demo Complex C).....6:00 p.m. 4-H Cat Quiz Bowl (Demo Complex D).....6:00 p.m. 4-H Llama Show (East Arena).....6:00 p.m. 4-H Western Horse Riding Classes (Coliseum).....6:30 p.m. 4-H Rabbit Judging Contest (Demo Complex C).....7:00 p.m. Exhibits Close to Public.....9:00 p.m.	<b>Exhibits Open to Public.....9:00 a.m.</b> Table Setting Contest (Ag Hall).....9:00 a.m. HORSE HERDSMANSHIP ENDS.....10:00 a.m. Carnival.....noon - 12 p.m. Open Class Beef Show (East End of East Arena—following 4-H/FFA show).....1:00 p.m. Open Dairy Cattle Show (West End of East Arena—following 4-H/FFA show).....1:00 p.m. 4-H Goat Quiz Bowl (Demo Complex C).....3:00 p.m. Shriners Little Cars.....4:30-5:30 p.m. Dog Quiz Bowl (Demo Complex C).....5:00 p.m. Ice Cream Social (Beef Pit).....5:00-7:30 p.m. Beef Barbecue (Beef Pit).....5:00 p.m. Entertainment During BBQ—Sweetwater (Beef Pit).....5:00-7:00 p.m. Rabbit Specialty Classes—Dress-Up, Best Pair, PeeWee, Showmanship & Awards (Lancaster Building).....6:00 p.m. Farm Family Award /Ken Killion Cowboy Poet (E Arena).....6:30 p.m. Hay Hauling Contest (East Arena).....7:00 p.m. Rodeo (Coliseum).....7:30 p.m. Exhibits Close to Public.....9:00 p.m. Rodeo Dance (Grandstand) High Caliber—\$4.....9 p.m.-12:30 a.m. Sandy Brown & Stilt Walkers in the afternoon & evening
<b>Monday, July 17</b> Last Day for Preregistration of Open Class Entries and all Animals (except horses) Last Day for Preregistration for all Contests Except July 13 Contests Demonstration Contest Part I (Extension Office)	<b>Thursday, July 26</b> Style Revue Judging (First Lutheran Church) 4-H Superintendents Meeting (Extension Office).....7:00 p.m. 4-H Horse Pre-Fair Briefing, Stall Assignments and Dressage Ride Times (Coliseum).....7:30 p.m.	<b>Saturday, August 5 (Kids Day)</b> Open Rabbit Entries (Lancaster Building).....6:00-8:00 a.m. Volkswalk.....7:00 a.m. Open Class Dairy Goat Show (4-H Arena).....8:00 a.m. Open Class Angora Goat Check-In (North Barn).....8:00 a.m. 4-H Dog Agility Show (East Arena).....8:00 a.m. 4-H Cat Entries (Demo Complex A & B).....8:00-8:45 a.m. 4-H Demonstrations (Demo Complex C & D).....8:30 a.m. 4-H Cat Show (Demo Complex A & B).....9:00 a.m. Bicycle Safety Rodeo (parking lot).....9:00 a.m. Open Class Rabbit Show (Lancaster Building).....9:00 a.m. Exhibits Open to Public.....9:00 a.m. Open Class Angora Goat Show (North Arena).....9:30 a.m. Open Class Dog Agility Show (immediately following 4-H show—East Arena).....10:00 a.m. Open Class Sheep Check-In (North Barn).....10:00 a.m. Turkey BBQ Contest (Demo Complex C & D).....10:00 a.m. Big Wheel Race (Ag Hall).....10:00 a.m. Open Class Sheep Show (North Arena).....12:00 p.m. Beef Ambassador and Egg Preparation Contests (Demo Complex C & D).....12:00 p.m. Carnival.....noon-12 p.m. Cloverbud Show & Tell (4-H Building, 2nd Floor).....1:00 p.m. Exhibits close to public.....4:00 p.m. Mini Tractor Pull (Dempster Building).....4:00 p.m. HerdsmanSHIP Ends & Awards.....4:00 p.m. All 4-H Entries Released.....4:00-6:00 p.m. Garden Tractor Pull (East Arena).....7:00 p.m. Rodeo (Coliseum).....7:00 p.m. Youth Dance Featuring Flatwater (In the Grandstand)—No alcohol.....9 p.m.-12:30 a.m. Sandy Brown & Stilt Walkers in the afternoon & evening
<b>Saturday, July 22</b> 4-H Shooting Sports BB Gun/Pellet Rifle Contest (Lancaster Building).....9:00 a.m. 4-H Shooting Sports Pellet Pistol Contest (Lancaster Building).....1:00 p.m.	<b>Thursday, July 27</b> Music Contest (Kimball Hall).....7:00 p.m.	<b>Sunday, August 6</b> Open Class Dog Obedience Show (East Arena).....10:00 a.m. "Best of the Best" with Area Car Clubs and Featuring the Final "Cruising With the Cops".....11 a.m.-7:30 p.m. Carnival (ends after rodeo).....noon-10 p.m. Rodeo (Coliseum).....7:00 p.m.
<b>Wednesday, July 26</b> Style Revue Judging (First Lutheran Church) 4-H Superintendents Meeting (Extension Office).....7:00 p.m. 4-H Horse Pre-Fair Briefing, Stall Assignments and Dressage Ride Times (Coliseum).....7:30 p.m.	<b>Thursday, August 3</b> Livestock Exhibitors' Breakfast (Demo Mall).....6:30-8:00 a.m. 4-H Rabbit Show (Lancaster Building).....8:00 a.m. Fair Fun Day.....9:00 a.m. 4-H Goat Show (4-H Arena).....8:00 a.m. 4-H Western Horse Show—Pleasure & Horsemanship (Coliseum).....8:00 a.m. 4-H/FFA Swine Show (North Arena).....8:00 a.m. Exhibits Open to Public.....9:00 a.m. Health Awareness Day (Ag Hall).....9 a.m.-5 p.m. EnviroFair (Ag Hall).....9 a.m.-5 p.m. Carnival.....noon-12 p.m. 4-H Rabbit Showmanship (Lancaster Building).....1:00 p.m. 4-H Livestock Judging Contest (North Arena).....1:30 p.m. 4-H Horse Game Show—Keyhole, Figure 8, Pole Bending, Barrels (Coliseum).....4:00 p.m. 4-H Bucket Calf Class Interviews (Livestock Office).....5:00 p.m. Kiddy Tractor Pull (parking lot).....6:00 p.m. 4-H Rabbit Pet Class (Lancaster Building).....6:00 p.m. 4-H Bucket Calf Show (East Arena).....6:30 p.m. 4-H Rabbit Breeders Choice (Lancaster Building).....6:30 p.m. 4-H Style Revue (Bob Devaney).....7:00 p.m. Exhibits Close to Public.....9:00 p.m. Sandy Brown & Stilt Walkers in the afternoon & evening	<b>Sunday, August 8</b> 4-H Horse Achievement Night (Extension Office).....6:00 p.m.
<b>Saturday, July 29</b> Open Class Horse Show (East Arena).....8:00 a.m. 4-H Shooting Sports Smallbore Rifle Contest (Lincoln Parks & Rec Range).....9:00 a.m. 4-H Shooting Sports Trapshooting Contest (Lincoln Trap & Skeet Club Range).....1:00 p.m.	<b>Friday, August 4</b> Ship all Swine.....4:00 a.m. Feeder Calves in Place.....7:00 a.m. 4-H Beef Show (East End of East Arena).....8:00 a.m. 4-H Dairy Cattle Show (West End of East Arena).....8:30 a.m.	
<b>Sunday, July 30</b> Horses and Exhibitors May Begin Arriving (Pony and Draft Horse Barns).....3:00 p.m. 4-H Horse Check-In (Coliseum Office).....5:00-8:00 p.m. Cattle Team Penning—Open and One-on-One (East Arena).....1:00 p.m.		
<b>Monday, July 31</b> 4-H Horse Check-In (Coliseum Office).....9 a.m.-8 p.m. 4-H Horse Show—Dressage Classes (Coliseum).....8:00 a.m. HORSE HERDSMANSHIP BEGINS.....12:00 p.m. English Horse Show—Showmanship & Hunter/Jumper Classes (Coliseum).....3:00 p.m. Entry Time for all Stationary Exhibits (4-H Building).....4:00-8:00 p.m. Entry Time for Horticulture, Forestry, Agronomy, Conservation & Outdoor Education Exhibits (Farmland Building).....4:00-8:00 p.m.		
<b>Tuesday, August 1</b> Interview Judging—See page 6 of the fair book for info Judging of Static Exhibits (4-H Building).....8:00 a.m. English Horse Show—Performance Classes (Coliseum).....8:00 a.m. 4-H Horse Judging Clinic (Coliseum).....2:00 p.m. 4-H Horse Judging Contest (Coliseum).....3:00 p.m. Animal Check-in (sheep, swine, rabbits & poultry must be entered at this time).....4:00-8:00 p.m. Sheep Weigh-In (North Barn).....4:00-8:00 p.m. Special Interest Horse Activities—Physically Challenged, Special		



# New reasons for food safety precautions

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

Four major changes that warrant a renewed interest in food safety are described by the University of Missouri Cooperative Extension:

**Our population will continue to age.** In the next 50-year period, the percentage of the population over age 65 will almost double. With an older population, we're seeing more foodborne illness. Our immune systems become weaker as we age and our stomachs become less acidic, which limits our ability to fight foodborne bacteria.

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

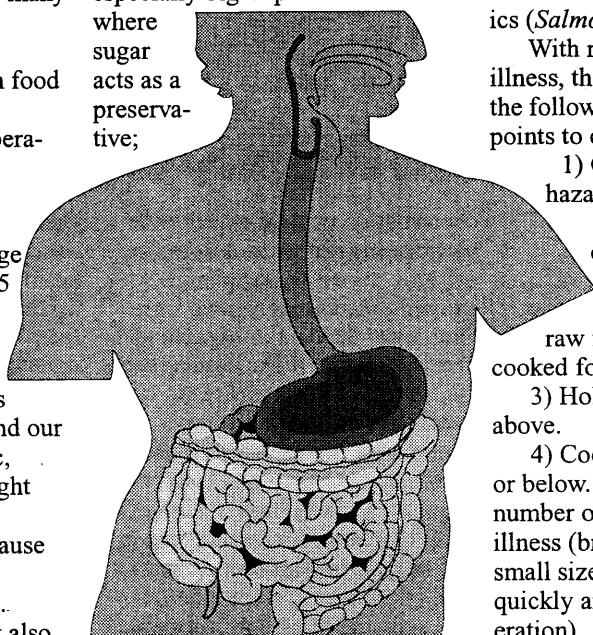
**Today, more meals are prepared and/or eaten away from the home.** One incident of mishandling food in a food service establishment can affect more people than an incident at home.

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

**Changes have occurred in food preparation practices.** Changing taste preferences and food preparation practices have also increased the potential risk

for bacterial growth and subsequent foodborne illnesses. These changes include:

- lower amounts of fat and sugar in foods—this has an especially big impact in foods where sugar acts as a preservative;



- a decrease in the use of preservatives (nitrates, etc.);
- a desire for more raw and fresh foods, which eliminates the cooking process in which bacteria would be killed;

- a desire for convenience that results in food purchased in delicatessens or as takeout orders;

- an increase in the use of microwave ovens. When cooking with your microwave, follow preparation directions for stirring and other handling practices that will distribute heat evenly to all parts of the food. Avoid heating foods unevenly and leaving cold spots that could result in food that isn't thoroughly or adequately cooked.

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

addition, some bacteria (*Yersinia enterocolitica* and *Listeria monocytogenes*) have a greater capacity for tolerating cold temperatures; whereas others have an increased resistance to antibiotics (*Salmonella typhimurium*).

With respect to foodborne illness, the key is prevention. Use the following critical control points to control foodborne illness:

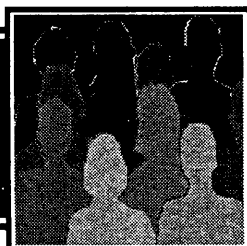
- 1) Cook potentially hazardous foods thoroughly.
- 2) Prevent cross-contamination of cooked and ready-to-eat foods with raw foods. Handle raw foods separately from cooked foods.
- 3) Hold hot foods at 140° F or above.

- 4) Cool foods quickly to 40° F or below. Inadequate cooling is the number one cause of foodborne illness (break foods down into small sizes/quantities to cool quickly and put right into refrigeration).

- 5) Reheat solids to 165° F and liquids to boiling.

For more information about safe food handling, send a self-addressed, stamped envelope to: A Quick Consumer Guide to Safe Food Handling, NF32; c/o Alice Henneman; UNL Cooperative Extension in Lancaster County; 444 Cherrycreek Road; Lincoln, NE 68528-1507.

## Family Living



## AARP offers 55 Alive—Mature Driver Course

If your driver's license expires in 1995 and you are 50 years of age or older, you are urged to enroll in the 55 Alive—Mature Driver Course. In the AARP course, you will review driving skills and prepare to take the license renewal test. This class is being offered Tuesday, August 8 and Wednesday, August 9, 10 a.m. to 2:30 p.m. Cy Miller, certified instructor, will be in charge of the class. To register, please call 441-7180. Registration fee is \$8. Participants are asked to bring a sack lunch. (LB)

## Healthy Eating



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

### Healthy Roll-Up Treats

In a bowl, mix a cup of sunflower (or any) sprouts with a tablespoon each of finely chopped onions and green pepper, a third of a cup of grated carrot, and a third of a cup of shredded cucumber. Mix in a tablespoon or so of your favorite salad dressing. Next, lay out some leaves of salad greens, place a heaping tablespoon of the mixture into the center of each leaf and roll like crepes. Hold the whole thing together with a toothpick.

If you don't have a favorite salad dressing or are looking for a new treat, try this: in a bowl, combine the juice of one lemon, a tablespoon of oil and one-quarter cup of rice vinegar. Add one-half teaspoon of honey, a splash of tamari or soy sauce, a tablespoon of chopped fresh tarragon, a couple grinds of fresh black pepper and a pinch of dry hot mustard. Whip until thoroughly mixed.

Source: PENpages News; Penn State College of Agricultural Sciences (AH)

## Nutritional tips for women

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

**Variety.** Most women agree that eating a variety of food is important. But, when it comes to practice, many women don't eat the minimum of two fruits, three vegetables, and six servings of bread, cereal or pasta daily.

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

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

"Apple"-shaped people—those who are heavier and more bulky around their waists—have a greater health risk than "pear"-shaped people. Pear-shaped individuals carry their excess fat in the hips and thighs. Check it out. If your waist is nearly the same size as or larger than your hips, you have an "apple" shape.

Be sensible when you're losing weight. A slow, steady weight loss of one-half to one pound a week is better for you and more lasting. Focus on reducing fat in your foods, while increasing fruits; vegetables; and whole grain breads, cereals, and pastas. Keep

portion control in mind.

Physical activity is a partner in your weight control efforts. Physical activity burns calories, increases the proportion of muscle to fat in your body and usually leaves you feeling more positive about yourself. If you have special medical problems that limit your activity, check with your health professional for ideas about appropriate activities.

**Reduce dietary fat.** According to the American Institute for Cancer Research, a high fat intake may be linked to a higher incidence of breast cancer. The dietary fat-breast cancer relationship is complicated by other factors associated with menopause. However, animal studies show a significant effect of high fat diets on breast cancer.

An amount of fat that provides 30 percent or less of total calories is suggested. The upper limit on the fat grams in your diet depends on your calorie need. For example, at 1,500 calories per day, your suggested upper limit is 450 calories from fat (1,500 multiplied by .30). This is equal to 50 grams of fat (450 divided by nine, the number of calories each gram of fat provides).

**Build calcium into your diet.** Osteoporosis is a bone disease that affects women and men in their later years. One in three women

and one in eight men will have hip fractures related to weakened bone structure. Hip fractures are fatal in 12 to 20 percent of the cases. Females often begin to avoid milk products during their teen years. Avoiding dairy foods creates a problem since calcium, supplied by milk and other foods, is needed to build strong bones during adolescence and young adulthood.

During the middle and older adult years, bone growth stops. Calcium, however, continues to be used for maintaining bone structure.

Include at least two to three servings of calcium rich food a day. Pregnant and breast-feeding women need to consume three to four or more servings daily.

**If you drink alcoholic beverages, do so in moderation.** Major birth defects have been attributed to heavy drinking by women while pregnant. The defects, collectively called Fetal Alcohol Syndrome, affect two infants per 1,000 births. Women who are pregnant or trying to conceive should not drink alcoholic beverages.

Moderate drinking for women is considered no more than one alcoholic beverage per day. One alcoholic beverage is equal to 5 ounces of wine, 12 ounces of regular beer, or 1½ ounces of distilled spirits (80 proof).

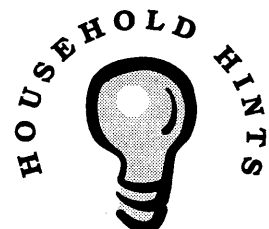
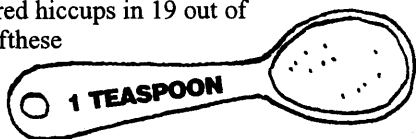
For a NebGuide giving more information about nutritional guidelines for women, send a self-addressed, stamped envelope to: Nutrition Guide for Women G93-1193; c/o Alice Henneman; UNL Cooperative Extension in Lancaster County; 444 Cherrycreek Road; Lincoln, NE

## A spoonful of sugar ...

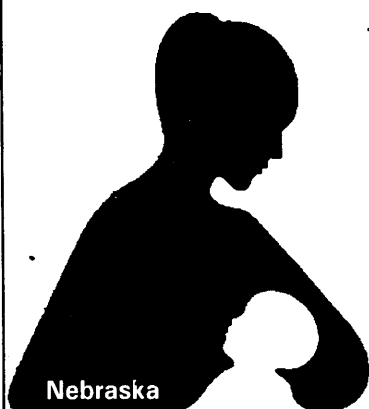
I heard that sugar can help cure hiccups. Does this work?

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

—Alice Henneman

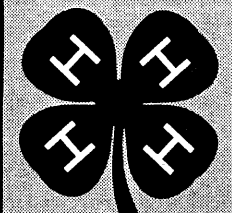


To get dishes thoroughly clean in the automatic dishwasher, position items with the soiled side facing the center of the machine so soil can be rinsed away by circulating hot water. Position large bowls, platters or pots so they do not block the flow of water. Place delicate and plastic items on the rack farthest away from the heating or drying element, usually the upper rack. Place spoons, forks and knives in separate compartments of the silverware basket to prevent scratches and other damage. (LB)



Healthy Mothers  
Healthy Babies

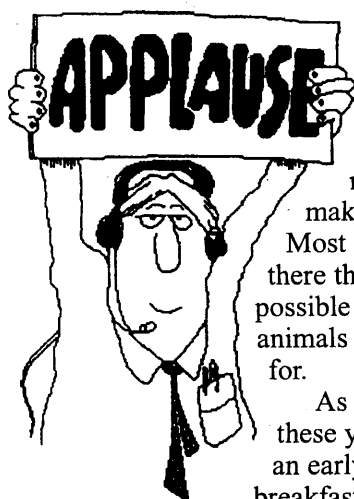
24 Hour Helpline  
1-800-862-1889



# 4-H & Youth

## 4-H Bulletin Board

- Leaders:** Get ready for the re-enrollment packet coming out the end of September. Also, remember to calculate any community service hours your 4-H members have done ... the top 4-H members by number of hours will get a campership! (AMM)
- Ak-Sar-Ben dates are September 20-25 in Omaha. Call the Extension Office for more information. (AMM)
- Thank you to all the parents, leaders and 4-H members who have helped the Extension staff get ready for the fair. Your support and cooperation is greatly appreciated! (AMM)
- Over 800 youth-serving volunteers from the U.S. and Canada will share their knowledge and resources at the 1995 North Central 4-H Leader's Forum November 9 through 12 in Minneapolis, Minnesota.  
All Lancaster County 4-H adult volunteers and leaders are invited to participate. The full-time registration fee is \$175 and lodging will be at the Radisson South. Room rates are \$75 per night for a single or double and \$85 for a triple or quad plus 12.5% tax. Registration deadline is August 14, 1995.  
Contact LaDeane at the Extension Office for more information. (LJ)



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

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

## Horse owners: be wary of new disease

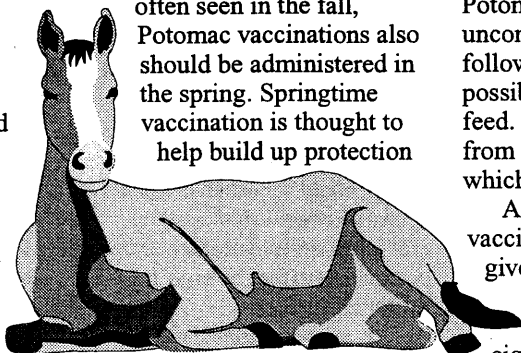
Spring is the best time to vaccinate horses to help them get ready for the upcoming riding season. In addition to the regular vaccinations, a new disease that's becoming more of a problem also warrants consideration.

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

Another vaccine that may need to be administered separately from traditional shots is for Potomac Horse Fever. Potomac is a potentially fatal disease originating on

the East Coast, but has gradually migrated to the Midwest.

Although the disease is more often seen in the fall, Potomac vaccinations also should be administered in the spring. Springtime vaccination is thought to help build up protection



from summer's disease-carrying insects.

Potomac fever isn't contagious among horses and it's unknown if the disease affects other animals. Research thus far indicates that the disease is probably spread by

some type of insect, tick or mosquito.

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


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

The vaccine is only 80 percent effective. A horse that has been vaccinated generally will survive the disease if given the proper supportive care. Those unvaccinated often don't survive.


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

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


Head




Heart




Hands



Health



# Citizenship Washington Focus



Twenty Lancaster County 4-H members will be heading to D.C. in 1996. Please help them meet their goals by supporting the following:

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

## Exploring cultures at day camp

**LaDeane Jha**  
*Extension Educator*

New tastes, smells, sounds, ideas, and experiences were all part of the first-ever Exploring Cultures 4-H Day Camp held June 15. Seventy-two youth and 30 adults from throughout the county learned about Native American, Vietnamese, Mexican, African American, and Indian cultures through games, food, crafts, dancing, music, and special presentations.

An appearance by Lela Shanks, sponsored by the Nebraska Humanities Council, a state affiliate of the National Endowment for the Humanities, kicked off the celebration of diversity. She engaged youth in a discussion of African American history and introduced many to the contributions of African Americans through pictures and stories.

Indian fry bread expertly demonstrated by Delores Shangreux was a definite hit with everyone, as were her stories of Native American tribal customs. Trang Nguyen and Paula Reed deftly demonstrated making egg rolls and talked about Vietnamese food customs while in another corner, Ramnath Subramanian and Venkat Pedibhotla, UNL doctoral students from India, explained how to make Pillau, an Indian rice dish.

Snacks and lunch featured ethnic foods from each of the countries represented. The Indian Pillau was new to many, fortune cookies were a real hit, and bean tostados had many asking for seconds.

Lots of concentration and

coordination were in evidence as participants endeavored to make origami cranes. Making brightly painted piñatas and a game were features at the stop in Mexico and everyone got to make beaded key chains and observe intricate beading common to Native American cultures demonstrated by Marcella Gilbert and Delores Shangreux. At the Indian stop, rakhi bracelets (bracelets given by Indian girls to their brothers as a sign of their love) were made. It was explained that they are also given as a sign of friendship and by the end of the day several youth were observed exchanging bracelets with new friends. Breaking a piñata was not as easy as some thought it would be and it took several mighty swings to get at the candy inside in yet another cultural experience.

This highly satisfying day ended with a celebration of arts. Shivaram Krishnan, a UNL graduate student from India, showed several Indian flutes and then played both American and Indian music. Sabor Mexicano, a dance group of young people, had everyone clapping in tune as they climaxed their performance with the ever popular Mexican Hat Dance. The audience was in awe of the stamina and precise footwork demonstrated by the Wambli Sha Wo Waci (Red Eagle

Dancers) and learned the story behind the grass dancers. A beautiful Vietnamese song was performed by Trang Nguyen and the program ended with the grace and beauty of Keerun Kamble

as she performed a Bharata Natya Dance from India. The costumes and make-up elicited many excited comments.

Teen, 4-H volunteers, EFNEP nutrition advisors, UNL personnel, 4-H staff members and other Extension Staff were instrumental in making the day a success. Requests have already been received for a second camp.

## All colors are beautiful!

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

There are four types of ribbons: white, red, blue and purple. A white ribbon denotes below average, red denotes average, blue denotes excellent and purple denotes superior. In some areas, a certain amount of points must be accumulated to receive the ribbon. In other areas, the ribbon is awarded based on how well it met various criteria (i.e. appearance, taste, construction, content, organization). No matter what, the ribbon is given by the judge and the judge is a normal human being...which means all judges are different!

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

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

## Did you know that ...

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



# Llamas in costume August 2

Don't miss the first-ever llama show at the 1995 Lancaster

County Fair. Since early May, 12 very excited 4-H youth have been



Decked out in a sporty wreath, Suzie Sunshine is all ready for Christmas and the Llama Dress-Up Show, August 2 at the fair. Don't miss it!

learning about and training their adopted llamas. They will be showing the results of their hard work at the llama show Wednesday, August 2, 6 p.m. in the East Arena at State Fair Park. The four classes to be judged include:

**Halter**—llamas are judged on soundness and conformation.

**Showmanship**—judging based on how well the 4-H member reacts with the llama

and how well the llama is trained and presented to the judge.

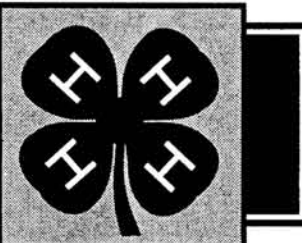
**Obstacle**—judging based on how well obstacles are negotiated by the 4-H member and the llama. How well the llama and 4-H member work together is very important!

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

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

See you at the llama show! (LJ)

## 4-H & Youth



## Volunteers appreciated! (and really needed)

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

①

**Fair assistant**—help judges and superintendents with exhibits Monday, July 31, 4-8 p.m. or Tuesday, August 1, 8 a.m.-5 p.m.

②

**Fair Fun Day helper**—give tours to day care groups of the fairgrounds and the activities Thursday, August 3.

③

**Food booth worker**—help in the 4-H food booths. Please call Penny Cariotto at 488-3792 or Pam Stearley at 488-1277. Get your whole club to help!

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

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

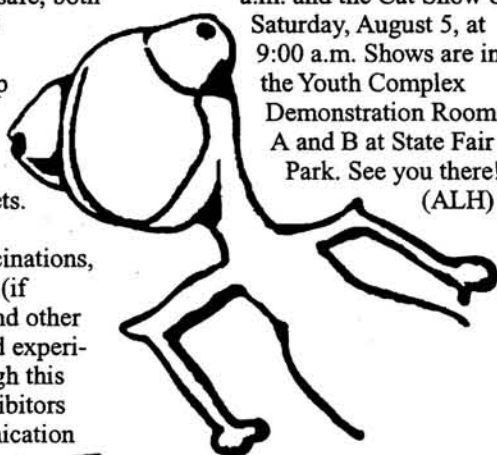
Judges inspect cages, tanks, or appropriate environments. These areas should be clean, organized, and include food and water. Many times, exhibitors bring favorite

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 exhibitors.

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, exhibitors improve their communication

skills and gain self-confidence.

So, come to the Household Pet Show, Wednesday, August 2, at 11 a.m. and the Cat Show on Saturday, August 5, at 9:00 a.m. Shows are in the Youth Complex Demonstration Rooms A and B at State Fair Park. See you there! (ALH)



## Important fair reminders for 4-H exhibitors



• If camping on the fairgrounds, 4-H youth must have a signed permission slip on file in the Extension Office. Permission slips are available at the Extension Office.

• No animals will be released early except for hardship/emergency reasons. Forms for early release in case of hardship/emergency must be obtained from the superintendent, show manager or 4-H office. Approval must be obtained from the "Lot" superintendent, "Lot" show manager, or a member of the grievance committee. Any livestock exhibit removed from pens or stalls prior to the designated release time without a completed Early Release Form for Animals, will forfeit all premium money.

• All exhibits must be picked up from the fair at the designated release time. Items will not be taken to the Extension Office. If not picked up, items will be donated to charity.

• All 4-H members exhibiting market swine, sheep, and beef must present signed 4-H Market Livestock Show Affidavits and Statements of Disclosure at the time of entry at the Nebraska State Fair and Ak-Sar-Ben. Each exhibitor will receive a mailing about this policy.

• Cats must have records of current rabies and distemper (feline enteritis) vaccinations. Shot records will be checked. (LJ)

## How can I exhibit at the state fair?

One of the fringe benefits of 4-H is having your exhibit selected to be judged at the Nebraska State Fair. But how?

Any 4-H member who brings an exhibit to the county fair is eligible to be selected for the state fair. If the 4-H member is required to physically be at the state fair for a livestock show, judging contest, etc., they must be 12 years old as of January 1 of the current year. But, for any static exhibit, they can be eight years old or older.

Each county in Nebraska is eligible to send a certain number of 4-H members to the state fair



based upon the number of 4-H members enrolled in a particular project area. After exhibits are judged, the judges review the top exhibits and make their state fair selections. They also select alternates for each project.

You will know if your exhibit is going to the 1995 Nebraska

State Fair if it has a state fair selection sticker on the entry tag or envelope with comment sheets. Alternates are denoted by a state fair alternate sticker. A letter will be attached to the exhibit on entering at the state fair and a letter after the county fair will be sent to those selected. Alternates will be notified if they are needed.

Make it your goal to make your best better and become a state fair exhibitor! (AMM)

## Hey! here's the scoop!



million gallons of ice cream were produced in the United States alone. (That's enough ice cream to fill more than 30,000 average-size swimming pools!) And, plain vanilla ice cream is still the number one flavor. (Half of all the ice cream eaten in the United States is vanilla!)

Some more cool ice cream

Everywhere, USA—Do you scream for ice cream? Last year, 875

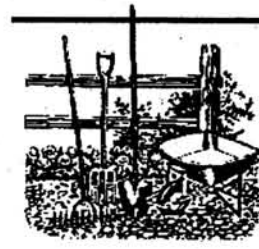
facts:

• The first ice cream cone was introduced at the 1904 St. Louis World's Fair. A waffle maker wrapped his waffles into a cone shape to serve ice cream when he ran out of bowls.

• There's seaweed in your ice cream! Algin is a substance found in seaweed and it's used in many ice creams to prevent ice crystals.

So—enjoy an ice cream cone and be sure to attend the Ice Cream Social at the county fair, August 4, 5:00-7:30 p.m. (ALH)

## GARDEN GOSSIP HOTLINE



441-7179

Accessible from any phone

Please turn to page 11 for more 4-H and Youth news





# Marketing yourself and home-based business

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

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

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

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

Image is a part of marketing that is often overlooked by home-based businesses. A customer's first contact may be by phone or personal. Family members answering the phone should understand the correct way to do it and the kind of information to be obtained from the potential customer.

A separate entrance directly into the business space of the home is preferable. If that isn't possible, be sure that the parts of the home that will be seen by the customer reflect the business properly.

Networking is a good way to market a business. This means taking every opportunity to present yourself personally as well as professionally. Use your business card to immediately identify your product or service. Involvement in community, school and church activities also are types of networking.

Creatively develop a marketing plan. It will go a long way when money is limited and prevents the home-based business owner from using more traditional forms of advertising.

Source: Carol Thayer, Small Scale Entrepreneurship Program Coordinator, NU/LANR (LB)

## What's a facilitator to do?

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

- Accepts all individuals, without judgment.
- Listens for interesting points of view and allows those views to be discussed.
- Presents ideas and opinions as just that, opinions.
- Listens carefully, trying not to interrupt.
- Allows everyone to express themselves and communicate with each other.
- Monitors participation so that individuals neither monopolize conversation nor sit back and say nothing.
- Emphasizes that each community (person) can be their own best resource, allowing all community (committee) members to participate and communicate.

A good facilitator can mediate, occupying a middle position without choosing sides. According to Webster's Dictionary, "to facilitate" means "to make easier", so as a facilitator one should be able to make the planning process easier and run smoothly. The facilitator should "facilitate" not teach, instruct or lecture. At first the facilitator may have to present ideas and offer suggestions to get the group to communicate and interact. After that the facilitators role is to monitor the activity of the group and intervene only when necessary to keep the group on task. So, the next time you are asked to facilitate a group, keep in mind the above characteristics and do it in a positive and enthusiastic manner. (LB)

# Rural residents asked to help with comprehensive plan

Lancaster County officials are looking for residents of rural Lancaster County to review county segments of the Lincoln/Lancaster County Comprehensive Plan. A 12-member County Comprehensive Plan Review Task Force made up of representatives from the county board, farmers, business people, acreage owners, planners and developers was appointed by the county board to help fill in details of the plan. One of the recommendations of the task force was the establishment of discussion/focus groups to discuss specific topics. Groups dealing with county

communities and villages, environment and conservation, rural businesses and industries and acreages have already met. However, your help is still needed to discuss the following areas: agriculture, developers and government representation including the natural resource district, rural fire districts and rural school districts. The schedule of upcoming meetings (held at the Lancaster Extension Conference Center, 444 Cherrycreek Road) is listed below. The public is encouraged to attend and give suggestions.

• Agriculture owners and

operators—Tuesday, August 1, 7:30 p.m. County Board Member Larry Hudkins will be the leader.

• Developers—Wednesday, August 23, 1:30 to 4 p.m. Former Board of Realtors executive Bob Bethel will be the leader.

• Government representation—Wednesday, August 30, 7:30 p.m. County Board Member Kathy Campbell will be the leader.

After this series of meetings is complete, the task force will recommend amendments and make implementation suggestions based on the information gathered. For more information, call Mike DeKalb at 441-6370. (LJ)

## Shared group leadership style

LaDeane Jha  
Extension Educator

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

### Situation One

Leader: Hello Harvey. How are you?

Neighbor: Oh, hi Mary. I'm OK. How are you?

Leader: I'm having a meeting at the community center tonight about getting our road repaved. You need to be there.

Neighbor: You know, I don't think the roads are so bad. What we really need is a crossing light for our children going to school.

Leader: A crossing light is a small thing. Good roads are really important. I have a plan. You be at the meeting and I'll tell you what you need to do to help with this road project.

Neighbor: Well ... I don't know ...

Leader: Just be at the meeting. I've already put you in the group to talk to the town council. Don't be like the rest of them and not come.

### Situation Two

Leader: Hello, Harvey. How are you?

Neighbor: Oh, hi Mary. I'm OK.

How are you?

Leader: We are having a meeting at the community center next Tuesday at 7:00 p.m. about getting our road paved. Several people told me to be sure to ask you to be there. Our plans always seem better when you help us make them.



Neighbor: I think that the roads are bad and need to be repaved. But what we really need is a crossing light for our children going to school. I worry everyday when I see kids dodging cars to cross the street.

Leader: I never thought about that. A crossing light is an important issue too. Please come if you can and maybe we could put that on the agenda to discuss at the meeting.

Neighbor: Well, I work nights now. I will have to check and see.

Leader: I know, but our community really needs you.

Which leader would you be the most likely to follow. The leader in situation one is indicative of authoritarian leadership, the one in situation two, a shared group leadership style. In situation one, the leader:

- was not sensitive
- did not listen to other's point of view
- was on his own agenda
- put down and judged the neighbor

The leader in situation two was just the opposite. This leader:

- was sensitive to others
- listened to others
- considered the other person's idea
- gave encouragement to the neighbor

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

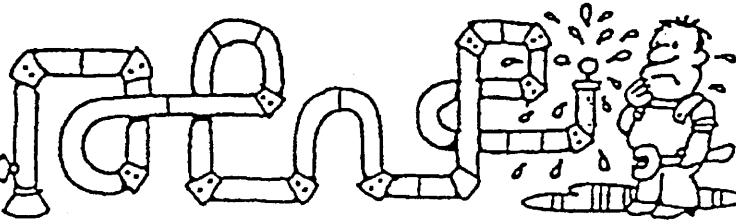
## PUBLIC INVITATION

### Lancaster County Extension Board Meeting

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

Monthly agenda available for review  
See Extension Office receptionist 8:00 a.m.-4:30 p.m. M-F

## Crisis Home Repairs



for Lancaster County homeowners

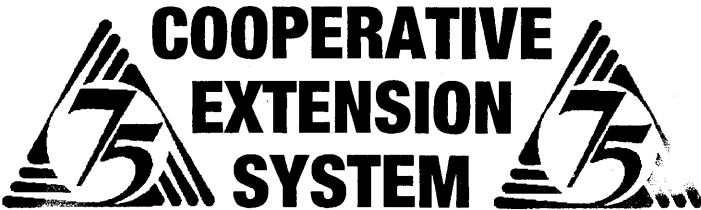
For more information, contact Judy Adams, Lancaster County Rural Coordinator, Lincoln Action Program (LAP), 2202 South 11th Street, Lincoln, NE 68502, or call 471-4515.

Grants or low interest loans are available to low and moderate income rural Lancaster County residents to make repairs to owner occupied homes.

Repairs are restricted to addressing hazards to health and safety. For example: furnace, duct work, roofs, foundations, wells, bathrooms, etc.

Requirements: One year residency prior to date of application. Meet income guidelines. Land contracts must be registered.

This program is provided by the Lancaster County Board of Commissioners and administered by Lincoln Action Program.



## Human Resources News *continued*

### Win

evaluation form.

Since its development last year, *Pyramid Power* has been purchased in 47 states plus Guam and Puerto Rico. It has been recognized through invited presentations at national meetings of the Society for Nutrition Education, the National Association of Extension Home Economists and the Urban Extension Conference. Recently, *Pyramid Power* was a First Place Regional Winner and Second Place National Winner in the National Association of Extension Home Economists Awards Program.

For more information about using *Pyramid Power* with your group, call Alice Henneman, 441-7180.

### EFNEP Families Learn Food Basics

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

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



EFNEP advisors were presented the July 1995 Community Service Award by Orv Koch, KFOR and Pat Young, First Federal Lincoln.

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

Food behaviors recorded at the start and conclusion of the education lessons showed that 73% of the homemakers improved in managing food resources, 89% improved their family's nutrition and 61% were practicing additional food safety techniques.

EFNEP has helped participants experience a sense of accomplishment and increase their self-esteem. Many have improved their lives by finishing high school, enrolling in college or other training programs, finding

jobs and becoming self sufficient; thus, no longer needing public assistance.

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

Lancaster County is served by nutrition advisors Lenora Fittro, Nobuko Nyman, Sondra Phillips, Charlene Rollins, Marilyn Waldron and Yvette Olivetti. The Lincoln Housing Authority and the Food Stamp Program have

provided funding, enabling EFNEP to expand the number of families served. Virginia Piening provides support for the EFNEP staff. Maureen Burson, Extension Educator, coordinates the program.

### 4-H Projects Teach Healthy Eating

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

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

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

"Fit It All Together I, II and III" are 4-H projects which focus on nutrition and what foods are healthiest for you. These projects provide in-depth information on carbohydrates, calories, the Food Guide Pyramid and tips for

keeping active youth healthy. Many 4-H members enjoy this series of projects because they teach fun ways to eat healthy.

"Microwave Connection" is understandably very popular. This project teaches youth the proper ways of using the microwave and how to prepare nutritious foods in a hurry. The microwave can be used for more than just reheating leftovers and heating up TV dinners. Busy families can provide healthy meals in a short period of time by effectively using microwave ovens.

The "Foods for the Future" series teaches dehydrating, freezing and canning methods. 4-H offers the curriculum for those wishing to learn these skills

4-H members are able to help cook at home and provide snacks for the family when adults don't have time. In 4-H homes, the kitchen table offers the family new and exciting foods to try. 4-H members are encouraged to experiment and practice the skills they have learned through their 4-H projects. Some 4-H clubs have meetings where all the parents are invited and 4-H'ers prepare and serve the meal—a nice treat and a break from the hectic lifestyles we all lead!

4-H teaches families lifetime skills through food and nutrition projects. Enroll your children in 4-H and help them learn skills they will use for a lifetime. If your youngster is 8-18 years old, he or she can become a 4-H member. Call the Extension Office, 441-7180, for more information.

## 4-H & Youth News *continued*



### HORSE BITS

#### Ak-Sar-Ben Registrations

The Ak-Sar-Ben 4-H Horse Show is September 20-22. Entries receiving purple or blue awards at the district horse shows are eligible to compete. The Ak-Sar-Ben entry forms are due by August 18, 1995. Entry fee of \$5 per horse will be charged. Entry forms and class schedule information will be available at the Horse Show Office during the Lancaster County Fair. (CB)

#### Horse Awards Activity

The 1995 4-H Horse Awards Achievement Night will be Tuesday, August 8, 6 p.m. at the Lancaster Extension Conference Center. The Wittstruck Memorial Award, Jean Card Trophy and the Confer Trail Trophy will be presented; as well as recognition of our corporate sponsors.

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

#### 1995 4-H Horse District Results

The 1995 4-H Horse District Shows are now history; but through the course of each show, 49 Lancaster County youth competed for the opportunity to exhibit their horses at the 1995 State 4-H Horse Exposition at Fanner Park in Grand Island, July 10-13. Congratulations to all who competed! Great job! (CB)

##### Fairbury

*Western Pleasure—12/13*  
Amanda Baille, Purple  
Lindsey Schroeder, Blue  
Nicki Steinhauser, Red

*Western Pleasure—14/up*  
Ashley Branting, Blue  
Melissa Brown, Purple  
Maggie Hoppe, Blue  
Alison Umberger, Blue

*Western Horsemanship—12/13*  
Amanda Baille, Blue  
Lindsey Schroeder, Blue  
Nicki Steinhauser, Blue

*Western Horsemanship—14/up*  
Ashley Branting, Blue  
Melissa Brown, Purple  
Maggie Hoppe, Purple

*Pole Bending—14/up*  
Ashley Branting, Red

*Reining—14/up*  
Landon Rafos, White

*Barrel Racing—14/up*  
Ashley Branting, Blue

*Kearney*  
*Western Pleasure—12/13*  
Kim Caha, Blue

*Western Pleasure—14/up*  
Kerry Pavel, Red

*English Pleasure—14/up*  
Anne McCabe, Purple

*Western Horsemanship—12/13*  
Kim Caha, Blue

*Western Horsemanship—14/up*  
Kerry Pavel, Red

*English Horsemanship—14/up*  
Anne McCabe, Red

*Reining—12/13*  
Kim Caha, Blue

*Tekamah*  
*Western Pleasure—12/13*  
Amy Ryan, Purple

*Western Horsemanship—12/13*  
Amy Ryan, Purple

*Weeping Water*  
*Western Pleasure Ponies—12/13*  
Laurissa Sabalka, Red

*English Pleasure Ponies—14/up*  
Jannell Colton, Blue

*Western Pleasure—12/13*  
Jamie Cowell, Blue  
Jessica Kelling, Blue  
Jessica McMahon, Blue

Sara Messick, Purple  
Brandi Wynegar, Red

*Western Pleasure—14/up*  
Jeremiah Frink, Red  
Jason Wise, Purple  
Carissa Agena, Red  
Kala Ball, Red  
Bobbie McMahon, Purple  
Michelle Ronhovde, Blue  
Alyson Young, Blue

*English Pleasure—12/13*  
Kendra Agena, Red  
Eric Anderson, Red  
Katie Salstrand, Blue  
Erin Smith, Purple  
Andrea Winner, Purple  
Kim Zalewski, Blue

*English Pleasure—14/up*  
Jayme Agena, Blue  
Adrienne Graham, Blue  
Celeste Kovar, Blue  
Hadley Richters, Purple  
Angela Rolfsmeier, Blue  
Jennifer Ronhovde, Red  
Merci Vinton, Red  
Annette Wehnes, Red

*Western Horsemanship—12/13*  
Jamie Cowell, Purple  
Jessica Kelling, Red  
Jessica McMahon, Blue  
Sara Messick, Purple  
Laurissa Sabalka, Red  
Katie Salstrand, Red  
Erin Smith, Purple  
Andrea Winner, Purple  
Brandi Wynegar, Red  
Kim Zalewski, Purple

*Western Horsemanship—14/up*  
Jason Wise, Blue  
Carissa Agena, Red  
Jayme Agena, Red  
Celeste Kovar, Purple  
Bobbie McMahon, Blue  
Hadley Richters, Purple

Jennifer Ronhovde, Red  
Michelle Ronhovde, Blue  
Merici Vinton, Blue  
Alyson Young, Purple

*English Horsemanship—12/13*  
Kendra Agena, Red  
Eric Anderson, Red  
Amanda Percival, Red

*English Horsemanship—14/up*  
Jannell Colton, Blue  
Adrienne Graham, Purple  
Annette Wehnes, Red

*Reining—12/13*  
Jamie Cowell, Blue  
Jessica Kelling, White

*Reining—14/up*  
Hadley Richters, White

*Pole Bending—12/13*  
Kellie Hollman, Blue  
Jessica Miller, White

*Pole Bending—14/up*  
Carissa Agena, Red  
Jeremiah Frink, Blue  
Katie Salstrand, Red  
Jennifer Ronhovde, Blue  
Michelle Ronhovde, Blue  
Tara Tichota, Blue  
Tracy Tichota, Red  
Sara Williams, Red

*Barrel Racing—12/13*  
Kendra Agena, Red  
Kellie Hollman, Purple  
Jessica Miller, Red

*Barrel Racing—14/up*  
Jeremiah Frink, Blue  
Katie Salstrand, Blue  
Jennifer Ronhovde, Purple  
Michelle Ronhovde, Blue  
Tara Tichota, Blue  
Tracy Tichota, Blue  
Sara Williams, Red



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Lancaster County

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*Jeffrey D. Gaskins*

Jeffrey D. Gaskins  
Publication & Resource Assistant

**NOTICE**  
All programs and events listed in this newsletter will be held at the Lancaster Extension Conference Center unless noted otherwise. Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County. Articles written by the staff of the University of Nebraska Cooperative Extension in Lancaster County may be reprinted without special permission if the source is acknowledged. For reprint information about other articles in THE NEBLINE, contact the source listed in the article.

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

Extension Calendar

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

- July 31**  
County Fair Entry Day for Stationary Exhibits—*State Fair Park*....4:00-8:00 p.m.
- August 2-6**  
Lancaster County Fair—*State Fair Park*
- August 3**  
Ag Pesticide Container Recycling—*State Fair Park*.....9:00 a.m.-4:00 p.m.
- August 5**  
Ak-Sar-Ben Entries Deadline Date
- August 8**  
Extension Board Meeting..... TBA
- August 8-9**  
55 Alive—Mature Driving Course.....10:00 a.m.-2:30 p.m.
- August 10**  
Fresh Start Fund-Raiser.....7:00 p.m.
- August 11**  
Agricultural Pesticide Container Recycling—..... 9:00 a.m.-3:00 p.m.  
*Firth Cooperative Company*
- August 13-15**  
Dismal River Canoe Weekend—*Halsey*
- August 15**  
FCE reorganization packets available for pick-up
- August 18**  
Agricultural Pesticide Container Recycling—..... 9:00 a.m.-3:00 p.m.  
*Southeast Nebraska Co-op, Beatrice*
- August 25-Sept 4**  
Nebraska State Fair—*State Fair Park (see page 9)*
- August 25**  
Agricultural Pesticide Container Recycling—..... 9:00 a.m.-3:00 p.m.  
*Farmer's Co-op Elevator, Plymouth*
- September 5**  
4-H Council Meeting..... 7:30 p.m.
- September 7**  
TIPS for Swine Producers—*South Sioux City, Nebraska*..... 12:30-7:00 p.m.
- September 8**  
TIPS for Swine Producers—*South Sioux City, Nebraska*.....8:00 a.m.-4:00 p.m.
- September 10**  
4-H Teen Council Meeting.....3:00-5:00 p.m.
- September 20-25**  
Ak-Sar-Ben—*Ak-Sar-Ben, Omaha*