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The NEBLINE®

University of Nebraska Lincoln

University of Nebraska Cooperative Extension in Lancaster County

"Helping Nebraskans enhance their lives through research-based education."

September 2004
Vol. XVII, No. 9

441-7180 • Web site: lancaster.unl.edu

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2004 LANCASTER COUNTY FAIR

View county fair photos on page 12 of this issue. More photos and complete 4-H results are online at lancaster.unl.edu/4h/Fair

What if You Could Access Extension's Educational Resources at the Push of a Button?

Soni Cochran
Extension Associate

Since its beginning, Cooperative Extension has delivered research-based knowledge to communities through direct teaching and publications. We still do. But over the years, new technologies have provided Cooperative Extension additional methods of helping people put knowledge to work.

The Information Highway

Of all the technologies, the Internet has had the greatest impact on how people access information. Cooperative Extension uses the Web to maximize the accessibility of its educational materials. You can access Cooperative Extension's online resources 24-hours a day/ 7 days a week/365 days a year! In addition, search engines make finding what you are looking for as easy and as fast as typing in a keyword!

University of Nebraska Cooperative Extension in Lancaster County began putting educational resources online in 1997. Now, we have more than 4,000 Web pages of information! Not only do Lancaster County residents, Nebraskans and Americans utilize our site, but we have Web users from more than 100 countries monthly.

Keeping It Easy to Use

In order to keep Cooperative Extension's extensive online information manageable, we work hard so you don't have to. Educational resources are organized by subject matter, and often cross referenced, for easy navigation.

Users can search the entire site, or search all of UNL's Institute of Agriculture and Natural Resources Web servers. Our educational materials are often among the first shown in Google or other search engine searches.

Our site is updated daily, and the home page features timely topics. A calendar shows upcoming extension programs at a glance.

Weaving the Web Into "Teachable Moments"

Learning is a continual process and online materials can be accessed whenever there is "teachable moment." Many times this occurs in formal (and usually planned) settings such as classrooms, programs and workshops. Often it is more informal (and immediate) such as one-on-one contact, phone conversations and e-mail.

Community professionals, educators, parents, grandparents, youth and individuals are recognizing Cooperative Extension as a source for unbiased, research-based information and education on the Internet. Here are some resources being readily used in "teachable moments."

- Teachers, students and parents utilize the 4-H Embryology Web site to view movie clips of eggs being candled, baby chicks hatching and EGG Cam to supplement classroom materials, research and home projects.
- Educators, nutritionists and dieticians are downloading print-ready educational resources and power-point presentations to share with clientele and classrooms.
- Garden professionals and home gardeners alike access weekly articles, pest updates, order horticulture videos and find links to University of Nebraska resources and programs such as *Backyard Farmer*.
- Our gardening site also has many youth gardening resources suitable for classroom or home use.
- A wide variety of individuals use Cooperative Extension's resources to identify insects, pests and wildlife. For pests, least toxic control options are encouraged if control is necessary.
- Farmers and acreage owners access the latest information on agriculture and topics related to rural living.

Soni Cochran is the Webmaster for the UNL Cooperative Extension in Lancaster County Web site, coordinating information from all staff members and state and national Extension Web sites. If you have any comments or suggestions about the Web site, e-mail her at scochran2@unl.edu.

Sorting Through Internet Clutter

The Internet can be overwhelming. Information on the Internet can come from anyone. Just because you find it on the Internet doesn't make it true. You have to judge the source of the information carefully before deciding to trust it. It is also a good idea to double check the information by visiting other trusted sources.

How do you recognize an "information Web page" — whose purpose is to present factual information? The URL address typically ends in .edu or .gov, and many of these pages are sponsored by educational institutions or government agencies. For example the University of Nebraska Cooperative Extension in Lancaster County URL is http://lancaster.unl.edu

Here are some questions you should ask yourself about an information Web page. The more you answer "yes," the more likely you can determine whether the sources provides high information quality.

1. Is it clear who is responsible for the contents of the Web site? The site's sponsor should be reputable and unbiased. Does the site include information about the author or the sponsoring agency. Is there contact information on the site?
2. Is the purpose of the site to educate?
3. Is the site objective? Is the information provided as a public service? Is it free of advertising? If there is very limited advertising, is it clearly separated from the informational content?
4. Does the site indicate dates when the material has been added or updated? Are there other indications the site is kept current?
5. Is the information easy to read and understand? Is it accurate? Are photos, graphs and charts used?
6. Is there a print equivalent to the Web page?

Source: Checklist for an Information Web Page (Widner University)

What Users Are Saying

"This site [4-H Embryology] is awesome!!! I am learning about embryology and it is awesome and I get to come to the computer lab everyday to come on to this site..and it's worth it!" —*Shannon (age 12)*

"School has just started and we are already sending lots of children home with head lice. I went on the Internet and found your handout to be one of the best." —*A. Kasselman RN-BSN*

"In my work, forecasting electricity usage for irrigation pumping, I have used it [irrigation cost Excel spreadsheet] extensively for scenario analysis. I have also used it, and recommended it, as a teaching tool for other electric cooperative staff in Colorado and Nebraska."

"First hit for a Google search, and gave me exactly the answer I wanted!"

"Great site! I haven't explored all of it but it is a wonderful reference and very well done. Thank you for working so hard on it!"

"I use these [resources] to educate my patients in the hospital and at health fairs, for co-workers. Thank you so much, they are all so great!"

"I really enjoy your monthly e-mail newsletters — they are always full of useful ideas that one can actually use in everyday life (such as this article). Shows you are in touch with our lives and understand your readers. Thank you."

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CHANGE SERVICE REQUESTED

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

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We assure reasonable accommodation under the Americans with Disabilities Act; for assistance contact UNL Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Lincoln, Nebraska 68528-1507, 402-441-7180. TDD capability available.

Garden Guide

Things to do this month

Plant peonies now, but make sure the crowns are buried only 1½–2 inches below ground level. Planting them deeper than two inches may keep them from blooming.

Root cuttings from annual bedding plants such as begonias, coleus, geraniums and impatiens can be overwintered in a sunny window and provide plants for next year's garden.

Before the first frost, dig up caladiums. Allow them to dry and store them in a dry place for the winter.

Perennial phlox can be divided about every third or fourth year. Divide big clumps of perennial phlox into thirds. Early fall or early spring are the best times to plant or transplant them.

Divide lily-of-the-valley.

Select accent plants for your landscape that will provide autumn colors. Trees that have red fall color are flowering dogwood, red maple, sugar maple, Norway maple, red oak and scarlet oak. Shrubs with red fall foliage include sumac, viburnum, winged euonymus and barberry.

Allow plants to finish the summer growth cycle in a normal manner. Never encourage growth with heavy applications of fertilizer or excessive pruning at this time. Plants will delay their dormancy process that has already begun in anticipation of winter. New growth can be injured by an early freeze.

Tree wound paints used after pruning are no longer recommended as they can slow healing and may promote decay.

If pesky seedlings of woody plants, such as elm, mulberry, hackberry or maple are found growing in your yard, remove them as soon as possible. If left too long, they will take over gardens and other landscape plantings.

Rake up leaves, twigs and fruit from crabapple trees and dispose of them in the trash to help control apple scab disease.

Water newly planted trees and shrubs to provide sufficient moisture and prevent winter damage. Add a two-inch layer of an organic mulch such as shredded bark around the base of plants to retain soil moisture and regulate soil temperature.

Wood ashes contain phosphorous, potassium and calcium. It can be placed on vegetable gardens and flower beds.

Save seeds from favorite flowers such as marigolds by allowing the flower heads to mature. Lay seeds on newspaper and turn them often to dry. Store the dry seeds in glass jars or envelopes in a cool, dry, dark place.

Hot peppers will keep best if stored after they are dry. Thread the peppers on a string to dry. Hang in a cool, dry place.

Pot up chives, parsley and other herbs to extend the growing season in the house.

Pears should be picked at the hard-ripe stage and allowed to finish ripening off the tree. The base color of yellow pears should change from green to yellow as the fruit approaches maturity.

Be sure to keep strawberry beds weed-free. Every weed you pull now will help make weeding much easier next spring.

Do not wait for frost warnings to move your plants indoors. Temperatures of 45º F or lower can damage many tropical house plants.

Collect okra seed pods, gourds, sumac seed heads, rose hips and other suitable materials for dried arrangements. Air dry these materials in a dark, cool location.

Fall is a good time for improving your garden soil. Add manure, compost and leaves to increase the organic matter content. (MJF)

Herbal Festival

Join the Doole family and Pioneers Park Nature Center for a rededication of the renovated Louise Evans Doole Herb Garden

Saturday, Sept. 11
9:30 a.m.–3 p.m., $5/person

Festivities include:
Betsy Williams
author, herb grower and floral designer from 'The Proper Season,' Andover, MA
Presentation:
"Developing Theme Gardens"
an Herbal Craft Workshop (materials fee extra)

also available:
Tours of the Renovated Herb Garden
Tasting Table
Mini-workshops
Informational booths

Presented in cooperation with the Nebraska Herbal Society. Call 441-7895 for more information.

Good, Low-Maintenance Trees to Plant

After the rough, stormy spring and summer we just had, many of us were forced to remove damaged trees. The next task is to select a tree to replace the one you lost. When replacing those unsalvageable trees, you may want to consider a low-maintenance tree. These are trees that need minimal pruning, have minor insect or disease problems, have a slower growth rate and add value to your landscape.

Consider selecting one of the trees on this list. After these trees become established, they will beautify your landscape for years to come. (MJF)

Name	Mature Height (Ft.)	Crown Spread (Ft.)	Growth Rate	Mature Form	Fall Color
Ginkgo	40-60	30-40	slow	oval	yellow
Goldenrain Tree	20-25	25-30	slow	round	brown
Hackberry	50-70	30-40	slow	vase	yellow
Maple, Norway	40-50	30-40	medium	oval to round	yellow to orange
Maple, Sugar	50-70	40-60	slow	oval to round	yellow to red
Maple, Amur	15-20	10-15	medium	round	scarlet
Maple, Tatarian	15-20	15-20	medium-slow	round	yellow-red
Oak, Bur	50-70	50-70	slow	oval	yellow-brown
Oak, White	50-70	30-50	slow	round	purplish
Oak, Swamp White	40-60	20-40	medium	oval	yellow-brown
Oak, Shingle	50-60	50-60	medium-slow	round	yellow to red
Spruce, Colorado	30-60	10-20	medium-slow	pyramid	
Spruce, White	40-60	10-20	medium	pyramid	
Douglas-fir	40-80	12-20	medium	pyramid	
Hornbeam, European	40-60	30-40	medium-slow	oval	yellow
Magnolia, Star	15-20	10-15	slow	oval to round	yellow to bronze
Smoketree, Common	10-15	10-15	medium	round	red-purple
Japanese Tree Lilac	20-25	15-25	medium	vase	green
Amur Cork Tree	20-30	15-25	medium	round	yellow-brown
American Hophornbeam	25-40	25-30	slow	oval	yellow
Amur Maackia	20-30	20-30	slow	round	green
Maple, Black	50-70	40-50	slow	round	yellow
Witchhazel, Common	15-30	20-25	medium	oval	yellow
Magnolia, Saucer	20-30	20-30	medium	round	yellow-brown

Aster Yellows on Purple Coneflower

Purple coneflower can suffer from a common disease called aster yellows. Aster yellows causes chlorosis or yellowing of the plant, stunting, irregular growth and distortion of the flower head. This unusual growth is often misdiagnosed as herbicide damage. Aster yellows is a disease carried from plant to plant by insects and survives winter in infected plant material.

Aster yellows on coneflowers (normal flowers shown at left) causes yellowing of the plant and distortion of the flower head (right).

To manage aster yellows, all infected plants should be removed from the garden and destroyed. There are no chemical treatments available for aster yellows. Since the disease can also survive in neighboring weeds, it is important to maintain good weed control in and around your garden. (MJF)

Photos/South Dakota State University College of Agriculture and Biological Sciences

Ladybugs, Ladybugs, Fly Away Home! Please!

Barb Ogg
Extension Educator

Last year, the extension office handled hundreds of calls about ladybugs invading their home. We took most of these calls last fall, but a surprising number came this spring when beetles, still inside wall voids, became active as temperatures warmed up.

Those who had ladybug invasions last year, should expect a repeat, unless you have taken measures to seal cracks and crevices around siding, windows and doors. Ladybugs squeeze through these cracks and crevices in order to find an insulated place to hibernate during the winter.

Most of us know that ladybugs are good insects. They have a long-standing reputation of ridding garden and crops from insect pests, especially aphids. In medieval Europe, people believed the ladybug was divinely sent from heaven to protect crops. They called it the "Bug of Our Lady," a reference to the Virgin Mary. Over time, the name was shortened to 'ladybug.'

What is the nursery rhyme about?

Ladybug, ladybug, fly away home, Your house is on fire, your children do roam. Except little Nan, who sits in a pan, Weaving gold laces as fast as she can.

This verse started in ancient England as a warning to the ladybugs crawling on old hop vines. After harvest, the farmers set fire to the vines to clear the fields. The adult ladybugs could fly away, but the larvae could only crawl. The unfortunate pupa (Nan in the rhyme) was fastened to the burning plants.

We've grown up thinking about ladybugs as being good, so it is a radical shift to think about them as being a pest. What's happened here? Is this a case of a good insect gone bad?

Multicolored Asian Ladybird Beetles

The offending ladybug is one species, called the Multicolored Asian Ladybird Beetle (MALB). Colors of MALB differ, ranging from pale yellow-orange to bright red-orange with and without spots on the wing covers.

The MALB, recognized as a voracious feeder, was introduced several times in the U.S. as a biological control agent for the control of aphids and other pest insects.

Habitat

The biggest problem is where the MALB chooses to overwinter. In its native habitat in Asia, large numbers of MALB aggregate and overwinter in cracks and crevices within cliff faces. Since cliffs are not readily available in Nebraska, the next best things are tall houses!

Multicolored Asian Ladybird Beetles (MALB)

Researchers studying the MALB now recognize they are attracted to tall houses that are often all by themselves in the landscape, often near a grove of trees. This description sounds a lot like farmsteads and acreages in our rural areas. Given the MALB is a voracious feeder of soybean aphid (also native to Asia), rural homes are very susceptible, although folks who live in town are not immune from MALB invasions.

The number of MALB that invade varies from a few individuals to thousands. This can be a major nuisance to the family whose home becomes the residence of choice for MALB.

Potential Problems

This ladybug species has a number of other undesirable qualities.

MALB secretes a foul-tasting chemical from their legs, which makes them unpalatable to their enemies. This secretion can stain fabric and wallpaper. Large infestations of MALB have a definite odor.

MALB has been reported to be an asthma trigger in a few sensitive individuals.

MALB will bite. It isn't particularly painful, but it is annoying.

They feed on grapes and other fruits. When crushed, their bodies will taint wine and affect its taste — a potential problem for vineyards.

Control

The safest option is to prevent entry by MALB by sealing and screening as many holes and vents in your home as is possible.

Once they get inside, it is best to use a vacuum cleaner or, in bad cases, a shop-vac to suck them up. However, if large numbers of MALB get sucked into the interior part of the vacuum cleaner, their secretions will cause the vacuum cleaner to smell like MALB every time it is used. To prevent this, one can insert a knee-high nylon stocking into the hose wand to capture the beetles before they are sucked into the vacuum cleaner body. Insert the knee-high stocking into a connection joint in the wand so it forms a bag inside the hose and a portion of the stocking folds over the outside of the wand to secure it in place when the wand is put back together. After sucking up the beetles, remove the stocking and dispose of the beetles.

Ohio State University has done some research on spraying the exterior of homes to prevent these beetles from coming inside. Timing of treatment is extremely important. Too early and the chemical will lose its effectiveness. Too late and the ladybugs will already be inside. It would be impractical and nearly impossible to control them once they're inside walls.

Composting Indoors with Worms

Vermicomposting is a terrific way to compost non-fatty kitchen scraps in the dead of winter. This unique process uses special worms called redworms or "red wigglers." The worms efficiently eat your kitchen scraps and their newspaper bedding. The resulting compost makes an excellent soil amendment for your garden. By setting your bin up now, you'll be in full swing by the time winter sets in and it is too cold to compost outdoors.

In vermicomposting, redworms turn newspaper bedding and kitchen scraps (right) into worm castings or compost (left).

Supplies

You need:

1. A container (plastic, wood) with loose fitting lid
2. Bedding (newspaper - avoid slick, colored advertisements)
3. Food Waste: A variety of vegetable and fruit waste. You'll also need a small amount of coffee grounds or crushed egg shells. These help the worms break down their food. Avoid any fatty foods, sauces, salad dressings, meats, dairy, onions.
4. Red Wiggler Worms. These are available through Garden Catalogs and are most often sold by the pound. For one pound of food waste a day, you need 2,000 worms (roughly a pound). Many people ask if they can use nightcrawlers or other earthworms found in the lawn. Our native earthworms are not suited for indoor temperatures and they will die pretty quickly.

Getting Started

Set your bin up before you expect to receive your redworms in the mail.

1. Shred your newspaper into very narrow strips. Soak the shredded newspaper in water over night.
2. After the newspaper is thoroughly soaked, wring it out so it feels like a damp sponge. Add the newspaper to the bin and "fluff it up" for the worms.
3. Empty the worms and the bedding they were shipped in into the bin. The worms will move away from the light
4. Add your food waste. Put a small amount of food in the bin and cover it. Each time you add food, put it in a different spot. The key to having a successful worm bin is to START SLOWLY. It will take a while for the population of worms to build up enough so you can add food regularly. If you add too much food too early, you'll have problems with odors and possibly insects.

In just two to four months, the worms will have converted the newspaper bedding and food scraps into a rich, earthy-smelling soil amendment. For detailed information including how to harvest the compost, contact the extension office and ask for "Vermicomposting - Composting with Worms" or go to lancaster.unl.edu/enviro/pest/factsheets/107-97.htm (SC)

Upcoming Household Hazardous Waste Collections

Residents of Lancaster County can bring household hazardous wastes to the following collection sites.

Friday, Sept. 10 • 3–7 p.m.
Waverly — Lancaster County Shop Salt Dome
(5 blocks north of Highway 6 on North 141 Street)

Saturday, Sept. 11 • 9 a.m.–1 p.m.
Lincoln-Lancaster County Health Department
3140 N Street - south parking lot

Saturday, Oct. 9 • 9 a.m.–1 p.m.
Lincoln-Lancaster County Health Department
3140 N Street, south parking lot

Saturday, Nov. 6 • 9 a.m.–1 p.m
State Fair Park, 4-H Youth Complex

Items you can bring for disposal:

- HEAVY METALS: items containing mercury such as thermometers and fluorescent bulbs.
- SOLVENTS: mineral spirits, turpentine, paint strippers and thinners, oil-based paints, varnishes, stains, polishes, waxes.
- PESTICIDES: weed killers, garden sprays, wood preservatives, pet flea and tick products, roach powder, rat poisons. You may also bring banned products, like DDT, chlordane, 2,4,5-T, pentachlorophenol, silvex.
- PCB'S: Ballasts from old fluorescent fixtures, small capacitors from old appliances, including radios, motors and televisions.

Leave products in their original container and keep the label intact. If the label is destroyed or unreadable, label the products to the best of your knowledge. Open, leaking or rusted containers should be placed in a clear plastic bag during transport. Do not mix chemicals.

Do not bring latex paint, medicines, explosives, fertilizers or general household trash. Used oil, antifreeze and batteries should be recycled.

For more specific information, call the Lincoln-Lancaster County Health Department at
441-8040

Healthy Eating

Enjoy Nebraska Foods!

Alice Henneman, RD, Extension Educator

To help your children enjoy eating the recommended 5 to 9 fruits and vegetables a day, try this recipe from the National Cancer Institute (www.5aday.gov). You'll like it, too!

Sports Mix

(Serves 4, provides 1 fruit serving per person)

1/4 cup raisins
1/4 cup dried cranberries
1/4 cup dried tart cherries
1/4 cup chopped dried apricots
3/4 cup whole grain crunchy cereal
1/4 cup roughly chopped toasted almonds

Combine the raisins, cranberries, cherries, apricots, cereal and nuts. Place in 4 small zip-top bags for a quick, healthy and convenient snack.

Nutritional Analysis per serving: 225 calories; 5 g fat; 19% calories from fat; 0 g saturated fat; 0% calories from saturated fat; 46 g carbohydrates; 134 mg sodium; 4 g dietary fiber

Fast & Healthy

One-Dish Dinners

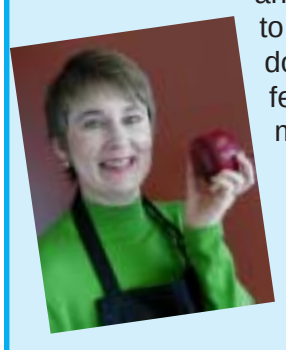
for 1, 2, 4 or more

FREE CLASS

Wednesday, Sept. 22
7–8:30 p.m.

Plaza Conference Center, BryanLGH Medical Center East, 1600 S. 48th St., Lincoln

One-dish dinners are a quick and easy way to prepare delicious, healthy meals for just yourself or for any number of people. You don't have to worry about getting several foods done at the same time and there are fewer dishes to wash! Many can be made ahead of time.



Presented by ALICE HENNEMAN, registered dietitian and UNL Lancaster County Extension Educator

PARTICIPANTS WILL RECEIVE AN EXTENSIVE HANDOUT WHICH INCLUDES TIPS AND RECIPES

REGISTER BY CALLING BRYANLGH
481-8886

PART OF BRYANLGH MEDICAL CENTER'S "EATING WELL" SERIES

Packed Lunch Pizzazz!

Alice Henneman, RD
Extension Educator

September is National Food Safety Education Month. This year's theme is "Be Aware When You Prepare." As September also is the start of the school year when many students carry homemade lunches, sack lunch safety is an important part of safe food preparation.

Carrying food in an insulated container with a freezer gel pack helps prevent boring bagged lunches as well as promoting food safety. Use an insulated container and gel freezer pack to carry perishable foods that must be kept cold.

Bacteria multiply rapidly if food is held in the "danger zone" of 40º F to 140º F for more than 2 hours (1 hour when the temperature is above 90º F). At room temperature, just ONE bacterium could grow to 2,097,152 bacteria in 7 hours!

Keeping food at a safe temperature is important when carrying a lunch. Let sack lunches be limited only by your imagination by following these food safety tips:

Preparation

1. To serve safe food in carried lunches, the food must start out safe. Follow general food safety practices of cooking foods to safe temperatures, working with clean utensils and a clean work surface, cooling and storing food properly.

2. Wash the lunch container and thermos with hot water and detergent after every use. If you use a paper bag, purchase bags specifically for carrying sack lunches and use a clean one each time.

3. Prepare just the amount of perishable food that can be eaten to avoid possible safety problems with leftover perishable foods.

4. Use thermos containers to keep liquids or semi-fluid foods cold or hot. Fill shortly before leaving with the lunch. For hot foods, preheat the thermos by filling it with hot water and letting it stand for a few minutes. Pour out water and add steaming hot food. For cold foods, fill the thermos with cold water first and let stand a few minutes before emptying the water and adding cold foods.

Keep Cold Foods Cold

1. Perishable foods served cold, must be kept cold. These include the following foods and items prepared with these foods:

- meat, poultry, seafood, eggs, tofu
- dairy products (milk, cheese and yogurt)
- opened canned fruit, cooked fruits and vegetables and cut/peeled fresh fruits and vegetables
- pasta, rice and cooked vegetables and fruits

2. If lunches are packed the night before, keep perishable foods refrigerated until youth are ready to leave with the lunch. Add cookies, chips or other foods that lose crispness in the morning.

3. Pack already chilled foods in an insulated lunch container. Include a freezer gel pack. At school, have youth place the sack lunch in a cool place out of direct sunlight.

Foods Safe at Room Temperature

Packed lunch foods safe at room temperature include:

- peanut butter sandwiches
- popcorn
- bread, crackers, bagels
- fresh fruit in the peel
- unopened single-serving containers of fruit, fruit juice and pudding
- commercially prepared canned meats, poultry, seafood and dried beans (such beans and franks) that can be opened and eaten immediately
- dried fruits
- nuts
- cookies, cereal bars

Adding A Rainbow To Your Diet

NEP Nutrition Education Program
for Limited Resource Families

Wanda M. Koszewski, PhD, RD, LMNT
Extension Specialist

The 5-a-Day for Better Health Campaign started in 1991. It's goal is to increase the consumption of fruits and vegetables in the United States to 5 to 9 servings per day. In addition, the program seeks to inform Americans eating fruits and vegetables can improve their health and reduce their risks of certain diseases such as heart disease and some types of cancers. The campaign is based on both private and public partnerships. The main partners are the National Cancer Institute, the Produce for Better Health Foundation, the American Cancer Society, Center for Disease Control, USDA, United Fresh Fruit and Vegetable Association and the Produce Marketing Association. One partner campaign is called "Why 5-a-Day the Color Way." The campaign is to encourage consumers to add color to their plate at each meal by choosing fruits and vegetables. They include such colors as blues/purple, green, red, yellow, orange and white. Each color also represents the different nutrients you can get from eating foods of different colors. For example:

Red

Fruits and vegetables containing the red color contains phytochemicals that might help with heart health, memory function and urinary tract health. Red would include cherries, cranberries, red grapes, raspberries, strawberries, beets, red peppers, tomatoes and watermelon.

Yellow/Orange

These fruits and vegetables are a food source of vitamins such as Vitamin C/Vitamin A and phytochemicals that can help with heart health, vision health, maintaining a healthy immune system and lower some cancer risks. Examples of yellow/orange would include apricots, cantaloupe, grapefruit, oranges, nectarines, peaches, pineapple, butternut squash, carrots, pumpkin, sweet corn and sweet potatoes.

Green

Green fruits and vegetables contain phytochemicals such as lutein and are a good source of antioxidants like Vitamin A and Vitamin C. Green added to your diet will help lower some cancer risks, maintain vision health and help with strong bones and teeth. Go green every day with fruits and vegetables like green grapes, kiwi, limes, honeydew, green apples, broccoli, celery, green cabbage, cucumbers, leafy greens, spinach, peas and zucchini.

White

White, tan and brown fruits and vegetables also contain phytochemicals to help with heart health and lower some cancer risks. Example of white are bananas, dates, cauliflower, garlic, jicama, kohlrabi, mushrooms, parsnips, onions and white corn.

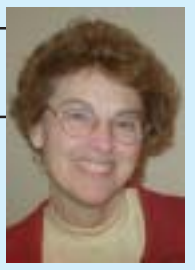
Blue/Purple

These fruits and vegetables, like the others, also help lower some cancer risks but also help maintain urinary tract health, memory function and help with aging. Examples are: blueberries, purple grapes, plums, raisins, black currents, blackberries, purple cabbage and eggplant. So remember to add a rainbow of color to your plate for good health.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Janet's Jargon

Janet Broer
FCE Council Chair



Once again we must adjust to another fall season. There is lots of excitement in the air with State Fair activities, Friday evening sports and Big Red football. But one of the things I always enjoyed most about fall was hearing the corn pickers and combines in the field as they harvested corn and soybeans. City life continues to grown ever closer to my home, and the absence of harvesting machines and their noise becomes more evident. Each year I treasure those bygone days on the farm a bit more.

We had a great response to our Sizzling Summer Sampler. Kevin Smith from Flowerama with Brenda Danley and Bonnie Evert from Sutter Place Interiors left our heads full of ideas for adding beauty and color to our environment. If you missed this year's event, catalogue it in your memory bank to attend next year. We had several neat baskets and lots of flowers to give away in drawings; enough money was raised with the raffle to cover our 2005 Scholarship Award. Thank you very much to all who helped and attended to make this a most successful and fun evening.

Our Sept. 27 FCE Council will have a business meeting. This will be a 12:45 salad luncheon at the Lancaster Extension Education Center and anyone may attend; eating utensils and drinks will be provided. Busy Bees and 49'ers will be host clubs. They have arranged with Susan Seacrest of the Groundwater Foundation to do the program. You are also reminded to bring canned food for the Food Bank to either this meeting or to Achievement Night, Oct. 18.

FCE State Convention will be in Schuyler, Oct. 3–5. As usual, I'm sure the programs will be excellent. More details should be in your August issue of FCE Speaks, if you are interested in attending.

I wish each of you a happy fall.

FCE News & Events

Re-Organizational Packets

Presidents of Family and Community Education (FCE) Clubs can now pick up their packet to reorganize for 2005. There are October deadlines within the packet. If you have questions, call Lorene or Pam at 441-7180. It is time to look forward and plan an exciting and educational year for FCE. (LB)

FCE Council Meeting Sept. 27

The next FCE Council meeting will be Monday, Sept. 27, 12:45 p.m. This will be a salad luncheon. Each attendee is asked to bring a salad. Following the luncheon the Groundwater Foundation staff will present a program "Protecting Nebraska's Unseen Treasure" about Nebraska's Groundwater resources and what you and your community can do to protect and conserve it. The business meeting will follow the program. Call Pam at 441-7180 if you plan to attend. All FCE members are invited to attend. (LB)

Leader Training Lesson Sept. 28

"Aging Friendly Communities" will be the FCE and community leader training lesson for October presented by Lorene Bartos, extension educator. The lesson will be Tuesday, Sept. 28, 1 p.m. Many Nebraska communities today find their largest population segments are over 65 years of age. This demographic trend is likely to continue as the baby boom population ages. Many communities can benefit from being "aging friendly." If you are not an FCE member call Pam at 441-7180 so informational packets can be prepared. (LB)

Achievement Night Oct. 18

The 2004 FCE Achievement Night will be Monday, Oct. 18, starting with dessert at 6:30 p.m. Everyone is asked to bring canned food or a donation for the food bank for FCE's annual collection. The program "Rhinestones Aren't Just for Evening Anymore" will be presented by Kathy Kuna. She will show her collection and share information about rhinestones. Attendees can bring or wear their rhinestone jewelry. Members will be recognized for years of membership. Call Pam at 441-7180 if you plan to attend. (LB)

Leader Training Lessons for 2005

Here is the schedule for next year's FCE and community leader training lessons. All will be presented at 1 p.m.

- Jan. 4—Using Retail Dollars to Boost Your Local Economy
- Jan. 25—One of Rural America's Greatest Challenges
- Feb. 22—Home Fall Prevention - Do It Now!
- March 22—Healthy Cooking for 1 or 2
- Sept. 27—Credit Card - Friend or Foe?

Many of the 2003 leader training lessons are now available on the Internet at communityprograms.unl.edu, including:

- Aging Friendly Communities
- Fit and Healthy Kids
- Food: Choice or Chance
- Helping Family and Friends During Tough Times

Plan Now for Holiday Spending

Spending a little extra time now deciding how much can be spent this holiday season will prevent a budget crunch after the holiday fun is over.

Saving money throughout the holiday season, spreading out purchases and keeping track of expenses can make holiday spending easier without a new year of debt.

Before shopping, make a list and decide how much to spend on each person. Most consumer scientists agree people spend more when they shop without knowing what to buy. Look at catalogs or Web sites to get ideas. Sale items might be found in the process. Buying some gifts early also spreads expenses over a longer time period instead of accumulating hundreds of dollars of purchases in one week.

Use debit cards or checks to pay for gifts, not credit cards. It's easier to track spending with a debit card and consumers won't have to dread opening credit card bills after the holiday season. Consumers who must use credit should limit themselves to one card and not spend more than they can pay off in one month.

Being creative also can pay off. Homemade gifts, such as cookies, painted mugs or ornaments, are fun to give and receive. Or, use the holiday season to strengthen relationships by spending quality time with family or friends. Time is much more valuable than money or gifts.

When January rolls around, start planning for next year. Set aside a few dollars each week and use the money for next year's gifts. Consumers also should take advantage of clearance sales on lights and decorations to avoid paying full price for the same items the following year.

SOURCE: Kathy Prochaska-Cue, Ph.D., extension family economist, NU/IANR (LB)

HOUSEHOLD HINTS

by Lorene Bartos, Extension Educator

Chill Out with an Efficient Fridge

Refrigerators are among the most energy intensive appliances in a home, but with a few stops you can keep your energy costs to a minimum.

Check to see your refrigerator isn't too cold. Recommended temperatures are 37º F to 40º F for the fresh food compartment and 5º F for the freezer section. Long-term storage freezers should be kept at 0º F. (Stick a thermometer in a glass of water and read it after 24 hours; for the freezer, stick the thermometer between frozen packages.)

Frost build-up decreases energy efficiency, so regularly defrost manual-defrost refrigerators and freezers. Replace your refrigerator door seals if they are not airtight, and cover liquids and wrap foods — uncovered foods release moisture and make the condenser work harder. Move your refrigerator out from the wall and vacuum its condenser coils once a year unless you have a no-clean condenser model.

Finally, if you're in the market for a new refrigerator, pay attention to the EnergyGuide label, which lists electricity use in kilowatt-hours — the lower the better.

Stress Affects Adolescents Too

Adolescence can be a very stressful time for today's youth. Studying for an exam scheduled the next day, working on other assigned homework, participating in sports practice, trying to fit in with peers, maintaining relationships and staying in tune with family members at home can be enough to worry about.

In addition to these stressors, the majority of youth will experience one or more major life challenges or changes in their lifetime, including transferring to a different school, a family move, a death or illness of a family member, an ongoing parental conflict or divorce, substance abuse within the family or family economic stress.

These factors combined with the daily struggles of school, minor peer and family arguments, time-management challenges and the physical, social, hormonal and cognitive changes of growing up, may lead to feelings of stress, anxiety and depression.

Depression, alcohol abuse, delinquency and school problems all are associated with the stresses of adolescence and the feelings of hopelessness and frustration some adolescents experience. Some stress is common. Most youth emerge through stressful periods without any long-term negative effects. However, some adolescents are at greater risk.

Research finds three factors influence an adolescent's vulnerability to negative effects of stress, including the number of stressors, the presence of internal and external assets and coping skills.

If only one source of stress is present, it is less likely to be a problem than if there are two or more. Also, assets or factors, such as healthy self-esteem, feelings of competence, close friends, good social skills and close and trusting relationships with parents protect youth from stress. Finally, adolescents who take specific and purposeful actions to change the source of the stress often fare better than those who avoid problems or deny them.

It is important to remember stress is not always bad. It can help adolescents to improve overall coping abilities and to concentrate on problem solving. However, adults need to be supportive during this time in children's lives.

SOURCES: Rosalie Bakken, Ph.D., adolescent development specialist, NU/IANR; The Ups & Downs of Adolescence, *June 2001. (LB)*

CHARACTER COUNTS! CORNER

Values

Important beliefs and desires that shape attitudes and motivate actions. Our values, including our sense of right and wrong, are composed of conscious and unconscious beliefs arising from *conditioning, emotion and reasoning*. (LB)

TRUSTWORTHINESS • RESPECT • RESPONSIBILITY • FAIRNESS • CARING • CITIZENSHIP
Six Pillars of Character
JOSEPHSON INSTITUTE OF ETHICS
CHARACTER COUNTS!SM

St. Johnswort is Increasing in Eastern Nebraska

Tom Dorn
Extension Educator

I would like to call readers attention to a weed called St. Johnswort that is invading roadsides, pastures and hayland. This weed is a concern not only because it seems to be increasing in this part of the state, it also can have detrimental effects on animals that consume it.

Clump of St. Johnswort in grass

St. Johnswort leaf

St. Johnswort flowers

Identification

St. Johnswort (a.k.a. St. John's Wort and Klamath weed) is a taprooted perennial that reproduces by seeds and short creeping stems (above and below ground). Plants height is usually around two feet but in an ideal site, plants can reach five feet in height. Most stems have reddish or rust colored blotches on the lower end and are woody at the base. Leaves are about one inch long by about 3/8 inch wide, opposite, attached directly to the stem without a petiole and have distinctive small translucent glands that make them appear pierced when held up to the light. The flowers have five petals with many stamens, are yellowish-orange in color, and may have minute black dots along the margins. Flowers are numerous and found in flat groups at the top of the plant.

Toxicity Symptoms

Consumption of St. Johnswort causes a photosensitizing reaction to non-pigmented skin of livestock exposed to sunlight. Light colored animals are most susceptible, developing dermatitis, which can include skin blisters and hair loss. Blistering can also occur in the non-pigmented skin of the mouth, nose and ears. Symptoms do not result from casual contact; the plant must be eaten. The toxin builds up in the body over time so symptoms may not show up until the animal has been eating the plants for several days to a week.

Care of Affected Animals

There is no antidote for hypericin, the toxin found in St. Johnswort. Care includes, removing St. Johnswort from the animal's diet and bringing affected animals out of direct sunlight. If the sunburn is mild, conservative treatment and supportive care is all that is required. Animals will resent handling, and horses will not be able to be ridden for at least a couple of weeks. More severely affected animals, including animals whose eyes are affected, or where the skin is blistered or sloughing, should be seen by a veterinarian.

Management

Livestock prefer grass over St. Johnswort when both plants are present. This may lead to overgrazing of grasses which provides openings into which St. Johnswort may spread. Dried St. Johnswort in hay or processed feeds is somewhat less toxic than when eaten fresh but animals are less able to avoid eating it, so feeding hay containing St. Johnswort is a concern. If one must feed hay containing the weed, keep animals in the shade or inside a building during daylight hours while they are being given the hay and for a week after they are no longer consuming it.

Control

Several insects have been tested and released as biological controls of St. Johnswort in the Pacific Northwest. These have reduced the spread of the weed in some areas. Some beneficial insect species can be purchased from vendors on the internet (search on St. Johnswort).

Established stands of St. Johnswort are best treated with herbicides in the fall (Sept. 15 to Oct. 15) when the weed is storing reserves in the root system for the winter. Since the plant is easier to spot when in flower, mapping the infested areas or placing marker flags near the weeds while they are in bloom (June and July) will make it easier to find and treat them in the fall.

In pasture, rangeland and uncropped sites, picloram (Tordon) at 1-2 qt/A for spot treatment or 1-2 pints/A tank-mixed with 1 qt 2,4-D for broadcast application. Glyphosate (Roundup) at 1-2 qts /A is also effective. Note: Glyphosate is non-selective so should only be used where loss of non-target vegetation is acceptable. Metsulfuron (Cimarron) is labeled for control of St. Johnswort in pastures, rangeland and CRP at the one ounce/acre rate. Note: This is a high rate of metsulfuron per acre and may result in stunting or death of some desirable species of plants in the pasture. Spot spraying only individual plants or patches of St. Johnswort is preferable to a broadcast treatment.

A followup foliar application of 2,4-D at two pounds active ingredient per acre in early spring will control plants germinating from seed and prevent them from flowering.

It is recommended to remove animals from pastures sprayed with herbicides until after the St. Johnswort plants are completely dead because herbicide treatment often increases palatability which might increase consumption by livestock.

Note: St. Johnswort is invasive and hard to control which is why it has been declared a noxious weed in some states (not in Nebraska). No single control method or one year treatment program will provide effective control of St. Johnswort. It is a long term commitment that will require repeated applications and monitoring until eradication from the location is achieved.

As always, read and follow the product label before applying any herbicide. Be sure to note any grazing restrictions on the herbicides applied.

Mention of trade names is for clarity only and is not an endorsement by the University of Nebraska or Lancaster County Extension.

REFERENCES:

Weeds of the Great Plains, *J. Stubbendieck, M.J. Coffin, and L.M. Landholt, published by Nebraska Department of Agriculture, Bureau of Plant Industry.*

St. Johnswort, *J.P. Fitzsimmons and L.C. Burril, Pacific Northwest Extension Publication, PNW 442, Oregon State University. http://wwwagcomm.ads.orst.edu/agcomwebfile/edmat/pnw442.pdf*

St. Johnswort: Ill and ?Cure, *Jane Krueger, Montana State University. http://www.montana.edu/wwwpb/ag/st_johns.html*

"Common St. Johnswort," Klamath Weed, from Indiana Plants Poisonous to Livestock and Pets, *Purdue University. http://vet.purdue.edu/depts/addl/toxic/cover1.htm*

"Windbreak Design & Maintenance" is September Rural Living Clinic

The University of Nebraska Cooperative Extension is presenting a series of seminars entitled "Acreage Insights — Rural Living Clinics" to help acreage owners manage their rural living environment. "Windbreak Design & Maintenance" is the eight in the series, to be held Sept. 25 from 9 to 11 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road.

Windbreaks are linear plantings of trees and shrubs designed to enhance crop production, protect people and livestock, and benefit soil and water conservation. Learn which trees to plant, proper spacing for maximum growth, where to locate the windbreak, and how to manage it for a long and effective life.

Pre-registration is $10 per person and must be received three working-days before the program. Late registration is $15 per person. For more information, visit the Acreage & Small Farm Insights Web site at acreage.unl.edu or contact Sarah Browning at (402) 727-2775.

Upcoming Clinic:
"Grapes," Oct. 23, 9– 11 a.m.

Fall is a Good Time to Control Problem Weeds

Fall is an excellent time to control several species of perennial weeds in pastures and waste areas. Perennial plants such as field bindweed, Canada thistle and leafy spurge translocate food from the upper plant parts into the root system in the fall. Herbicides applied at that time readily move into the roots as well, greatly improving the effectiveness of the herbicide. Even if the chemical doesn't completely kill the weed, the plant goes into winter in a weakened condition and is much more susceptible to winter kill. Fall treatments can be made anytime after mid-September but before hard freezes occur. Treatments can even be made after a light frost has occurred as long as the plants are still active and growing. Daytime temperature in the 50's are satisfactory for effective control.

Fall is also the best time to control Musk thistle and related species. Musk thistle is a biennial, (sometimes a winter annual), that spreads by seeds. Young plants will have a rosette form (a round cluster of leaves that lies nearly flat on the soil). They overwinter in the rosette form, then shoot up (bolt), form blossoms and go to seed in June, July and August. After producing seed, the plant dies. Fall is a good time to control Musk thistle because the newly germinated plants are small and more easily killed. As with the perennial plants, plants that are not killed outright go into winter in a weakened condition and are much more susceptible to winter kill.

In addition to obtaining excellent control on the target weeds, the potential for drift damage to non-target species is lessened in the fall. Most field crops and gardens are finished producing by this time, and the current year's growth on perennial shrubs and trees is hardened off making them less susceptible to damage.

For chemical control recommendations on specific weeds in crops, pastures and non-crop areas, consult the University of Nebraska Cooperative Extension publication *2004 Guide for Weed Management in Nebraska* (EC 04-130-D), available for $3 at the extension office or free on the Internet at www.ianr.unl.edu/pubs/fieldcrops/ec04-130.pdf

Deep Watering in Fall can Prevent Tree Death

Symptoms of winter injury appear the following spring and summer, making some think a tree is suddenly dying when actually the damage was done several months before.

Drought conditions during the fall may mean serious injury to trees if it continues into winter. Trees should be thoroughly watered in the fall to help prevent winter drying injury. Fall watering may not be necessary when soil moisture is adequate, but when soil moisture is lacking, fall watering may be critical to help a tree survive the rigors of winter.

All trees lose water during normal metabolic processes. During the growing season when trees are in full foliage, large amounts of water are lost through their leaves. Even during winter months when the leaves are gone and photosynthetic processes have stopped, trees lose water to a lesser extent from exposed bark, twigs and buds.

However, sometimes the loss of moisture exceeds the amount of water the roots can absorb from dry, frozen soil. Tissue drying is the result of the tree being unable to replace lost water. Winter drying injury occurs most frequently during warm, dry, windy conditions. This especially is true of evergreen trees because they lose much more water through their foliage.

Damaged trees may exhibit only a few dead twigs or entire branches may die depending on severity of the injury. In very severe cases, the entire tree may die. The side of the tree facing the prevailing winds is most susceptible. Light brown, dry-appearing needles are typical of winter injury on evergreen trees. This type of injury usually is temporary, and most evergreens recover rapidly as the growing season progresses.

Usually large, well-established trees can tolerate temporary droughts without injury, but young trees are more susceptible to drought injury. They do not have the extensive root system to draw moisture from the soil and need supplemental water during dry conditions.

In some cases, relying on a lawn sprinkler is not enough. Trees should be deep watered to a depth of two or three feet before the ground freezes. A watering basin two to three inches deep and three to four feet in diameter, constructed around the base of a young tree will hold water until it can percolate into the soil.

The loss of trees from winter dying is unnecessary and costly, not only in monetary terms, but in intangible values such as shade, protection and beauty. If drought conditions continue, deep watering trees this fall may mean the difference between live and dead trees next spring.

SOURCE: Dennis Adams, forester, NU/IANR (DJ)

Watch for Saltcedar in Wetland Habitats

Saltcedar is an evergreen weed shrub invading wetland habitats and suppressing the growth of native species. The shrub was initially introduced as an ornamental plant in the western United States. However, saltcedar has been placed on Nebraska's watch-list for invasive species due to its highly pernicious influence on natural habitat.

Saltcedar has brown or reddish-brown bark, scale-like leaves and small pink flowers creating finger-like clusters. Saltcedar reproduces by seeds as well as taproot and stem and grows up to 20 feet tall.

The shrub establishes in wetland habitats where there soil is saturated enough for the seedlings to develop.

The worst infested states include Wyoming, Colorado and New Mexico. In Nebraska, saltcedar can be found along the Platte River, especially near Lexington in Dawson County.

The shrub suppresses the growth of native species creating a monocultural stand, which brings about negative changes in wildlife habitat. Saltcedar's long taproots interfere with the natural aquatic system, lowering the water table in streams and canals. In addition, the salt excreted from the leaves to the soil surface under the plant inhibits germination and growth of competing species. Thus the name saltcedar is derived from the salty residue that collects on the small scale-like leaves that resembles cedar foliage. As a result, many wildlife species are negatively affected by habitat changes and native species displacement due to encroachment of saltcedar.

Steve Dewey, Utah State University www.invasive.org

Saltcedar (also known as tamarisk) accumulates salt in its tissues, which is later released into the soil, making it unsuitable for many native species.

The first line of defense against the weed is to monitor wetland areas. The shrub grows in "hard to approach" habitats. Therefore, it is essential to apply control measures at an early stage so it does not expand. Individual trees (plants) can be controlled by cutting! Larger infestations can be managed by herbicide application.

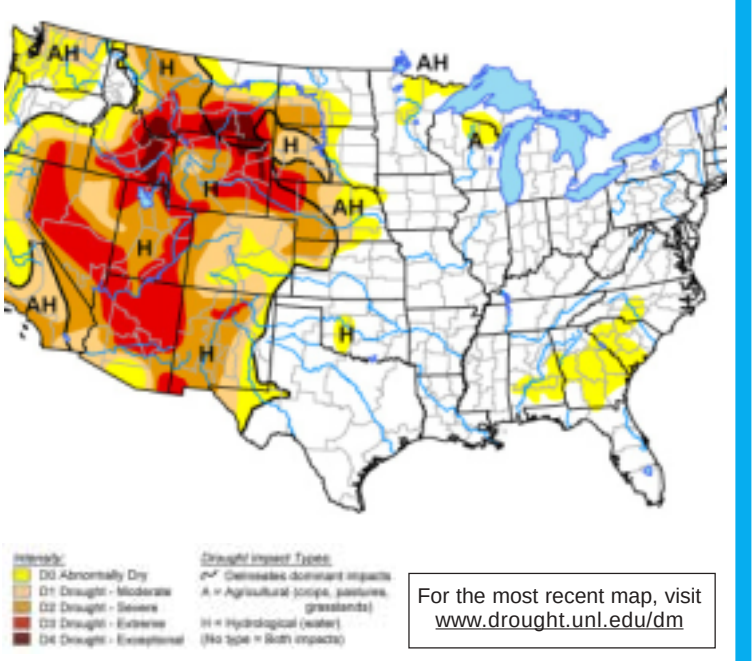
Spraying in August and September has proved to be the most effective.

If you see the saltcedar on your land area, contact a local University of Nebraska Cooperative Extension office or your county weed superintendent who will help identify the species and recommend control measures.

SOURCE: Stevan Knezevic, Ph. D., weeds specialist, NU/IANR (DJ)

Latest U.S. Drought Monitor Map

As of August 10, Lancaster County was in abnormally dry conditions.



For the most recent map, visit www.drought.unl.edu/dm

Source: National Drought Mitigation Center, University of Nebraska

Can You Guess It?

Did you guess it? Find out at
lancaster.unl.edu

Did you guess it from the July NEBLINE?
The answer was a corn cob stuck in siding on a home.

WATERWHEEL

Drinking Water: Hydrogen Sulfide

Note: This is part of a series of articles related to rural water issues.

Hydrogen sulfide is a nuisance form of sulfur found in drinking water. Sulfur reducing bacteria, which use naturally occurring sulfur as an energy source, are the primary producers of hydrogen sulfide. These bacteria live in oxygen-deficient environments such as deep wells, plumbing systems, water softeners and water heaters. They usually flourish on the hot water side of a water distribution system. Hydrogen sulfide also occurs naturally in some groundwater.

Hydrogen sulfide produces an offensive "rotten egg" or "sulfur water" odor and taste. In some cases, the odor may be noticeable only when water is initially turned on or when hot water is run.

A nuisance associated with hydrogen sulfide includes its corrosiveness to metals such as iron, steel, copper and brass. It can also tarnish silverware. Coffee, tea and other beverages made with water containing hydrogen sulfide may be discolored and the appearance and taste of cooked foods can be affected.

The offensive odor of hydrogen sulfide usually makes testing unnecessary. Hydrogen sulfide gas is one of a few water contaminants detected at low concentrations by human senses.

Hydrogen sulfide is not regulated by the EPA since a concentration high enough to be a health hazard makes water unpalatable.

If excessive hydrogen sulfide is present in your water supply, you have two basic options, obtain an alternative water supply or use some type of treatment to remove the impurity.

Hydrogen sulfide formation may be reduced in some instances by performing a shock chlorination. This procedure will reduce, but not eliminate, sulfide producing bacteria. Low levels of hydrogen sulfide may be removed with an activated carbon filter. Hydrogen sulfide concentrations up to about six parts per million can be removed using an oxidizing filter and concentrations exceeding six parts per million can be removed by injecting an oxidizing chemical and using a filter. (DJ)

How Much Hay to Stock

During the winter when there is no pasture grass to eat and your livestock are getting all of their nourishment from hay, here is a good rule of thumb to figure out how much hay you'll need to have to last through the winter;

Each full grown horse or cow will need about 1 ton. (for four cows you would need to buy four tons, etc.)

For goat and sheep, you can count on 1 ton for every four full-grown animals. (Eight sheep would need two tons)

This estimate would be for good hay. Always get a little extra just-in-case. (DJ)

LANCASTER COUNTY FAIR 4-H/FFA NEWS

2004 LANCASTER COUNTY FAIR

For 4-H fair results and photos, go to lancaster.unl.edu/4h/Fair. Congratulations to all participants!

4-H Thanks Sponsors

Lancaster County 4-H would like to thank all of the businesses and individuals that sponsored 4-H events, activities, programs and trophies at this year's county fair. This support enhances the educational experience of the 4-H'ers who participate in the county fair.

Ace Rent-to-Own
Anonymous
Awards Unlimited
Chet Axthelm Memorial Cup
Bauman Livestock Feed and Supply Inc.
Jim and Cindy Bauman
Craig and Carol Billesbach
Blazing Saddles 4-H Club/Sheila Scheidler
Bluestem Valley Farms
Capitol Pork Producers
Chapelle Polled Herefords
David and Kim Cheney Family
Warren Cheney Family
Circle D Ranch
Dave and Liz Cockerill
Containment Contracting Services—Brock and Chris Peters
Crawford Family Shorthorns
Steve and Marty Cruickshank
DJTJ Angus
Ted DeHass & Sons
Don Dierberger Family
Ted and Alice Doane
Dorchester Farmer's Coop
Douglas Theatre Company
Ron Dowding Family
Martin and Marilyn Dye
East Campus Starrs
Edward D Jones—Gary & Jolene Schleppenbach
EquiRiders 4-H Club
Essink Horseshoeing
Larry and Senator Carol Hudkins
Experian
Express Stop
4N Angus
4-H Teen Council
4-H Council
4-H/FFA livestock alumni
Farm Credit Services of America
Farmers Bank (Waverly)
Farmers Cooperative (Waverly)
First State Bank
Firth Cooperative
Firth Energy
Dr. Dan Fisher, DVM
Fitch Trucking, Inc.
Fortner Quarter Horse—Rich and Katie Fortner
Four Winds Farm
Franklyn Manning Family
Joe, Lois and Julia French
Gagner Construction
Galazy Morgan Horse Farm—Irene Nedved
Gana/Nisley Show Cattle
Blayne Glissman Family
Laverne Grage Family
Green Gateau Restaurant
Grimm-Axthelm Memorial
Haes Contracting
Hancock Fabrics
Heidtbrink Feeds
Irene Heidtbrink Memorial
Holthus Family
Rod Hollman
Home Remodeling—Richard Ebeling
Hooper Creek Saddle Shop—Jim Gregory, Maker
In Memory of Chuck Hennessey, Staridge Quarter Horses/ Phyllis Hennessey and Tim Flaherty
Wayne, Joyce and Eric Houser
Deanna and Steve Karmazin Family
Kent Feeds
John, Cassie and Josh Krueger
LaKaBrTyDe Farms
Lancaster County Agricultural Society, Inc.
LAN OTOE Farm—David and Tina Johnson
Lincoln Women's Chamber
KV Vet Supply
Mr. and Mrs. Mike Lessmann
Dr. Kent Lovelace, D.D.S.
Tim and Cindy Marshall
Messink Quarter Horses—Brenda and Tom Messick
Moser Well Drilling and Service Inc
Mueller Farms
Clyde and Helen Naber
Abbey and Cortney Neemann
Ian Neemann
Steven and Stephanie Nelson
Nebraska Tire
Nisley Brother's Shorthorns
Norris FFA
Norris Public Power
Oak Creek Plants & Flowers
Duane Parrish Family
Parrott Family
Larry Pershing
Pleasant View Farm
Tim Powers Memorial
Lois Princ
Russell Princ Registered Angus
Quality Horse Hay—Jim Stutzman
Rabbits-R-Us 4-H Club
Rainbow Ends
Rick, Tammy, Nick and Andra Rasby
Raymond Central FFA Alumni
Barbara Reifschneider
Riding Wranglers 4-H Club
Rock Creek Ranchers 4-H Club
Ervin Rolofson/Raymond Grange
Rotella's Bakery
Dr. Elliott Rustad
Pat and Larry Ruth
Saline State Insurance Agency—Dan James Agent
Salt Creek Wranglers 4-H Club
Salt Valley Grange #413
Schaefer's TV & Appliance
Shepherd of the Hills Church (Hickman)
Shimmering Shamrocks 4-H Club
John and Patty Seier
Daren and Deb Shrader
Sieck Show Cattle—Allen and Charlene Sieck
Sid Dillon Buick Nissan Hyundai
Deb Snell Memorial
Ron & Donna Snover
Triple RRR Farms
Young Riders 4-H Club
Union Bank & Trust Company
Union Bank & Trust Company—48th Street
Union Bank & Trust Company—Ag Loan Dept.
Michael Vaughn Family
Vo-Acres Dairy
Voice News (Hickman)
Wal-Mart
Kelly and Coleen Warner
Ritchie Waters/Nebraska Pump
Waverly FFA
Waverly Grange #369
Wether-Ewe Farm, Doug and Cheryl Johnson
Wilkinson Sheep Farm
Dwayne & Joan Wittstruck
Women's Clinic of Lincoln, P.C.—Dr. Stephen Swanson and Dr. James Maly
Woods Bros Realty—Gene Ward
Woods Bros Realty—Carl and Nancy Brown

We apologize for any inaccuracies. If you notice any corrections, please call us and we will include the information in next month's Nebline.

Thank You to Volunteers

The county fair would not be possible without the dedicated work of hundreds of volunteers. The Lancaster Agricultural Society and Lancaster County 4-H thank all of the people who donated their time and talents to help make this community event a success!

September

Heart of 4-H Award

Julie Thomson and James Walla

Lancaster County 4-H is proud to announce Julie Thomson and James Walla as winner of September's "Heart of 4-H Award" in recognition of outstanding volunteer service. They started volunteering for 4-H nine years ago when daughter Terra joined as a Clover Kid.

In 2001 they started The Checkmates 4-H chess club as a pilot Nebraska 4-H project. Since then, they have organized three very successful statewide 4-H chess tournaments.

Julie is leader of the Sunshine Clover Kitties 4-H club. She encourages and leads the club in many community service projects such as participating in Kiwanis Karnival, Adopt-a-Park, Toys-for Tots, food and book drives, collecting Ronald McDonald tabs, recycling newspapers and volunteering for the 4-H Food Booth at the Lancaster County Fair.

They also help at the county fair in other ways: Julie assists with 4-H Style Revue and Horse Shows and Jim is a judge for the 4-H Bicycle Safety Contest.

They both like volunteering because they get to witness the growth of young people in so many areas and use their training and talents to make a positive contribution to the future.

Other activities they are involved with are: Jim is president of the Nebraska State Chess Association; Julie is the librarian for Oak Valley School; and they both volunteer at school events, for the Cornhusker Pony Club and at the Trinity Methodist Church.

Congratulations to Julie and James! Volunteers like them are indeed the heart of 4-H!

Nominate your favorite 4-H volunteer by submitting the form available at the extension office or online at lancaster.unl.edu/4h. Nominations of co-volunteers welcome.

4-H Award Nominations Due Oct. 31

Nominations are needed for the following awards. Application forms are available at the extension office.

4-H Meritorious Service — presented to individuals or organizations which have exhibited consistent and strong support of the 4-H program. 4-H members are not eligible.

Outstanding 4-H Member — presented to an individual who has excelled in their involvement with the 4-H program and are 14 years of age or older. The basis for selection appraises the variety and depth of 4-H activities.

I Dare You Youth Leadership Award — awarded on behalf of the American Youth Foundation (AYF) to high school juniors or seniors who strive to achieve their personal best and make a positive difference in their community. Two 4-H members will be selected from Lancaster County. Lancaster County 4-H Council provides award recipients with a hardbound copy of William H. Danforth's book, *I Dare You!* Winners also receive a $300 scholarship to attend one of AYF's national 7-day Leadership Conferences. (TK)

4-H Scholarships Due Oct. 31

The Lancaster County 4-H program offers a variety of scholarships. Deadline is Oct. 31. Information and applications are available at the extension office or online at lancaster.unl.edu/4h. If you have questions, contact Deanna Karmazin at 441-7180.

COLLEGE

The following college scholarships for the 2005–06 school year are available to high school seniors active in 4-H:

4-H Council—awards six $500 scholarships.

Lincoln Center Kiwanis—awards two $2,000 scholarships.

Teen Council—awards two scholarships to 4-H'ers who are active in Teen Council and help with at least one major fundraiser.

Lane Scholarship—awards one $200 scholarship to a 4-H'er attending Raymond Central High School.

4-H CAMP

New this year is a scholarship for attending 4-H summer camp(s):

Joyce Vahle Memorial Scholarship—awards one $100 scholarship to a youth age 8–14. Applicants should currently be, or have been, enrolled in at least one sewing project.

Community Service Corner

Recognize the Outstanding Youth in Your Community!

The Nestlé Very Best In Youth program, co-sponsored by Reading Is Fundamental (RIF) and Nestlé USA, honors young people ages 10–18 who have made reading a priority, have contributed significantly to the quality of life in their communities and have inspired other young people to do their very best.

At least 25 winners will be selected. Prizes include a trip with a parent/guardian to Los Angeles for an awards ceremony, a Certificate of Appreciation from Nestlé USA and RIF, a $1,000 donation to the winner's charity of choice and a profile in the 2005 Very Best In Youth publication.

Nomination forms are available online and must be received by Nov. 1, 2004. For more details, visit http://www.rif.org/what/eventscontests/verybestinyouth/default.mspx. (TK)

4-H Shooting Sports Recertification Training Sept. 11

The Nebraska 4-H Shooting Sports program will be offering a leader recertification training on Saturday, Sept. 11, at the Eastern Nebraska 4-H Center near Gretna, NE. Leaders who have successfully completed certification training since October 1, 2003, and wish to become certified in an additional discipline are invited to attend. This one-day training gives leaders the opportunity to become certified in one of the following additional disciplines: archery, rifle or shotgun. Registration information will soon be available on the 4-H Shooting Sports Web page at 4h.unl.edu/programs/environment/shootingsports. (TK)

"Fair's Over, Now What?" Parent/Leader Training Sept. 23

Leaders, parents, and interested volunteers are invited to attend this 4-H training Thursday, Sept. 23, 9:30 a.m. and 7 p.m. Discover how to complete the current 4-H year and how to prepare for the next 4-H year. Awards, project completion/selection and club reorganization will be covered. Bring your questions and ideas! MUST call 441-7180 by Monday, Sept. 20 to RSVP. (TK)

4-H Teen Council Invites New Members!

The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7-12. Meetings are held the second Sunday of each month at 3 p.m. at the Lancaster Extension Education Center.

4-H Teen Council members:

- participate in several community service activities
- organize the Ice Cream Social, Cookie Eating Contest (pictured) and Teen Dance at the Lancaster County Fair
- plan, set up and facilitate the annual 5th & 6th grade Lock-In
- are involved in other leadership activities

Call Tracy at 441-7180 for more information or to join! (TK)

4-H Council Positions Open — Opportunity for Adults and Youth to Contribute to 4-H

Serving on the Lancaster 4-H Council is an excellent opportunity to contribute to the youth development of local 4-H members. The 4-H Council is composed of youth and adults working together in the interest of promoting activities of Lancaster County 4-H. They assist extension staff in planning, conducting and evaluating 4-H activities and events.

Council membership terms are three years for adults and two years for youth. Council members are limited to two consecutive terms. The council consists of volunteer 4-H leaders, sponsors, community leaders; school, church and civic officials. Interest in extension education and youth is essential.

Individuals interested in serving on the 4-H Council are encouraged to contact Tracy Kulm, 4-H extension associate at 441-7180 for more information and an application. (TK)

NEBRASKA STATE FAIR 4-H/FFA NEWS

Aug. 28-Sept. 6
www.statefair.org

Partial 4-H Schedule

For complete 4-H schedule, Fairbooks and results, go to 4h.unl.edu/programs/statefair/

4-H Exhibit Hall hours are: 10 a.m.–9 p.m. on week days and 9 a.m.–9 p.m. on weekends; Sept. 6 9 a.m.-6 p.m.)

Aug. 28	9 a.m.	4-H Exhibit Hall Opens
	10:30 a.m.	Dog Show, *Devaney Sports Center*
	6 p.m.	Dairy Goat Showmanship, *Swine, Sheep, Goat Barn*
Aug. 29	8 a.m.	Dairy Goat Show, *Swine, Sheep, Goat Barn*
Sept. 4	8 a.m.	Presentations, *Youth Complex Demo Rooms*
	2 p.m.	Fashion Show
	4 p.m.	State Public Speaking Contest, *Youth Complex Demo Rooms*
	4 p.m.	Sheep Lead Show, *Exhibit Hall Arena*
	5 p.m.	Breeding Sheep Show, *Exhibit Hall Arena*
	7 p.m.	Sheep Showmanship Contest, *Exhibit Hall Arena*
Sept. 5	8 a.m.	Market Steers & Heifers Show, *New Arena*
	8 a.m.	Market Lamb Show, *Exhibit Hall Arena*
	11 a.m.	4-H All Stars Celebrity Autograph Session, *4-H Exhibit Hall*
	6 p.m.	Swine Showmanship, *Swine Arena*
Sept. 6	7:30 a.m.	Breeding Heifers Show, *New Arena*
	8 a.m.	Dairy Show, *Beef Barn*
	8 a.m.	Rabbits Show, *Dempster Building*
	8 a.m.	Market Gilts/Market Barrows Show,
	8 a.m.	Presentations continued, *Youth Complex Demo Rooms*
	2 p.m.	Governor's Steer Show, *New Arena*

Bicycles | Cats | Chess | Child Development | Clothing | Clover Kids (for ages 5–7) | Computers | Conservation & Wildlife | Dogs | Electricity | Entomology | Flowers/Gardening | Foods | Forestry | Home Environment | Horses | Household Pets | Leather Craftsmanship | Livestock (beef, dairy, swine, sheep, goats, llamas) | Photography | Poultry | Rabbits | Rocketry | Shooting Sports | Small Engines | Theater Arts | Woodworking |

4-H Kick Off

DISCOVER 4-H DISCOVER YOU

Tuesday, Sept. 14
6 pm
Lancaster Event Center, 84th & Havelock
Pavilion 3 - Exhibit Hall

Learn about 4-H!

Lancaster County 4-H kicks off the 4-H year with an opportunity for youth and their families to discover 4-H!

4-H is open to all youth ages 5–19

4-H is a learn-by-doing program with more than 150 projects from which to choose. 4-H develops life skills such as thinking critically, solving problems, respecting self and communicating.

In some 4-H clubs, members complete several projects a year. Some 4-H clubs focus on one particular area, such as small pets, rabbits or chess. Each club is led by a club leader (often a club member's parent). Parents are welcome to attend meetings.

How to get involved:

- Join an existing 4-H club
- Help form a new 4-H club
- Be an independent member
- Participate in 4-H activities such as camps

Many 4-H'ers exhibit their projects at the county fair!

LANCASTER COUNTY FAIR

If you are unable to attend but would like to find out more about 4-H

Name _____ Age _____ ❑ Male ❑ Female

Parent/Guardian(s) _____

Address _____

City _____ State _____ Zip _____

Phone (day) _____ Phone (evening) _____

Grade _____ School _____

Interests _____

Return to UNL Cooperative Extension in Lancaster County, 444 Cherrycreek Rd, Suite A, Lincoln, NE 68528-1507

Nebraska University of Lincoln

or fill out form online at www.lancaster.unl.edu/4H

Building Community-Schools Relations

Helen Mitrofanova, *Extension Educator*

Many of today's leaders in education, business and community development are coming to realize schools alone cannot prepare our youth for productive adulthood. It is evident schools and communities should work closely with each other to meet their mutual goals. Schools can provide more support for students, families and staff when they are an integral part of the community. On the other hand, agencies can make services more accessible to youth and families by linking with schools, and they can connect better with and have an impact on hard-to-reach clients. Appropriate and effective collaboration and teaming are seen as key factors to community development, learning and family self-sufficiency.

Partnerships should be considered as connections between schools and community resources. The partnership may involve use of school or neighborhood facilities and equipment; sharing other resources; collaborative fund raising and grant applications; volunteer assistance; mentoring and training from professionals and others with special expertise; information sharing and dissemination; networking; recognition and public relations; shared responsibility for planning, implementation and evaluation of programs and services; expanding opportunities for internships, jobs, recreation and building a sense of community.

School-community partnerships can interconnect together many resources and strategies to enhance communities that support all youth and their families. They could improve schools, strengthen neighborhoods and lead to a noticeable reduction in young people's problems. Building such partnerships requires visioning, strategic planning, creative leadership and new multifaceted roles for professionals who work in schools and communities.

Partnerships

The following list reflects community resources that could or currently partner with schools:

County Agencies and Bodies (Departments of Health, Mental Health, Children & Family Services, Public Social Services, Office of Education, Police & Fire Departments, Planning Area Councils, Recreation & Parks, Library, Housing Authority, etc.)

Municipal Agencies and Bodies (Parks & Recreation, library, courts, civic event units)

Post Secondary Education Institutions/Students (Community colleges, state universities, Cooperative Extension, public & private colleges and universities, vocational colleges; specific schools within these such as Schools of Law, Education, Nursing, Dentistry, etc.)

Service Agencies (PTA/PTSA, United Way, Lincoln Action Program, Mediation Center, clothing & food pantry, Visiting Nurses Association, Cancer Society, Red Cross, Salvation Army, volunteer agencies, Human Services Federation)

Service Clubs & Philanthropic Organizations (Lion's Club, Rotary Club, veteran's groups, Woods Charitable Fund, Lincoln Community Foundation, Southeast Community Foundation, Cooper Foundation, Community Services Fund, etc.)

Youth Agencies & Groups (Boys & Girls Clubs, scouts, 4-H, Cedars Youth Services, Child Advocacy Center, etc.)

Sports/Health/Fitness/ Outdoor Groups (YMCA of Lincoln, Cornhusker Place, athletic leagues, local gyms, conservation associations, etc.)

Community-Based Organizations (Neighborhood and homeowners' associations, Neighborhood Watch/Patrol, block clubs, housing project associations, economic development groups, community development corporations, civic associations)

Faith Community Institutions (The Lincoln Interfaith Council, Catholic Social Services, Lutheran Family Services, congregations and subgroups, etc.)

Ethnic Associations (Asian Community Center, Hispanic Community Center, Indian Center, Germans from Russia Society, etc.)

Artists and Cultural Institutions (Museums, art galleries, zoo, theater groups, TV & radio stations, literary clubs, art groups, writers' organizations, collector's groups)

Businesses/Corporations/ Unions (Neighborhood business associations, Chamber of Commerce, Goodwill Industries, local shops, restaurants, banks, AAA, school employee unions)

Media (Local newspapers, TV & radio, local access cable)

Family Members, Local Residents, Senior Citizens Groups

Online Resources Relevant to School-Community Partnerships

Building Coalitions
http://ohioline.osu.edu/bc-faet/index.html

Center for Effective Collaboration and Practice
http://www.air.org/cecp/

Center for Community Partnerships
http://www.upenn.edu/ccp

Center for Schools & Communities
http://www.center-school.org/

Collaboration Framework-Addressing Community Capacity
http://www.cyfernet.org/nnco/framework.html

Source: School-Community Partnerships: A Guide; U.S. Department of Health & Human Services, 2003

Activities

There are a variety of activities in which schools can become involved to build/improve school-community partnerships; below are some suggestions:

1. Encourage Community Use of School Facilities: Often the school buildings sit empty after the end of the normal school day. Encouraging non-profit community groups to use the facilities is not only good use of resources but also provides opportunities for the school to get involved in community projects.

2. Senior Citizens Banquet: At least once a year, perhaps around the time of music concerts, invite senior citizens to a luncheon banquet at the school; banquet can be sponsored by a school service organization, by non-profit corporation, or by private industry. Usually, parents are willing to come in to assist in the preparation of the meal.

3. Back to School Week: Choose a week during the school year to invite parents and community members to your school. Make a special effort to personally invite community and business leaders to attend school for the day, or part of the day.

4. Career Day: Hold annual career days; this is not only good educational experience for the students, but also helps local business people to learn more about the school and school's needs. In addition, it helps to understand the employment needs in the area.

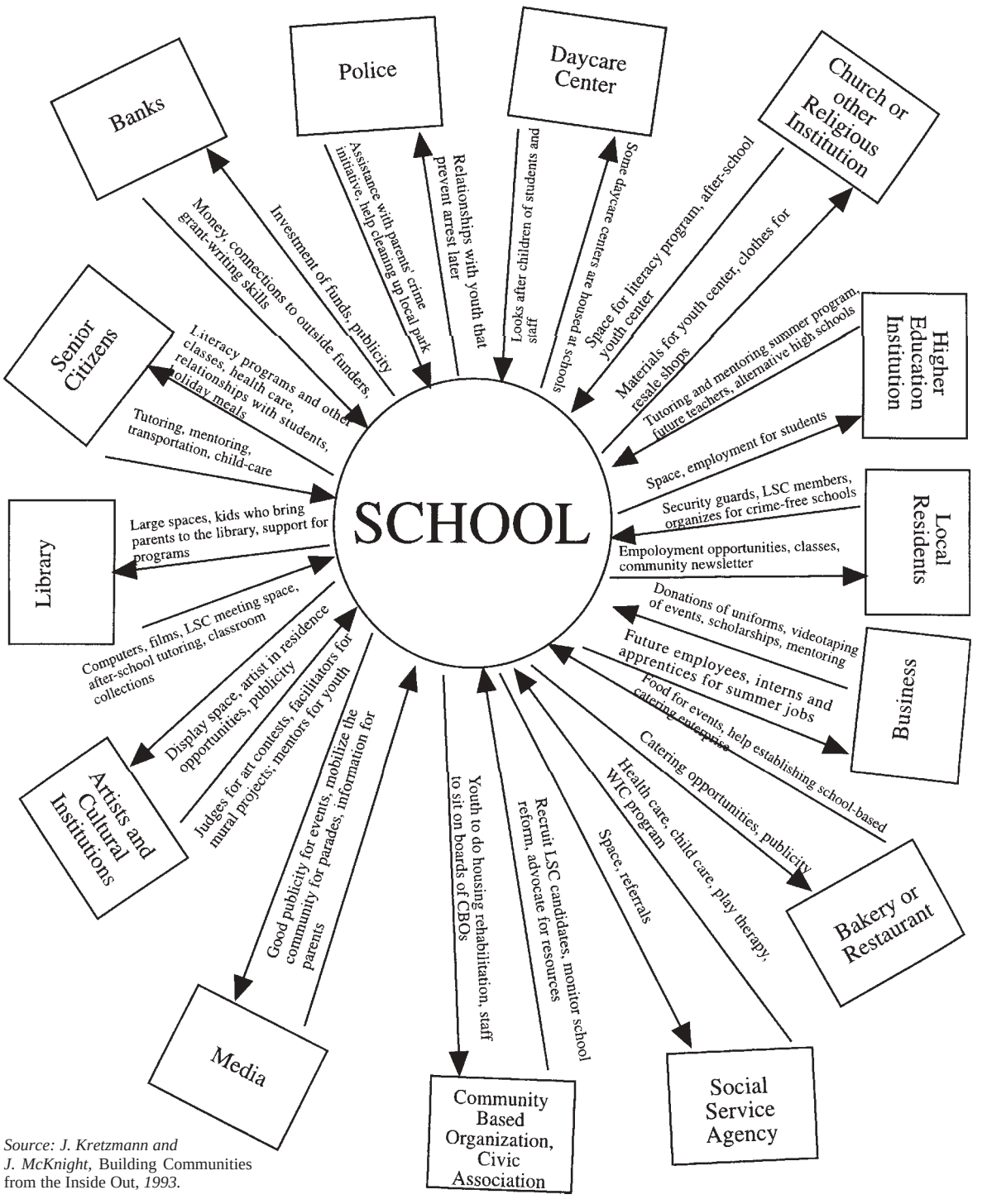
5. News Releases: News releases mailed to local media could be a good strategy for public relations and community outreach programs.

6. Newsletters: Provide periodic newsletters not only to the families of the students, but also to board members, business leaders and other community members. A simple database can be used to include new people; encourage members of the school community to suggest other folks who might be included in the mailing list.

7. Honor Roll: In the local media, publish a list of students who made significant accomplishment during the school year.

8. Gold Cards: Give students who earn a place on the Honor Roll a Gold card which is sponsored by participating businesses who provide discounts to those students for marking period. Some businesses provide reduced prices on items in their stores, while others allow students to have something for free, for example, a free video rental, etc.

One on One Relationships



Source: J. Kretzmann and J. McKnight, Building Communities from the Inside Out, *1993.*

EXTENSION CALENDAR

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

AUGUST

21 Acreage Insights: Rural Living Clinics — "Ponds" . . . . . 9–11 a.m.
21 Composting Demonstration, *City Yard Waste Composting Demonstration Site, 50th & Colby* . . . . . 8:30 a.m.
25 ABC's of Good Health (part 3 of 3) . . . . . 6–8 p.m.
26 State Fair 4-H Static Exhibit Check In, *State Fair Park*
29 Salt Creek Wranglers 4-H Silver Dollar Series #3, *Wranglers Grounds* . 8 a.m.

AUG. 28–SEPT. 6 NEBRASKA STATE FAIR, *STATE FAIR PARK*
For complete schedule, go to www.statefair.org

SEPTEMBER

8 4-H Horse VIPS Committee Meeting, *Event Center* . . . . . 7 p.m.
10 Extension Board Meeting . . . . . 8 a.m.
11 4-H Rabbit VIPS Committee Meeting, *Event Center* . . . . . 7 p.m.
12 4-H Teen Council Meeting . . . . . 3 p.m.
12 Dine Out for 4-H/CWF, *Don & Millie's, 5200 S. 56th Street* . . . 11 a.m.–4 p.m.
14 4-H Kick Off, *Lancaster Event Center, Pavilion 3* . . . . . 6 p.m.
14–15 55 ALIVE Drive Safety Course . . . . . 12:30–4:30 p.m.
18 Composting Demonstration, *City Yard Waste Composting Demonstration Site, 50th & Colby* . . . . . 8:30 a.m.
21–26 AkSarBen 4-H Livestock Exposition, *Qwest Center, Omaha*
22 "Healthy One Dish Dinners for 1, 2, 4 or More" class, *BryanLGH Medical Center East, Plaza Conference Center* . . . . . 7–8:30 p.m.
23 "Fair's Over, Now What?" 4-H Parent & Leader Training . 9:30 a.m. & 7 p.m.
25 Acreage Insights: Rural Living Clinics — "Windbreak Design & Maintenance" . . . . . 9–11 a.m.
27 Family & Community Education (FCE) Council Meeting . . . . . 12:45 p.m.
28 "Aging Friendly Communities" FCE and community leader training lesson . . . . . 1 p.m.

55 ALIVE Driver Safety Course Sept. 14 & 15

UNL Cooperative Extension in Lancaster County is co-sponsoring a 55 ALIVE Driver Safety Course scheduled for Tuesday, Sept. 14 and Wednesday, Sept. 15, 12:30–4:30 p.m. with instructor Dewaine Alcorn. Classes will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Cost is $10 payable at the first class. Call 441-7180 to register.

The eight-hour course is taught in two, four-hour sessions spanning two days. The course helps drivers refine existing skills and develop safe, defensive driving techniques. AARP members and non-members may take the course. There are no tests.

Drivers aged 55 and over, compared with drivers aged 30 to 54, are involved in more accidents per mile driven. The number of accidents per mile rises sharply at about age 75.

The AARP Driver Safety Program is the nation's first and largest classroom driver refresher course specially designed for motorists age 50 and older.

The AARP Driver Safety Program course covers the following topics:

- Vision and hearing changes
- Effects of medication
- Reaction time changes
- Left turns and other right-of-way situations
- New laws and how they affect you
- Hazardous driving situations

Research shows a direct link between the kinds of driving problems experienced by older motorists and the physical changes that can occur in all older persons. The loss of vision, hearing and physical strength is gradual and can go virtually unnoticed until older drivers are faced with a driving emergency that they are no longer able to handle.

By being aware of these normal age-related changes and learning how they affect driving, older motorists can compensate for them and become better drivers. (LB)

School Aged Care Alliance Conference Oct. 9

The sixth annual Nebraska School Aged Care Alliance (NeSACA) Conference will be held Oct. 9, 8:30 a.m. to 3:30 p.m. at the Lancaster Extension Education Center. NeSACA is a professional support network promoting programs for children and youth in their out-of-school time.

This year's conference is entitled "Champions for Children" and will feature presentations on working with special needs children, making your work day fun, managing stress and much more. Fee is $40 and includes a one year NeSACA membership and a variety of helpful resources. To register, please contact Margaret Stander at 441-7949 or Marvie Sullivan at 471-9274. (LB)

2004 Make It Yourself with Wool Contest

The object of the contest is to promote the beauty and versatility of wool fabric and yarn. To encourage personal creations in sewing, knitting, crocheting, spinning and weaving of wool fabric, yarn and to recognize creative skills.

In January 2004 at the National Contest in Sacramento, CA, Nebraska walked away with two winners. Laura Kusek of Albion was the National Junior winner with 30 contestants in her division and Andrea Hammon of Spencer was the Butterick/Vogue Patterns winner with 60 contestants in her division.

Again this year, we are promoting the category of "Made for Others" at the district and state levels. The ages are as follows:

- Preteen, 12 and under
- Junior, 13–16
- Senior, 17–24
- Adult, 25 and over

You may enter any district contest. Dates, location and directors are as follows:

District I, Oct. 16 in Scottsbluff. Contact: Rosalene Tollman, (308) 665-2415 or Doris Rush, (308) 635-0156

District II, Oct. 9 in Holdrege. Contact: Sandy Erickson, (308) 263-4721 or Terri Uden, (308) 784-2455

District III, Nov. 6 in Lincoln. Contact: Pam Schlickbernd, 372-3658 or Lara Grundman, 264-4825

For further information, contact the Nebraska State Director, Alice Doane, 17705 Bluff Road, Waverly, NE 68462; (402) 786-3555. Lancaster County Extension has information and entry forms.

The NEBLINE

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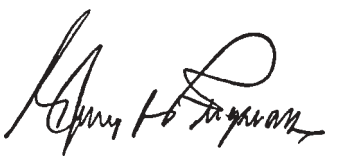
Composting Hotline: 441-7139

All programs and events listed in this newsletter will be held (unless noted otherwise) at:
Lancaster Extension Education Center
444 Cherrycreek Rd. (event rooms posted), Lincoln
Lobby Phone: 441-7170



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Return to:
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444 Cherrycreek Road, Suite A • Lincoln, Nebraska 68528-1507

More in ’04 at the Lancaster County Fair!

Thousands of Lancaster County residents “Discovered More in ’04” at the Lancaster County Fair! Ron Snover, president of the Lancaster County Agricultural Society, estimates total attendance at 60,000 — up from last year’s total of 45,000. New this year was a Kids Ag Discovery Zone which featured hands-on agriculture activities for youth of all ages to see, touch and smell.

A total of 4,262 4-H exhibits were entered. 4-H staff member Tracy Kulm stated, “I saw a lot of talent showcased in the static exhibits this year. Our county is sending very impressive exhibits on to the State Fair.” She added, “The teens on the 4-H Teen Council were amazing and showed great leadership. They set up everything for the Ice Cream Social, Cookie Eating Contest and Teen Dance.” Deanna Karmazin, 4-H staff member and Lancaster County Ag Society board member, said “I’m very proud of all the 4-H’ers and their families for their dedication and follow through on their projects. A hand goes out to all the volunteers who made it all come together.”

More than 400 youth from 19 child care groups participated in Fair Fun Day, up 33 percent from last year. In this event, child care groups are given an interactive tour of the fair. Extension staff organized Fair Fun Day and 4-H teen volunteers served as tour guides.

Members of the Lancaster County Extension Board were involved in the fair. Many helped serve watermelon at the free Watermelon Feed. Kendra Penrod had the “pleasure” of participating in the Celebrity Swine Show.

Complete 4-H county fair results, as well as photos, are online at lancaster.unl.edu/4h/Fair.

Lancaster County 4-H and Waverly FFA members put on farm safety demonstrations and a puppet show during the Kids Ag Discovery Zone Kick Off.

The relationship between animal and exhibitor was on display in every animal show, including the 4-H Dairy Show.

Cathy Blythe from KFOR was celebrity judge for the 4-H Rabbit Speciality Show. Here she steps back after one of the rabbits had an accident had an accident on its 4-H owner.

4-H members modeled their sewing skills on clothing ranging from costumes to elegant dresses at the 4-H Style Revue.

SPECIAL TRIBUTE

Dedication of 4-H & FFA Veteran’s Memorial

Lancaster County Agricultural Society board members Ron Snover (front left) and Roger Powell (front right), along with members of the VFW Post #131 Color Guard. Snover and Powell are 4-H alumni as well as veterans.

The Lancaster County Agricultural Society dedicated a 4-H and FFA Veteran’s Memorial on the first day of the Lancaster County Fair. The memorial is located near the front entrance of the Lancaster Event Center. The dedication ceremony was led by members of the Veterans of Foreign Wars (VFW) Post #131.

The memorial features two flags poles placed in concrete which is in the shape of a “V”. A brass plaque will commemorate the local 4-H and FFA alumni who went on to serve in the armed forces of the United States.

According to Scott Nichelson, member of the Lancaster County Agricultural Society board of directors, “We just wanted to honor 4-H and FFA kids who went on into the service, because 4-H and FFA taught them a lot and that learning continued on in the military.”

During Fair Fun Day, 17 4-H teen volunteers gave child care groups interactive tours of the fair.

This young 4-H’er explained that baking soda and vinegar “don’t get along” as she created a volcano during Clover Kids Show and Tell.

Ribbons and trophies are only some of the rewards 4-H’ers get from their projects—more important is what the youth learn about themselves and what they are capable of.

Lancaster County Extension Board member Kendra Penrod attempted to guide a pig through an obstacle course during the Celebrity Swine Show.

In the next issue of THE NEBLINE: results of the People’s Choice 4-H Awards!