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The NEBLINE, August 2005

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4-H Food Booth at County Fair
Volunteers Have Fun, Rewarding Experience

The 4-H food booth at the Lancaster County Fair is a long-standing tradition. In the 1960s, 4-H Council organized the Snack Shack in the 4-H Building on the State Fairgrounds. In 1992, when the Youth Complex was built, 4-H Council then also operated a full-service Rock Cafe. In 2001, when the county fair moved to the Lancaster Event Center, the 4-H food booth became the 4-H Corr Stop.

All proceeds from the food booth go to 4-H Council. The 4-H food booth has always been a positive experience for 4-H’ers and public alike,” says Cindy Frada, current president of 4-H Council. “The youth have a blast.”

More than 130 youth and adults volunteer at the 4-H food booth during county fair, totaling more than 360 hours! At any given time, three to four youth are needed with one to two adults supervising. Most shifts are filled by clubs. “Sometimes the large clubs have less volunteers work hard to fill shifts,” says Tracy Kulm, 4-H staff member.

Youth gain practical experience handling food safely and counting change. They also gain life skills, such as responsibility, critical thinking and social skills. Laura Cassel, a 4-H youth, says, “Working the food booth at the fair has really helped give me a feel for what it’s like to work in a customer service type of job. By volunteering at the food booth I’m not only helping hungry individuals at the fair, but also myself and the entire 4-H community.”

The food booth has to follow health standards, and a certified food manager must oversee operations. Volunteers are trained in safe food handling procedures such as checking food temperatures and keeping the booth clean. The Health Department gives an unannounced inspection at each fair. A 4-H Council member is at or near the food booth all times during the fair. Council members also volunteer time before the fair on preparations, such as purchasing food and supplies.

The 4-H food booth is a large undertaking, but 4-H Council members and countless volunteers work hard to make it successful!

Volunteers Still Needed

There are still food booth shifts open for this year’s fair:

- Friday, 7:30–11:30 a.m.
- Saturday, 7:30–11:30 a.m. & 6–9 p.m.
- Sunday, 7:30–11:30 a.m.

4-H club is interested in helping, please call Jean Pedersen at 420-0577.

Food Booth Training

All volunteers are encouraged to attend the Food Booth Training on Thursday, July 28 from 6–7 p.m. at the Lancaster Event Center.

Booth Funds 4-H Council Activities

The 4-H food booth at the county fair is Lancaster County 4-H Council’s primary fundraiser. A non-profit organization, 4-H Council currently consists of eight adults and seven youth. The council is responsible for determining long- and short-term goals and policy for Lancaster County 4-H. Members also put in countless volunteer hours at 4-H events.

4-H Council financially supports several 4-H programs, activities and scholarships.

- Achievement Night
- Kiwanis Open House
- College and Camp Scholarships
- Support for Citizenship Washington Focus
- Support for Contest Registrations
- Volunteer Recognition
- 4-H Promotional Items
- Support for earth wellness festival

4-H Council provides 320 Activity Certificates to youth recognized for community service (above). Council members work with 4-H staff to present the Kick Off (at left).

Support 4-H by Supporting the 4-H Corner Stop

The 4-H Corner Stop at the Lancaster County Fair is a fun place to stop in a variety of flavors at the entrance of the Lancaster Event Center. Orders can be taken from the Lincoln Room or the Multipurpose Arena.

2005 Lancaster County Fair
AUGUST 3–7
Lancaster Event Center
FREE ADMISSION!
FREE PARKING!

People’s Choice 4-H Awards
see page 9

Supporting 4-H
• 4-H Promotional Items
• Volunteer Recognition
• 4-H Corner Stop

Also new — Shaved Ice in a variety of flavors!

Volunteers are trained in operations. Volunteer must oversee food preparation, staff and procedures such as purchasing food and supplies.

Council member Jo Fujan bakes homemade cinnamon rolls to sell at the food booth.

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The 4-H Corner Stop features a variety of snacks and beverages, including:

- Cotton Clover Candy with 2 great flavors: silty nitty pink and blue raspberry.
- Shaved Ice in a variety of flavors:
  - Cotton Clover Candy
  - Shaved Ice
  - Homemade Cinnamon Rolls
  - Walking Tacos
  - Nachos
  - Popped Corn (plain or caramel)
  - Candy
  - Fresh Fruit
  - Milk (white or chocolate)
  - Pop
  - Ice Tea
  - Lemonade
  - Gatorade
  - Bottled Water

HOURS:
- Monday: 3:30 p.m.–8 p.m.
- Tuesday: 7:30 a.m.–4:30 p.m.
- Wed–Sat: 7:30 a.m.–9 p.m.
- Sunday: 7:30 a.m.–2 p.m.

The 4-H Corner Stop is located near the main entrance of the Lancaster County Fair.
Praise and Encouragement

We all need to feel we have the approval of others. Children are no different. Discouraged children can't be expected to do their best if they don't have the approval of the adults around them. Adults must be respected for what they say is encouraging. Sometimes adults can be patronizing ("Good boy," "Well done"). Other times they can be condescending ("Thank you for sitting up this morning.").

Praising children for their accomplishments is a simple way to help keep them motivated. "My child had a great day at school and got first place in the spelling bee," or "My child learned to swim this summer." These statements are also ways to show that the parent values his or her opinion and encourages children to make good choices.

Timing is important when making a statement of appreciation. If a misbehavior is involved, wait until after both you and your child have had some time to cool down. Neither the giver nor the receiver is open to encouragement in the heat of battle. The fact you meet with your child to work out a solution to the problem exhibits encouragement. You are letting your child know you value his or her opinion and what he or she is important in finding a solution to the problem.

As we work with your child, understanding is key. That doesn't mean you agree or condone what your child has done. It simply means you can, or have yourself in the same position and you understand your child's viewpoint. Understanding means you want your child to work toward improvement, not perfection. Remember to be realistic; after all, no one is perfect!

At the July FCE Council meeting, Connie Lemke was presented with the 2005 FCE Council college scholar- ship. Lemke, a student at the University of Nebraska–Prairie View, is pursuing a career as a pedi- atric nurse. Lemke is a former member of Lancaster County 4-H and graduate of Waverly High School.

Council Chair Janet Broer (right) presents Connie Lemke (left) with the 2005 FCE Scholarship.

Don’t Leave Your Street Sense at Home When You Travel

• Use traveler’s checks and credit cards rather than cash whenever possible. Take only those credit cards you need.
• Carry a purse close to your body, not dangling by the straps. Carry a wallet in an inside coat or front trouser pocket. Better still wear a money belt while traveling.
• Be alert for pickpockets in crowded areas like airports, bus and train terminals, major tourist attractions and public transportation.
• Don’t lock distracted or lost. Walk confidently and stay alert to what’s happening around you.
• Stay alert for staged mishaps, like someone bumping into you or spilling a drink, a straw sticking out of a family photo, or a pedi- atrian running in front of the car and falling so you leap out to investigate.

Before You Go

• Plan ahead. If you’re traveling by car, get maps and plan your route. Have the car and tires checked out before you leave.
• Leave copies of the numbers of your passport, driver’s license, credit cards and traveler’s checks with a friend in case you need to replace them.
• Put lights and a radio on timers to create the illusion someone is at home when you go away. Leave shades, blinds and curtains in normal positions. Stop the mail and newspapers, or ask a neighbor to take them in.

Once You’re There

• When you check into a hotel or motel, check out the locks. Pick for deadbolts and for doors with peepholes. FYI... the new coded electronic cards are safer than ordinary key locks.
• Be sure your luggage is locked. Keep key to close to you at all times.
• Keep valuables in a hotel safe or safe deposit box. Better still, leave them at home.
• Ask the hotel or motel staff or police about the neighborhood’s safety and what areas to avoid.
• Lock belongings in your suitcases or keep them out of sight.
• Don’t display guest room numbers to strangers.
• Don’t leave your keys inside the car and lock the car doors. They can be easily stolen.

Immediately report any crime to the police.

Source: The National Crime Prevention Council

FCE News & Events

2005 Scholarship Winner

At the July FCE Council meet- ing, Connie Lemke was presented the 2005 FCE Council college scholar- ship. Lemke, a student at the University of Nebraska–Prairie View, is pursuing a career as a pedi- atric nurse. Lemke is a former member of Lancaster County 4-H and graduate of Waverly High School.

2005 Scholarship Winner

Connie Lemke of Waverly, a graduate of Waverly High School, was the FCE Schol- arship recipient for 2005. She plans to at- tend nursing at UNO and we wish her well in her endeavors. We received several very good ap- plications and the final decision was not easy.

Lancaster County Fair runs from July 21 to 29 at the Lancaster Event Center. We have the largest county horse show in the state with some very talented exhibitors. Our fair has gotten bigger and better than ever with events for all ages; be sure to take in some of the features and exhibits and events.

September 19–20 is the FCE State Convention in Burwell. There are four tours scheduled for Monday with the business meeting and presen- tations set for Tuesday. This would be a good year to go to convention if you have not previous- ly attended. I have found it to be an inspiring and fun time. Ralph Clooney (who has been the event committee chairman for theme baskets will be held at convention. This is the time to turn in items for Women’s Survival, such as used cell phones and old jack style phones. National FCE is continuing to collect yarn, floss and knitting needles for their international project. They are collecting old used ink cartridges, ball pens and fax machines.

Attention FCE members — get state and national dues free by bringing in a new or reinstated mem- ber for 2006. Invite your neighbor, friend or daughter to join our organization. There is truly something for everyone — skills, crafts, education, and best of all, good friendships develop. Together we help each other become a better community. Enjoy your summer and keep cool.

Pack Your Street Sense When You Pack Your Bags

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s Notes

Janet Jargon

FCE Council Chair

The heat of sum- mer is upon us. My next door neighbors have a swimming pool and they have been kind enough to offer me cool down if I need it.

Thoughts come to mind of how times have changed in 50 plus years for me re- garding swimming. To merit a trip to the town pool my brothers and I would have to fill “x” number of coffee cans with cherries and we used step ladders to reach the cherries! Tupperware wasn’t available back then. Depending on the temperature you might even help a sibling meet their quota. Sometimes we stripped our underwear and jumped into the cattle tank for a quick swim. Mom heavily frowned on that prac- tice since we really needed to wear more clothes. Picking cherries was the ticket to en- joy a real pool.

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Council Chair Janet Broer (left) presents Connie Lemke (right) with the 2005 FCE Scholarship.
New Effective Mosquito Repellents
Less Greasy, Odor Free
Barb Ogg
Extension Educator

According to a recent survey by the University of Nebraska Department of Entomology, only a small percentage of people use mosquito repellents. Many people do not use repellents because they believe that the most effective way to control mosquitoes is to control the environment in which they live. This approach, while effective, is not always practical. Biological controls, such as the use of natural enemies, can be a more practical and effective way to control mosquitoes.

Some Beneficial Predators

- Lady beetle (larva stage at left, adult at right)
- Wolf spider
- Adult lacewing
- Dendroica woodlouse hunter
- Cloudy killer wasp

### Integrated Pest Management

Integrated Pest Management helps you manage pests and prevent pest problems. As with any other natural enemy, you need to understand the biology of your pest and its natural enemies. You can then use this information to design an Integrated Pest Management plan that works for you.

### Using Natural Enemies to Control Pests

Natural enemies are a valuable resource for controlling pest populations. Natural enemies are beneficial because they are specific to the pest they are controlling and do not harm the environment. Some beneficial predators include lady beetles, lacewings, and spiders. These predators will eat not only the adult mosquitoes, but also the larvae. By using natural enemies to control pest populations, you can reduce the use of chemical pesticides and still keep your yard and garden pest-free.

### Control Mosquito Populations

Reducing mosquito populations in your area can help reduce the threat of West Nile Virus. Mosquitoes breed in standing water and their eggs must be in water to hatch. Breeding sites include watering ponds, bird baths, leaf-clogged gutters, low areas in yards and alleys, potted plants, poorly drained curbs leading to storm sewers, old tires or any other containers that will hold water. Make sure these areas do not have standing water for long periods of time to reduce the area mosquito population. Farmers should check irrigation systems for less aggressive species. Six to 12 Nebraskans died from WNV. Twenty four of the deaths were people 65 years old or older.

### Scrap Tire Collection Sept. 24 & 25

Individuals will have an opportunity to get rid of scrap tires that may have accumulated around your place. Tires (without the wheels) will be accepted Sept. 24 & 25 from 9 a.m. to 9 p.m. at the Shoemakers Truck Stop, 48th and West O Street, Lincoln. Please have a count of the number of tires you are dropping off. Sorry, this opportunity is open to individuals only — the grant specifically prohibits tire dealers.

This program is funded through a grant from the Nebraska Department of Environmental Quality and hosted by the Emerald Sanitary Improvement District. For more information, call 476-3590.

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### Additional Information

### FOR MORE INFORMATION

Nebguide 95/1251-A, “Biological Control of Insect and Mite Pests,” available at the extension office or online at: 
http://lancaster.unl.edu/dul/nec/extension/951251-a.htm

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### Snake vs. Snail

Snake and snail are two species that are often found in the same environment. Snakes feed on small animals, including insects, rodents, and reptiles. Snails, on the other hand, are herbivores and feed on plants. When these two species interact, it can result in a win-win situation for both.

### Natural Neighbors

Lady beetle (larva stage at left, adult at right)

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### Sources

Soni Cochran, Extension Associate

http://lancaster.unl.edu
**Soybean Management Field Day, Aug. 12**

"Growing America’s Future” is the theme for the 2005 Soybean Management Field Day series which will be held at four locations across the state. On Friday, Aug. 12, Lancaster County Extension Specialist Steve DeBoer will conduct one of those field days at his farm near Holland from 9 a.m. – 2:30 p.m. Free registration is available the day of the event.

The Soybean Management Field Days are sponsored by the Nebraska Soybean Board in cooperation with University of Nebraska-Lincoln Extension and are funded through checkoff dollars. By attending, farmers can gain valuable information and insight about the challenges they face in producing a quality crop at a profitable price in today’s global economy. Farmers include UNL specialists, educators and industry consultants. Topics are:
- *Soybean* Weed Control and Roundup Ready Resistance Management
- *Growing Soybeans for High Yield and Quality*
- *Soybean Aphids and Rust*
- *More Soybean Dollars in Your Pocket*

Each stop also includes demonstration plots, a sponsored lunch and time for questions.

Every soybean farmer in Nebraska is encouraged to mark their calendar to attend a Soybean Management Field Day near them," says Greg Anderson, Chairman, Nebraska Soybean Board. "Surveys from past participants show that by attending, they can gain valuable information and insight that will add to their bottom line.

To receive more information or contact the NE Soybean Board at (800) 852-BEAN or CUNL Extension at (800) 529-8030.

**Free Soybean Cyst Nematode Sample Kits Available**

While soybean rust has been in the spotlight since last November, soybean cyst nematodes (SCN) cause the greatest losses to U.S. and Nebraska soybean producers. In many cases, producers are not familiar with SCN or look for it when there is a problem in a soybean field. While all other possible SCN can be eliminated.

To increase the awareness of SCN and further define its distribution, the Nebraska Soybean Board provided funding for free SCN test kits ($20 value) to be distributed through extension offices to farmers in counties where soybeans are grown.

Each kit contains a bag for you to gather soil samples, a mailing label and pre-paid postcard. The label must be attached when mailing the completed kit.

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Field site is on the south side of Pennsylvania Road on the east edge of Holland.

**Directions to DeBoer’s Farm**

From I-80/South Hwy 77 — proceed 15 miles south on Highway 77, then 6½ miles east on Pennsylvania Road.

From Hwy 43 & 158 St. junction with Hwy 2 — proceed 9 miles south (158 St. turns into 162 St.)

Then 4½ miles west on Pennsylvania Road.

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**Plants Alfalfa in August**

**Tom Domn Extension Educator**

The best time for fall seeding alfalfa in eastern Nebraska is during the month of August, provided adequate soil moisture is available. Farmers sometimes wait until the month of September to plant alfalfa. This is often too late because the plants do not have enough time to become established before the first killing frost. The latest alfalfa should be planted by Aug. 30 in western Nebraska and Sept. 10 in eastern Nebraska. If planting cannot be completed by that time, the Manitoba tillage will firm the seedbed. Harrowing with the spikes set rolling with a packer will firm seedbeds provided there is some moisture in the soil. Complete tillage (disking) following alfalfa is okay if the soil is firmed up by either rain, sprinkler irrigation or packer-seeders. If the unlimed soil surface was too soft, no till farmers have been very successful. In fact, no-till seeding alfalfa into fine textured soils and no-till farmers have been very successful. Before seeding alfalfa, whether you plant in spring or fall, you should apply anhydrous. Apply and incorporate lime and phosphorus fertilizer, if needed, and be sure to inoculate the seed.

To benefit as many farmers as possible, limit one kit per farm field where the soybeans don’t look as healthy and it can’t be explained by any of the factors above, it is also a good time to sample.

Since there is a limited quantity of these kits available they will be distributed on a first-come, first-served basis to farmers stopping by the extension office to pick them up.

If you have as many farmers as possible, limit one kit per farm operation.

**FOR MORE INFORMATION**

- Nebraska Soybean Board
- Nebraska Soybean Cyst Nematode Biology and Management
  - available at the extension office online at http://ian.0rnl.edu/par/scllvides/ 3035.html

**St. Johnswort in Lancaster County**

**Tom Domn Extension Educator**

If you think you might be short on forage for your cow herds or horses, try using St. Johnswort as a forage source. Straw can make good feed for your dry cow herd. Once they have eaten it with anhydrous ammonia, "Treating wheat straw with anhydrous ammonia can make it almost as digestible and as readily eaten as average prairie hay. This can help keep your hay supply. But you have to do it right,” according Bruce Anderson, NU Extension Forage Specialist.

Bale straw soon after grain harvest is preferable with some moisture or dew on it. Then, gather bales into rows that are stacked like a pyramid. Next, cover the entire stack with at least 6 inch of black plastic. Use ropes or other methods to hold plastic in place. Make sure that the sides of the plastic are held down tightly. Once that is done, you are ready to insert a pipe into the center of your stack and take the pipe to the anhydrous tank.

Be careful — ammonia can be dangerous. Slowly push the anhydrous until the plastic balloons slightly. Do not go too fast or the plastic can rupture. Next, check and repair any leaks. Continue to add anhydrous slowly until you have added 60 pounds per ton of straw. This should take about 10 minutes for each ton of straw, depending on the moisture content of the feed. When you are through, turn off the tank, remove the pipe, and run the end of the plastic onto the stack under a neat mound before a week or two before feeding. Then open it following a couple days while they are being given the hay and for a week after they are no longer feeding this feed. If you are feeding hay containing St. Johnswort, keep animals in the shade or inside a barn during 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 ride 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 and Control

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 or processed seeds is somewhat less toxic 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 barn during 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 ride 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.

Remove animals before spraying pastures with herbicides until after the St. Johnswort plants are completely dead because herbicide treatment increases palatability which might result in animals consuming the plants.

**FOR MORE INFORMATION**

- Extension circular EC 89-04 "St. Johnswort — Identification, Management and Control" (includes color photos) available at the extension office or online at http://lancaster.unl.edu/ag/Factsheets/309.pdf
Controlling Muskrat Digging in Ponds

Good Pond Construction is Best Insurance Against Damage

Any permanent pond in the Midwest is apt to have muskrats in it sooner or later. In the Midwest, most muskrats live in streams. In spring or fall, some of the muskrats move to ponds. They may stay in either location permanently if the food and denning facilities are good enough. When they travel they may go several miles, even across dry uplands, in their search for better places to live.

It is on these travels that muskrats find farm ponds and it is usually during spring that they locate in them. If the pond is large and contains abundant food, they may stay. But ponds seldom contain enough aquatic vegetation to hold muskrats past the fall season, especially if they can find better homes. Pond muskrats dig burrows, and may also build homes of mud and vegetation in shallow water. It is the digging that most pond owners object to, especially when holes are dug into the dam. In digging around the shallows, muskrats stir up mud that may keep these areas or the whole pond clean. This is objectionable in a pond where clear water is wanted for swimming, livestock use and fish propagation.

Good pond construction is the best insurance against actual damage by muskrats. In all cases of muskrat damage that have come to our attention, there has never been a case of dam destruction where the following minimum standard specifications were met: dam with water face slope 3 to 1, outer face 2 to 1, width at top 8–12 feet, and freeboard 3 feet after settling, dam sodded and livestock kept off; spillway wide enough to carry off surplus water so it never rises more than 6 inches on the dam. These specifications are likely to agree with those of agricultural agencies.

When muskrats dig dams, it is to make homes. The burrows start under water, then rise to a chamber followed out to a level, and from one to two feet of solid earth and sod above. The muskrats don’t tunnel through the water unless the water rises high enough to make them dig a new home higher up. That is one reason for specifying high freeboard and a wide spillway: these keep the water from coming up high enough to force the muskrats to dig new higher chambers dangerous close to the surface. Also, one reason for keeping livestock off a pond area is to avoid the danger of putting a hoof through the roof of the den and starting a washout.

Old or abandoned muskrat dens may cave in. Then it is usually a simple job, if done at once, to fill in the cavity and reseed to prevent washing. Since muskrats are especially attracted to ponds containing large amounts of muskrat food plants, eliminating these plants is good muskrat control. Plants most favored by muskrats are the starchy ones such as corn. These plants should never be planted in fish ponds, because they interfere with fish production. The spike rush, leafy bulrush, and water willow recommended for ponds have little attraction for muskrats. Plant control is also good muskrat control.

It’s also a good idea to check around the house for cracks or other unwanted guests. Foundation for cracks or other rodents that are snake habitat of insects and hiding spots also removes moving snake shelter and places.

Keeping Snakes Out of Buildings

Remove what attracts snakes. The most effective and lasting way to discourage snakes around a home, such as in the yard or garden, is to make the area unattractive to them. You can do this by removing potential shelter or hiding places.

During warm months, when snakes are active and when most people see them, they are attracted to cool, damp shelter. Move cover such as boards lying on the ground, rock piles, and weedy growth near buildings. Check around cement walks or perches for cracks or holes that might provide an entrance to snakes for shelter. Repair or close these access points so they can’t get in. If you have a wood pile for a fireplace or stove, make sure any stack away from the house. Wood can be moved near the house as needed during colder months, when snakes aren’t active.

Building a rack to hold the wood pile at least 12 inches above the ground will discourage snakes because the wood (support) is separated from the cool, moist soil. Close the base of storage sheds to see if snakes might crawl beneath for cover. If so, close off access beneath the shed with packed soil or building materials such as metal or 1/2-inch or smaller hardware cloth. To form a tight barrier against snakes, building materials should be buried about six inches under the soil. Although some snakes can push through loose soil, they can’t dig or go through hard soil because they have no digging adaptations such as legs or claws. Snakes will use holes made by mice or other rodents, so controlling these rodents may be needed in some situations. Often, removing snake shelter and hiding spots also removes the habitat of insects and rodents that are snake foods, further reducing the attractiveness of the area to snakes.

It’s also a good idea to check around the house foundation for cracks or openings where a snake or other unwanted guests (such as mice) might enter. Close all openings larger than 1/4 inch and caulk any gaps where surface wires or pipes enter. Holes or cracks in masonry foundations (poured concrete and concrete blocks or bricks) can be sealed with mortar. Holes in wooden buildings can be repaired with fine mesh hardware cloth and sheet metal.

Grapes • Oct. 13

Steve Gamet, UNL Viticulture Technician, UNL will address the questions that you may have about growing grapes. Steve will also answer your questions regarding grape production.

Woody Florals • Nov. 10

What are woody florals? Plants commonly grown in Nebraska with decorative stems, such as curly willow or redtwig dogwood, that are harvested for use in decorative arrangements. Who buys them? Wholesale and retail florists. Can you really make a profit with these plants? Yes, you can! Join us for this presentation by the Nebraska Woody Florals group to learn the basics of this acreage enterprise, including plant species, planting and growing requirements, and harvesting techniques. Marketing and sources of plant material will also be discussed.

Upcoming Acreage Insights Clinics

“Acreage Insights — Rural Living Clinics” are designed to help acreage owners manage their rural living environment. These seminars are presented by University of Nebraska–Lincoln Extension at various locations in the state. Registration is $10 per person and must be received three working-days before the program. For more information or to register, contact extension at 441-7190 or go to the Acreage & Small Farm Insights Web site at http://acreage.unl.edu

The following seminars will be held in Lincoln at the Lancaster Extension Education Center, 444 Cherry Creek Road on Thursdays from 7–9 p.m.

Large Pond Maintenance • Aug. 11

If you have a body of water on your acreage larger than a backyard pool, you’ll want to attend this clinic on pond maintenance. Expert Todd Barrow, UNL Water Resource Specialist, will explain the ins and outs of keeping large ponds clean, healthy and a real asset to your acreage.

Septic Systems • Sept. 15

Have you ever wondered what happens to wastewater when you take a shower or flush the toilet? Maybe not — unless it’s backed up into your house or surfaced in your yard. This clinic will cover:

1) What happens to wastewater when it goes down the drain
2) How your actions — operation (O) and maintenance (M) — affect your system’s performance. Lincoln clinic will cover septic system and lagoon O and M.

Note: NebGuides will be available on design and installation, but these topics will not be addressed in the clinic.

http://lancaster.unl.edu
**Southwestern Black Bean Salad**

(Makes 4 main-dish servings)

1/2 cup light ranch dressing
1 large tomato, cut into bite-size wedges
1 (15-ounce) can black beans, drained and rinsed
1 cup frozen corn, thawed
1 red bell pepper, chopped or cut into strips
1 shallot, chopped, or 4 green onions (including stem), sliced
1 package (2 1/2-ounce) salad greens
1 cup sharp cheddar cheese, regular or reduced fat, coarsely shredded
Black pepper, to taste

1. In a large bowl, combine all salad ingredients (EXCEPT cheese and black pepper).
2. Divide between large salad plates and top with cheese. Pass black pepper, preferably in a pepper grinder, so people can grind their own.

**Three Bean Pasta**

(Serves 4–6)

1 pound medium or wide egg noodles*, uncooked
1 15-ounce can kidney beans, rinsed and drained
1 15-ounce can chickpeas, rinsed and drained
1 cup frozen green beans, thawed
1 small red onion, chopped
1 red bell pepper, seeds and ribs removed, chopped
3 tablespoons Dijon mustard
2 tablespoons vegetable oil
3 tablespoons red wine vinegar
3 tablespoons chopped fresh parsley

1. Prepare pasta according to package directions; drain. Rinse under cold water and drain again.
2. In a large bowl, stir together the pasta, kidney beans, chickpeas, green beans, onion and bell pepper. In a small bowl, stir together the remaining ingredients.
3. Toss pasta with dressing and serve.

*According to the National Pasta Organization, one pound of dry noodles will produce a cooked amount of 5 cups. Other pasta shapes may be substituted for 1 pound of noodles — however a different amount (about 10 ounces) is needed as a small bowl, stir together the remaining ingredients.

**Pasta Possibilities**

Make a double batch of pasta so you only have to heat up the stove once. To use pasta in a cold salad, the National Pasta Association says “drain, rinse with COLD water and immediately drain again. Then proceed to prepare your dish.”

**Monster Salad**

Leaf lettuce
1/4 to 1/2 cup cottage cheese
Selection of fresh, raw vegetables such as: cherry tomatoes; green, red, and yellow bell peppers; broccoli; zucchini; cucumbers; radishes; baby carrots; celery

1. Wash hands.
2. Wash vegetables.
3. Place lettuce leaf on plate.
4. Put cottage cheese on lettuce and slightly spread.
5. Using a variety of vegetables, let children design their “monster.”
6. Eat the salad with a fork, or use vegetable pieces to scoop up the cottage cheese.

**Use Your Bean(s)**

Choose darker-colored salad greens to add extra color and nutrition to salads. A salad spinner makes quick work of drying salad greens.

**Go on the Dark Side with Salad Greens**

Choose colored salad greens to add extra color and nutrition to salads. A salad spinner makes quick work of drying salad greens.

**Nutrition Facts Per Serving**

1. Prepare pasta according to package directions; drain. Rinse under cold water and drain again.
2. In a large bowl, stir together the pasta, kidney beans, chickpeas, green beans, onion and bell pepper. In a small bowl, stir together the remaining ingredients.
3. Toss pasta with dressing and serve.

**Recipe courtesy of National Pasta Organization. For more information about pasta, visit http://www.ilovepasta.org.**

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3 tablespoons chopped fresh parsley

1. Prepare pasta according to package directions; drain. Rinse under cold water and drain again.
2. In a large bowl, stir together the pasta, kidney beans, chickpeas, green beans, onion and bell pepper. In a small bowl, stir together the remaining ingredients.
3. Toss pasta with dressing and serve.

*According to the National Pasta Organization, one pound of dry noodles will produce a cooked amount of 5 cups. Other pasta shapes may be substituted for 1 pound of noodles — however a different amount (about 10 ounces) is needed as one pound of macaroni, spaghetti, penne, etc. equals 8 cups cooked volume.

**Nutrition Facts Per Serving:**

- Calories: 374
- Total Fat: 9.4 g
- Saturated Fat: 2.1 g
- Cholesterol: 5 mg
- Sodium: 155 mg
- Total Carbohydrates: 53.3 g
- Dietary Fiber: 10.8 g
- Sugars: 4.3 g
- Protein: 12.8 g

**Source:** Recipe courtesy of National Pasta Organization. For more information about pasta, visit http://www.ilovepasta.org.

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Controlling Common Tomato Diseases

Mary Jane Frogge
Extension Associate

Nothing is better than a home-grown, garden tomato, but growing tomatoes does have some pitfalls, including disease problems. Tomatoes are susceptible by both fungous and bacterial diseases that affect the leaves, petals and stems and cause deterioration on the fruits. Loss of foliage due to disease, causes the tomato plant to be less productive or vigorous. Severe foliage damage can lead to sunscald on developing tomatoes. Foliage diseases are not controlled, they can lead to death of the tomato plant. Common diseases of tomato include sepsoria leaf spot, early blight, bacterial speck and bacterial spot. Septoria leaf spot begins as tiny black dots on the leaves, enlarging to small circular spots with a dark margin and gray center. Infected leaves turn yellow and die. Early blight appears as irregular, brown spots on tomato leaves with concentric, black rings developing in a target-like pattern as the spots enlarge. Early blight can spread very rapidly. Bacterial speck appears as tiny, pinhead sized, black spots on tomato leaves and fruits. Bacterial spot is very similar to bacterial speck, but the leaf and fruit spots are slightly larger. On tomato fruits, bacterial spot results in slightly raised, brown, scabby lesions. One of the most common sources of infection for tomato leaf spot diseases is through rain splashing on bare soil. All of the diseases mentioned above overwinter on infected plant debris in the soil. During a rainstorm, water droplets hit the soil surface, splashing water and soil up onto the leaves of tomato plants. Prevent rain splash in your garden by covering the soil with mulch. Mulch plants with clean straw, grass clippings, wood chips or any other coarse organic material. Mulch helps suppress weed growth, moderates soil temperature and extremes and helps retain soil moisture. Suppression of leaf spot diseases, once plants have been infected, can be accomplished through sanitation and the application of fungicides. As soon as leaf spot diseases are noticed, remove the affected leaves and begin a fungicide spray program. Read and follow label directions carefully, including how to properly apply the fungicide product and the number of days that must pass after application before tomatoes can be harvested. Keep tomato leaves as dry as possible by applying water to the base of plants instead of through an overhead sprinkler system. When watering, use a thorough irrigation of the foliage and promotes germination of fungal spores and leaf infection.

Early blight on tomato leaf

Bacterial speck

Nasturtium is one of the easiest flowers to grow from seed. The single-flowering types reach a length of two to three feet, making them ideal for hanging baskets. The single-flowering types of Nasturtium are ‘Jewel of Africa,’ ‘Send out six to eight foot runners that climb trellises like vines. Colors of this type are bright and range from yellow and orange to rose and crimson. Vines are strong and have fragrant flowers. Nasturtium is one of the easiest vegetables to grow from seed. The best flowering will be in full sun, but they will tolerate partial shade. Seeds can be sown directly in the garden beginning in late April. Nasturtiums are not choosy about their soil. Do not spoil them with rich, fertile soil and fertilizers as this will only result in lush foliage and few blooms.

Bacterial spot

Versatile Nasturtiums — Easy to Grow

The nasturtium is a versatile plant used for edging in flower beds or in window boxes, patio containers or hanging baskets. The abundant, colorful blooms are edible and can be cut for use as an elegant entree garnish or salad decoration. The leaves, which contain a good dose of vitamin C, can be used to add a peppery flavor to fresh salads. ‘Tropaeolum minor,’ the scientific name for the nasturtium, comes from the Greek word meaning ‘to twine,” which is descriptive of some of the 50 species in this genus. Nasturtium was first found growing in Mexico and Peru where it was used instead of cress to flavor foods. It was brought to Europe in the 16th century and considered a symbol of conquest and victory in battle. Victorian women were instructed to add the musty to ward off bad smells. Nasturtiums come in three types: dwarf, semi-trailing and single-flower climbing. Dwarf types are bushy and compact and include the cultivars ‘Alaska,’ ‘Empress of India,’ ‘Strawberries and Cream’ and ‘Victoria.’ Semi-trailing types reach a length of two to three feet, making them ideal for hanging baskets. The single-flowering types of Nasturtium are ‘Jewel of Africa,’ ‘Send out six to eight foot runners that climb trellises like vines. Colors of this type are bright and range from yellow and orange to rose and crimson. Vines are strong and have fragrant flowers. Nasturtium is one of the easiest vegetables to grow from seed. The best flowering will be in full sun, but they will tolerate partial shade. Seeds can be sown directly in the garden beginning in late April. Nasturtiums are not choosy about their soil. Do not spoil them with rich, fertile soil and fertilizers as this will only result in lush foliage and few blooms.

Bagworm Control Too Late Now

Bagworms can cause a great deal of damage during the last few weeks of feeding, and gardeners may be tempted to spray for them now. But late August sprays are totally ineffective. Understanding the life cycle of this moth will explain why and how to help tremendously in planning effective control measures. Bagworms normally finish feeding and close up their bags in late summer. After that, insecticides are ineffective because they cannot reach the pest. Egg hatch does not occur until the next spring, usually late May. Insecticide sprays are more likely to be effective if applied when the bagworms are small. Even Bacillus thuringiensis (Dipel, Thuricide) can be effective on young bagworms. One commonly used pesticide include Orthene, cyfluthrin, permethrin, malathion and Sevin. During most years, a spray about June 15 will give good control. Do not forget, insecticides are not the only means of control. Hand picking and destroying the bags is effective any time of the year the bags are large enough to be picked up.

—Mary Jane Frogge, Extension Associate

Horticulture

August 2005

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http://lanceanter.edu

Nebraska Herbal Society & Pioneers Park North Center

Saturday, Aug. 27 • 9 a.m.— noon

Pioneers Park North Center

A Morning with Herbs

9 a.m.—Short Herbal Society business meeting

Tour of the Nature Center’s Louise Evans Doake Herb Garden

10 a.m.—WORKSHOP: AN HERBAL KITCHEN BOUQUET

Create a bouquet from fresh herbs for culinary use or dried as a wall decor. Other herb crafts will be on display with instruction and handouts there.

11 a.m.—WORKSHOP: THE TASTE OF OREGANO

Explore the many culinary uses of oregano, the 2005 Herb of the Year. The workshop will include demonstrations, samples and recipes.

The meeting and tour are free, there is a charge for the two workshops which must be prepaid. No Herb Society member, $6; non-member Call 441-7895 by Aug. 22 to reserve your place.

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Myron & Barb Smith
Lancaster County 4-H is proud to announce Myron and Barb Smith as co-winners of August’s “Heart of 4-H Award” in recognition of outstanding volunteer service.

Barb has been a 4-H volunteer for nine years and Myron for four years. When their son Nathan joined 4-H in 1996, Barb organized and led the Middle Creek Museum 4-H club (now known as Creative Clovers). Myron has assisted as a project leader. Three years ago, the couple started a second club, Classic Cars R Us (Myron is organizational leader and Barb is assistant leader). Both have volunteered at the 4-H food booth at county fair, and presented Clover College classes (including “Antique Auto Restoration & Upkeep”). Barb has also helped with 4-H workshops presented at Lincoln City Libraries.

“We like being 4-H volunteers because it helps youth expand their interests and skills,” said Barb. She adds, “My favorite experience is our traditional end of 4-H year achievement celebration with Creative Clovers. We have a family bicycle ride on one of the area trails.” Myron’s favorite experience, is developing automotive-related activities for the Classic Cars R Us club.

Myron and Barb also volunteer for several other organizations, including Boy Scout Troop 290-Milford, Zion Lutheran Church, Milford Arts Boosters, Antique Automobile Club of America (AACA), AACA’s CHIP youth program and several local antique car clubs.

Congratulations to Myron and Barb! Volunteers like them are indeed the heart of 4-H!

Volunteers Needed at State Fair
Hundreds of volunteers help make the 4-H section at the Nebraska State Fair incredibly successful. Volunteers are needed to assist with Exhibit Hall Host/Hostesses, Discover 4-H Volunteers and as Contest/Event Assistants. Volunteers receive a complementary parking pass and gate entrance. For more information, please contact Lisa Spilker at 472-2805 or ljspilker@unl.edu by Monday, Aug. 1.

“Fair’s Over, Now What?” Volunteer Training, Sept. 29
Leaders, parents and interested volunteers are invited to attend this training Thursday, Sept. 29, 9:30 a.m. or 7 p.m. Discover how to complete the current year’s report 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! You must RSVP by calling 441-7180 prior to Monday, Sept. 26.

Ak-Sar-Ben 4-H Youth Expo, Sept. 27–Oct. 2
The 78th Ak-Sar-Ben 4-H Youth Livestock Exposition will be held Sept. 27–Oct. 2 at the Qwest Center in Omaha. More than 2,000 4-H families from an eight-state area participate in 15 Expo Categories. Categories of this 4-H only competition are Dairy, Feeder Calf & Breeding Beef, Horse, Market Beef, Market Broilers, Meat Goats, Milk Goat and Market Swine. For more information, entry forms and tentative schedule, go to http://www.aksarben.org

Entries Due Aug. 7
Entries from Lancaster 4-H members are due to state extension staff by Sunday, Aug. 7. Please make sure to include all entry fees, chutes and parking. Ak-Sar-Ben rule books and forms can be picked up in the office or obtained at county fair. Please give Deanna or Marty a call if you have any questions.

Change to Health Certificates
Please note this year Ak-Sar-Ben will require 15-day health certificates for all animals!

Horse Dressage: Check-In, Aug. 1
4-H’ers showing in the Horse Dressage show Tuesday, Aug. 2 may check-in their horses Monday, Aug. 1 from 6:30 to 8:30 p.m. The farrier office will be open during that time so bedding can be purchased. There will be an opportunity for warm up time in the show arena on Tuesday, Aug. 2 from 8:30 a.m. to 12 noon. You must sign up for the 10 minute warm-up blocks during the 4-H horse pre-fair briefing held Sunday, July 31 at 2 p.m. at the Event Center 4-H Office.

Interview Judging, Aug. 2
4-H’ers have the opportunity to talk to judges about their fair exhibits and share their trials and lessons they learned. 4-H’ers also learn what the judge looks for and how to improve skills.

4-H’ers may interview judge ONE exhibit from each project area. Refer to page 30 of the Livestock Book for project areas that have interview judging. Call the office at 441-7180 to sign up for a five-minute time slot. Interview judging is Tuesday, Aug. 2 starting at 9 a.m. in the Lincoln Room.

Herdsmanship Judges Needed
Volunteer judges are needed to help determine the top club deserving herdsmanship honors at the county fair. Judges check animal stalls twice a day between the hours of 8 a.m. and 9 p.m. Judges look for cleanliness of both the animals and stalls. 4-H and FFA members are also judged on courtesy and conduct. If you are interested, please contact Deanna at 441-7180 or e-mail dkrmadzinz2@unl.edu.

Precious Pets MUST Be Picked Up During Fair, Sunday, Aug. 7
Precious pets to 4-H & FFA exhibitors will be paid in cash on Sunday, Aug. 7, Noon–4 p.m. at the Lancaster Event Center Fair Board Office. Subject to identification, parents, guardians, 4-H club leaders, FFA chapter advisors will be permitted to pick up and sign for exhibitor premiums. NO CHECKS WILL BE ISSUED THIS YEAR! No changes or corrections will be made on premium amounts after 60 days.

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Teen Tour Guides Needed for Fair Fun Day, Aug. 5
Volunteer teens are needed Friday, Aug. 5 to serve as tour guides for Fair Fun Day. Fair Fun Day gives child groups (1 through 4th grades) an interactive, hands-on experiential tour of the fair. Volunteers are needed from 9:30 a.m. and/or 12:30–3 p.m. Call Lorene at 441-7180 to sign up.

Show & Tell for Clover Kids, Aug. 6
All Clover Kids, youth age 5-7 by January 1, 2006, are invited to show & tell their projects at the Lancaster County Fair, Saturday, Aug. 6, starting at 1 p.m. Clover Kids Show & Tell is held in the Lincoln Room at the Event Center. Refer to page 26 of the Fair Book for more information. To register, call 441-7180 by Friday, July 29, or sign up at the static exhibits area Monday, July 25, 4-8 p.m.

Statice Exhibits Released
Sunday, Noon–2 p.m.
Please note — this year Statice Exhibits will be released ONLY on Sunday, Aug. 7 between Noon and 2 p.m. Exhibits MUST be picked up during this time!
Several Lancaster County 4-H members participated in the University of Nebraska–Lincoln Premier Animal Science Events (PASE) held June 26–27 on UNL East Campus. The 2005 Lancaster County 4-H Livestock Judging team tied for eighth place overall team and placed fourth overall in the swine division. The team consisted of team members Will Davis, Whitney Davis, Shyanne Truax and Whitney Poole. The youth judged classes consisting of Suffolk rams, feedlot steers, market hogs, simmental breeding heifers, cull/keep composite heifers & breeding gilts. The highlight of the competition was giving three sets of oral reasons. Matt Rawe, a member of the Lancaster County State Dairy Judging Team placed 11th overall individual (he missed the top ten by one point). This was Matt’s first year competing in the contest. Congratulations to all participants!

Life Challenge Results

The 4-H Life Challenge contests focus on Family and Consumer Science project areas. The County Senior Life Challenge contest was held May 25. Kristin Wissink was awarded the Grand Champion rosette. The State Senior Life Challenge contest was held June 26–27 at UNL East Campus in conjunction with PASE. 4-H members participating in this contest were Catherine Dowd and Hannah Spencer. The County Junior Life Challenge contest was held July 6 and Allison Zastrow was awarded the Grand Champion rosette.

District Horse Shows Results

Lancaster County 4-H horse exhibitors participated in district shows held across the state during the last week in June. Below are the purple ribbon winners. Full results are online at http://4h.unl.edu/disthorseshow. Congratulations to all participants!

PASE Results

In the spirit of FUN, the People’s Choice 4-H Awards focus on the more playful and whimsical aspects of county fair projects. Everyone (including 4-H’ers) may vote once. Use this ballot to write in your choices. Place finished ballot in marked box at 4-H Information Booth in the Lincoln Room. Deadline for ballots is Saturday, Aug. 6 at 3 p.m. Award certificates will be given to the winning exhibits Saturday evening. Please, no ballot stuffing — keep it fun!

Note: Please make sure you select 4-H exhibits for these awards, not Open Class or FFA.

#4-H Static Exhibits (Located in Lincoln Room)

<table>
<thead>
<tr>
<th>Category</th>
<th>Exhibitor’s Name</th>
<th>Short Description of Exhibit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yummiest Looking Food Item</td>
<td>Located on Entry Tag</td>
<td></td>
</tr>
<tr>
<td>Plant or Veggie that Looks Most Like a Person</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Craziest Clothing Article</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Poster or Photo with Most Pizzazz</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rocket You Think Would Fly the Highest</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grossest Bug in an Entomology Display</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#4-H Animal Exhibits (Located in Pavilion 1*)

<table>
<thead>
<tr>
<th>Category</th>
<th>Exhibitor’s Name</th>
<th>Short Description of Animal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cuddliest Rabbit</td>
<td>Located on wall, card, or ask a nearby 4-H member if they can help</td>
<td></td>
</tr>
<tr>
<td>Noisiest Rooster</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Goat with Silliest Table Manners</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friendliest Sheep</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Llama with the Most Beautiful Eyes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dairy Cow You Think Would Give the Most Milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef Cow with Most Unusual Hair Pattern or Markings</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Most Relaxed Swine (Pig)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Horse with Most Magnificent Mane</td>
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</tr>
</tbody>
</table>
The Grantsmanship Training Program will be offered to the Lincoln community Sept. 12–16 at the Lancaster Extension Education Center. The intensive, “hands-on” workshop covers all aspects of researching grants, writing proposals and negotiating with funding sources.

The Grantmanship Training Program has hosted the Grantsmanship Training Program. Since 1997, University of Nebraska–Lincoln Extension has hosted The Grantmanship Training Program. Approximately 150 individuals representing various Lincoln agencies, surrounding communities and states have attended the program.

In the first part of the workshop you will learn to develop and critique proposal components. You will also serve as a panelist, evaluating a proposal brought to class by a participant. In the second part of the workshop you will study funding sources — federal, state, foundation and corporate — using a library of reference materials available at the workshop site. Then, in a small working group, you will prepare a complete proposal, identify likely funding sources, present your proposal for review and receive feedback from the trainer and your fellow participants.

The cost of the training program is $825. For information or to apply for the scholarship or register, contact The Grantsmanship Program at 800-421-9512 or online at www.ne211.org.

New Web Site Offers Information on Human Services in Nebraska

Find local listings for counseling, support groups or hotlines. Help other Nebraskans connect with local assistance for rent, utilities or food. An easy way to locate information about a wide variety of health and social services in your community and in other cities and towns across Nebraska, is just a click away.

www.ne211.org

The following four databases partnerships contributed to the www.ne211.org Web site: Lincoln/Lancaster County Health Department; Nebraska Respite Network (Nebraska Department of Health and Human Services); Panhandle Partnership for Health and Human Services; and United Way of the Midlands (host of the 2-1-1 Call/Resource Center). The University of Nebraska–Lincoln Public Policy Center provides administrative and technical support to the collaborating organizations.

Organizations providing funding for 2-1-1 telephone service in their community include: Central District Health Department; City of Lincoln/Lancaster County Joint Budget Committee; City of Scottsbluff Keno Funds; Columbus Area United Way; Cozad United Way; Eaton Corporation; Fremont Area United Way.

Great Neighborhoods! Series of Workshops

Great Neighborhoods! is a series of eight workshops designed for Lincoln residents who want to become more active in their neighborhoods and neighborhood associations. Workshops provide tools and techniques to develop and enhance leadership skills. Now in its third season, the program has been developed by the Urban Development Department–City of Lincoln, Neighbor Works of Lincoln and the Heartland for Leadership Development.

The series of 2-day workshops takes place over the course of four months and includes eight topics: • Leadership Styles & Prac- • Enhancing Diversity Within

For information or to apply for the scholarship or register, contact The Grantsmanship Center at 800-421-9512 or online at www.ne211.org.

There are so many great student-teacher not a place where they

JONATHAN JONES, a junior political science and English major at the University of Nebraska-Lincoln and a Fremont native, cares about issues. His interests led him to the University Honors Program and the Nebraska Apple Seed Center for Law and the Public Interest, and helped him earn the state’s only $20,000 Truman law. advantages to going great student-teacher students need to here — including interaction. Potential understand this is are going to get lost.”

This Truman Scholar developed a passion for service at Nebraska.

There is no place like Nebraska.

2-1-1 Lincoln

Community Focus

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Safety Course for Drivers 50 & Up, Sept. 7 & 8

University of Nebraska–Lincoln Extension in Lancaster County is co-sponsoring a 55 ALIVE Driver Safety Course on Wednesday, Sept. 7 and Thursday, Sept. 8, 12:30–4:30 p.m. Cost is $10 payable at the first class. Call 441-7180 to register.

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

Drivers aged 55 and over, compared with drivers aged 30–54, are involved in more accidents per mile driven. The eight-hour course is designed for motorists age 50 and over. It is taught in two, 4-hour sessions spanning two days. The course helps drivers refine existing skills and develop safe, defensive driving techniques. AARP members and non-members alike may take the course. There are no tests.

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 they are no longer able to handle.

For example, the gradual failure of sensory acuity associated with aging reduces the quantity and accuracy of information capable of being processed. This reduces the ability of the individual to respond or react to his/her environment with speed and judgement current traffic often requires.

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.
CWF Learns About History, Government on Trip to D.C.

This June, the Lancaster County 4-H Citizen Washington Focus (CWF) group traveled by bus on an ambitious 15-day itinerary to Washington D.C. This year’s group consisted of 48 teens and 5 sponsors. CWF is a citizenship and leadership program for high school youth which provides a look behind the scenes at our nation’s capital.

Stops along the way included historical sights such as the Statue of Liberty, Ellis Island, Valley Forge, Gettysburg, Mount Vernon and Monticello.

The group spent five days at the National 4-H Conference Center near Washington, D.C. with delegations from other states. There the 4-H’ers held mock congressional sessions and learned how bills become law.

Tours of the capital included the Capitol building, the Smithsonian Institution, the Holocaust Museum, Arlington Cemetery and all of the memorials.

In Lancaster County, CWF organizes a trip to Washington D.C. every three years, raising money for the trip during the off years. If you will be between the ages of 15–18 as of June 1, 2008 and are interested in joining the next CWF group, call Deanna Karmazin at 441-7180.

Can You Guess It?

A four-day series of hands-on workshops for youth, 4-H Clover College is presented annually by University of Nebraska–Lincoln Extension in Lancaster County. This year’s Clover College, held June 21–24, featured 37 workshops and 413 total registrations! A special thanks to the 51 instructors and assistants who helped make Clover College a success! More photos are online at http://lancaster.unl.edu/4h/programs/clovercollege/2005photos.html.

Youth learned about dairy goats in “Great Goats!” presented by 4-H leader Leeza Moyer.

Steve Hubbel from the Civil Air Patrol taught “GPS Basics.”

“Fishing Fun” at Oak Lake.

“Putting a halter on is part of learning about “A Horse Of Course.”

Youth learned about dairy goats in “Great Goats!” presented by 4-H leader Leeza Moyer.

4-H members Nicole and Kyle Pedersen presented “No Thyme Like the Present!”

Creating a “Jazzy Juice Pouch Purse” isn’t a snap, but can be done with a little sewing!

U.S. Drought Monitor Map

As of July 12, Lancaster County was in abnormally dry conditions.