August 2005

The NEBLINE, August 2005

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People's Choice 4-H Awards
see page 9

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 Corner 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 Fiala, 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 or two adults supervising. Most shifts are filled by clubs. “Sometimes the large clubs have so many people in the booth they are on top of each other,” laughs 4-H Council member Jo Fujan.

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

Volunteers

There are still some 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. If 4-H club is interested in helping, please call Jo Pedersen at 420-957.

Food Booth Training

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

Volunteers Still Needed

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

The 4-H Corner Stop at the Lancaster County Fair is the entrance of the Lancaster Event Center. Orders can be taken from the Lincoln Room or the Multipurpose Arena.

Now this year — Cotton Clover Candy with 2 great flavors: silly nilly pink and blue raspberry.

Also new — Shaved Ice in a variety of flavors!

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 provides 520 Activity Certificates to youth recognized for community service (above). Council members work with 4-H staff to present the Kick Off (at left).
Praise and Encouragement

We all need to feel we have the approval of others. Children are no different. Discouraged children misbehave. Encouragement is a tool parents and teachers can use to help children feel respected and valued, therefore minimizing misbehavior. Psychologist Rudi

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

• Use traveler’s checks and credit cards. Make sure to avoid

• Use your microwave instead of a conventional electric range or oven.

• Use your computer and monitor when not in use.

• Plug home electronics, such as TVs and VCRs, into power strips and turn power strips off when equipment is not in use.

• Lower the thermostat on your hot water heater; 115°F is comfortable for most uses.

• Take showers instead of baths to reduce hot water use.

• Wash only full loads of dishes and clothes.

Energy Saving Ideas

Here are some no- or low-cost ideas to help you save energy and money at home or business.

Replace incandescent bulbs with compact fluorescents.

Air dry dishes instead of using your dishwasher’s drying cycle.

Use your microwave instead of a conventional electric range or oven.

Use your computer and monitor when not in use.

Plug home electronics, such as TVs and VCRs, into power strips and turn power strips off when equipment is not in use.

Lower the thermostat on your hot water heater; 115°F is comfortable for most uses.

Take showers instead of baths to reduce hot water use.

Wash only full loads of dishes and clothes.

Before You Go

• Plan ahead.

• Keep valuables in a safe place.

• Lock your doors.

• Keep your car in a well-lit area.

• Keep your car inside if possible.

• Keep your 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 if you have them. Have peepholes. If you have

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

Thoughts come to mind of how times have changed in 50 plus years for me regarding 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 out our underwear and jumped into the cattle tank for a quick swim.Mom would piously frown on that practice and what’s more would frown on wearing more clothes. Picking cherries was the ticket to enjoy a real pool.

Connie Lemke of Walton, a graduate of Waverly High School, was the FCE Scholarship recipient for 2005. She plans to attend nursing at UNO and we wish her well in her endeavors. We received several very good applications and the final decision was not easy.

Launcaster County Fair runs Aug. 27-29 at the Launcaster 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 interesting 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 presentations set for Tuesday. This would be a good year to go to convention if you have not previously attended. I have found it be an inspiring and fun time. Raffle tickets 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 for printers and fax machines.

Attention FCE members — get state and national dues free by bringing in a new or reinstated member for 2006. Invite your neighbor, friend or daughter to join your 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.

FCE News & Events

2005 Scholarship Winner

At the July FCE Council meeting, Connie Lemke was presented the 2005 FCE Council college scholarship. Lemke, a student at the University of Nebraska – Omaha is pursuing a career as a pediatric nurse. Lemke is a former member of Lancaster County 4-H and graduate of Waverly High School.

Janet Broer
FCE Council Chair

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

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

Pack Your Street Sense When You Pack Your Bags

Use traveler’s checks and credit cards. Make sure to avoid

Check your passport, driver’s license and plan your route.

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New Effective Mosquito Repellents
Less Greasy, Odor Free

Soni Cochran
Extension Associate

Integrate Pest Manage-
ment helps you manage pests with fewer risks to people, plants, animals and the environment. And if you choose an IPM approach, you will likely spend less money controlling pests. How do you do that? You use natural enemies and common
sense BEFORE reaching for the nearest “bug spray.”

One IPM approach is using biological controls. Biological control is the process of using natural enemies to control spe-
cific pests.

There are several ways to take advantage of natural predators. The most practical strategy is through conserva-
tion. You encourage the natural predators in your yard so they can help you control pests.

How do you start?
• Learn how to recognize help-
ful insects and spiders. Don’t confuse the good with the bad. Most people recognize lady bugs and identify them as “good bugs.” However, not many people know what the larva stage looks like and spray them thinking they are a pest. All stages of lady beetles (bugs) are important in help-
ing control aphid pests.
• Stop and think before choosing insecticides — most are toxic to pests AND predators. When you use insecticides, you injure or kill the natural enemies of pests and actually increase the survival of the remaining pest.
• If you need to use an insect-
idce, read the label and choose one that is selective for the pest you want to control.
• Add different types of plants to your yard and garden. Trees, shrubs, flowers — a variety of plants attract a host of beneficial predators includ-

Using Natural Enemies to Control Pests

Some Beneficial Predators

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

Wolf spider

Lutzomyia woodlouse hunter

Cuckoo killer wasp

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Control Mosquito Populations

Reducing mosquito populations in your area can help re-
strain the threat of West Nile Virus.

Mosquitoes breed in standing water and their eggs must be
in water to hatch. Breeding sites include wading pools, 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
re-use pits and areas where drainage from irrigation or heavy
rains drain to roadside ditches.

Insecticides can be used as residual sprays for mosquitoes that rest in shrubs, flowers and trees. There are insecticide treat-
ments for immature mosquitoes in the aquatic habitat. These can
be applied as granules, pellets, briquettes or sprays.

Source: Dave Keel, UNL Urban Integrated Pest Management Specialist.

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 specially prohibits tire dealers.

This program is funded through a grant from the Nebraska Department of Environmental Quality and hosted by the Emer-
ald Sanitation Improvement District Number 6. For more information, call 476-3590.

Snake vs. Snail

Garter snakes are welcome in our yard but only if they stay out of the backyard fish pond. Unfortunately, the snakes
don’t understand the fish in the pond aren’t for them to eat.

Besides goldfish in the little pond, we add some of our large
snails from the indoor aquarium. These fascinating
snails (sold as “mystery snails”) are about the size of a large
plum — maybe three inches in diameter. They are not native
snails and will die if the water is too cold, so we wait until
mid-May to add the snails to the pond.

Just recently, we had quite a surprise. We walked by the
pond and saw a large garter snake writhing in the water. That wasn’t the surprise; we used to be big snakes in the
pond. What was a surprise was what we found clamped on
the snake’s head when we grabbed it and pulled it out of the
water.

The snake made the mistake of going after one of the
large snails. We’re not sure if it tried to attack the snake or
if it accidentally bumped into the snail’s operculum. Either way, the
snail’s operculum clamped down on the snake’s head.

An operculum (meaning “little lid” in Latin) is a hard plate
attached to the snail’s foot. The snail’s operculum is used to help
protect it from predators or from drying out during a
drought. You can see it in the photo — it is the dark brown
plate under the snail.

We tried to rescue the snake from the death grip of
the snail but couldn’t do it without hurting the snail too. The
two-foot snake met an untimely end at the hands (or rather,
foot) of an unlikely foe. An example of unusual and unin-
tended biological control.

— By Soni Cochran, Extension Associate

FOR MORE INFORMATION
NeboGuide 955-1251-A
“Biological Control of Insect
and Mite Pests” available
at the extension office or
online at http://ianrpubs.unl.
enviro.uedu/NeboGuide1251A.
hml

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**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 only focus on it when there is a problem in soybean. Many other SCN possessing possibilities have been eliminated. To increase the awareness of SCN and better define its distribution, the Nebraska Soybean Board provided funding for soybean cyst nematode sample kits ($20 value) to be distributed through extension offices to farmers in counties where SCN have been grown. Each kit contains a bag for you to place your sample in, instructions, and a return envelope. The Plant & Pest Diagnostic Clinic at the University of Nebraska-Lincoln extension service will collect a soil sample. You will need to collect a soil sample and submit it by the deadline by January 31, 2005. You can sample for SCN any time during the growing season. After harvest is a good time to sample if a field didn’t yield as expected and you can’t attribute the lower yields to any other factor such as weather, flood, insect infestations or weed pressure. During the growing season, if you notice areas in a field where the soybeans don’t look as healthy and 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. Once you have a kit, you can mail as many farmers as possible, limit one kit per farm operation.

**Sample Kits Information**

Nebraska Extension 1893, "Soybean Cyst Nematode Biology and Management," available at the extension office online at [http://www.ianr.unl.edu/soy/soybean/dis/soybean.html](http://www.ianr.unl.edu/soy/soybean/dis/soybean.html)

Tom Dorn
Extension Educator

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**Plant Alfalfa in August**

Tom Dorn
Extension Educator

The best time for fall seeding of alfalfa in eastern Nebraska is during the first half of August, provided adequate soil moisture is available. Farmers sometimes wait until late September to plant alfalfa. This is too late because the plants do not have time to become established before the first killing frost. The latest alfalfa should be planted in the fall. Save those samples show that by planting in the fall, 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. Once you have a kit, you can mail as many farmers as possible, limit one kit per farm operation.

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Tom Dorn
Extension Educator

If you think you might be short on forage for your cow herd, or have enough straw as a forage source. Straw can make good feed for your dry cow. Once you have a sample of it, with anhydrous ammonia. "Treatning straw with anhydrous ammonia can make it as digestible as and as readily eaten as average prairie hay. This is the same process that you use to dry your hay supply. But you have to do it right," according Bruce Anderson, NE University Forage Specialist. Bale straw after grain harvest preferably with some moisture or dry on it. Then, gather bales into rows that are stacked like a pyramid. Next, cover the entire stack with a sheet of plastic, then wind another sheet of plastic around the stack. Once this is done, you are ready to insert a pipe into the center of your stack and blow the pipe to the anhydrous tank. Be careful — ammonia can be very hazardous! Slowly stretch the anhydrous plastic balloons slightly. Don’t get too fast or the plastic can rupture. Next, check and repair any leaks. Continue to add anhydrous until the tank is full, adding 60 pounds per ton of straw. This should take about 10 minutes for each ton of straw, depending on the moisture content of the grass. When you are through, turn off the tank, remove the pipe, and walk away from the plastic on the stack until about a week before a forecast. Then open the valve another day to check for ammonia gas to escape. Ammoniated straw can be very valuable. A sample kit is available at the extension office for $50, or online at both [http://www.ianr.unl.edu/pubs/GF046-1](http://www.ianr.unl.edu/pubs/GF046-1) and [http://pubs.unl.edu/best/alfstraw05.htm](http://pubs.unl.edu/best/alfstraw05.htm).

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**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 farmer Steve DeBoer will host one of these field stops 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, producers can gain ideas and insight about the challenges they face in producing a quality crop at a profitable price today in global economy. Key topics include UNL specialists, educators and industry consultants. Topics are:

- Conventional 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 question for discussion.

**Directions to DeBoer’s Farm**

*From I-80 South Hwy 77 intersection (exit 397)* — proceed 15 miles south on Highway 77, then 0.5 miles east on Panama Road.

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

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**St. Johnswort in Lancaster County**

Tom Dorn
Extension Educator

St. Johnswort weeds seem to be increasing in this part of the state, the concern is it can have detrimental effects on animals that consume it. People need to be aware of this weed and its potential to harm livestock.

**Toxicity**

Symptoms Consuming 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 two pigmented skin of the mouth, nose and ears. Symptoms do not result from ingestion continuing in the fall is to be eaten. The toxin builds up in the body over time so symptoms may not show up until the animal has been eating the plant for several days to a week.

**Care of Affected Animals**

There is no antidote for hyperirritability caused by the toxin found in St. Johnswort. Care includes removal of the animal from the field of St. Johnswort and 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 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 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 daytime hours while they are being given the hay and for a week after they are no longer consuming it. 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.

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**FOR MORE INFORMATION**

Extension circular EC 89-04 “St. Johnswort — Identification, Management and Control” (including photos) available at the extension office or online at [http://lancaster.unl.edu/ag/techsheets/309.pdf](http://lancaster.unl.edu/ag/techsheets/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 in. In their spring travels, they are hunting food and safe places to raise young; they are hunting food and safe winter quarters. These traveling muskrats usually stay in their summer locations until fall and in their winter locations until spring. 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 in and around the shallows, muskrats stir up mud that may keep these areas or the whole pond cloudy. This is objectionable in a pond where clear water is wanted for swimming, livestock use and fish production.

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 hollowed out from the bottom layer, with from one to two feet of solid earth and sod above. The muskrats don’t tunnel through the dam unless the water rises high enough to make them dig a new chamber, 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 dangerously close to the surface. Also, one reason for keeping livestock off a pond area is to avoid the chance of putting a hoof through the roof of the den and starting a winter fire. 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 stalky ones such as cattail. 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 contain little attraction for muskrats. Plant control is also good muskrat control. Trapping with pitchy-type lethal traps is the most efficient way of removing muskrats. If done during the open season, the pelts can be sold for a profit. However, if damage requires drastic action, a landowner should contact the local conservation officer about regulations for emergency out-of-season trapping.

Keeping Snakes Out of Buildings

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

During warm months, when snakes are active and when most people see them, they are attracted to cool, damp shelters. Cover 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蛇s for shelter. Repair or close these access points so they can’t enter. If you have a wood pile for a fireplace or stove, make it too dry for snakes to stay 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 (unheated) is separated from the cool, moist soil. Don’t block 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 ½-inch or smaller hardware cloth. To form a tight barrier against snakes, building materials should be buried about six inches under the soil.

Upcoming Acreage Insights Clinics

“Acreage Insights—Rural Living Clinics” are designed to help acreage owners manage their rural living environments. This series of 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. Late registration is $15 per person. 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.

Large Pond Maintenance

• Aug. 11
- How do you have a body of water on your acreage larger than a backyard pool, you’ll want to attend this clinic on pond main- tenance. Expert Tadd 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 waste- water 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: Nebraska Guides will be available on display and insta- llation, but these topics will not be addressed in the clinic.

Grapes

• Oct. 13
- Steve Gamet, UNL Viticulture Specialist, will explain the types of fencing and equip- ment needed for grapes, the economics of grape produc- tion, insect, disease and wildlife control for grapes, and the marketing of grapes to wineries. Steve will also answer your questions regarding grape production.

Woody Florals

• Nov. 10
- 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 earn 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.
Making Super Salads from MyPyramid Food Groups

Alice Hennenman, MS, RD
Extension Educator

Southwestern Black Bean Salad
(Makes 4 main-dish servings)

- ½ 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 bell pepper, chopped or cut into strips
- 1 shallot, chopped, OR 4 green onions (including stem), sliced
- 2 tablespoons Dijon mustard
- 1 package (3-ounces) 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. 1 pound medium or wide egg noodles*, uncooked
2. 1 15-ounce can kidney beans, rinsed and drained
3. 1 15-ounce can chickpeas, rinsed and drained
4. 1 cup frozen green beans, thawed
5. 1 small red onion, chopped
6. 1 red bell pepper, seeds and ribs removed, chopped
7. 2 table spoons Dijon mustard
8. 2 tablespoons vegetable oil
9. 3 tablespoons red wine vinegar
10. 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 dry beans can count in either the Meat & Bean or the Vegetable group.

Three Tips for a Healthy Salad

- Using a variety of vegetables, let children design their “monster.”
- Keep a couple cans of cooked dry beans in your cupboard for quick and easy main dish summer salads. Cooked dry beans can count in either the Meat & Bean or the Vegetable group.
- 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.

Use Your Bean(s)

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- 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.

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.” (See recipe for “Three Bean Pasta” at left.)

NUTRITION FACTS PER SERVING: calories: 281; protein: 25.5 g; fat: 3.3 g; carbohydrate: 56 g; fiber: 11 g

Southwestern Black Bean Salad

Ingredients:
- 1 15-ounce can black beans, drained and rinsed
- 1 cup frozen corn, thawed
- 1 bell pepper, chopped or cut into strips
- 1 shallot, chopped, OR 4 green onions (including stem), sliced
- 2 tablespoons Dijon mustard
- 1 package (3-ounces) salad greens
- 1 cup sharp cheddar cheese, regular or reduced fat, coarsely shredded
- Black pepper, to taste

Instructions:
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

Ingredients:
- 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
- 2 tablespoons Dijon mustard
- 2 tablespoons vegetable oil
- 3 tablespoons red wine vinegar
- 3 tablespoons chopped fresh parsley

Instructions:
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.

Healthy Eating

Enjoy Nebraska Foods!

Alice Hennenman, RD, Extension Educator

Beans, all varieties, are a natural and tasty addition to salads. These salads are substantial enough to serve as a light main dish.

Three Tips for a Healthy Salad

- Using a variety of vegetables, let children design their “monster.”
- Keep a couple cans of cooked dry beans in your cupboard for quick and easy main dish summer salads. Cooked dry beans can count in either the Meat & Bean or the Vegetable group.
- 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.

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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 to both fungal and bacterial diseases that affect the leaves, petals and stems and cause damage to the fruits.

Loss of foliage due to disease, causes the tomato plant to be less productive or vigorous. Severe foliage loss can lead to succulents on developing tomatoes, which are suddenly exposed to more intense sunlight. If foliage diseases are not controlled, they can lead to death of the tomato plant.

Common diseases of tomato include septoria 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 specks 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 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 lowest tomato leaves. 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 also helps suppress weed growth, moderates soil temperature 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 often to apply fungicides, as tomato leaves can be harvested.

Keep tomato leaves dry as much as possible by applying water to the base of plants instead of through an overhead sprinkler, since water on the leaf surface promotes germination of fungal spores and leaf infection.

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 control measures are not helpful.

Bagworms normally finish feeding and close up their bags in late summer. After that, insectsicides 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. The most commonly used pesticides 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 bugs is effective any time of the year the bags are large enough to be picked.

—Mary Jane Frogge, Extension Associate

A Morning with Herbs

Saturday, Aug. 27 • 9 a.m.—Noon
Pioneers Park Nature Center

9 a.m.—Short Herbal Society business meeting
9:20 a.m.—Tour of the Nature Center’s Louise Evans Doole Herb Garden
10 a.m.—WORKSHOP: A HERBALIST KITCHEN BOCHELLET
Create a bouquet from fresh herbs for culinary use or dined as a wall decor. Other herb crafts will be on display with instruction and take-aways.
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.
Herb society members: $8; non-members
Call 441-7895 by Aug. 22 to reserve your place.

Horticulture

Versatile Nasturtiums — Easy to Grow

The nasturtium is a versatile plant used for edging in flowerbeds or in window boxes, patio containers or hanging baskets. The abundant, colorful blooms are edible and can be cut for use as an elegant entrée 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 wore the muscious 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 ‘White.’ Semi-trailing types reach a length of two to three feet, making them ideal for hanging baskets. The single-flower climbing types like ‘Jewel of Africa,’ send shoots up to eight foot runners that climb trellises like vines. Colors of this type are bright red and range from yellow and orange to rose and crimson.维吾尔语和汉语有香花

Nasturtium is one of the easiest flowers 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 by adding fresh, fertile soil and fertilizers, as this will only result in lush foliage and few blooms.

Early blight on tomato leaf

Bacterial spot

Bacterial speck

Septoria Leaf Spot

FOR MORE INFORMATION
Neib Guide 1391, “Diseases of Home Garden Tomatoes” available at the extension office or online at http://ianrpubs.unl.edu/PlantDis

EAT LOCAL
Nebraska Herbal Society & Pioneers Park Nature Center

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Nasturtiums

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—Mary Jane Frogge, Extension Associate
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 as Exhibit Hall Host/Hostesses, Discover 4-H Volunteers and as Contest/Event Assistants. Volunteers receive a complimentary parking pass and gate entrance. For more information, please contact Lisa Spiller at 472-2805 or lspilker2@unl.edu by Monday, Aug. 1.

“A 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 project 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 Exhibition 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. Categories of this 4-H only competition are Dairy, Feeder Calf & Breeding Beef, Horse, Market Beef, Market Broilers, Meat Goats, Market Lamb and Market Swine. For more information, entry forms and tentative schedule, go to http://www.akssarben.org

Entries Due Aug. 7

Entries from Lancaster 4-H members are due to 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!

Lancaster County 4-H Seeks New 4-H Council Members

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. Lancaster County 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 at 441-7180 for more information and an application.

4-H Strategic Plan Survey — Share Your Opinion!

Nebraska 4-H is now in the process of developing goals for the next five years. Please give your feedback about what’s important to you by filling out an online survey. Lancaster County 4-H’ers are encouraged to share their input at http://aha.unl.edu. The survey takes about 15 minutes to complete. If you have questions, please call the State 4-H Office at 472-2805, e-mail klkidd@unl.edu.

4-H Premiums MUST Be Picked Up During Fair, Sunday, Aug. 7

Premiums paid 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.

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.–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 have 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 Fair 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 dkarmazin2@unl.edu.

Show & Tell for Clover Kids, Aug. 6

All Clover Kids, youth age 5-7 by January 1, 2006 are invited to show & tell at 4 p.m. in the Lancaster County Fair Board Office. Subject to identification, parents, guardians and 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.

Teen Tour Guides Needed for Fun Fair Day, Aug. 5

Volunteer teens are needed Friday, Aug. 5 to serve as tour guides for Fun Fair Day. Fun Fair Day gives child care groups (1st through 4th grades) an interactive, hands-on experiential tour of the fair. Volunteers are needed from 9–11 a.m. and/or 12:30–3 p.m. Call Lorene at 441-7180 to sign up.

Static Exhibits Released Sunday, Noon-2 p.m.

Please note — this year Static Exhibits will be released ONLY on Sunday, Aug. 7 between Noon and 2 p.m. Exhibits MUST be picked up during this time!
PASE Results

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, Shanya 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.

Barrels 12-14
- Taylor Holiday
- Elizabeth Gregg
- Dustin Ehrlich
- Anna Russell
- Dustin Ehrlich
- Elizabeth Gregg
- Taylor Holiday

Barrels 15&up
- Anna Russell
- Micah Messick
- Garrett Miller
- Anna Russell
- Dustin Ehrlich
- Elizabeth Gregg

Pole Bending 12-14
- Dustin Ehrlich
- Micah Messick
- Anna Russell
- Dustin Ehrlich
- Elizabeth Gregg

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- Anna Russell
- Micah Messick
- Garrett Miller

Reining 12-14
- Dustin Ehrlich
- Cailie Krueger

Reining 15&up
- Garrett Miller
- Dustin Ehrlich
- Elizabeth Gregg

Saddles 12-14
- Dustin Ehrlich
- Garrett Miller

Saddles 15&up
- Garrett Miller
- Dustin Ehrlich

Western Pleasure Horses
- Morgan Marshall
- Martina Dye
- Morgan Marshall
- Michelle Dye

Western Showmanship
- Matt Rawe
- Mindy Leach

Western Steer judging
- Brian Davis
- Payton Hagan
- Brian Davis

Western Horse Pleasure
- Morgan Marshall
- Martina Dye

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/disthorse. Congratulations to all participants!
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 database partners contributed data 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-Lancaster 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; Corzad United Way; Eaton Corporation; Fremont Area United Way.

Great Neighborhods! Series of Workshops

Neighborhood Associations — Saturday, Aug. 20
- Strengthening Membership — Friday, Sept. 2
- Meetings to Move People Forward — Saturday Sept. 24
- Communicating Your Message — Friday, Oct. 21
- Partnering with City Hall — Saturday, Oct. 22
- Vision Into Action — Friday, Nov. 18
- Fundraising Strategies — Saturday, Nov. 19

Workshops are held on Friday evenings (5:30–9 p.m.) and Saturday mornings (8:30 a.m.–noon). All sessions will be held in the Upstairs Conference Room of the “F” Street Recreation Center, 1225 “F” Street.

Cost to attend the workshop series is $50 if you preregister before Aug. 8, $65 for late registration. Fee covers all eight workshops, hand-out materials and food (light supper on Fridays and continental breakfast on Saturdays).

Participants who complete the series will receive a Great Neighborhoods certificate at the final workshop.

Thirty people from more than 20 Great Lincoln neighborhoods and organizations are recent graduates of Great Neighborhoods.

Please, make checks payable to Heartland Center for Leadership Development, 941 “O” Street, Suite 920, Lincoln, NE 68508. For more information, call 474-7667.
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 number of accidents per mile rises sharply at about age 75. The eight-hour course 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 judgment common to younger drivers.

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

JULY
27 County Fair 4-H Style Revue Judging, Lancaster Event Center, Pavilion 3, Exhibit Hall. Begins at 8 a.m.
28 County Fair 4-H Food Booth Training, Lancaster Event Center. 6–7 p.m.
28 4-H Teen Council Meeting (Informal), Lancaster Event Center. 7 p.m.
30 County Fair Static Exhibit Room Set-Up Day, Lancaster Event Center, Lincoln Room. 6–8 a.m.
31 County Fair 4-H/FFA Livestock Set-Up Day, Lancaster Event Center, Pavilion 2. 8–10 a.m.
31 County Fair 4-H Horse Show Pre-Fair Briefing, Lancaster Event Center, Pavilion 3, Extension Satellite Office. 2 p.m.

AUGUST
1 County Fair Static Exhibit Entry Day, Lancaster Event Center. 4–8 p.m.
2 County Fair 4-H Horse Check-In: Dressage and English (Western if desired), Lancaster Event Center. 8 a.m.–Noon
2–3 County Fair 4-H Poultry Check-In, Lancaster Event Center. 8 a.m.–Noon
2–3 County Fair 4-H Rabbit Check-In, Lancaster Event Center. 8 a.m.–Noon
2 County Fair 4-H Horse Check-In: Western, Lancaster Event Center. Noon–4 p.m.
7 County Fair Premium Payouts, Lancaster Event Center. Noon–4 p.m.
11 Deadline for Entries to Ak-Sar-Ben 4-H Youth Expo
11 Agriculture Insights: Rural Living Clinics — “Large Pond Maintenance”
12 County Fair Extension Board Meeting
12 Soybean Management Field Day, DeBoer farm near Holland. 9 a.m.–2:30 p.m.
25 State Fair 4-H Entry Day, 4-H Building, State Fair Park. 7:30–10 a.m.

AUG. 25–SEP 5 NEBRASKA STATE FAIR, STATE FAIR PARK

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Discover all the exciting opportunities 4-H can offer you!• Join an existing 4-H club
• Participate in 4-H activities such as camps

4-H Kick off
Tuesday, Sept. 20 • 6 p.m.
Lancaster Extension Education Center
444 Cherry Creek Road, Lincoln

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

Four ways 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

Find out more about 4-H at http://lancaster.unl.edu/4h

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• 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

Find out more about 4-H at http://lancaster.unl.edu/4h
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.

Tours of the capital included the Capitol building, the Smithsonian Institution, the Holocaust Museum, Arlington Cemetery, and 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 between the ages of 15-18 as of June 1, 2008 and are interested in joining the next CWF group, call Deanna Karmarin at 441-7180.

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.

A lookout point on Gettysburg battlefield

Can You Guess It?

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

Did you guess it from the July NEBLINE?
The answer was pollen on a Scots pine tree.

U.S. Drought Monitor Map

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

Clover College is Hands-On Learning

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.

“Fishing Fun” at Oak Lake.

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

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!

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

Independence Hall, Philadelphia

Valley Forge

Washington Monument

A lookout point on Gettysburg battlefield

On board the Maid of the Mist, Niagara Falls