September 2006

The NEBLINE, September 2006

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The number of after-school programs in Lincoln is growing. These programs are usually located at Lincoln Public Schools elementary school sites, but a few are located at LPS middle schools or other sites. Most provide before-school and after-school programs; some offer summer programs. Their goal is not only to provide safe, supervised drug-free and cost-effective care, but to improve student learning and development.

There are 19 Lincoln Community Learning Centers (CLC) which are sponsored, operated, and staffed by various local agencies such as Heartland Big Brothers/Big Sisters, Lincoln Housing Authority, Lincoln Parks and Recreation, Family Service, Lincoln Public Schools, YMCA and Cedars Youth Services. Family Service is the lead agency for several CLC's and operates its own School's Out after-school program at 20 school sites. There are also other after-school programs in Lincoln. 4-H is now partnering with many of these agencies and after-school programs.

Last fall, CLC staff members approached Lancaster County 4-H about incorporating 4-H into their programs. Since then, 4-H staff member Teri Hlava has been collaborating with after-school staff to customize 4-H's resources to the needs of individual after-school sites. 4-H offers more than 150 hands-on youth activities, with a curriculum written by university experts. Many of the Lancaster after-school sites have incorporated 4-H curriculum into their activities.

“Using the 4-H curriculum has helped me in so many ways,” says Kylee Foote of the Holmes CLC. “It saves on time and I know the kids are getting more out of activities than a time filler. The kids can get so much out of the simplest activity.”

“Last winter, eight Lincoln after-school programs received mini-grants from the 4-H State Foundation to assist in purchasing 4-H curriculum and/or materials related to the use of the curriculum. Norwood Park CLC was one of the recipients. “The bug catchers were neat,” says Grant, a Norwood Park after-school youth. “I caught a centipede and a worm at home!”

Seven after-school sites have formed 4-H clubs. Some have regularly scheduled club meetings, while some are more loose in their structure. Lakeview CLC is one site which has formed a club. “Our 4-H activities have provided excellent opportunities for our students to build personal, social and leadership skills while having fun and enjoying their after-school experiences with friends,” says Ryan Mohling, director of Lakeview CLC. 4-H staff work closely with after-school staff on using the 4-H curriculum and 4-H’s Experiential Learning Model. Staff meet individually, in small group settings and at staff development sessions. Occasionally, 4-H staff visit after-school sites to lead youth in 4-H related activities. See AFTER-SCHOOL on page 11.
After a successful garden season, you may have more veg- etables and fruits you would like to store until you are ready to use them. Proper storage conditions are needed for fruits and vegetables that are not consumed immedi- ately after harvest. The key to good storage is in controlling the temperature and relative humidity of the storage area. If not stored properly, they will rot before you will lose your produce.

Vegetables

Carrots: Trim carrot tops to one inch. Layer unwashed carrots in a container of moist sand. Carrots can be stored in a cool place, 35 to 40 degrees Fahrenheit for 4–5 months.
Onions: Store cured on- ions in a dry location at 35 to 40 degrees Fahrenheit.
Potatoes: Cure fresh dug potatoes 1 to 2 weeks in a dark, dry location at 50 to 60 degrees Fahrenheit. Store cured potatoes in a dark location at 40 degrees Fahrenheit for 5 to 6 months.
Sweet potatoes: Cure fresh dug sweet potatoes at 80 to 85 degrees Fahrenheit for 10 days. Store cured sweet potatoes in a dry, dark location at 55 to 60 degrees Fahrenheit for 4 to 6 months.
Turnips: Trim turnip tops to one inch. Layer unwashed turnips in a container of moist sand. Turnips can be stored in a cool place, 35 to 40 degrees Fahrenheit for 4 to 5 months.
Winter squash: Cure vinvipe-ripened winter squash for 10 days at 80 to 85 degrees Fahrenheit and high humid- ity. Store mature, cured winter squash in a dry location at 55 degrees Fahrenheit for 2 to 6 months. Aorn squash will keep well in a dry place at 45 degrees Fahrenheit for 35 to 40 days. Do not cure aorn squashes before storing them.

Fruit

For fruits such as apples, grapes and pears, store them in cool temperatures at 32 to 40 degrees Fahrenheit and moist conditions at 90 to 95 percent relative humidity. Evergreens should be canned or frozen after harvest.
Select containers for storage that have smooth in- ner surfaces. Baskets, melon boxes or boxes are suitable. Line these containers with aluminum foil to help retain moisture.

Apples and pears will likely last through the fall and winter if stored properly. Apple varieties should be harvested firm and ripe to insure the longest storage possible. Harvest pears when they are full sized but still green and hard. Pears ripen quickly at 60 to 65 degrees Fahrenheit. Grapes will usually keep for one or two months. Grapes should be stored alone because they pick up odors from other fruit.
Storing your vegetables and fruit properly will insure you have good quality produce to enjoy in the months ahead.
After summer’s garden harvest, many gardeners tend to think the season’s work is done. However, it is important to clean up the garden each fall before calling it quits for the year.

Fall garden cleanup consists of clearing away stems, leaves and other debris, says Anne Streich, horticulture educator. Insect or disease-infected material should be removed so that they do not overwinter in the garden and create problems the following spring.

There is no specific timeframe in which fall cleanup should be done. In fact, it is a gradual process that can take place as different plants produce their last fruits of the year. However, it is important to remember that most fruits and vegetables need to be harvested before the first frost. Plant debris can be used to form a compost pile or can be tilled back into the garden.

A compost pile should be placed in an area that can receive a reasonable amount of both sun and moisture. Often, compost piles are placed near the garden for easy access. In order for the compost pile to prevent any weed seeds or diseases from overwintering, the compost pile must reach a temperature of at least 140 degrees. This ensures that by late summer of the following year, the compost will be suitable for use as a fertilizer on the garden.

In order for the compost to be of use, air must be allowed to circulate throughout the entire pile and the carbon to nitrogen ratio needs to be around 30:1. This allows the microbes that break down the plant tissue to do their job. Rotate the compost about once a week using a pitchfork and be sure to incorporate new debris with the old. Excessive turning will cool the pile down and will take longer for compost to develop.

If there haven’t been any problems with insects or disease it is acceptable to leave plant debris as a mulch. This debris can then be incorporated into the soil by tilling in the fall. Often it is important to leave the tops of perennial plants, such as asparagus, to hold in moisture and protect the roots. Crown for the next year’s growth. Other perennial plants, such as rhubarb, should be cut to the ground after they have been hit by a frost. A layer of compost or mulch can help protect the plant from freeze-thaw damage.

All-Terrain Vehicle accidents were the leading cause of Nebraska agriculture fatalities in 2004 and have continued that trend in 2005 said Dave Morgan, UNL Safety Engineer. However, additional tragedies can be avoided if appropriate precautions are taken.

All ATV operators should take an ATV safety course. Whenever anyone operates a new piece of machinery, he or she should have training about the characteristics of the machinery, how it operates normally and how it operates in unusual situations. No one is immune to accidents, but the increased awareness a safety course provides will help ATV operators navigate the unexpected situations that often cause them. Many ATV manufacturers offer a tuition rebate program to cover the cost of a safety course.

Use extra caution when operating an ATV in risky situations. Many accidents occur when the driver is unfamiliar with the area and doesn’t know about unexpected conditions such as sudden drop offs or cattle trails hidden by overgrowth. Slow down when riding in unfamiliar areas. Consider walking a proposed route before riding in rough terrain to identify potential hazards.

Carrying equipment also can pose a risk. In particular, spray tanks and other liquid-filled containers can cause balance problems for ATVs when they’re going up hills, sometimes tipping them over backward or sideways. Never exceed the capacity posted on luggage and equipment racks. Current ATVs are heavy enough that if they roll on top of someone, they will cause very serious or fatal injuries.

Always wear safety gear when using an ATV. It’s essential to have an ATV helmet and vented goggles. Also wear full-length pants and boots and consider wearing long-sleeve shirts and gloves, which will protect the operator when riding in tall, heavy vegetation or brushy areas.

Follow all warning labels on the ATV. No one under 16 should operate an ATV and no passengers should ride along.

University of Nebraska-Lincoln Extension presents a series of programs, entitled Acreage Insights-Rural Living Clinics, targeting acreage owners and specifically designed to provide knowledge and skills to better manage a rural living environment.

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

For more information, contact Sarah Browning at (402) 727-2775.

“Where and organized, presented. Very thorough — answered all questions we had before we needed to ask!” — previous clinic attendee

**REGISTRATION FORM**

<table>
<thead>
<tr>
<th>Windbreak Renovation and Pine Wilt Disease</th>
<th>Weed Control on the Acreage</th>
<th>Nebraska-Friendly Landscapes</th>
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<tbody>
<tr>
<td>Thursday, Sept. 14</td>
<td>Thursday, Oct. 12</td>
<td>Thursday, Nov. 16</td>
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**Clinical Insights**

Acreage Insights

Rural Living Clinics

Weed Control on the Acreage

Living in the country just means you have more weeds to control. Learn how to identify and control many of the common weeds. You will learn about chemical and cultural control methods for specific weeds based on the weed’s life cycle and its most vulnerable growth stage.

Windbreak Renovation and Pine Wilt Disease

Windbreaks are living things and need periodic care and rejuvenation for good health. Learn how to cope with the destruction caused by pine wilt disease and how to restore or reconstruct your windbreak without losing its benefits.

Nebraska-Friendly Landscapes

Nebraska-friendly landscapes enhance our living area by conserving and protecting water resources, providing biodiversity in plantings, conserving energy and more. Learn design principles, plant placement, maintenance, and plants for a Nebraska-friendly landscape.

**CLINICS ARE $10/PERSON ADVANCED REGISTRATION; $15/PERSON AT THE DOOR**

Preregistration deadline is 3 working days before clinic.

If a minimum number of pre-registrants is not met, that clinic will be cancelled — preregistered participants will be notified and receive a full refund.

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<th>Name(s)</th>
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Mail completed registration form and check (payable to UNL Extension) to: UNL Extension in Dodge County Acreage Insights 1200 W. 23rd St. Fremont, NE 68025

We assure reasonable accommodations under the Americans with Disabilities Act for assistance, or if you require language interpretation, contact Extension in Dodge County at (402) 727-2775 three weeks prior to date of event.

- Winterize fruit and vegetable plants suitable for use as a fertilizer into the soil by tilling in the fall. Often it is important to leave the tops of perennial plants, such as asparagus, to hold in moisture and protect the roots. Crown for the next year’s growth. Other perennial plants, such as rhubarb, should be cut to the ground after they have been hit by a frost. A layer of compost or mulch can help protect the plant from freeze-thaw damage.

- Most plant debris can be allowed to circulate throughout the entire pile and the carbon to nitrogen ratio needs to be around 30:1. This allows the microbes that break down the plant tissue to do their job. Rotate the compost about once a week using a pitchfork and be sure to incorporate new debris with the old. Excessive turning will cool the pile down and will take longer for compost to develop.

- If there haven’t been any problems with insects or disease it is acceptable to leave plant debris as a mulch. This debris can then be incorporated into the soil by tilling in the fall. Often it is important to leave the tops of perennial plants, such as asparagus, to hold in moisture and protect the roots. Crown for the next year’s growth. Other perennial plants, such as rhubarb, should be cut to the ground after they have been hit by a frost. A layer of compost or mulch can help protect the plant from freeze-thaw damage.

- Zaeboul also noted that the US mission in Afghanistan has a limited mission.

- A clean garden this fall means a disease-free garden next spring. This is a natural process that can start as early as October 12th and be completed by November 16th.

- Insect or disease-infected material should be removed so that they do not overwinter in the garden and create problems the following spring.

- Windbreaks are living things and need periodic care and rejuvenation for good health. Learn how to cope with the destruction caused by pine wilt disease and how to restore or reconstruct your windbreak without losing its benefits.

- Nebraska-Friendly Landscapes enhance our living area by conserving and protecting water resources, providing biodiversity in plantings, conserving energy and more. Learn design principles, plant placement, maintenance, and plants for a Nebraska-friendly landscape.

- Full-length pants and boots and consider wearing long-sleeve shirts and gloves, which will protect the operator when riding in tall, heavy vegetation or brushy areas.

- Slow down when riding in unfamiliar areas. Consider walking a proposed route before riding in rough terrain to identify potential hazards.

- Always wear safety gear when using an ATV. It’s essential to have an ATV helmet and vented goggles. Also wear full-length pants and boots and consider wearing long-sleeve shirts and gloves, which will protect the operator when riding in tall, heavy vegetation or brushy areas.

- Following all warning labels on the ATV. No one under 16 should operate an ATV and no passengers should ride along.
No time to make oatmeal in the morning? Enjoy your oatmeal in this COLD oatmeal recipe for Fruit Muesli that you can make the night before. A Swiss doctor, Maximilian Bircher-Benner, invented muesli in the late 19th Century for patients in his hospital. The original muesli was made with uncooked rolled oats, grated apple, milk, lemon juice and nuts. It was served at breakfast as a protection against a variety of illnesses. Today, muesli is still associated with healthy eating with many different recipes and variations available. Cool and creamy—stir up a bowl of muesli the night before and enjoy as a quick, nourishing breakfast in the morning!

ALICE’S TIPS

1. The following raw fruits may turn brown overnight and are best added just before serving: apples, pears, bananas and peaches.
2. Create your own version of muesli by adding different nuts, fruits, spices, dried fruits, flavors of yogurt, etc.

Ingredients Per Serving:
1/2 cup oatmeal, quick or old-fashioned, uncooked (also called “rolled oats”)
1/2 cup orange juice or apple juice
1/2 cup yogurt, vanilla or plain
1/2 cup fresh, frozen or canned fruit (blueberries, raspberries, blackberries, sliced strawberries, coarsely chopped peaches, etc.)
1/4 teaspoon vanilla
1 tablespoon chopped almonds
You may wish to add 1 to 2 teaspoons sugar or equivalent amount of no calorie sweetener if using plain yogurt.

Mix all ingredients, except almonds. Cover and refrigerate overnight. Serve topped with almonds.

By Alice Henneman, RD, UNL Extension Educator

Help your kids make the grade this fall with healthy after-school snacks!
MyPyramid (www.MyPyramid.gov) introduced a new calorie context of “extras.” These are the remaining calories a person can eat to meet energy needs after eating the recommended amounts of nutrient-dense forms of foods in each food group. Depending on age, gender and activity level, this equals 8 to 20 percent of total calories from “extras.” The report card isn’t so good. All age-gender groups exceeded this amount. For youth, the majority of these calories come from extra solid fats and “added” sugars, such as granulated sugar. “Improve your kids’ (and your) score by having available these after-school (and after-work) low-fat, low added sugar selections from MyPyramid food groups.

Fruit Muesli

Nutrition Facts

Beans or legumes have been an important part of the human diet for thousands of years. They are not only tasty, easy to prepare and inexpensive but are good for your health. Beans are an excellent source of protein and iron, rich in antioxidants and fiber and contain many other valuable nutrients such as vitamin B, calcium, iron, potassium and folate. They are also low in saturated fat and have no cholesterol.

Health Benefits

There are many benefits of bean consumption that include reducing the risk of many health problems such as diabetes mellitus, heart disease, cancer and other chronic diseases.

• Diabetes: Beans control blood glucose level in diabetic and non-diabetic people. The beans can add a fiber layer and slow the rate at which the beans cook.

• Heart Disease: Many research studies indicate people who consumed beans at least four times per week were found to have a 22 percent lower risk of heart disease than individuals who consumed beans less than once per week. This result is contributed to the fact beans contain low saturated fat and no cholesterol.

• Cancer: In a study conducted by the U.S. Department of Agriculture, richly colored dried beans such as small red beans and red kidney beans give a high degree of antioxidant protection which helps reduce the risk of many cancers.

• Iron Absorption

One and one-half cups of beans provide the same amount of iron as three ounces of meat with the exception the iron in beans is harder for our body to digest. It is very easy to improve the absorption of the iron in beans by including vitamin C foods your meal such as tomatoes, lemon, peppers, spinach, etc. It is also very important to avoid drinking caffeine during the meal if you want to obtain more iron from your food.

Intestinal Gas

Some people avoid eating beans because of the intestinal gas they may produce. The reason behind this is our body is missing an enzyme required to break down complex sugar found in beans. The bacteria in our lower intestinal tract break down these sugars, giving off hydrogen and carbon dioxide which forms the intestinal gas.

Many solutions can prevent this problem.

• Soak beans at least eight hours, replacing the water every few hours; then cook them slowly.

• Spices like cumin may help reduce gas formation.

• Consider buying Beano®, a product containing an enzyme that helps break down gas-producing substances in beans.

Bean Cooking Tips

• Avoid adding salt or acidic foods, such as tomato and lettuce, at the beginning of cooking beans; add these ingredients at the end of the cooking time, as they can toughen the beans’ outer layer and slow the rate at which the beans cook.

• Beans can be seasoned for flavor enhancement with garlic, onion, lemon, tomato, cilantro, parsley and other herbs or vegetables.

• Never cook beans in the water they have soaked in. It’s loaded with indigestible complex sugars that create gas in your intestine.

• Cooking times vary with the types of beans. Lentils are the fastest cooking of all beans and do not require soaking. They can be prepared in less than 30 minutes, whereas kidney beans require more time to be prepared in addition to soaking time.

• Many canned beans are high in sodium. Buy “no added salt” products or rinse thoroughly.

$stretch Your Food Dollars with Beans

Tina Riba
UNL Extension Assistant

Helping limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars.

Grains

• Snack on ready-to-eat, whole grain cereals such as toasted oat cereal.

• Try a whole-grain snack chip, such as baked tortilla chips.

• Popcorn, a whole grain, can be a healthy snack with little or no added salt and fat.

Vegetables

• Many vegetables taste great with a dip or dressing.

Try a low-fat salad dressing with raw broccoli, red and green peppers, celery sticks or cauliflower. (Ranch dressing is always a favorite!)

Fruits

• Cut-up fruits make a great snack. Either cut them yourself, or buy pre-cut packages of fruit pieces like pineapples or melons. Or, try whole fresh berries or grapes.

• Dried fruits also make a great snack. They are easy to carry and store well. Because they are dried, 1/4 cup is equivalent to 1/2 cup of other fruits.

• As a snack, spread peanut butter or top frozen yogurt with berries or slices of kiwi fruit.

• Frozen juice bars (100% fruit juice) make healthy alternatives to high-fat snacks.

Milk

• Make fruit-yogurt smoothies with fat free or low-fat yogurt in the blender.

• Make a dip for fruits or vegetables from yogurt.

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Fall Maintenance

Stain Removal Tips

Pollene: Gently shake the item to remove as much pol- lene as possible, then use the sticky side of a piece of tape to lift off the rest. Pretreat with a prewash stain remover. Launder using chlorine or oxygen bleach.

Stains: Do not use chlorine bleach if the stain is already dried. Use caution and follow the directions carefully. Never use chlorine bleach or a product containing chlorine bleach on a rust stain, it will set the stain.

Emb. The stain will be more difficult to near. Turn every 10 minutes.

FCE News & Events

Upcoming Dates

• Aug. 23 — Reorganizational Packets available.
• Sept. 25 — FCE Council Meeting, 1 p.m.
• Sept. 28 — FCE & Community October Lesson Training: “Have It Your Way.”
• Sept. 28 — Putting Legal & Financial Affairs in Order,” 1 p.m.
• Sept. 29 — Oct. 1 — Nebraska Association for FCE Clubs State Convention, St. Paul, Nebraska.
• Oct. 8-14 — National FCE Week.
• Oct. 16 — FCE Achievement Night, 6:30 p.m.

Re-organizational Packets

Presidents of FCE clubs can pick up their packet to reorganize for 2007/2008. There are October deadlines within the pack- et. If you have questions, call Lorene or Pam at 441-7180. It is time to look forward and plan an exciting and educational year for FCE.

Council Meeting, Sept. 25

The next FCE Council meeting will be Monday, Sept. 25, 1 p.m. at the Lancaster Extension Education Center. Virginia Vergeron will share information on the Fresh Start program for single homeless women. The business meeting will follow the program. All FCE members are invited to attend.

Leader Training, Sept. 28

The FCE and community leader training lesson “Have It Your Way” “Putting Legal and Financial Affairs in Order” will be Thursday, Sept. 28, 1 p.m. at the Lancaster Extension Education Center. Extension Educator Lorene Bartos will present the lesson. Topics include:

• How to make your wishes known.
• Where to go for help in legal and financial areas.
• How to have conversations with family members to make decisions and communi- cate with them.

If you are not an FCE member and would like to attend call Pam, 441-7180, so informational packets can be prepared.

Achievement Night, Oct. 16

The 2006 FCE Achievement Night will be Monday, Oct. 16, starting with a dessert p.m. Everyone is asked to bring food, paper products or a donation for the annual informational packets can be prepared.

Home Maintenance

Fall Maintenance

It may seem early but now is the time to think about fall maintenance of the home. Ev- eryone will soon be busy with school and fall activities and winter will be here before we’re ready. By doing a maintenance check now, the home will be ready for winter and it will save time and money later.

Schedule these jobs to be done this fall as time permits and involve the family in making the home and yard ready for next season:

• Remove debris from the house and other outbuildings.
• Clean out gutters and check down spouts and roof for leaks.
• Clean out deck debris above joints.
• Note any foundation, brick or stone cracks.
• Clean around air condition compressors.
• Trim away any limbs or shrubs touching the house.
• Clean flower beds and garden areas.
• Inspect and replace any worn windows.
• Inspect and clean windows, check window if they are used.

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Field Day, Sept. 6
The Nebraska Corn Board and Nebraska Corn Growers have partnered with University of Nebraska–Lincoln Extension to conduct a Field Day addressing Irrigation, Management and Energy Conservation on Wednesday, Sept. 6 at the Agricultural Research & Development Center (ARDC) near Mead.

Topics include:
• Crop ET measurements with ET Gauges
• Furrow irrigation management demonstration
• Soil water measurements
• Sprinkler package selection above
• Incanopy demonstration.

Participants will meet at the ARDC Building at 8:30 a.m. rain or shine. Bring rain gear if raining. Training is from 9 a.m. to 4 p.m.

Registration is free but is limited to the first 100 registrants. Register by Monday, Aug. 28 by calling (800)529-8030 or using the registration link at http://ardc.unl.edu/cmdc-corn.htm. 

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These three ears of corn were collected in eastern Lancaster County on Aug. 1 by Extension Educator Tom Dorn. The ear on the left was from no-till corn planted into wheat stubble. It had reached late dent stage with no tip-back. The ear in the middle was from a tilled field planted into soybean stubble. It was in dough stage when picked. The ear on the right was from a late planted field no-till planted into corn stubble. It had just finished shedding pollen. An average of 5.5 western and northern rootworm beetles per ear were clipping silks finished shedding pollen. An average of 5.5 western and northern rootworm beetles per ear were clipping silks

Chemical Control of Eastern Redcedar
Herbicides can be used to control eastern redbedar, however, they should be viewed as just another tool in the integrated management program. Depending on the application method and chemical type, the use of herbicides can be time consuming and expensive, especially when used on older tree infestations or large tracts of land. Effectiveness also is variable depending on the tree size and label directions and/or restrictions. Always read and follow herbicide label directions. Herbicide information on control of troublesome plant species including eastern redbedar, is updated annually in UNL Extension’s Guide for Weed Management in Nebraska (EC-130). In general, herbicides for eastern redbedar control can be used for broadcast application or individual-tree spraying.

Broadcast Treatments
Broadcast application is the most common method of applying herbicides in agricultural settings. The key message for the efficacy of broadcast treatments in eastern redbedar control is “the shorter the tree the better control.” Since tree height was the most important factor influencing the level of chemical control (tree injury) with broadcast treatments, the herbaria study data from a Nebraska study was categorized by tree height. Recommended herbicides for trees up to two feet tall include: Surfmount, Grazon P&D and Tordon. However, the same herbicides will not provide satisfactory control of trees taller than two feet, indicating the importance of tree height. Surmount at a rate of five pints per acre can cause short-term grass injury in the form of leaf yellowing and top growth burning.

Individual-Tree Treatments
Individual-tree treatments can be applied directly to the tree foliage or to the soil around the tree base. Soil treatments can minimize the amount of herbicide used and the exposure to non-target species; however, soil treatments may not be effective unless applied before rainfall, preferably in spring or fall. Rain water is needed to move the herbicide into the root zone, allowing easier uptake by a tree. Recommended herbicides for soil application around a tree base include Tordon 228 at the rate of five centimeter (milliliter) per foot of tree height or Velpar-L at 4 cubic centimeter (milliliter) and Spike 20P at 1 cubic centimeter (milliliter) for every inch of tree diameter.

Adapted from Crop Watch Newsletter article by Steven Runyan, Extension Integrated Weed Management Specialist, UNL, June 30, 2006. To access the complete article, go to http://cropwatch.unl.edu/archives/2006/crop14/redcedar2.htm.

Wheat price is always higher than corn price per bushel. Current Kansas City Board of Trade prices are hovering around $5 per bushel. When differences in production costs are considered, wheat should continue to compete quite favorably with corn and soybeans on a net profit per acre basis.

Other advantages of adding wheat to the crop mix include: One can spread the workload over two harvest periods rather than harvesting all crops in the fall. Some folks take advantage of the post wheat harvest slack time to apply biocides and manure. If weeds are controlled with herbicides following wheat harvest, the soil retains much of the July–September precipitation resulting in more moisture in the soil profile and harvest crops. In dry years, this can result in much higher yields of corn or soybeans planted into winter wheat stubble as compared to the normal corn/soybean rotation. Finally, if alfalfa is a part of the crop rotation, one has the opportunity to fall seed alfalfa into wheat stubble. If there is adequate rainfall to get a good stand established in the fall, the first year yield of fall planted alfalfa can be nearly double the yield of spring planted alfalfa.

Eastern Nebraska Farmers Are Rediscovering Wheat
The shorter the tree the better control.
A Few Bad Wasps Spoils the Whole Bunch

Barb Ogg
UNL Extension Educator

Like many bees, wasps have bright warning coloration which serves them well to keep predators away. Many wasps may look dangerous, but in fact, are not aggressive and rarely sting. Many wasps have thin waists, but others, like yellowjackets, are more robust and their waist is not obvious. Wasps are beneficial insects because they are predators or parasites of other insects and spiders. Of the wasp species, only yellowjackets and hornets are exceptionally aggressive.

Digger Wasps

Digger wasps belong to the family Vespidae. The largest wasp in Nebraska, the two-inch cicada killer wasp, is a digger wasp. It is black with yellow markings on the thorax and abdomen and has rust-colored wings. Another species, the steel-blue cicada hunter is about one-inch long and is dark, metallic blue with black antennae and wings. Digger wasps are solitary wasps. Instead of living in colonies, individual females supply underground burrows with paralyzed insects which become food for their offspring. Cicada killer wasps capture annual cicadas and place them in cells located at the ends of the tunnels they have dug in the ground. Tunnels are about the size of a quarter and extend 24 inches or more into the ground. People are often alarmed when they see these large wasps for the first time. But, they are not dangerous. To get stung, you would have to pick up one of these wasps. They are not aggressive and do not attack.

Mud Daubers

Mud daubers are black and yellow, thread-waisted solitary wasps which also belong to the family Vespidae. They build a hard mud nest, often on ceilings and walls, attended by a single female wasp. Like other solitary wasps, they do not defend their nests and rarely sting.

Yellowjackets, Hornets and Paper Wasps

Yellowjackets, hornets and paper wasps belong to the family Vespidae. Of these, yellowjackets and hornets are similar because they are very aggressive. Paper wasps are less defensive and rarely cause a problem, unless their nest is near human activities.

Yellowjackets and hornets begin in the springtime with a single overwintered queen. These wasps build paper nests made from fibers scraped from wood mixed with saliva. During the early summer, the growing colony is fed large amounts of protein in the form of insects and spiders. In late summer, the colony grows more slowly, reducing protein requirements, but requiring sugar for energy. The large number of foraging wasps are attracted to sweet substances at this time. During late summer, the colony produces queens and males which mate. After mating, the males die, but the newly made queens seek sheltered locations to overwinter. The rest of the colony dies out with cold temperatures. Yellowjackets, Yellowjackets are about 1/2-inch long, black and yellow, with a stout body. Yellowjackets often build oval paper nests in the ground, in old rodent burrows, but may also live in protected cavities, like wall and ceiling voids. One yellowjacket, the German yellowjacket, builds aboveground colonies. Yellowjackets rigorously defend their colonies and are disturbed by vibrations. Many people inadvertently come across a yellowjacket colony when they mow their lawns or are weeding. In late summer, yellowjacket workers are active around picnic sites, patios and dumpsters, seeking sweet liquids. Traps can be helpful in attracting yellowjackets away from picnic areas.

Hornets. The ballooned hornet is technically a yellowjacket which builds a large, pear-shaped paper nest. This hornet is about 3/4-inch long and is black with white markings. Nests are typically attached to a tree, bush or side of a building. Hornet nests may contain thousands of wasps which are extremely aggressive when disturbed. Removal of these out-of-reach nests can be difficult and are best left alone. Removal can be safely done after the colony dies out in the fall.

Paper Wasps. Paper wasps are about 3/4-inch to one-inch long and have a reddish-brown to black body with yellow bands on the abdomen. They have slender bodies, a thin “wasp-like” waist and legs that dangle when they fly. Thin distinctive nests are suspended from a single, central stalk and consist of an upside-down umbrella of cells. These small nests are often fastened to building eaves, but may be in attics and other structures. Paper wasps are not usually aggressive unless disturbed.

Wasp Control

Wasps are beneficial because they feed voraciously on insects and spiders. It is best to leave isolated nests alone, especially those of non-aggressive species. Social wasp colonies will die out after frost.

Control tactics are based on the type of wasp nest. At night, spray exposed, aerial wasp nests with a wasp-free or wasp-free type aerosol. Direct the pressurized spray stream into the nest opening. Do not use trap-free aerosols.

Control traps in the ground or wall voids by applying a dust insecticide in the nest opening. The traps will crawl through the dust and contaminate the nest. Cautionously scout the nest during the day to locate the opening, but the treatment should be done after dark to keep from getting stung. Don’t use a regular flashlight; instead illuminate the area with a red light. Yellowjackets and other insects can see red—it looks black to them.

If wasps are nesting in wall voids, attics or other interior locations, seal entrances to prevent other wasps from nesting in these areas in future years.

Make a Cheap, Simple Trap for Yellowjackets

Traps may be used to capture yellowjackets foraging for sweet liquids in the late summer. Yellowjackets will be active on warm days until frost. Traps are available commercially, but inexpensive traps can be made from simple components which will work quite well.

What you need:
2-liter plastic soda pop bottles
Stapler
Knife
String or wire.

• Cut the top off the bottle, just below the shoulder.
• Turn the top upside down and insert it into the bottom. Use three or four staples to hold it in place.
• Punch two holes in the side of the bottle and tie a wire or string for hanging.
• Pour in your attractant and spill a little on the side of the bottle and around the funnel top. One researcher compared different attractants and found Mountain Dew™ works well.

• Hang your bottle on a post or tree 20-30 feet away from the trash receptacle.
• Discard traps when they become full of wasps or loose their attractiveness. This can be safely done at sunrise or after sundown.
• For most effective control, use half a dozen or more of these traps.

University of Nebraska-Lincoln Extension will offer a two-day, in-depth training for entry-level termite applicators, home inspectors, regulators and other interested persons. The Termite Applicator Training will take place Sept. 27-28 from 8 a.m. to 5 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln, NE.

Presenters will represent UNL Extension, Nebraska Department of Agriculture and pest control industry personnel (Pest Management Supply, Bayer Crop Science, Dow AgroSciences and BASF). UNL presenters will include Dennis Ferraro, Clyde Ogge, Barb Ogge and Shripat Kamble.

Hands-On Termite Applicator Training, Sept. 27 & 28

Classroom presentation topics will include termite biology, termiteicide calculation terms, termicide effectiveness and soil dispersion, baiting systems and Nebraska regulations.

Participants will have an opportunity to inspect a home for termites and perform hands-on termite treatments (perimeter and sub-slab applications). Learn how to choose, mix and calibrate termicide equipment.

Early registration fee before Sept. 1 is $300; at the door, fee is $325. Registration will include lunches, breaks and reference materials. Register early because numbers of participants is limited. For more information about this program, contact Barb Ogg at 441-7180.
Windstream Donates $3,000 for 4-H Camp Scholarships

On Aug. 11, Windstream Communications donated $3,000 to Lancaster County 4-H as part of the company’s ongoing commitment to helping the people and communities it serves “grow places.” The donation will fund scholarships to send underprivileged 4-H’ers to state 4-H camps. Teen Council members received the donation on behalf of Lancaster County 4-H youth. “Windstream is proud to provide this $3,000 sponsor-ship to the Lancaster County 4-H Teen Council,” says Brad Hedrick, Vice President and General Manager of Windstream. “This donation is just a part of Windstream’s commitment to give a total of $100,000 to local 4-H clubs in the communities we serve when we have the Green Truck Tour in town.”

The Green Truck Tour, which features the green vintage pickup truck used in Windstream commercials, will travel to 33 towns in 15 states. There are three Nebraska 4-H camp locations: Gretna, Gering and Alma. Each sum-mer, more than 40 camps are offered, ranging from half day to four days/three nights. “This is a great opportunity for 4-H youth,” says 4-H staff member Tracy Kulm. “4-H camps develop leadership skills and teamwork. Those positive experiences last a lifetime.”

Tentative 4-H Schedule

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

Aug. 24 7:30 a.m. State Fair 4-H State Entry Day, Exhibit Hall
Aug. 25 5 p.m. 4-H Exhibit Hall Opens
Aug. 26 7:30 a.m. Dog Show, Exhibit Hall Arena
7 p.m. Dairy Goat Showmanship, Swan, Sheep, Goat Barn
Aug. 27 8 a.m. Dairy Goat Show, Swan, Sheep, Goat Barn
Aug. 30 12:30 a.m. Discover 4-H: Free Fun Activities for Kids! Exhibit Hall
Aug. 31 12:30 p.m. Discover 4-H: Free Fun Activities for Kids! Exhibit Hall

Sep. 2 8 a.m. Presentations, Youth Complex Demo Rooms
9 a.m. Poultry Show, Small Animal Pavilion
10 a.m. Discover 4-H: Free Fun Activities for Kids! Exhibit Hall
2 p.m. Sheep Promotion Contest, Exhibit Hall Arena
4 p.m. State Public Speaking Contest, Youth Complex Demo Rooms
5 p.m. Breeding Sheep Show, Exhibit Hall Arena
7 p.m. Sheep Showmanship, Exhibit Hall Arena

Sep. 3 8 a.m. Market Steers & Heifers Show, New Arena
8 a.m. Market Lamb Show, Exhibit Hall Arena
8 a.m. Presentations cont., Youth Complex Demo
10:30 a.m. Fashion Show, Bob Devaney Sports Center
11:30 a.m. 4-H All Stars Celebrity Autograph Session, Exhibit Hall
1 p.m. Shopping in Style Fashion Show, Bob Devaney Sports Center
1:45 p.m. First Alumni Cake Decorating Contest, Exhibit Hall
2 p.m. 4-H Ice Cream Social, Exhibit Hall
6 p.m. Swan Showmanship, Swan Arena

Sept. 5 7:30 a.m. Breeding Heifers Show, New Arena
8 a.m. Dairy Show, Beef Arena
8 a.m. Rabbit Show, Small Animal Pavilion
8 a.m. Swine Show, Swan Arena
8 a.m. Presentations cont., Youth Complex Demo
3–9 p.m. Static Exhibits released, Exhibit Hall

State Horse Expo Results

The 2006 Fonner Park State 4-H HorseExposition was held July 16–20 at Grand Island. Below are the top Lancaster County 4-H placings. Complete results are online at http://4h.unl.edu/horseshow

GRAND CHAMPION
McKenzie True, Showmanship 12-14
McKenzie True, English Pleasure 15 & up
McKenzie True, English Equitation 12-14
Morgan Marshall, Western Pleasure

RESERVE GRAND CHAMPION
Mindy Leach, Showmanship 15 & up
Mindy Leach, English Pleasure 15 & up
Casie Krueger, Pole Bending 15 & up
Robby Shannon, Elementary Dressage

3RD PLACE
Amanda Issard, Barrel Racing 15 & up
Ryan Hookan, Calf Roping

4TH PLACE
Taylor Holliday, Dairy Team Roping - Header
Alex Scheideler, Elementary Dressage

ALL-AROUND AWARDS
Alex Scheideler, 3rd place for Junior All-Around

(L-R) Stephanie Frana (Windstream Regional Sales Manager), Michael Veburg (4-H Teen Council), Tracy Kulm (4-H staff), Deanna Karmazin (4-H staff), Jean Pedersen (4-H Council), Kyle Pedersen (4-H Teen Council), Nicole Pedersen (4-H Teen Council) and Brad Hedrick (Windstream Vice President and General Manager)

4-H’ers Invited to Attend Dennis Reis’ “No Dust Tour” FREE

Reis Ranch Universal Horsemanship has once again generously provided free tickets for 4-H horse families and club leaders to attend horse whisperer Dennis “No Dust Tour.” Aug. 26–27 at the Lancaster Event Center. Normal admission for two people for two days is $25. The 2-day event runs from 10 a.m. - 5 p.m. each day. Tickets for 4-H’ers can be picked up now until Aug. 25 or until all tickets are given out at UNL Extension in Lancaster County, 444 Cherry Creek Road. Tickets are first come first serve. (Do not call and ask for tickets to be held for you; and tickets may not be used for resale.)

Reis’ demonstrations are no stage act — he applies his methods with horses owned by local residents in the cities on his No Dust Tour. The troubled horses that local residents bring to Reis have a variety of problems ranging from bucking, biting, spooking, trampling, running away, and worse. Over two days, and sometimes only 15 or 20 minutes, Reis transforms these horses into relaxed, gentle, mount. For more information about Reis, go to http://www.reisranch.com.
“Fair’s Over, Now What?” Volunteer Training, Sept. 26

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

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

I Dare You Leadership Award — awarded on behalf of the American Youth Foundation (AYF) to high school juniors or seniors who strive to achieve their personal best and make a positive difference in their communities.

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

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

4-H Camp — the following college scholarships for the 2007-08 school year are available to high school seniors active in 4-H.

4-H Scholarships Due Jan. 1

The Lancaster County 4-H program offers a variety of scholarships. Deadline is Jan. 1. Information and applications are available at the extension office or online at http://lancaster.unl.edu/4h.

COLLEGE

The following college scholarships for the 2007-08 school year are available to high school seniors active in 4-H:

• College of Business and Economics
  —awards two scholarships to a youth ages 14–18. Applications should currently be, or have been, enrolled in at least one sewing project.

4-H Thanks Sponsors

Lancaster County 4-H would like to thank all of the businesses, organizations and individuals that sponsored 4-H events, activities, programs and trophies throughout the past year. This support enhances the educational experience of the 4-H youth.

4-H Scholarship Award Winners

Crawford Family Shorthorns
Ted Dahlus & Sons
DIT Angus
Dairy Queen
Dairy Queen Grill & Chill
De Haaschelder Flamingo & Remodeling
Don Dierberger family
Dilley Family
Acme Donuts
Dote To Home Haaschelders
Dorchester Farmer’s Coop
Double Thee-Tea Company
Ron Dowling Family
Robert and Sonja Dresser
Martin Dye
ODJF’s Hair Studio
East Campus Stairs
Engine House Cafe
Express Stop
Farm Credit Services of America
Farmers Bank
Farmers Cooperative Co
Farmer’s Cooperative Co Martell Branch - Jim Baumun
Fitch Trucking, Inc
Foe Winds Farm
Joe, Lois and Julia French
Julia French Show Cattle
Gagné Construction
Gagné Construction
Melvin & Linda Gagné
Gano/Nolay Show Cattle
Gifford Farms
James Bliveau
Boysen Grain Farms
Godfather’s
Lorenzo Grove Family
Haas Contracting
Hair Misters
Hancock Fabrics
Huarker Carwash
Farmers National
Farmland Industries
Richard and Linda Hanigan and Family
Hauschild Feeds
Heather Family
Irene Heidtbrink Memorial
Heidtbrink Feeds
Amy Hoffman Photography
Rod Holman
Holhnea Family
Wayne, Joyce, & Eric House
Larry & Senator Carol Hudkins
Hutchins Family
Hy Vee
David and Tina Johnson/
LANOTF Farm
Deanna & Steve Karmazin Family
June and Bill Keache
Kent Kearns
LANOTF Farm
Lancaster County Agricultural Society
Society, Inc. (Fair Board)
Lancaster Event Center
Lancaster County Farm Bureau
Leathers by LL
Lee Brockbank
Mr & Mrs Melvin Lusman
Liberty First Bank
Lincoln County Chamber of Commerce
Commerce
Lamar, D.D.S.
McDonald’s
Franklyn Manning
Meadow Gold
McQuary Quarter Horses, Too and 3rd
Millard Lumber
Mr. Goodwells
Mountain View Farms
Godfather’s
Lorenzo Grove Family
Haas Contracting
Hair Misters
Hancock Fabrics
Huarker Carwash
Farmers National
Farmland Industries
Richard and Linda Hanigan and Family
Hauschild Feeds
Gary & Diane Ossenkop
Pampered Chef - Lisa Wospeel
Papa’s Pizza
Deanne Parnell Family
Parrott Family
Larry & Caryn Parrott
PeSmart
Pineapple Bank
Pfeifer Global Manufacturing
Rehling & Company
Tim Powers Memorial
Premier Hair Studio
Lisa Prince
Russell Princk Registered Angus
Rabbits ‘R’ Us 4-H Club
Rainbow Ends - Glenda Mach
Randy’s Donuts
Rick, Tammy, Nick and Andrea Rasby
Raymond Central FFA Alumni
Barbara Reifsneider
Roderick Darby
Rock Creek Ranchers 4-H Club
Ervon Rollodon/ Raymond Grange
Russo’s Meat Market
Russo’s Chophouse Jeep Dodge
Pat and Larry Ruth
Salina State Insurance Agency/
Dan Jones Agent
Salt Creek Wheelers
Salt Valley Grange #413
Sartain
Steve Scharfes T.V. and Appliance
Scheiderer Family
Serenity Heart Out
Shepherd of the Hills Church
Shimmering Star 4-H Club
Shooting Sports 4-H Club
Allan Snyder Family
Sieck Show Cattle
Don and Sonia Snower
Southwest Community College
Southport Pavilion
State Farm Insurance
Ken and Sherry Steele

Award Nominations Due Jan. 1

Nominations are needed for the following 4-H awards. Deadline is Jan. 1. Applications forms are available at the extension office or online at http://lancaster.unl.edu/4h.

The Lancaster County 4-H program honors outstanding 4-H’ers with two $500,000 scholarships. Deadline is Jan. 1.

4-H Council —awards six $500 scholarships.

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

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

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

4-H Camp — the following college scholarships for the 2007-08 school year are available to high school seniors active in 4-H.

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The Armstrongs
• participating in the annual Star City Parade — includes dressing costumes for 4-H members as ants and as floats (the manure wagon is lavishly decorated to disguise its function)
• pairing with Waverly FFA to set up a petting zoo at the Camp Creek Threshers Show and All 4 Kids Expo.

Karen & Joel Armstrong

Lancaster County 4-H is proud to announce Karen and Joel Armstrong as co-winners of this year’s “Heart of 4-H Award” in recognition of their outstanding volunteer service.

The Armstrongs have volunteered time for 4-H for nearly 10 years. Karen has been an organizational leader of the Star City Llamas club for five years. They have led the llama club in numerous community service activities such as:

• visiting schools and churches — often tying llamas in with the 4-H American stories
• visiting retirement homes and the Madonna Alzheimer Unit
• participating in the annual Star City Parade — includes dressing costumes for 4-H members as ants and as floats (the manure wagon is lavishly decorated to disguise its function)
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Results of Firth Listening Sessions Reported at Town Hall Meeting

By Yelena Mitrofanova and Phyllis Schoenholz
UNL Extension Educators

The Firth Village Board invited all residents of the Firth community to attend a Town Hall meeting on July 13 at the Firth Community Center. This was the second Town Hall meeting in Firth’s community visioning process. Visioning is a process by which a community defines the future it wants. Also at the meeting, volunteers signed up for three committees: Logistics, Communications and Research.

Members of the Communication and Logistics committees organized and advertised the second Town Hall meeting. Volunteers provided child care and freshly baked cookies. Even though there was a tornado warning, nearly 22 people attended.

The main purpose of the meeting was to report to the community the results of the Firth Listening Sessions (see below). UNL Extension Educators Yelena Mitrofanova, Dennis Kahl and Phyllis Schoenholz facilitated Firth’s community visioning process. A series of 11 Listening Sessions were held and April and May to gather community input. Community volunteers committed a lot of time and energy to help make the Listening Sessions successful. Members of the Logistics and Communication committees scheduled, promoted and advertised the sessions, provided child care and refreshments, and found a Spanish translator.

To ensure representation of various walks of life in the sessions, groups were held for different segments of the community: young parents, farmers, business owners, fire department volunteers, youth, school staff, senior citizens, nurses, Spanish residents, and members of the community.

There were also two listening sessions held as open public meetings allowing anyone living in Firth to participate in the process. In all, nearly 160 community residents expressed their opinions about the future of Firth.

During the Listening Sessions, three questions were asked: 1) What are the major problems and challenges in your community? 2) What are the major strengths and assets of Firth? 3) What is your vision of Firth in 10–15 years?

The facilitators recorded, analyzed and compiled the answers into a report. They also identified major themes.

Major Issues & Problems

- Safety/Stop Signs and Speed Enforcement — Many intersections need stop signs and many major roads need speed bumps to slow traffic down; speeding on the community roads is a real concern for all residents.
- Business District Development — Lack of businesses located in the Firth area negatively affects the quality of life; people want to see businesses located in Firth such as a family-owned restaurant, a doctor’s clinic, small grocery and professional services such as an accountant or a lawyer. Satellite businesses could be open two to three days a week to serve the community and Firth residents would not need to drive to Lincoln to meet basic needs.
- Lack of Community Involvement and Community Spirit — Firth is short of youth, volunteer and community organizations; welcoming and accepting new residents as well as better communication between local officials and community residents will significantly enhance community spirit and community pride.
- Lack of Planning and Visioning — Without the defined vision and the concept of planned growth that should be incorporated into the community comprehensive plan, the village has hectic development that could result in losing prime ag land and to agriecies plus there is not enough room for the village to grow.
- No Diversity on the Village Board — The village board composition does not reflect the diversity of the community population in terms of age, gender, education and socio-economic background; young people want to have the opportunity to be involved and influence a decision-making process.
- Attractiveness of the Village — Majority of people expressed concern over a large number of tires stored in open areas. Plus, the need for entrance signs to let people know they are in town.
- Maintenance of the Village — Maintenance of the village is short of youth, volunteer and community involvement and influence.
- Attractiveness of the Village — The village is short of youth, volunteer and community involvement and influence.
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Following the report, attendees divided into three small discussion groups. The groups ranked and prioritized the five themes: residents envisioned for Firth’s future. They considered criteria such as cost and availability of funds, time, resident interest, etc.

The third group prioritized the themes in a mission statement: Firth’s Future Mission — Controlled growth and business development, while maintaining a “small town atmosphere,” thus creating opportunities for recreation and social comfort by allowing all to become involved in “our” planning. As the groups came back together for reporting, they came to the consensus the foundation or spirit of future planning should be centered around the “small town atmosphere” of friendly neighbors and a clean neat town.

At the end of the Town Hall meeting, participants formed a Citizens’ Advisory Committee which can help the Firth Village Board plan for Firth’s future.

More information

University of Nebraska–Lincoln Extension Educators Yelena Mitrofanova, Dennis Kahl and Phyllis Schoenholz facilitated Firth’s community visioning process. A series of 11 Listening Sessions were held and April and May to gather community input. Community volunteers committed a lot of time and energy to help make the Listening Sessions successful. Members of the Logistics and Communication committees scheduled, promoted and advertised the sessions, provided child care and refreshments, and found a Spanish translator.

During the Listening Sessions, three questions were asked: 1) What are the major problems and challenges in your community? 2) What are the major strengths and assets of Firth? 3) What is your vision of Firth in 10–15 years?

The facilitators recorded, analyzed and compiled the answers into a report. They also identified major themes.

Major Issues & Problems

- Safety/Stop Signs and Speed Enforcement — Many intersections need stop signs and many major roads need speed bumps to slow traffic down; speeding on the community roads is a real concern for all residents.
- Business District Development — Lack of businesses located in the Firth area negatively affects the quality of life; people want to see businesses located in Firth such as a family-owned restaurant, a doctor’s clinic, small grocery and professional services such as an accountant or a lawyer. Satellite businesses could be open two to three days a week to serve the community and Firth residents would not need to drive to Lincoln to meet basic needs.
- Lack of Community Involvement and Community Spirit — Firth is short of youth, volunteer and community involvement and influence.
- Lack of Planning and Visioning — Without the defined vision and the concept of planned growth that should be incorporated into the community comprehensive plan, the village has hectic development that could result in losing prime ag land and to agriecies plus there is not enough room for the village to grow.
- No Diversity on the Village Board — The village board composition does not reflect the diversity of the community population in terms of age, gender, education and socio-economic background; young people want to have the opportunity to be involved and influence a decision-making process.
- Attractiveness of the Village — Majority of people expressed concern over a large number of tires stored in open areas. Plus, the need for entrance signs to let people know they are in town.
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“Each after-school site has unique needs depending on its neighborhood, existing resources and program structure,” says Teri Hlava. “We work with their staff to personalize and customize 4-H resources to meet their particular needs.”

This past year, 14 after-school programs and six summer sites have actively partnered with 4-H, involving more than 1,600 children. Gary Bergman, unit leader of UNL Extension in Lancaster County, says, “After-school programs are addressing important neighborhood needs. By collaborating with after-school programs, 4-H is able to have a positive impact in the lives of more youth.”

Driver Safety Course, Sept. 13 & 14

The 55 Alive Driver Safety Program the nation’s first and largest classroom driver refresher course designed for motorists age 50 and older. The 55 Alive course will be offered in Lincoln as two, four-hour sessions on September 13 & 14 from 8:30 a.m. to 4:30 p.m. at the Lancaster Extension Education Center. AARP certified instructor Dwaine Alcorn will teach the sessions. Cost is $10 payable at the door. To register for the class call 441-7180. All persons 50 and older are eligible to participate.

The course is designed to help you:

- Understand the effects of aging on driving.
- Learn driving strategies that take into account the changes we experience as we age.
- Identify the most common crash situations we face and reduce the changes of having a crash.
- Update your knowledge and understanding of today’s roads, vehicles, and other road users.
- Think about how you drive, and identify when driving may no longer be safe.

2006 Make It Yourself with Wool Contest

This contest offers both youth and adults the opportunity to promote the beauty and versatility of wool fabric and yarn. Personal creations in sewing, knitting, crocheting, spinning and weaving of wool fabric, yarn is encouraged. Categories and ages for this contest are:

- Preteen, 12 and under
- Junior, 13–16
- Senior, 17–24
- Adult, 25 and over
- Made for Other (any age)

The District III contest will be held at the Lancaster Extension Education Center, 444 Cherry Creek Rd., Lincoln on Saturday, Nov. 4 with registration beginning at 8:30 a.m. You may enter any district contest. For other district contest dates and locations, forms or more information, contact Tracy at 441-7180.
4-H’ers Aim for Excellence at Lancaster County Fair

The county and state fairs are the culminating events of the 4-H project year. Many 4-H youth choose to showcase their finished project(s) at the county and state fairs, by successfully completing projects, youth gain practical skills, by exhibiting at fairs, youth gain life skills such as communicating and thinking critically.

The 2006 Lancaster County Fair was held Aug. 2–6 at the Lancaster Event Center in Lincoln. A total 4,473 4-H/FFA exhibits were showcased (includes static exhibits, Clover Kids exhibits, animals and contest entries). Number of animals entered in the 4-H/FFA livestock shows was up nearly 30% and extra stalls had to be installed.

Horse judge Trish Kelterman said, “I believe I receive more from the people in Lancaster County Fair horse show than I could possibly ever give. The positive atmosphere, the high energy, the great kids and horses all give me a rush that cannot be duplicated. The competitors all did a great job, and I saw significant improvement in riders. Your show is truly an outstanding horse program which is rivaled by none.”

Complete 4-H ribbon results and more photographs are online at http://lancaster.unl.edu/4h/Fair

Several 4-H/FFA teams participated in the new Cattle Fitting Contest. They had a half hour to blow, groom and prepare their beef animal for show.

The Lancaster County Fair has the largest 4-H county fair horse show in Nebraska, with 31 events spanning five days.

The 4-H Corner Stop concession stand is Lancaster County 4-H Council’s main fundraiser each year. More than 130 youth and adults volunteered at the stand this year!

For the first time, a unicycle was entered in the 4-H Bicycle Safety Contest.

The Lancaster 4-H Shooting Sports Club presented a BB Gun Shooting Range for the second year in a row. New this year was an Archery Range.

There were 20 entries in the new 4-H project “Quilt Quest.” Interview judging is an opportunity for 4-H youth to discuss their project(s) with judges for valuable feedback.

4-H is a learn-by-doing program with more than 150 projects from which to choose. Youth learn practical skills and develop life skills!

Four-H Kick Off
Thursday, Sept. 21
6 p.m.
Lancaster Extension Education Center
444 Cherry Creek Road, Lincoln

4-H is a learn-by-doing program open to all youth ages 5–18.

Learn about 4-H!

4-H’ers will share completed projects!
4-H is a learn-by-doing program with more than 150 projects from which to choose. Youth learn practical skills and develop life skills!

How to get involved:
• Help form a new 4-H club
• Be an independent member
• Participate in 4-H activities such as camps
• Join an existing 4-H club (limited availability)

University of Nebraska–Lincoln Extension 4-H Youth Development program is open to all youth ages 5–18.

Prizes!
4-H’ers will share completed projects!

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

Can You Guess It?
Did you guess it? Find out at http://lancaster.unl.edu
Did you guess it from the August Nebl!ne? The answer was a Green June Bug.