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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 lead 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. The lead agency for several CLCs 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 activities with curriculum written by university experts. Many of the Lincoln after-school sites have incorporated 4-H curriculum into their activities.

“The use of 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 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.

After-school youth had the opportunity to enter exhibits in the 4-H areas.

Lancaster County 4-H staff worked 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.

The University of Nebraska–Lincoln Extension 4-H youth development program emphasizes teaching practical skills and developing life skills through learning-by-doing. Lancaster County 4-H consists of:
- Organized clubs
- Independent members
- Educational events and leadership opportunities
- 4-H School Enrichment programs in classrooms
- 4-H After-School partnership

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 worked with after-school programs to involve after-school youth in this year’s county fair. After-school youth had the opportunity to enter exhibits in the 4-H areas. Lancaster County 4-H staff developed and compiled a “Lancaster County Fair Animal Exploration Guide” for after-school youth, grades K–4. The curriculum included animal information, activities and worksheets to be used before or after county fair. It also had information for tours during the fair.
Too Late to Spray Bagworms

Bagworms can cause a great deal of injury during the last few weeks of feeding and last year's gardens may be tempting to spray for them now. But late-August or September sprays are totally ineffective. Understanding the development of this moth will explain why and can help tremendously in planning effective control measures.

Bagworms normally finish feeding and close up their bags in late-summer. After that, insecitoxides are ineffective because they can reach the pest. Egg hatch is ineffective because they can cannot reach the pest. Egg hatch does not occur until the next spring, usually during the latter half of May. Insecticides are not the only good control. Do not forget permethrin, malathion and Sevin. During most years, a combination of these sprays is more likely to be effective than one alone. Afterwards, consider Thuricide (botanical insecticide) or any systemic neem product. Neem is one of the best times to plant or transplant them. big clumps of perennial phlox into thirds. Early fall or early spring are the best times to plant or transplant them. big clumps of perennial phlox into thirds. Early fall or early spring are

The latter half of May. Insecticide
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HortUpdate is a FREE e-mail newsletter from the University of Nebraska-Lincoln which provides timely information to the lawn and landscape industry. This e-mail includes current lawn and landscape problems with control recommendations and a seasonal “To Do list.” To subscribe, go to http://extension.hortunl.org and submit request.

Storing Vegetables and Fruit

After a successful garden season, you may have more vegetables and fruits you would like to store until you are ready to use them. Proper storage conditions are needed for vegetables and fruits that are not consumed immediately after harvest. The key to good storage is in controlling the temperature relative to the humidity of the storage area. If not stored properly, they will not last and 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 onions 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 vine-ripened winter squash for 10 days at 80 to 85 degrees Fahrenheit and high humidity. Store mature, cured winter squash in a dry location at 55 degrees Fahrenheit for 2 to 6 months. Acon squash will keep well in a dry place at 45 degrees Fahrenheit for 35 to 40 days. Do not cure acon 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. Evergreen should be canned or frozen after harvest.

Select containers for storage that have smooth inner surfaces. Baskets, melon nets or boxes are suitable. Line these containers with aluminum foil to help retain moisture. Apples and pears will likely lose their fall and winter if stored properly. Apples varieties should be harvested firm and ripe to store the longest 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 fruits and vegetables.

Storing your vegetables and fruit properly will insure you have good quality produce to enjoy in the months ahead.

Potato storage

Store potatoes on a shelf in a dark, cool place away from light. Potatoes will sprout if exposed to light. For best results, store potatoes for three to four months before use. To store potatoes, fill a box with damp sand. Close the box tightly and place in a cool, dry place. Check the potatoes regularly and if sprouts are noticed, remove the sprouts as soon as possible.

Deep Watering in Fall Can Prevent Tree Death

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

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

All tree loss water during normal metabolic processes. During the growing season when trees are in full foli- age, large water losses are taken through the leaves. Even during winter months when the leaves are gone and photosynthetic processes have stopped, trees lose water to a lesser extent from remaining bark, twigs and buds.

However, the loss of moisture exceeds the amount of water the roots can absorb from dry, frozen soil. Tissue drying is the result of the tree being unable to re-

place lost water. Winter drying injury occurs most frequently during warm, dry, windy conditions. This especially is true of evergreen trees because they lose much more water through their foliage.

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

Usually large, well-es-

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

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

The loss of trees from win-

ter drying is unnecessary and costly, not only in monetary terms, but in intangible values such as shade, protection and beauty. If drought conditions continue, deep watering trees this fall may bring the differ-
ence between live and dead trees next spring.
The following growing season. There is no specific time frame 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, especially tender plants such as tomatoes and peppers. If a light frost comes early, plants can easily be protected by covering them with a sheet or blanket. Hardier plants, such as pumpkins, tend to tolerate cooler weather better and should not be too much of a concern.

Most plant debris can be moved simply by pulling the plants out by hand. Fruit and vegetable plants tend to have a shallow root system that can be easily removed. 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 sun and moisture. Often, compost piles are located near the garden for easy access. In order for the compost pile to prevent any weed seeds 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 to 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 or 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 such as asparagus, to hold in moisture and protect the crowns 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.

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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 unpredictable 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 rugged 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 brush areas. Follow all warning labels on the ATV. No one under 16 should operate an ATV and no passengers should ride along.
By Alice Henneman, MS, 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 count 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.

那么多 snacks can prevent this problem.

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

Lentils are the fastest cooking of all beans and do not require soaking.

Beans can be prepared in less than an hour. The fastest cooking of all beans is red kidney 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 substances in beans.

Beans Cooking Tips

• Avoid adding salt or acidic food, 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 or other herbs or vegetables.

Zainab Rida
UNL Extension Assistant

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, potassium and folate. They also are low in saturated fat and have no cholesterol.

Health Benefits

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

• Diabetes: Beans control blood sugar levels because of diabetec- ics because of their high fiber content and low glycemic index.
• Heart Disease: Many research studies indicate people who consume 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: According to studies 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 with 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 beans canned, a product containing an enzyme that helps break down gas-producing substances in beans.
Ah, it’s the time of the year when we begin to think about fall and all the changes that come with it. Fall is the time when school starts in September, rather than in January. Fall is the time when the weather is cool and comfortable. It’s the time when the leaves turn red and gold and the air is crisp. It’s the time when we start to think about what we want to do in the fall season.

Fall is also the time when we start to think about how to prepare our homes for the fall season. This means doing things like raking leaves, cleaning gutters, and checking the fireplace. It also means thinking about how to make our homes more comfortable and cozy for the fall season.

And speaking of cozy, have you ever thought about making your own gummy bears? It’s a fun and easy project that can be done in just a few minutes. All you need is sugar, water, and a mold. Just add the ingredients to a pot, stir until they dissolve, and then pour the mixture into the mold. Let it sit for a few minutes until it thickens, then pop it out of the mold and enjoy!

But before you get too carried away, remember to keep track of your budget. Fall is the time when school starts, and that means more expenses for supplies and extracurricular activities. So be sure to plan ahead and make sure you have enough money to cover all your expenses.

And don’t forget to make time for yourself. Fall is the time when you can relax and enjoy the changing leaves. Take a walk in the park, or just sit on your porch and watch the world go by. It’s the perfect time to slow down and enjoy the simple things in life.

So, what are you waiting for? Start thinking about fall now, and you’ll be all set for a great season!

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Stain Removal Tips

**Poison:** Gently shake the item to remove as much pol-

icion as possible, then use the sticky side of a piece of tape to
tilt off the rest. Pretreat with a preswash stain remover. Launder using chlorine or oxygen bleach.

**Blood:** Wash in cold water using caution and following the directions carefully. Never use chlorine bleach or a product containing chlorine bleach on a rust stain, it will set the stain.

**Milk:** Treat stain with cold water, use a liquid detergent, then rinse. Use a soft brush and blot to lift stain. On clothes, use a prewash stain remover, launder in cold water.

**FEC News & Events**

**Upcoming Dates**

- **Aug. 23—**Organization Packets available.
- **Sept. 25—**FCE Council Meeting, 1 p.m.
- **Sept. 28—**FCE & Community October Lesson Training: “Have It Your Way!” Putting Legal & Financial Affairs in Order, 1 p.m.
- **Sept. 29-Oct. 1—**Nebraska Association for FCE Clubs State Convention, St. Paul, Minnesota.
- **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 after Aug. 23. 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.

**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 Veergen 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 & 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 at 6:30 p.m. Everyone is asked to bring food, paper products or a donation for the annual FCE Food Bank drive. An interesting pro- gram is being planned. Clubs and members will be recognized for years of membership. Call Pam, 441-7180, if you plan to attend.

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**Morning and Evenings Need Attention**

Pay particular attention to the beginning and end of the day since these can be stress- ful times. Also, be aware of children’s need for adequate sleep. In families in which both adults work, children are going to bed much later these days.

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**Fall Maintenance**

- Inspect and lubricate doors and windows.
- Inspect and replace any worn weatherstripping.
- Clean around air condition- ing equipment.
- Inspect air vents and ducts.
- Clean out gutters and check for leaks.
- Clean out deck drainage areas.
- Clean around and inspect any run- ning water.
- Clean flower beds and garden areas.
- Check and repair any worn weather-stripping.
- Check and clean windows, checking window if they are used.
- Inspect and clean windows for emergency exits.
- Check storm window, if they are in need of weather-stripping.
- Check lawn mowers and other yard equipment for storage.
- Check snow blower and make sure other snow removal equipment is in good shape and available.
- Clean the garage and/or storage shed.
- Find proper storage for summer games and sports equipment.

Enjoy the rest of the sum- mer and take time to get the home and yard in order so the snow can come without having to wait for the other children—and don’t forget the guinea pig.

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**Changing With Pick-up Time**

It may be hard, at first, to get your child to preschool, but most parents find it is even harder to pry their kids away at the end of the day, if you don’t get a smile at pick-up time, don’t be upset. Your child has “held it together” all day and is likely to ignore you or be cranky when you arrive.

If your child is tired and anxious to get home, allow your child do an activity before you leave. They say goodbye—perhaps to the teacher, to the teacher aide, to the dog they got to pet—and not be upset. Your child has “held it together” all day and is likely to ignore you or be cranky when you arrive.

If you leave the guinea pig.
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
- Farrow 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/cmd-corn.htm

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 back into the shocks interfering with pollination.

Eastern Nebraska Farmers are Rediscovering Wheat

Tom Dorn
UNL Extension Educator
We normally think of central and western Nebraska as winter wheat country but dryland producers in eastern Nebraska are starting to come back to wheat as well. Improved varieties with greater resistance to foliar diseases respond to the higher rainfall we typically receive in this end of the state. Farm yields of 60 to 70 bushels per acre have become common in recent years.

The highest yield in the 2006 University of Nebraska–Lincoln variety test plot in Lancaster County was 112.4 bushels per acre. Nine of the 47 varieties tested exceeded 100 bushels per acre. The average yield across all varieties (including some old public varieties, planted strictly for comparison) was 90.7 bushels per acre. Results can be found on the Web at http://varietytest.unl.edu/winterwheat/2006/wht0613.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 biosolids 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 in the spring than is found following fall harvested crops. In dry years, this can result in much higher yields of corn or soybeans planted into 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.

Chemical Control of Eastern Redcedar

Herbicides can be used to control eastern redcedar, 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 denser 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 redcedar, is updated annually in UNL Extension’s Guide for Weed Management in Nebraska (EC-130). In general, herbicides for eastern redcedar 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 redcedar 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 herbicide efficacy data from a Nebraska study was categorized by tree height. Recommended herbicides for trees up to two feet tall include: Surmount, 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 22K at the rate of one centimeter (milliliter) per foot of tree height or Velpar-L at 4 cubic centimeters (milliliters) and Spike 20P at 1 cubic centimeter (milliliter) for every inch tree diameter.

Adapted from Crop Watch Newsletter article by Steven Knezevic, Extension Integrated Weed Management Specialist, UNL, June 30, 2006. To access the complete article, go to http://cropwatch.unl.edu/archives/2006/crop16/redcedar2.htm
A Few Bad Wasps Spoils the Whole Bunch

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 quickly using simple components which will work quite well.

What you need:
2-liter plastic soda pop bottles
Stapler or string 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 around 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. If wasps are nesting in wall voids, attempt to dig out the nest. Once the nest is exposed, a fine insecticide dust (not granule) can be applied around the base of the nest. The dust should be applied in a 2-mile radius of the nest. The dust can be purchased in a 24-pound bag for $32.50.
• Discard traps when they become full of wasps or lose their attractiveness. This can be safely done at sunrise or after sundown.
• For effective control, use half a dozen or more of these traps.

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

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.

Presenters will represent UNL Extension, Nebraska Department of Agriculture and pest control industry personnel. Pest Management Supply, Bayer Crop Science, Dow AgroSciences and BASF® will include Dennis Ferrari, Clyde Ogg, Barb Ogg and Shripat Kamble.
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 support underprivileged 4-Hers to state 4-H camps.

‘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.”

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 whisper Dennis Reis’ “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 Cherrycreek Road. Tickets are first come first serve.

PRIZE PACKAGES

Grand Champion: McKenzi True, Showmanship 12-14
McKenzi True, English Pleasure 15 & up
McKenzi True, English Equitation 12-14
McKenzi True, English Showmanship 15 & up
Morgan Marsh, Western Pleasure

Reserve Grand Champion: Mindy Leach, Showmanship 15 & up
Mindy Leach, English Pleasure 15 & up
Cassie Krueger, Pole Bending 15 & up
Robby Shannon, Elementary Dressage

3rd Place: Amanda Esbain, Barrel Racing 15 & up
Ryan Haugen, Cow Roping

4th Place: Taylor Hidalgo, Dairy Team Roping - Header
Alex Scheideler, Elementary Dressage

All-Around Awards: Alex Scheideler, 3rd place for Junior All-Around

The 2006 Fonner Park State 4-H Horse Exposition 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

State Horse Expo Results

The 2006 Fonner Park State 4-H Horse Exposition 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
McKenzi True, Showmanship 12-14
McKenzi True, English Pleasure 15 & up
McKenzi True, English Equitation 12-14
Morgan Marsh, Western Pleasure

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

3RD PLACE
Amanda Esbain, Barrel Racing 15 & up
Ryan Haugen, Cow Roping

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

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

Ak-Sar-Ben 4-H Youth Expo, Sept. 26–Oct. 1

The 79th Ak-Sar-Ben 4-H Youth Livestock Exposition will be held Sept. 26-30, 1. at the Qwest Center in Omaha. More than 2,000 4-H families from an eight-state area participate in the Expo. For more information and a complete schedule, go to http://aksarben.org/4-H
Lancaster County 4-H seeks New 4-H Council Members

The 4-H Council is composed of youth and adults working together in the interest of promoting activities of Lancaster County 4-H. Meetings are held the second Tuesday of each month at 7 p.m. at the Lancaster Extension Education Center. Individuals interested in serving on the 4-H Council are encouraged to consider running at the Lancaster County Fair. Call Tracy at 441-7180 for more information or to join.

4-H Teen Council Invites New Members!

The Lancaster County 4-H Teen Council is a leadership organization for youth in grades 7–12. Meetings are held the second Sunday of each month at 3 p.m. at the Lancaster Extension Education Center. 4-H Teen Council members are involved in several leadership activities such as organizing the 5th & 6th Grade Lock In and the Citrus Social Social at the Lancaster County Fair. Call Tracy at 441-7180 for more information or to join.

Award Nominations Due Jan. 1

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

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 development and promotion of 4-H program and is 14 years of age or older. The basis for selection appraises the variety and depth of 4-H activities.

1 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. Two 4-H members will be selected from Lancaster County. Lancaster County 4-H Council makes award recipients in a ceremony held the last Tuesday of May. Hard copy of original William H. Danforth’s book, 1 Dare You!

4-H Scholarships Due Jan. 1

The Lancaster County 4-H program offers a variety of scholarships. Deadline is Jan. 1. Information and application forms 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.

4-H Council — awards six $500 scholarships, Lincoln Center Kiwanis — awards two $2,000 scholarships.

Teen Council — awards two scholarships to 4-Hers 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 scholarship goes toward attending 4-H summer camp(s):

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

September Karen & Joel Armstrong

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

The Armstrongs have volunteered for 4-H for nearly 10 years. Karen has been 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 South American studies
• visiting retirement homes and the Madonna Alzheimer Unit

participating in the annual Star City Parade — including dressing costumes for 4-H members
• poling 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.

“I like being a 4-H volunteer because of the great kids and involved families,” says Karen. “Plus the extension office is great to work with. My favorite experience is seeing faces light up in young and old alike when my kids share their animal projects.”

But Joel and Karen’s two daughters, Rebecca and Kacy, were active 4-H members (both are now in college). The Armstrongs are special event photographers and have taken photographs at many 4-H events, keeping their site at www.vantageimaging.com. They belong to the Nebraska Llama Association and have helped at national llama shows. The Armstrongs will be honored at the Armstrongs! Volunteers like them are indeed the heart of 4-H!

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

Thank You to Volunteers

University of Nebraska–Lincoln Extension in Lancaster County would like to thank all of the people who donate their time and talents to help enrich the lives of the youth in the Lancaster County 4-H youth development program.
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. At the first meeting held in March, residents learned what a visioning process is, 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 Communications 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 from 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 committed to schedule, promote and advertise the sessions, provided child care and refreshments, and found a Spanish translator.

To ensure representation of various age groups and segments of the population, listening sessions were held for different segments of the community: young parents, farmers, business owners, fire department volunteers, youth, school staff, senior citizens, nursing home residents & employees, Spanish-speaking residents.

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 for Firth in 10–15 years?

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

The following report, attendees divided into three small discussion groups, the groups ranked and prioritized the five “themes” residents envision 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,” that builds opportunities for recreation and social comfort by allowing all to become involved in “our” planning.

The members of the Citizens’ Advisory Committee 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.

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After-School continued from page 1

“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 Wednesday, Sept. 13 and Thursday Sept. 14 from 12:30 to 4:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Rd., Lincoln on Saturday, Oct. 7 from 9:30 and 7 p.m. at the Nebraska State Fair Park.

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 chances 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 Cherrycreek 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.
Can You Guess It?

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

Did you guess it from the August NeblInE? The answer was a Green June Bug.

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

Learn about 4-H!

4-H Kick Off

Thursday, Sept. 21
6 p.m.

Prizes!

Lancaster Extension Education Center
444 Cherry Creek Road, Lincoln

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)

441-7180 • lancaster.unl.edu/4h

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 Keltnerman 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 Lancaster County 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.

Poultry is one of many 4-H animal projects.

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

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!

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4-H’ers will share completed projects!

U.S. Drought Monitor Map

As of Aug. 8, Lancaster County bordered between moderate and severe drought conditions.

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