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The NEBLINE, August 2007

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The Lancaster County Fair is a fun, educational experience for the many 4-H youth members who exhibit their projects and participate in 4-H contests. Behind the scenes are thousands of adult and youth volunteers who make the activities at the county fair not only possible, but meaningful.

“The fair depends on volunteers to share their time and expertise,” says 4-H staff member Marty Cruickshank. “Without wonderful volunteers, we would not have a county fair!”

The University of Nebraska–Lincoln Extension 4-H Youth Development Program has activities going on throughout the five days of the Lancaster County Fair—some events start before the fair. Many volunteers take vacation time from their jobs in order to help at the county fair.

4-H staff member Tracy Kulm. “Without the dedication and talents shared by our volunteers, Lancaster County 4-H’s horse program is the largest in the state and it’s because of the volunteers.”

We asked a few 4-H volunteers why they volunteer at the Lancaster County Fair and what they gain from the experience. Following are their responses.

Jim Agena, Horse Program Volunteer

“I think being a volunteer with the Lancaster County Fair helps us all retain some small portion of staying young. To see the smiles, the pride and the accomplishment of these young people working with their animals gives us just a small piece of time where we can relive our own youth. Maybe it’s a completely selfish reason, but hopefully we have some knowledge and understanding that can be passed on that later in life they too will be able to share with the next generation of 4-H’ers.”

Becky McHenry, Shimmering Shamrocks Club Leader

“It’s fun to see the kids and their projects. And it’s a great experience to work with the judges, superintendents and other clubs. I’m always amazed at how creative and talented the 4-H’ers are and how they manage to do multiple projects.”

Cheryl Landon, Rock Creek Ranchers Club Project Leader

“County fair is fun, happy memories and I want to help keep it going for my grandchildren, etc. I gain the satisfaction of seeing others have a good time and seeing the kids’ excitement of successful shows. The best part is meeting new people and seeing old friends!”

Maci Lienemann, Fair Fun Day youth guide

“I enjoy volunteering because it gives me the opportunity to share my experiences on a ranch with other kids.”

Taylon Lienemann, Fair Fun Day youth guide

“I like volunteering because it’s fun. I get to demonstrate my talents with a rope and my knowledge of cattle.”

Kirk Gunnerson, Shooting Sports Superintendent

“I volunteer at the Lancaster County Fair because it allows me to share my personal skills and knowledge with my daughters and other youth. I also hope my involvement breaks the stigma that 4-H and the county fair is just for ‘farm-kids.”

Ron Dowding, 4-H Volunteer and Fair Board President

“I do what I do with 4-H because I grew up with it. The reward is seeing the kids learn and grow into mature adults. I don’t know too many 4-H’ers that didn’t turn out to be good people. I also volunteer because I like to do it. If I didn’t like to do it, I wouldn’t be doing it.”

Volunteers Needed

Adults and youth are needed to help during County Fair. Help is especially needed in the following areas:

• Static exhibit set-up days on Thursday, July 26 at 6:30 p.m. (pizza will be served) and Saturday, July 28 at 8 a.m. (doughnuts will be served) in the Lincoln Room

• Livestock set-up day on Sunday, July 29 (corrected date) at 1 p.m. in Pavilion 1 (refreshments and Dairy Queen ice cream will be served)

• Horse set-up days on Sunday, July 29–Tuesday, July 31 in Lincoln Room

• During judging of static exhibits on Tuesday, July 31 in Lincoln Room

• Teen tour guides are needed for Fair Fun Day for child care groups on Friday, July 3 at 9:30 a.m. and 1 p.m.

If you can help, please contact the Extension office at 441-7180.
Controlling Algae in Ponds and Lakes

Tom Dorn
Extension Educator

The dream of many folks in the urban setting is to move to the country, live on an acreage and have their own pond for fishing, swimming and drinking water or just because it is pretty. One of the perennial problems faced by pond owners in rural and suburban settings is excessive algae growth, also called algae blooms in the water. Algae are divided into three classifications. Planktonic (single-celled), filamentous and Chara. Planktonic algae remain diversely suspended in the water and turn the water a uniformly green or blue-green color. Filamentous algae species string together, becoming floating mats of “pond moss.” The third type of algae, called Chara or muskgrass, are large green algae that are anchored to the bottom but do not extend above the surface. Chara is stem-like, with thin, leaf-like structures and is often confused with seed-bearing aquatic plant species. When crushed, chara produces a musky odor. For maximum production, all plants need adequate water, sunlight and nutrients. Algae is no exception. In a pond, water and sunlight are a given. The limiting factor is plant nutrients. The first step in algae control is to reduce the movement (loading) of nutrients into the water. Whenever, I get a call about an algae problem in a pond, I try to identify the source of nutrients that is causing the problem. The two primary nutrients that must be controlled are nitrogen and phosphorus, with phosphorus being the larger concern when it comes to algae control. If applications of commercial fertilizer or animal wastes applying nitrogen to soil surface are followed by a hard rain, they may be carried directly into the pond by overland flow. In addition to movement of surface-applied products carried in the runoff, it is also possible to carry nitrogen to the pond attached to soil particles that erode from slopes and end up in the pond as silt. Nitrogen and Phosphorus are water soluble nutrients. Nutrients incorporated into the soil by tillage or surface applied and later dissolved by rainwater and carried into the soil with the water may also find their way into the pond. Most of our southeastern Nebraska soils can be classified as silty clay loam topped overlying heavier clay subsoil. When water that is percolating down through the soil profile encounters the clay layer, its downward movement is impeded. It then moves downslope along the boundary and may emerge as a spring in a creek bottom or in the pond itself. Similar to animal fertilizer or animal waste, another source of potential nutrient loading can be domestic wastewater. Effluent entering the soil from septic absorption fields also becomes part of the soil water matrix and can move downslope as described above.

Once nutrient loading has been reduced to the extent possible, chemical treatments can be used to control algae in a pond. Copper compounds such as copper sulfate and various chelated copper products are both safe and effective when used according to directions. Some aquatic herbicides that are used for seed-bearing aquatic plant species are effective against certain algae species as well. For more information on chemical control methods, go to the Aquaculture page in the Lancaster County Extension Resources section of our Web site. http://lancaster.unl.edu/ag/aquaculture.shtml

The Nebraska Agricultural Experimental Station is cooperating with the U.S. Department of Agriculture to provide this document in a format that is accessible to people with disabilities. Please forward comments or suggestions on the accessibility of this document to: Tom Dorn, Extension Educator, 2051 G Street, Lincoln, NE 68508-0009, phone (402) 472-1807, fax (402) 472-1815, email: tomdorn@unl.edu

Pesticide Container Recycling Program Collection in Bennett, Aug. 10

For 14 years, University of Nebraska-Lincoln Extension has been coordinating a recycling program for plastic agricultural pesticide containers. All containers must be inspected to make sure that they have been properly rinsed, with the caps and labels removed before they can be placed in our trailer. (Paper labels one layer thick may remain on the containers.) We will accept all sizes of agricultural pesticide containers, including 30 gallon containers. Containers may be brought to the UNL Extension in Lancaster County office, 444 Cherry Creek Road, Lincoln, during business hours 8 a.m. to 4:30 p.m. Monday-Friday, EXCEPT for the weeks of July 2, July 16 and July 23. Please call ahead at 441-7180 to ensure someone will be available to inspect and accept the containers before you come.

A remote collection date has been arranged in cooperation with Farmers Cooperative Company. Our semi-trailer will be on hand on Friday, Aug. 10, from 9 a.m.–Noon in Bennett at the Co-op headquarters.

The material is currently being recycled into plastic posts, industrial pallets, field drain tiles, speed bumpers, railroad ties and parking lot tire stops.

Larger Diameter Bins Can Save Time and Energy When Drying Grain

Tom Dorn
Extension Educator

The airflow produced by an aerator fan depends on the static pressure the fan must overcome. Figure 1 shows a typical axial flow fan curve. The greater the static pressure, the lower the rate of airflow produced. Table 1 shows airflow resistance for shocked corn. More static pressure is required to push a given rate of airflow, cubic feet per minute per bushel (cfm/bu) through grain than when using a lower volume of air produced. The table shows airflow resistance for shocked corn. More static pressure is required to push a given rate of airflow, cubic feet per minute per bushel (cfm/bu) through grain than when using a lower volume of air produced.

Table 1. Airflow resistance data for shocked corn.

<table>
<thead>
<tr>
<th>Grain Depth (ft)</th>
<th>0.5</th>
<th>0.75</th>
<th>1.0</th>
<th>1.25</th>
<th>1.5</th>
<th>2.0</th>
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<tbody>
<tr>
<td>Expected Static Pressure (inches of water)</td>
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<tr>
<td>6</td>
<td>0.2</td>
<td>0.3</td>
<td>0.5</td>
<td>0.6</td>
<td>0.8</td>
<td>1.2</td>
</tr>
<tr>
<td>12</td>
<td>0.3</td>
<td>0.5</td>
<td>0.8</td>
<td>1.0</td>
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<tr>
<td>15</td>
<td>0.5</td>
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<td>1.3</td>
<td>1.6</td>
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<td>14</td>
<td>0.7</td>
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<td>4.0</td>
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<td>7.3</td>
<td>11.3</td>
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</tbody>
</table>

From University of Minnesota to compare their data, this table provides some interesting results.

Small Fan—Same Bins

It would take 4.0 inches of static pressure and an estimated 10.6 horsepower (hp) to push 10,000 cfm (cfm/bu) through 8,000 bushels in a 27- foot diameter bin. To push 1.25 cfm/bu through 8,000 bushels in a 33-foot diameter bin would only take 1.5 inches of static pressure and the same fan. This scenario assumes a smaller fan was selected for the larger bin which would produce 10,000 cfm when overcoming 1.5 inches of static pressure. Assuming the fan motor is 70% efficient and electricity cost is $0.098/kWh, drying shocked corn using natural air in mid- to late-October (assuming 20 days drying time), the energy cost for drying in the 27-foot diameter bin would be $0.06 per bushel and the drying cost in the 33-foot diameter bin would only be $0.023 per bushel - 38% of the energy cost for the smaller bin.

Same Fan—More Baskets

A management alteration would be to use the same model fan and the same fan motor used on the 27-foot bin would be delivering the same 1.25 cfm/bu airflow and would be using the same horsepower. The FANS program shows it takes the same 10.6 horsepower to push the 1.25 cfm/bu through 15.6 feet (10,074 cfm/bu) in the 27-foot diameter bin. The fan would be producing 13,433 cfm/bu, keeps the same 10.6 feet of static pressure. The drying time would be the same as when using the 27-foot diameter bin, 8,000 bushels in the 27-foot diameter bin would be producing 13,433 cfm/bu, and the drying time is the same (1.25 cfm/bu). Increasing the bin diameter would increase grain depth and static pressure, results in the ability to dry one-third more grain in the same time and for the same energy cost as when using the smaller bin.

Figure 1. Typical performance curve for an axial flow fan.}

Scrap Tire Collection Sept. 29 – Oct. 3
9 a.m.–9 p.m.
South parking lot, Shoemakers Truckstop
NW 48 & West O Streets, Lincoln, NE

Will accept tires of all shapes and sizes with no limit, free of charge!

We cannot accept tires from dealers, outside the state or with rims.

For more information, call 476-3590
Sponsored by: Sanitary Improvement District (SID) #6, Emerald, NE

August 2007
It’s Time to Take Precautions to Avoid West Nile Virus

Effective Mosquito Repellents

Barb Ogg
UNL Extension Educator

With all the rain we’ve had, there’s a higher chance of becoming a problem. Use an insect repellent to protect yourself when you are outdoors during prime mosquito biting hours, especially between dusk and dawn.

According to a survey from Harvard University of Public Health, less than half or U.S. adults do not take precautions to prevent mosquito bites. One reason might be because people don’t like the pesty feel and smell of DEET (N,N-diethyl toluamide) repellents. But, two of the products on the CDC’s recommended list of effective products—picaridin and oil of lemon eucalyptus—are less greasy and may be more agreeable to you.

Picaridin is an insect repellent comparable in effectiveness to DEET products, but is odorless, not irritating and doesn’t damage plastics or synthetic materials. Oil of lemon eucalyptus is a plant-based mosquito repellent. It is effective for only a couple hours, similar to low concentrations of DEET products.

Picaridin-based repellents have been available in Europe, Australia, Latin America and Asia for some time, but is now available in the U.S. and sold under the name of Cutter Advanced®.

In addition to mosquitoes, picaridin was tested in lab and field and found to be effective against biting flies and ticks. Picaridin works in a similar way to DEET by blocking the insect’s ability to locate you.

How can you know which active ingredient a product contains? Like other insecticides, manufacturers of repellents must specify their active ingredients. You may find the chemical name in addition to instead of the “common” name: • DEET is N,N-diethyltoluamide. • Picaridin is KBR 3023, sometimes known as “Bayrepel” outside the U.S.

The active ingredient in oil of lemon eucalyptus is p-menthane 3,8-diol (PMD). Consumer Reports compared Cutter Advanced® with a few situations where these aerosols are useful. The target pests of these products are ants, cockroaches and spiders. Ants are best controlled by treating the colony, rather than spraying individual ants. Cockroaches are controlled by first reducing moisture, food sources and clutter. Effective insecticide treatments include baits and dusts, including boric acid. Liquid treatments may be helpful in helping to control cockroaches, but if you have to choose one type of treatment, baits are preferred for long-lasting control. Aerosol insecticides and foggers are not very good choices of control because they act as a repellent to cockroaches. After they are used, cockroaches go into hiding out of reach of the product. These products don’t work very well.

So, if you have an OTC aerosol insecticide and you want to know if it will work, then you should examine the label to see what it says about the effectiveness of the product.

Bark Stripping by Fox Squirrels

Barb Ogg
UNL Extension Educator

I was in the hardware store the other day, waiting to pay for some painting supplies. The fellow behind me in line was holding a can of aerosol insecticide, labeled for ants, roaches and spiders. I felt this overwhelming desire to tell him there must be another product on the shelf that would do a better job of controlling whatever he wanted to control. But I kept quiet, deciding it would be too tacky to call the sale of a product, right in front of the cashier.

Most over-the-counter (OTC) aerosol insecticides are not very effective when used the way most people use them. And, these aerosols are not usually the “best” choice of treatment for them because they are convenient and seem to be inexpensive. Unfortunately, these aerosols are not very long lasting. When you look at the cost of insecticidal treatments these products are actually fairly expensive.

And OTC aerosol insecticides are labeled as “contact” insecticides. This means if you spray the insecticide on the insect or spider, it will kill it. But, most people expect it to be more effective than an insecticide. They expect some long-term residual activity. Unfortunately, the killing activity of these products is short. Poor control leads to the product being used again and again. A more appropriate choice of treatment will get better results. There are only a few situations where these aerosols are useful.

The target pests of these products are ants, cockroaches and spiders. Ants are best controlled by treating the colony, rather than spraying individual ants. Cockroaches are controlled by first reducing moisture, food sources and clutter. Effective insecticide treatments include baits and dusts, including boric acid. Liquid treatments may be helpful in helping to control cockroaches, but if you have to choose one type of treatment, baits are preferred for long-lasting control. Aerosol insecticides and foggers are not very good choices of control because they act as a repellent to cockroaches. After they are used, cockroaches go into hiding out of reach of the product. These products don’t work very well.

So, if you have an OTC aerosol insecticide and you want to know if it will work, then you should examine the label to see what it says about the effectiveness of the product. It may vary depending on the product. Check the label.

Learn of applicable laws. Be aware that the translocation of squirrels is illegal in Nebraska so live trapping will require you to euthanize the squirrel.

Exclusion is accomplished by installing plastic tree guards around tree trunks. If trees are relatively isolated, upper branches can be protected by wrapping trunks with 12-inch aluminum flashing at least three times, beginning 4 feet off the ground. Upper wraps should overlap the lower wrap by one inch.

Don’t bother with repellents, ultrasound or scare tactics. Repellents prevented is also not advised as it will simply increase the population density. For more information about wildlife damage management visit http://wcdm.org

Landowners may have noticed some unusual tree damage in recent weeks. Bark stripping typically occurs during the late winter, this recent damage may be a result squirrels losing maple seeds due to the spring frost that occurred in eastern Nebraska.

Bark stripping occurs when smooth bark are the most likely victims, (note the photos of damage done to red maples), but damage to oak trees has been reported also. Precisely limiting the scope of this damage is not easy. Essentially, landowners can use the following effective options: population reduction and/or exclusion. Reduce squirrel population by erecting traps or shooting. Be sure to follow all state and local laws as well as safety practices. A permit to control squirrel populations may be required. Contact the Nebraska Game and Parks Commission at 471-0641, to learn of applicable laws. Be aware that the translocation of squirrels is illegal in Nebraska so live trapping will require you to euthanize the squirrel.

Exclusion is accomplished by installing plastic tree guards around tree trunks. If trees are relatively isolated, upper branches can be protected by wrapping trunks with 12-inch aluminum flashing at least three times, beginning 4 feet off the ground. Upper wraps should overlap the lower wrap by one inch.

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Source: Stephen VanTassel, UNL Extension Project Coordinator — Wildlife Damage
**Sneak Some Zucchini onto Your Neighbor’s Porch Day**

By Alice Henneman

UNL Extension Educator

Got zucchini? August 8 often has been called “Sneak Some Zucchini onto Your Neighbor’s Porch Day.” Before you try to give them (or sneak!) them away, here are some suggestions for enjoying zucchini at meals for family and friends.

Quick Tricks with Zucchini

The Produce for Better Health Foundation at www.fruitsandveggiesmorematters.org suggests:

- Slice, marinate (try balsamic vinegar) and grill a variety of vegetables including zucchini, asparagus, green onions, eggplant and mushrooms. They’re delicious.
- Cut up veggies like carrots, zucchini and potatoes. Add them to your favorite meatball or soup recipes.
- Take your favorite lasagna recipe and try adding different combinations of your favorite vegetables between the layers: mushrooms, spinach, broccoli, carrots, zucchini, onions or eggplant. Be creative.

**Freezing Zucchini**

To freeze grated zucchini for baking, the National Center for Home Food Preservation recommends (www.uga.edu/nchfp/how/freeze/squash_summer.html):

- Choose young tender zucchini.
- Wash and grate. Steam Blanch (direction below) in small quantities 1 to 2 minutes until translucent. Pack in measured amounts into containers, leaving 1/2-inch headspace. Cool by placing the containers in cold water. Seal and freeze. If watery when thawed, discard the liquid before using the zucchini.

To steam blanch zucchini:

Use a pot with a lid big enough to hold all the vegetables. Place the zucchini in the pot and bring the water to a boil. Put the vegetables in the basket in a single layer so that steam reaches all parts quickly. Cover the pot and keep heat high. Start counting steaming time as soon as the lid is on.

**Zainab Rida**

UNL Extension Educator

*“Eat fruits and vegetables” is a phrase we have heard and we will hear again. This phrase raises the questions: What’s unique about fruits and vegetables? Why are fruits and vegetables important?*

Numerous studies found fruits and vegetables have outstanding nutritional benefits. Fruits and vegetables are rich in vitamins, minerals and fiber. They are low in calories, fat, cholesterol and contain no cholesterol. Recent research has discovered additional benefits of consuming fruits and vegetables from substances called phytochemicals and antioxidants.

Phytochemicals and antioxidants act as protective components and work together with vitamins, minerals and fiber to help promote health, slow down the aging process, and protect the body against disease. Scientists indicate it is important to get a variety of colors from fruits and vegetables so we will get a full range of phytochemicals and antioxidants. Each color of fruits and vegetables provides different antioxidants and phytochemicals that build the immune system in its own way.

Red food—watermelon, strawberries, red grapes, red apples, tomatoes, red peppers, red beans and red lentils. This color promotes a healthy heart, enhances memory function, reduces the risk of some cancers and maintains urinary tract health.

Yellow/orange food—oranges, lemons, pineapples, apricots, yellow apples, carrots, squash, sweet corn and yellow lentils. This color helps maintain a healthy heart, reduces the risk of some cancers, enhances vision and promotes a healthy immune system.

Green food—broccoli, olives, green grapes, kiwifruit, asparagus, broccoli, celery, leafy greens, spinach and green lentils. This color helps prevent some cancers, maintain vision health and promote strong bones and teeth.

Blue and purple foods—blueberries, blackberries, plums, raisins, purple cabbage, eggplants and black beans. This color enhances memory function, promotes healthy skin, improves skin cancer growth and maintains urinary tract health.

Small modifications in the way you prepare meals and snacks can make a big difference in improving your consumption of colorful fruits and vegetables. It is very easy to include fruits and vegetables in your diet, because you can obtain a variety of fruit and vegetables in several ways, fresh: canned, frozen and 100 percent juice.

Bottom line—the key lies in the variety of different fruits and vegetables you eat, because no single fruit or vegetable provides all the nutrients, phytochemicals and antioxidants to obtain health benefits.

**The Power of Colors**

Walking off Midway Munchies

By Alice Henneman

UNL Extension Educator

Fairs involve a lot of walking, so you probably burn off those extra fair food calories—right? Maybe…if we walk up to 1.5 miles for a bag of cotton candy and three miles for a funnel cake, we can burn off those extra fair food calories. Some big portions with lots of sugar and fat calories charac-terize many of the foods we traditionally associate with fairs. For many of us, attending the fair is an annual treat and we are nearly as much fun without these tasty treats. Some may be once-a-year foods for us that we look forward to (insert your favorite here) at the fair! So…How much exercise does it take to walk off our favorite fair foods?

We know on average, we have to walk about one mile to burn 100 calories. To visualize how far that is, think approxi-mately 12 city blocks. So we need 1 mile Calories per favorite fair food can vary depending on portion size, recipe and other factors. Burning off the calories of the cotton candy mentioned above could be an 18 block walk. Following are the approxi-mate distances we need to walk to burn off the calories of some popular midway foods:

- Caramel apple: 3 miles
- Corn dog, large: 4.5 miles
- Cotton candy: 1.5 miles
- Fried candy on a stick: 4.5 miles
- Funnel cake, 6-inch diameter: 3 miles
- Soft drink, 32 oz.: 2.5 miles
- Sno-cone: 2.5 miles
- Soft pretzel: 3 miles
- Watermelon, 10 pound: 1.5 miles

Choose reasonable serving sizes of lower sugar and lower fat items for the rest of your foods.

Dress in comfortable shoes so you are more likely to walk off some calories. Wear a pedom-eter and see how many steps you can take at the fair. One mile equals about 2,000 steps, or around one third of the calories in a typical caramel apple.

Check out all the food booths before making your selec-tions. Imagine you have a “calorie salary.” Enjoy the foods you like the most for your “salary.”

Finally, if you do indulge a little too much, remember to return to a more balanced way of eating the next day. A day or two of overeating won’t affect our weight that much—weeks of it will! Eating 100 extra calories daily can result in approximately 12 city blocks to the food at least three inches above the bottom of the pot. Put an inch or two of water in the pot and bring the water to a boil. Put the vegetables in the basket in a single layer so that steam reaches all parts quickly. Cover the pot and keep heat high. Start counting steaming time as soon as the lid is on.
FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s Notes — Alice’s Analysis

Alice Doane
FCE Council Chair

As I write my August column for ‘Tun’ Nashi on this nice late June night, I look out to the south and see fireworks high in the sky and the beautiful “Blue Moon.”

Our June Council meeting was well attended. We enjoyed Jim Blue, president and CEO of Cedar’s Home. He talked about all of the different programs Cedar’s offers. We also toured the facility. Since the last column, Ted and I enjoyed a trip back to Erzurum, Turkey. Erzurum is in the eastern part of Turkey, 100 miles west of the Iran and Russian border. We were celebrating the 50th anniversary of Atatürk University. We lived there in 1964–1966 when Ted was on staff. At that time, there were two faculty and 700 students. Now there are ten faculty and 42,000 students. In 1964, there were many (over 400) horse drawn buggies for transportation and now they have been replaced by yellow cabs. In 1964, the mountains were bare and now are green with grass and trees. Still in service are the apartment buildings we lived in and have added 60 more buildings for faculty and staff. The students come from all over Turkey and some from other countries. See you at the Lancaster County Fair?

FCE News & Events

Upcoming Dates
Aug. 10-12 — National FCE Conference, Omaha
Aug. 27 — Reorganizational packets available
Sept. 21-23 — Nebraska Association for Family and Community Education Clubs State Convention, Gurnet
Sept. 24, 1 p.m.—FCE Council Meeting
Sept. 27, 1 p.m.—FCE & Community Lesson
Oct. 15, 6:30 p.m.—FCE Achievement Day

The evening started with a light supper.

The next FCE & Community Lesson leader training is scheduled for Thursday, Sept. 27, 1 p.m. at the Lancaster Extension Education Center. Lorene Bartos will present "Who Cares for the Caregiver?" This lesson will help participants assess whether or not they have the resources to become a caregiver. Non-FCE members should call Pam at 441-7180 to register.

Leader Training Lesson, Sept. 27

The September FCE Council meeting will be Monday, Sept. 24, 1 p.m. at the Lancaster Extension Education Center. Lincoln attorney Andrew Louden will present a program on "New Laws Affecting Seniors." The business meeting will follow the speaker. Helpful Homemarkers and 49’ers are host for the meeting. All FCE members are invited to attend.

Sizzling Summer Sampler a Success

The Family & Community Education (FCE) Sizzling Summer Sampler held on July 10 was a success with nearly 100 FCE members and friends in attendance.

Twenty-three baskets were raffled off, raising $360 for the FCE Scholarship Fund.

Elizabeth Worley of dessArts presented "Healthy Elegance"

Extension Educator Don Janssen presented "Where is Tasmania?"

Women & Money, Conference, Aug 18

The 2007 Women & Money Conference is scheduled for Saturday, Aug 18, 8 a.m. – 1 p.m. at the Holiday Inn downtown. This half-day program will provide opportunities for women and teen women to learn about skills that will help them succeed.

Sponsored by the Lincoln-Lancaster Women’s Commission along with the Nebraska State Treasurer’s Office and Lincoln Benefit Life, this year’s event is encouraging high school and college-aged women to attend, with special sessions for them. Miss Nebraska 2006, Molly McGrath, will share her special insight into financial issues and Budgeting 101 will introduce basic guidelines on managing one’s money.

Registration fee is $10 per person includes continental breakfast and lunch. Registration deadline is Aug. 3. Scholarships are available. For more information or registration form, go to www.city.lc.ne.gov/city/mayor/women/conference or call 441-7716.

Back to School Tips

Making the First Day Easier

• Remind your child they are not the only student who is a bit uneasy about the first day of school. Teachers know students are anxious and will make every extra effort to make sure ever feels as comfortable as possible.

• Point out the positive aspects of starting school. It will be fun. They’ll see old friends and meet new ones. Refresh their memory about previous years, when they may have returned home after the first day with high spirits because they had a good time.

• Find another child in the neighborhood with whom your youngster can walk to school or ride with on the bus.

• If you feel it is appropriate, drive your child (or walk them) to school and pick them up on the first day.

Traveling to and from School

Review the basic rules with your youngster.

School Bus

• Wait for the bus to stop before approaching it from the curb.
• Do not move around on the sidewalk or play near the bus.
• Check to see no other traffic is coming before crossing.
• Make sure to always remain in clear view of the bus driver.

Car

• All passengers should wear a seat belt and/or an age- and size-appropriate car safety seat or booster seat.

• Your child should ride in a car safety seat with a harness as long as possible and then ride in a belt-positioning booster seat. Your child is ready for a booster seat when she has reached the top weight or height allowed for their seat, their shoulders are above the top harness slots, or their ears have reached the top of the seat.

• Your child should ride in a belt-positioning booster seat until the vehicle’s seat belt fits properly (usually when the child reaches about 4’9’’ in height and is between 8 to 12 years of age). This means the shoulder belt lies across the middle of the chest and shoulder, not the neck or throat; the lap belt is low and snug across the thighs, not the stomach; and the child is tall enough to sit against the vehicle seat back with her legs bent at the knees and feet hanging down.

All children under 13 years of age should ride in the rear seat of vehicles.

• Remember many crashes occur while novice teen drivers are going to and from school. You may want to limit the number of teen passengers to prevent driver distraction. Do not allow your teen to drive while eating, drinking or talking on a cell phone.

Bike

• Always wear a bicycle helmet, no matter how short or long the ride.

• Ride on the right, in the same direction as auto traffic.

• Use appropriate hand signals.

• Respect traffic lights and stop signs.

• Wear bright color clothing to increase visibility.

• Know the “rules of the road.” http://www.aap.org/family/bicycle.htm

Walking to School

Make sure your child’s walk to school is a safe route with well-trained adult crossing guards at every intersection. Be a pedestrian role model. Your child’s pedestrian skills. Small children are impulsive and less cautious around traffic, carefully consider whether or not your child is ready to walk to school without adult supervision.

• Bright colored clothing will make your child more visible to drivers.

Developing Good Homework and Study Habits

• Create an environment conducive to doing homework. Youngsters need a permanent work space to their bedroom or another part of the home offering privacy.

• Establish a household rule, the TV stays off during homework time.

• Be able to answer questions, and offer assistance, but never do a child’s homework for them.

Source: American Academy of Pediatrics

Cleaning Silver by Electrolysis

Need a quick and inexpensive way to clean silver that has tarnished during storage? Line a pan with aluminum foil. Fill with solution of tablespoon baking soda OR 1 tablespoon salt to one quart hot water. Add silver and soak. It will only take a few minutes and your silver will be shiny again. Rinse and dry. This works well for silverware or other special pieces of silver used only on special occasions.

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Youth Horticulture Contests
Nebraska youth and 4-H’ers interested in horticulture now have some new options for participating in the National Junior Horticulture Association (NIHA) projects, contests and activities. Changes for 2007 mean states now can enter any number of participants in speech, demonstration and photography contests—past rules limited number of participants.

NIHA projects and contests are open to all youth ages 5–22.
• For ages 5–14, go to Young America Horticulture Projects section at http://nha.org/projects_youngam.html
• For ages 15–22, go to http://nha.org/projects.html

Many of the projects 4-H’ers complete for the 2007 Nebraska State Fair will qualify for this contest. All NIHA projects, contests and activities are due Sept. 15. The grand national award winner will receive $500 cash.

This year, the national NIHA convention is Oct. 5–8 in Fort Wayne, Indiana. Youth do not have to attend the national horticulture convention to participate in most of these projects. However, students interested in going to the national convention can travel with the Nebraska 4-H team that participates in the horticulture contest at the conven-
tion each year. For the horticulture contest, only one team is allowed, but there are open and FFA divisions.

For more information about these contests, call UNL Extension Educator Anne Streich at 472-1640.

Cytospora Canker of Spruce

One of the most important diseases of spruce in landscape plantings is Cytospora canker. This disease is caused by a fungus and is frequently found on Norway spruce, Colorado blue spruce and its cultivars. White spruce is also susceptible and there are a few reports on Sitka spruce. In addition to the spruces, Cytospora canker is sometimes found associated with Douglas fir, hemlocks, larches and balsam fir.

Symptoms
Dying of a lower branch with subsequent needle browning is usually the first symptom. The brown needles may remain on the branches or they may fall off. As the disease progresses over several years, higher branches show damage. The actual cankers are often first seen at the base of branches near the main trunk of the tree. On the more susceptible species (Norway spruce), trunk cankers develop which may result in girdling and death of the tree.

The bark of the cankered area is not visibly different in color; nor does it become sunken as in cankers on many deciduous trees. However, resin flow is usually associated with Cytospora canker and the white patches of dried resin are quite conspicuous on the bark. Resin flow can, however, be associated with any injury to branch tissue.

Cankers often cannot be located without cutting into the branch. Removal of the outer bark from cankers reveals brown, dead areas of the inner bark and cambium. Within the cankered areas, a careful search using a magnifying hand lens will often reveal black pinhead sized structures that produce the spores of the pathogen. Careful removal of layers of bark make these structures more visible. During wet weather, yellow to orange-colored masses of spores oozing out of these black structures in tiny tendrils can be observed. Sometimes these tendrils or gelatinous spore masses are visible to the unaided eye.

Causal Fungus
Cytospora canker of spruce is caused by the fungus, Cytospora kunzei var. piceae (also reported as Valsa kunzei var. piceae). The spores (conidia) described above are readily disseminated by splashing water, wind-driven rain, by man during pruning and also by insects and birds.

The fungus generally becomes established through wounds. Disease Management
Cytospora canker is more common on trees over 15 years old. This disease is more prevalent on trees of low vigor. Those trees with shallow roots, weakened by drought, low fertility, mechanical injury or insect damage; and trees growing in an unfavorable site are more susceptible to Cytospora canker.

The following practices lessen the likelihood of this disease.
• Avoid bark and stem injuries.
• Control insects and mites; especially spruce gall adelgids and spider mites.
• Fertilize according to horticulturists’ recommendations.
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• Water during extended dry periods. Water thoroughly so that soil is moistened 18 to 24 inches deep.
• Follow accepted pruning practices.
• Vertically mulch to relieve soil compaction, poor aeration and inadequate water penetration.
• Once established, the following may aid in suppressing disease development. Remember that affected branches cannot be saved.
• Prune and remove or destroy affected branches. To lessen the spread of the fungus, prune only when the trees are dry. Pruning tools should be disinfested with 70 percent alcohol between cuts. It will generally be necessary to prune back to the main trunk. No effective chemical control measures are available.

Source: Stephen Narveth, C. Wayne Ellis and Jim Chartfield, Ohio State University

Garden Guide
Things to do this Month
By Mary Jane Frpuge, UNL Extension Associate
Handpick bagworms from your evergreen and deciduous trees.
Check deciduous trees for fall webworm. Use a broom or rake to get them out of small trees.
Check on water needs of hanging baskets daily in the summer. Wind and sun dry them much more quickly than other containers.
Clean up fallen rose and peony leaves. They can harbor disease and insect pests over the winter if allowed to remain on the ground.
Remove old vegetable plants which have stopped producing on the ground.
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Mulch
In nature plants and trees drop leaves that accumulate at their bases. Every year, a new layer is added while the older layer decays. This is leaf mold, and it is a form of compost. What nature is doing is providing a protective layer over the ground, suppressing weed growth and reducing soil moisture loss. Compost can do the same thing in gardens and vegetable gardens.

To prepare any area for mulching, first clear away grass or weeds that might grow through the mulch. Make sure to remove the roots of tough perennial weeds. When using compost as a mulch in flower beds, vegetable gardens, landscape beds or lawns, screen the finished compost. A simple screen can be made using 1/2-inch mesh hardware cloth and attaching it to a wooden frame. Place the screen over a wheelbarrow or other container and sift the compost into it. The large pieces left behind can go into your next compost pile as an activator, introducing the necessary micro-organisms. Cover the garden or bed area with screened compost to a depth of one to two inches. When applying compost on a lawn, it is fine to use it directly. There is less of a chance of smothering the lawn. A 1/4-inch mesh hardware cloth works even better. One way to incorporate the compost is to aerate the soil, then apply a 1/8-inch to 1/4-inch covering of fine compost. Use a rake to distribute the compost over the soil and coring. When mulching around trees and shrubs, screening may not be necessary. This is really a matter of aesthetic desire.

Soil Amendment
When starting a new garden soil, amending is recommended before planting. If you want compost now then it is after the garden is planted. Cover the garden area with one to two inches of compost and till it into the upper six inches of the soil. If the garden is already established and you want to incorporate compost deeply into the soil, your options are limited.

With perennial roots, every time a new plant is added to the garden or an old one is divided, add compost. With annuals, add compost every spring. Loosen up the entire area where annuals will be planted and work in compost. Around existing trees it may be difficult to incorporate into the upper six inches of the soil. Drill 1-in-2-in diameter holes 12-inches deep in the soil throughout the tree canopy and beyond at 18-inch spacing. Fill the bottom of each hole with recommended rates of compost.

Using Compost in Potting Mixes
Blend fine-textured compost into potting mixtures. However, make sure the compost does not make up more than one quarter of the potting mixture and that the plants growing in containers are entirely reliant on the water and nutrients provided in the potting mix. Compost is excellent for container growing mixtures, because it stores moisture effectively and provides a variety of nutrients not typically supplied in commercial fertilizers or soil-free potting mixes. Fertilize containers on a regular basis to provide the high volume of nutrients they need. Finely sifted compost can also be used in seed-starting mixtures.

Compost Tea
An old fashioned way of providing liquid fertilizer for plants is to brew compost tea. Similar to manure tea, compost tea gives plants a good dose of nutrients. Compost tea works especially well for providing nutrients to new transplants and young seedlings. To make compost tea, fill a burlap sack or an old pillow case with finished compost and cover the open end. Place in a tub, barrel or watering can filled with water. Agitate for a few minutes and then let it steep for a few days. Water will leach out nutrients from the compost and the mixture will take on the color of tea. Spray your compost tea onto and around plants. Use the bag of compost for several batches. Afterwards, simply empty bag’s contents onto the garden.

Knock, Knock—Who’s in The Compost Pile?

When you look past the bacteria, actinomycetes and protozoans, who else lives in an active compost pile? Well, there are many residents who not only live there, but work there too. Who are they and what do they do?

Mites
Mites are related to ticks, spiders and horse shoe crabs. They can be free-living or parasitic, sometimes both at the same time. Mites move through larval, nymphal and adult stages. They attack plant matter, but also snails, insects, fly larvae, other mites and springtails.

Springtails
Springtails are very small insects, rarely exceeding one-quarter inch in length. They vary in color from white to blue-grey or metallic and are mostly distinguished by their ability to jump when prodded with a toothpick. Decomposing plants, pollen and fungi. When you give compost a shake, the springtails are the first to fly out.

Snails and Slugs
Both snails and slugs are mollusks and have muscular disks on their underside that are adapted for a creeping movement. Both snails and slugs lay eggs in capsules or galls. Make sure to measure and progress through larval stages to adulthood. Their food is generally living plant material, but they will attack fresh garbage and plant debris and will appear in the compost pile.

Ants
Ants feed on a variety of materials, including aphid honeydew, fungi, seeds, sweet scraps, other insects and sometimes other ants. They will remain, however, only while the pile is relatively cool. Ants prey on bacteria and fungi and may benefit the composting process by bringing fungi and other organisms into their nests. The work of ants can make compost richer in phosphorus and potassium.

Sowbugs
The sowbug is a fat-bodied, flattened creature with distinct segments. Sowbugs reproduce by means of eggs that hatch into smaller versions of the adults. Since females are able to deposit a number of eggs at one time, sowbugs may become abundant in a compost heap. They eat decaying vegetation.

Spiders
Spiders, which are related to mites, are predators. They are great at scavenging and killing insects and other arthropods. Spiders are one of the least-appreciated animals in nature. They help break down plant material by feeding directly on it.

Beetles
The rove beetle, ground beetle and feather-winged beetle are the most common beetles in compost. Feather-winged beetles feed on fungal spores, while the larger rove and ground beetles prey on other insects. Most adult beetles, like the larval grubs of their species, feed on decaying vegetables, while some, like the rove and ground beetles, prey on snails, insects and other small animals.

Millipedes
The worm-like body of the millipede has many legs in two segments each, except the front few bearing two pairs of walking legs. Young millipedes molt several times before gaining their full complement of legs. When they reach maturity, adult millipedes can grow to a length of one to two inches. They help break down plant material by feeding directly on it.

Centipedes
Centipedes are flattened, segmented worms with 15 or more pairs of legs per one pair segment. They hatch from eggs laid during the warm months and gradually grow to their adult size. Centipedes feed on small animals, especially insects and spiders.

Worms
Nematodes or eelworms, free-living flatworms and rotifers all can be found in compost. Nematodes are microscopic creatures that can be classified into three categories: those that live on decaying organic matter and those that live on other nematodes, bacteria, algae, protozoa, etc.; and those that can be serious pests in gardens where they attack the roots of plants. Flatworms, as their name implies, are flattened organisms that are usually quite small in their free-living form.

Earthworms
If bacteria are the champion microscopic decomposers, then the heavy-weight champion is undoubtedly the earthworm. As soil or organic matter is passed through an earthworm’s digestive system, it is broken up and neutralized. The matter goes out the worm’s body in the form of casts, which are the richest and finest quality of all human materials. Fresh castings are markedly higher in bacteria, organic material, available nitrogen, calcium and magnesium and more available phosphorus and potassium than soil itself.

Earthworms thrive on compost and contribute to its quality through both physical and chemical processes and reproduce readily in the well-managed pile. Since earthworms are willing and able to take on such a large part in compost making, it is wise to take full advantage of the earthworm’s special talents.
Larry Pershing
Lancaster County 4-H is proud to announce Larry Pershing as winner of August’s “Heart of 4-H” award in recognition of outstanding volunteer service. Larry has volunteered with Lancaster County 4-H for over 30 years. He started volunteering when his kids, Todd and Tracey, were members of the Rock Creek Ranchers 4-H club. At various times, he was assistant leader and leader of the club. He was active on the VIP’s committees for sheep and goat projects. For many years, he served as superintendent of the Lancaster County Fair 4-H sheep and goat shows. Larry was also on a volunteer committee for the Clover Kids program and he has been on 4-H Council. He has long been involved with the livestock booster club and has served as director of the organization.

“4-H provides opportunities for me to help the youth of the community,” says Larry. “It is a worthwhile use of my time. I enjoy volunteering at the county fair and watching the kids as they grow.”

Deanna Karmazin. “Not only does he give his time and talents to make a positive impact on 4-H’ers lives, but he gives his heart also.”

Life Challenge Results
The 4-H Life Challenge contests focus on Family and Consumer Science project areas. Youth answer written questions and give an oral presentation applying what they have learned in their 4-H projects to a real-life situation. The county senior Life Challenge contest was held June 8. Britta Doseck was awarded the Grand Champion rosette. The county junior Life Challenge contest was held July 12 and Danielle Wilkerson was awarded the Grand Champion rosette.

Premier Animal Science Events Results
Lancaster County 4-H judging teams competed in various events at this year’s Premier Animal Science Events (PASe) on June 25 and 26 at UNL East Campus.

The senior Dairy Judging team consisting of Elise Edgar, Emily Rice, Jill Doctor and Megan Rice were named the Champion Nebraska 4-H Dairy Judging Team. They were coached by Dan Rice and Randy Steinhausen. Individual honors went to Emily Rice who was second overall in individual placing. Lancaster 4-H’ers Mitch Klein, Tess Klein, Elise Edgar and Jill Doctor also placed in the top 10 individually. Finishing in the Top 20 were Megan Rice, Dylan Wagner and Levi Meyer.

Lancaster County had two intermediate Livestock Judging teams competing. Team members were: Coryn Woodward, Grant Schrick, Taylor Johnson, Aaron Studебaker, Cody DeWald, Erica Peterson and Nathan Grimes. The team consisting of Woodward, Schrick and Johnson placed in the top 10 teams overall. Johnson, Schrick, DeWald and Studebaker all finished in the top 40 individually. The senior Livestock Judging team consisted of Ryan Nelson and Levi Meyer. Both 4-H’ers did an excellent job as a team of two.

Congratulations to all those who competed.
Sports a Winning Attitude in 4-H

It's fair time! Good sportsmanship is an expectation. Competitive programs abound with "teachable moments." It's important that children (and adults) learn to be fair and generous competitors and realize the fair is only one piece of the educational experience. The six pillars of Character Counts! and sportsmanship go hand-in-hand. We hope you will promote good sportsmanship at the fair and all competitive and non-competitive events.

- **Responsibility**—a good sport is accountable for their actions and shows self-restraint.
- **Fairness**—a good sport treats people fairly and plays by the rules.
- **Caring**—a good sport shows concern and compassion for others.
- **Citizenship**—a good sport gives service to their community.
- **Respect**—a good sport respects others.
- **Trustworthiness**—a good sport treats others the way they want to be treated, shows respect for judges and officials.

Sportsmanship is everyone's responsibility. To become competitive, adults, youth must develop sportsmanship skills with the help of caring, supportive adults who set a good example. We hope you take time to recognize and congratulate other competitors. Winning begins in the heart. Have fun!

### Ak-Sar-Ben 4-H Youth Expo, Sept. 25–30

The 89th Ak-Sar-Ben 4-H Youth Livestock Exposition will be held Sept. 25–30 at the Qwest Center in Omaha. More than 2,000 4-H families from an eight-state area participate in the Expo. Categories of this 4-H only competition are Dairy, Feeder Calf, Beef Breeding, Horse, Market Beef, Market Broilers, Meat Goats, Market Lamb and Market Swine. Livestock exhibitors must be at least 10 years of age as of January 1. For more information, entry forms and tentative schedule, go to http://akasbar.com/4-H

### Entries Due Aug. 5

Entries from Lancaster County 4-H members are due to extension staff no later than Sunday, Aug. 5. Please make sure to include all entry fees, chutes and parking fees. Ak-Sar-Ben will require 15-day health certificates for livestock and horses! Note: Horses do not require an EIA (Coggins) test.

### Horse Exhibitor Eligibility

New this year, horse exhibitors do not need to have qualified at districts to enter the Ak-Sar-Ben 4-H Horse Show! Horse exhibitors MUST be 12 years of age as of January 1 AND have passed Level 2 for English and Western Pleasure, Showmanship, and Hunt Seat at 4-H State Fair. All exhibitors of English and Western Pleasure, Showmanship, and Hunt Seat must preregister the day of the contest by noon.

### Volunteer at the 2007 Nebraska State Fair!

Hundreds of people volunteer their time and energy in making the 4-H section at the Nebraska State Fair incredibly successful. Along with the opportunity to participate in this great event, new people and provide assistance to fairgoers, each volunteer will receive a free parking pass and gate entrance pass to the State Fair for the day(s) they volunteer. A schedule of events and volunteer times, as well as a volunteer interest form are online at http://4h.unl.edu/programs/statefair. Please mail form no later than Aug. 6. For more information, contact Doug Swanson at 472-2805.

### Premium Payouts Must Be Picked Up During County Fair, Sunday, Aug. 5

Premium payouts to 4-H & FFA exhibitors will be paid in cash on Sunday, Aug. 5, Noon–4 p.m. at the Lancaster Event Center Fair Board Office. Subject to identification, parents, guardians, 4-H club leaders, FFA chapter advisors will be permitted to pick up and sign for exhibitor premiums. NO CHECKS WILL BE ISSUED THIS YEAR! No changes or corrections will be made on premium amounts after 14 days.

### Food Booth Training, July 26

The 4-H Corner Stop food booth at the county fair is Lancaster County 4-H Council’s primary fundraiser. Volunteers are needed to staff 5-4 hour shifts from Tuesday, July 31 through Sunday, Aug. 5. For more information, contact Jean Pedersen at 420-0573 (call after 6 p.m.) or e-mail Jean.pedersen@unl.edu. All food booth volunteers are encouraged to attend a training on Thursday, July 26, 6–7 p.m. at the Event Center. Learn about food safety, customer service and volunteer responsibilities.

### Static Exhibit Check-In

Monday, July 30, 4–8 p.m.

Static exhibits do not preregister, but MUST be physically checked in during Static Exhibit Check-in on Monday, July 30 between 4 to 8 p.m. at the Lancaster Event Center, Lincoln Room. An adult — such as a club leader or parent(s) — should assist 4-H members in entering exhibits. All entry tags, additional information, recipe cards, data tags, etc. MUST be attached at this time.

### Interview Judging, July 31

Interview judging is Tuesday, July 31 starting at 9 a.m. in the Lincoln Room. 4-H’ers have the opportunity to talk to judges about their fair exhibits and share their trials and lessons they learned. 4-H’ers also learn what the judge looks for and how to improve skills. 4-H’ers may interview judge ONE exhibit from each project area (for example: one item from Celebrate Art, one item from Science, Decision and one item from Tasty Tidbits). Refer to page 38 of the Fair Book for project areas which have interview judging. Call the office at 441-7180 after July 4 to sign up for a five-minute time slot.

### Results Posted on 4-H Web Site

4-H results and photos will be posted online at http://lancaster.unl.edu/4H/Fair

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Q & A’s about Responsible Gambling

What is Gambling?
Gambling is betting money or something of value on the outcome of a game, contest or other event where the results lie in chance and the outcomes are uncertain.

Problem gambling is gambling to the extent that the individual dips into or borrows to continue to gamble. A person who chooses to gamble with money spent. A person who chooses to wager with money or something of value to attempt to win money or something of value, he/she should only bet what they can afford to lose. This type of gambling is persistent, recurrent behavior that disrupts personal, financial and other pursuits. It is an addiction like substance abuse with a similar pattern of destructiveness to the individual and family.

Regulated forms of gambling vary in cities, counties and the state. Consumers should be aware of the legal forms in your area. In Nebraska, legal forms include: Bingo and lottery by pick-up cards; lotteries and raffles conducted by qualifying nonprofit organizations; Lottery (keno) conducted by counties, cities and villages; State lottery (power ball, scratch off tickets, etc.) and horse racing.

What Can You ‘Play’ Legally in Nebraska?

Don’t Bet More than You Can Afford
Gambling is meant for recreation. If a person chooses to wager with money or something else of value, he/she should only bet what they can afford to lose. This type of wagering is considered low risk, responsible.

Play for Fun, Not Money, Expect to Lose
Some forms of gambling are illegal so know the difference. Those who choose to wager should do so with the intent of pure entertainment. When a person gambles with the intention of winning, gambling begins to serve a different purpose. If gambling is seen as a means to pay bills, chances greatly increase for this person to cross into problem gambling.

Set Limits on the Time Played and the Money Spent
A person who chooses to gamble should always know ahead of time how long they can play. Losing control of time spent gambling leads to neglecting other responsibilities and is a sign of problematic gambling. This is also true with money spent. A person should have a predetermined amount of money they are willing to spend and lose prior to beginning. This method of restriction eliminates the potential hazard to loss control that often leads to insufficient funds for living.

Don’t Borrow to Play, Don’t Play Illegally
Borrowing to continue to play in order to win back your previous loss is a sign of problematic gambling behavior. Never loan anyone money or something of value to gamble. Watch out when ‘borrowing’ becomes stealing.

Low Risk Gambling Tips

Don’t Chase your Losses
If you expect to win and then lose, you may feel compelled to try again. If you bet more than you can afford and you lose it, you’ll probably want to try to win it back. This pattern of playing, winning, losing and trying again is called ‘chasing.’ This dangerous cycle indicates problematic behavior.

What Forms of Gambling are Illegal?
Some examples of illegal forms are: slot machines, dog fights, video lottery machines, craps-dice, Internet gambling, betting on sports/games, office pools, and even private poker game in your own home or an unregulated establishment.

How do I Know if I or Someone I Know Has a Problem?
Some signs and symptoms of problems are as follows:
• Increasing time spent gambling
• Increasing size of bets
• Intensity of interest in gambling activities
• Turning to gambling during stress
• Increased irritability

Erectic mood and personality changes
• Feeling depressed or anxious
• Decreased productivity at work, school or home
• Lying about activities, whereabouts and money
• Evasive about losses
• Spending they earmarked for bills, etc on gambling.

What Can I Find Help for Problem Gambling?
Treatment is available. If you are concerned about yourself or someone you know, contact:

- GAMBLERS ASSISTANCE PROGRAM
Division of Behavioral Health P.O. Box 98525, Lincoln, NE 68505 471-7818
www.bha.state.ne.us/beh/gam/gam.htm

- CHOICES TREATMENT CENTER
2737 N. 49 St., Lincoln, NE 68504 www.choicestreatmentcenter.com

- NEBRASKA COUNCIL ON COMPULSIVE GAMBLING
www.nebraskacouncil.com

- Compulsive Gambling Helpline: 1-800-522-4700 24-Hours / 7 Days a Week

- Lincoln Gamblers Anonymous
P.O. Box 98925, Lincoln, NE 68509 471-7818

- Gamblers Assistance Program at Health and Human Services
www.choicestreatmentcenter.com

- www.playitsafenebraska.com

A retreat designed for 6th grade girls and their mothers (or grandmothers or other adult females).

Friday, Oct. 5, 5 p.m. to Saturday, Oct. 6, 5 p.m.

EASTERN 4-H CENTER, GRETN

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Don’t Gamble When Stressed, Depressed or Recovering from Other Addictions
Problems can occur if you begin to turn to gambling for an escape from life’s woes. If you’re in recovery for alcohol, drugs, pathological gambling or other addictions, it’s best not to play at all.
Recipe to Reality Seminars

There are many great food ideas just waiting to be produced. Entrepreneurs who have one of those ideas should attend a Recipe to Reality seminar. This seminar is part of the nationally recognized Food Entrepreneur Assistance Program at the University of Nebraska Food Processing Center.

The next seminar will be Friday, Aug. 10 in Lincoln. Pre-registration is required and space is limited. Registration deadline is July 27. Other upcoming dates are Oct. 1 in Omaha (presented in Spanish) and Oct. 29 in Lincoln, NE.

During this one-day seminar, participants receive information on such topics as market research, product development, production facilities, packaging, labeling, pricing, product introduction, promotional materials, food safety and legal and business structure issues. Since 1989, the seminar has helped hundreds of entrepreneurs investigate the reality of starting a food business. For more information, go to www.fpc.unl.edu or call 472-2819.

Nebraska Statewide Arboretum Photo Contest

Capture the beauty of Nebraska through the Nebraska Statewide Arboretum! Twelve images that best display the theme, “A Year in the Garden,” will be compiled into a calendar and may appear in other NSA publications and displays. Each winner will receive five copies of the calendar and a tree seedling winner will receive five copies of the calendar and a tree seedling.

Entries must be postmarked by Sept. 14. Forms can also be found online at http://arboretum.unl.edu. For more information contact NSA at 472-2971. Entries must be postmarked by Sept. 14. Forms can also be found online at http://arboretum.unl.edu. For more information contact NSA at 472-2971. Entries must be postmarked by Sept. 14. Forms can also be found online at http://arboretum.unl.edu. For more information contact NSA at 472-2971. Entries must be postmarked by Sept. 14. Forms can also be found online at http://arboretum.unl.edu. For more information contact NSA at 472-2971. Entries must be postmarked by Sept. 14. Forms can also be found online at http://arboretum.unl.edu. For more information contact NSA at 472-2971. Entries must be postmarked by Sept. 14. Forms can also be found online at http://arboretum.unl.edu. For more information contact NSA at 472-2971. Entries must be postmarked by Sept. 14. Forms can also be found online at http://arboretum.unl.edu. For more information contact NSA at 472-2971. Entries must be postmarked by Sept. 14. Forms can also be found online at http://arboretum.unl.edu. For more information contact NSA at 472-2971. Entries must be postmarked by Sept. 14. Forms can also be found online at http://arboretum.unl.edu. For more information contact NSA at 472-2971.

Your 4-H Talent Can Lead to an Exciting Career!

The College of Agricultural Sciences and Natural Resources offers 24 degree programs and two pre-professional programs which can lead you to an exciting career!

Food Scientist Landscape Designer Livestock Specialist

For more information, call (800) 742-8800, ext. 2541 or go to www.casnr.unl.edu.
4-H Clover College is Hands-On Fun, Learning

Held each June, 4-H Clover College is a four-day series of hands-on workshops for youth presented by University of Nebraska-Lincoln Extension in Lancaster County. This year’s Clover College, held June 19–22, featured 46 workshops and 686 total registrations! A special thank you to the 74 instructors and assistants! More photos are online at http://lancaster.unl.edu/4h

U.S. Drought Monitor Map
As of July 10, most of Lancaster County was in abnormally dry conditions.

Can You Guess It?
Did you guess it? Find out at http://lancaster.unl.edu
Did you guess it from the July Issue?
The answer was Soybean Aphids on Soybean Plant

Salute to Volunteers
continued from page 1

4-H volunteers fill a wide range of vital roles at the county fair: superintendents supervise a project area or contest, volunteers help set-up displays and animal pens, Fair Fun Day guides lead day care groups on tours, and some volunteers help with specialty tasks such as preparing the horse arena surface or decorating the style revue stage.

Ron Suing, Engineering Superintendent
“50 plus years ago, I first entered a bird house at the Boyd County Fair and received a blue ribbon. The judge wrote some constructive comments on my scoring sheet which led me to pay more attention to detail on following projects. Now, being in charge of engineering is my way of giving back to a great institution such as 4-H.”

Martin Dye, Horse Program Volunteer
“I think one of the greatest rewards come from helping youth get a chance to be successful: win, place or show. To be a part of their experience that will affect them in some way the rest of their lives. The time given always is repaid many times. More people need to take the time to give of themselves so they can enjoy the rewards.”

Marian Hanigan, 4-H Teen Council president
“If others did not give their time to make the fair a reality, I would not be able to partake in the great experience. So, in turn, I give my time so that others can also enjoy the county fair.”