4-H is a community of young people across America who learn leadership, citizenship and life skills. Life skills include responsibility, decision making/problem solving, communicating and community service.

The 4-H curriculum, “Step Up to Leadership: Mentoring Leadership as ’...the ability to influence and support others in a positive manner for a common goal.’ Life skills can be used in a leadership capacity when someone influences and supports others.

The University of Nebraska-Lincoln Extension 4-H Youth Development program offers youth numerous opportunities to learn and apply leadership skills throughout the year and at fair time.

4-H Teen Council President Grace Farley says, “4-H has given me many opportunities to learn about leadership. I have received the chance to lead meetings, arrange speakers, run community events and much more through my involvement in Teen Council. These experiences allow me to learn in a hands-on way. I will be able to use these skills for the rest of my life.”

4-H at Lancaster County Fair

County and state fair marks the culmination of the 4-H activity year. Many 4-H members exhibit their projects and compete in contests. 4-H has a large presence at the Lancaster County Fair with contests, animal shows and other activities starting before the fair and running all five days of the fair.

Teen Council

Lancaster County 4-H Teen Council is a leadership organization for youth in grades 7-12. More than 40 youth are involved in 4-H Teen Council this year. Meetings are held monthly, but the teens gear up into overtime for the Lancaster County Fair.

The Teen Council is in charge of a Cookie Eating Contest (Friday, Aug. 8 at 4 p.m. in the Fair Tent). Ice Cream Social (Friday, Aug. 8 at 5:30 p.m. in the Fair Tent) and 4-H Information Table (in the Lincoln Room). The teens plan, organize and carry out these activities themselves. They form — and serve on — committees which are responsible for each activity. The teens follow through with all the details, from picking up the ice cream to inventories supplies to securing donations.

4-H Teen Council member Christina Mayer says, “As a 4-H’er, it has become abundantly clear to me that working in groups is helpful, if not vital, in many situations. Teen Council runs much smoother and is much more enjoyable if the officers and other members can work together to make plans. I’m learning to be a team player, and I like to think that 4-H has played a leading role in that development.”

4-H Council

Lancaster County 4-H Council is responsible for determining long- and short-term goals and policy for Lancaster County 4-H. Comprised of adults and youth, the 4-H Council is a partnership between adults and youth who make decisions and work together.

Each year, 4-H Teen Council organizes an Ice Cream Social as a fundraiser for their program. Older 4-H’ers often help younger 4-H’ers at fair time.

4-H Council also raises funds to support 4-H programs, activities and scholarships. The majority of 4-H Council’s fundraising comes from staffing a 4-H snack booth at the Lancaster County Fair (the 4-H Corner Stop is located near the main entrance). Many 4-H clubs staff a shift at the snack booth. At least one 4-H Council member (youth or adult) is at the booth at all times.

Last year, Valentinio’s sponsored a Spaghetti Feed fundraiser for 4-H Council. 4-H Council youth member Brad Morgan contacted and made the arrangements with Valentino’s.

Other Opportunities

Club Officers & Junior Leaders — 4-H clubs usually have club officers and some have junior leaders. In these leadership roles, youth often help other youth. Many older 4-H’ers without “official” leadership roles also help younger youth at the Lancaster County Fair. Another form of leadership is setting a good example and being a role model.

Volunteering with Set-Up — Every year, youth and adult volunteers are needed to help with Lancaster County fair set-up. 4-H staff member Tracy Kalm says, “Some teens step up and take leadership for certain aspects of static exhibit set-up, such as cleaning and decorating displays, or arranging exhibits. They are very capable and their help is so appreciated.”

Herdsmanship — Clubs coop- erate to keep their animals and stall areas clean and attractive. All animal exhibitors are encouraged to share knowledge about their animals with the general public. 4-H staff member Deanna Karmazin says, “Each year, I’m impressed how professional and knowledgeable the 4-H’ers are when they explain their animal projects to the public.

Fair Fun Day Teen Tours Guides — Teen volunteers lead tours for child care groups during Fair Fun Day. Several teens give talks and/or demonstrations at designated stops on the tours.

4-H members Jeff Cassel and Katie Zabel say they like helping younger 4-H’ers because they like making kids laugh and smile, and giving kids the best week of their lives.
Alfalfa can be seeded either in spring or fall in eastern Nebraska. Whether it is best to plant alfalfa in the spring or fall depends on two factors, predominant weed species and soil moisture. If the predominant weed species are summer annuals such as fescue and redroot pigweed, it may be better to plant alfalfa in the fall—provided the soil profile has adequate moisture for germination. If it rains the alfalfa should be well established by the time of the first killing frost. In Lancaster County, the latest alfalfa should be seeded in the fall. If it rains the alfalfa cannot be completed by that time, it is best to wait for another season.

Alfalfa seed needs to be planted 1/4- to 1/2-inch deep in fine textured soils and 3/4-inch deep in sandy soils for best germination. Regardless of seeding time, it is critical alfalfa be established into a firm seed bed. Alfalfa seeds must have close contact with soil particles and soil moisture to ensure rapid establishment. A firm seedbed also helps prevent seed from being planted too deep. Leave just enough soil loose to cover seed after planting.

Buffer pH Indicates Amount of Lime to Add to Acid Soil

Tom Dorn  
UNL Extension Educator

**Question:** My soil test report shows a number for pH and another number for buffer pH. What does pH measure and what is the difference between pH and buffer pH?

**Answer:** pH is a measure of the acidity or alkalinity of a soil. When the soil solution (the water in the soil) contains equal numbers of hydrogen ions (H+) and hydroxyl (OH-) ions, the soil is neutral and the pH of the soil is 7.0. When there are more H+ ions than OH- ions, the soil is acidic, and when there are more OH- ions than H+ ions, the soil is alkaline. The scale is logarithmic. That means a soil with a pH of 6.0 is 10 times more acidic than a soil with a pH of 7.0. A soil with a pH of 5.0 is 10 times more acidic than a soil with a pH of 6.0 and 100 times more acidic than a soil with a pH of 7.0.

Soil acidity can be thought of as two types: active or soil solution acidity and reserve or exchangeable acidity. The active acidity of a soil is measured directly by a pH meter in the laboratory. Reserve acidity depends on several factors, such as amount and type of clay, amount of organic matter and soluble aluminum concentration in the soil.

Therefore, two soils can have the same measured pH, but will require different amounts of lime to change the pH value and correct it back to a more neutral pH. A chemical test using a buffer is performed in the laboratory to determine the amount of calcium carbonate equivalent (CCE) necessary to raise the soil pH to a desired level. This buffer solution reacts with the soil to neutralize both the active and reserve acidity. The change in the pH of the buffer can be measured and correlated to the amount of lime needed per acre to obtain the same results in the field. This is reported on the soil test report as buffer pH. A rule of thumb for buffer pH values is, for every 0.1 point below pH 7.0, it takes about 1,000 pounds of ag lime (60% CCE) to bring soil pH up to a measured pH value of 6.5. (6.5 is considered the ideal pH for most crops).

For example, a soil with a buffer pH of 6.3 would require (7.0 - 6.3) times 1,000 pounds of ag lime per tenth of a point = 7,000 pounds of ag lime per acre to bring the pH in the top seven inches value up to 6.5. If the lime is incorporated deeper than seven inches, larger amounts of lime are required to neutralize the acidity because you are affecting a greater mass of soil.

For more information about liming acid soils, visit http://lancaster.unl.edu/ag/Factsheets/303-03.pdf

**How to Minimize Losses When Storing Hay Outside**

Did you know over one-fourth of your hay’s nutrients can be lost due to weathering between now and feeding next winter? To minimize these losses, make dense, evenly formed bales or stacks. They will shed water better and sag less than a soft core or less dense package. Use net wrap or plastic twine spaced no more than four inches apart on round bales to maintain bale shape and provide a smooth surface that encourages water runoff.

Store hay on an elevated, well-drained site so it won’t soak up moisture from wet soils or standing water. Especially avoid terraced valleys. Also avoid fences or tree lines that cause snow to drift onto hay or prevent wind and sunshine so drying off wet bales.

Often our biggest mistake is placing bales on water that runs out of one bale ends up soaking into an adjacent bale. Never stack round bales during the rainy season unless they are covered or will be fed soon. Avoid placing bales in a row with the twine ends touching one another. Instead, it is best to place round bales or stacks so there is about one foot of air space on all sides for good ventilation. Round bales also store well when flat ends are butted end-to-end in a cigar-like shape. Orient these rows north and south so prevailing winds will not cause snow drifts and so both sides of the row can receive sunlight for drying.

Follow these guidelines and you will lower your storage losses, increase feed quality and improve animal performance.

**For more information**  
UNL Extension  
County hotline 303  
“Answers to Questions About Liming Acid Soils” available at the extension office or online at http://lancaster.unl.edu/ag/Factsheets/303-03.pdf

**Plant Alfalfa in August**

Tom Dorn  
UNL Extension Educator

Alfalfa can be seeded either in spring or fall in eastern Nebraska. Whether it is best to plant alfalfa in the spring or fall depends on two factors, predominant weed species and soil moisture. If the predominant weed species are summer annuals such as fescue and redroot pigweed, it may be better to plant alfalfa in the fall—provided the soil profile has adequate moisture for germination. If it rains the alfalfa should be well established by the time of the first killing frost. In Lancaster County, the latest alfalfa should be seeded in the fall. If it rains the alfalfa cannot be completed by that time, it is best to wait for another season.

Alfalfa seed needs to be planted 1/4- to 1/2-inch deep in fine textured soils and 3/4-inch deep in sandy soils for best germination. Regardless of seeding time, it is critical alfalfa be established into a firm seed bed. Alfalfa seeds must have close contact with soil particles and soil moisture to ensure rapid establishment. A firm seedbed also helps prevent seed from being planted too deep. Leave just enough soil loose to cover seed after planting.

**Dr. Bruce Anderson, UNL extension forage specialist, says if you can’t bounce a basketball on the seedbed prior to planting alfalfa, the seed bed is too loose. Don’t have a basketball? Walk across the seedbed with hard-soled shoes, if your heel sinks in more than 1/2-inch, it is too loose. A good rain after tillage will firm the seedbed. Harrowing with the spikes set flat or rolling with a packer will firm seedbeds provided there is some moisture in the soil.**

Complete tillage (disking) following row crops is okay if the soil is firmed up by either rain, sprinkler irrigation or packer-seeders. If the untillled soil surface is already smooth, no-till planters have been very successful. In fact, no-till seeding of alfalfa following small grain crops has become the trend among successful alfalfa producers. Before seeding alfalfa, whether you plant in spring or fall, do a complete soil test. Apply and incorporate lime and phosphorus fertilizer, if needed, and be sure to inoculate the seed.
Two-Spotted Spider Mites

Injury
Tiny mites suck plant juices from the leaves of many vegetable crops, causing a discoloration of leaves due to the loss of chlorophyll. Leaves of infested plants have distinct pale-yellowish blotches. As the mite population increases, the entire leaf turns brown, dries, and drops from the plant. The under surfaces of infested leaves have silken threads. Pictured are adult mites on webs.

Don Janssen, UNL Extension Educator

Chemical Control
1. Excessive use of the insecticides cararyl (Sevin) kill beneficial mite predators, allowing mite populations to increase rapidly. Insecticidal soap and either pyrethrin or kethane may be used in your spray tank to reduce a mite population buildup.
2. Thorough coverage of leaves, especially the undersur-

ouns, is necessary to obtain good control.
3. Read and follow all label directions. Observe the proper days to wait before harvest for each particular crop.

Seeding New Cool Season Turfgrass

Don Janssen, UNL Extension Educator

The best time to seed a new cool season turfgrass lawn is late August through early September. Cool night temperatures favor rapid germination and establishment. The key to success, however, is often proper site preparation.

Before you disturb the soil, kill perennial and broadleaf weeds with a recommended non-selective herbicide such as glyphosate (Roundup, Kleeup). It is very effective against troublesome perennial weeds, but it will kill any green, growing plant, so users need to be careful to keep it from contacting landscape orna-

ments, nearby turf areas and flower or vegetable gardens. The next step is to remove stumps, rocks, roots, buried wood or other debris. Soil. If you need to make a grade change—except that the site should be slowly watered (to a depth of 6 inches) a couple days before the sod is put down. Lay the sod within 24 hours of its harvest, if

The under surfaces of infested leaves have silken threads. Pictured are adult mites on webs.

Sod is well rooted.

Slow Release Fertilizers
Slow-release fertilizers are a boon to gardeners who do not want to keep tabs on fertilization schedules throughout the growing season. However, fertilizers that release nutrients slowly through a plastic resin coating can sometimes break down too fast when exposed to high soil temperatures, releasing too much fertilizer too fast and resulting in plant damage. Three-month formulas have a lighter coating than nine-month formulas and are more likely to suffer high temperature degradation. One maker of slow-release fertil-

izers says that the problem is solved by either burying the pellets or covering them with mulch.

Why Do Petunias Do That?
Petunias vary their growth habits according to tempera-

ture and day length. At temperatures of 62 degrees F and

below, petunias will be branched, bushy, compact and multi-

flowered. From 63 to 75 degrees F, day length affects growth habit. If plants receive less than 12 hours of sunlight at

these temperatures, petunias will be single-stemmed and have only a single flower; with more sunlight, petunias branch and increase flowering. At over 75 degrees F, day length has no effect, and plants will always be tall, leggy and bear few flowers.

—Don Janssen, UNL Extension Educator

Converting Outdoor Flowers to House Plants for Winter

Many plants in the flower border will make excellent house plants this winter. Among the easy-to-maintain indoors are begonia, coleus, geranium and ivy. If they are already being grown in containers, it is a simple matter to bring them indoors. Start moving them in at night when the temperature drops below 60 degrees F to maintain their vigor and flower production. Locate plants where they receive sunlight equivalent to what they were getting outdoors for optimum bloom. If you are planning to take some garden plants indoors to provide for early fall bloom, use a sharp knife to root prune them now to a size a little smaller than the pot. Remove all buds and flowers and cut back the top growth severely. Water well until ready to lift.

—Don Janssen, UNL Extension Educator
**Food & Fitness**

**Enjoy Nebraska Goods!**

By Alice Henneman, MS, RD, UNL Extension Educator

To determine doneness in egg dishes such as quiche, casseroles, stratas, frittatas, etc., the center of the mixture should reach 160 degrees F when measured with a food thermometer. At this temperature, the very center of a custard pie may still be off enough to appear set but not have reached 160 degrees F when measured with a food thermometer. Sarah Phillips (baking@l1.com) notes a custard pie is done when the liquid area in the center of the pie is smaller than a quarter. The pie will continue to set after it is removed from the oven. (TIP: You may need to insert the thermometer at an angle so enough of it reaches into the food to measure the temperature.)

**Pasta Frittata with Tomatoes**

**(Servings 4 to 6)**

1. If you’re never cooked with whole grain pasta, enjoy using some in this recipe for added fiber and nutrients.

2. While the frittata is baking, there’s time to make an accompanying tossed salad and set the table. Then, enjoy your meal!

- **4 ounces whole grain spaghetti, regular or thin**
- **4 eggs, lightly beaten**
- **dash nutmeg (optional)**
- **1/8 teaspoon black pepper**
- **1/8 teaspoon salt (or omit salt and pass at the table)**
- **2/3 cup cheese, shredded (cheddar, Swiss, Mozzarella or whatever you’d like to try!)**
- **1 cup chopped tomatoes**

1. Preheat oven to 350 degrees F.
2. Cook pasta according to package directions. Drain and place in a 9 inch pie plate that has been sprayed with nonstick cooking spray.
3. Combine eggs, seasonings and cheese. Spread the egg mixture over the top of the spaghetti so the mixture covers the frittata and some of it sinks between the spaghetti strips. Sprinkle the chopped tomatoes evenly over the top of the frittata before putting it in the oven.
4. Bake for 20 minutes or until a knife inserted near the center comes out clean. Let frittata stand 5 minutes before serving.

**Scalloped Potatoes**

**Bite 1. Prevent cut fruit from turning brown.** Keep cut fruits, such as apples, bananas and peaches, from turning brown by coating them with such ingredients as lemon, orange or pineapple juice. Or use a commercial anti- -darkening agent with fruits, such as Fruit-Fresh®, and follow the manufacturer’s directions.

Another method to prevent browning is to mix them with acidic fruits like oranges, tangerines, grapefruit and other citrus fruit or pineapple. Prepare the acidic fruit(s) first. Then, cut the other fruits, mixing them with the acidic fruit(s) as you prepare them. Your acidic fruits will be serving time as possible. Cover and refrigerate cut fruit until ready to serve. Refrigerate peeled/cut fruits and vegetables so they are at room temperature no longer than 2 hours, TOTAL time.

**Bite 2. Make the most of your melon baller.** Melon balls, those little kitchen gadgets with a scoop at each end of a handle about 6-inches long, can save valuable time in preparing dips, sauces and esos. Even if you never make melon balls, use a melon baller to:

- Core apples and pears.
- Cut away the inner membrane from peppers.
- Scoop out the inside of a cherry tomato and make tiny stuffed appetizers. Try stuffing the tomatoes with your favorite tuna salad sandwich mixture.
- Remove seeds and surrounding pulp from fruits and veggies like cucumbers, tomatoes, zucchini pappaya and kiwi.
- Scoop out the insides of potatoes for twice-baked potatoes.

**Bite 3. Take a salad spinner for a spin!** Salad dressing slides off damp salad greens and collects in the bottom of the salad bowl. You’ll get more flavor with less dressing (and fewer calories!) if salad greens are washed and dried before tossing your salad with dressing. A tablespoon of an oil and vinegar dressing may be all it takes for two cups of dried salad greens.

The easiest and quickest way to dry salad greens is in a salad spinner. A salad spinner uses centrifugal force to remove water from freshly washed salad greens and herbs. Your wet greens are placed in a perforated basket that fits in a larger outer bowl. The bowl is covered with a lid that has a gear-operated handle, pull-cord or knob that you pump to turn the inner basket and use water off into the outer bowl.

Pack greens lightly to avoid overcrowding and adding waste to them. After spinning, pat off any remaining moisture with clean paper towels.

When purchasing a salad spinner, take it for a spin at the store. A salad spinner that is sturdy, has a well-fitting lid and spins easily. Choose a model large enough so you don’t have to go through several “spin cycles” to dry all your greens.

A salad spinner also may be used to dry washed clusters of grapes. Note: If you are preparing small clusters of grapes for garnishing, cut the clusters with scissors. This keeps the grapes attached to the stem.

**Bite 4. Do this with radishes before refrigerating.** The leafy radish tops are attached, remove them before storing. Radishes don’t keep as well if their tops are left on. Store unwashed radishes in an open or perforated plastic bag in a refrigerator crisper drawer that is separate from the one in which you store fruits. Wash radishes and trim their roots just before using.

**Bite 5. Additional tips on storing fruits and vegetables** are already prepared? Or, come home and start up early to fix food for a special event? Alice Henneman, extension educator and registered dietitian with UNL Extension in Lancaster County, will teach you how to freeze foods for future use. You’ll receive an extensive booklet giving specific freezing directions for common foods. Plus, you’ll receive several recipe ideas for make-ahead foods. No cost to attend.

Register by calling BryanLGH at 481-8886.

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**Fruit and Veggie “Bites”**

**Kelly Fisher and Zainab Rida**

**UNL Extension Assistants**

The warm summer months are a great time to increase your fruit and vegetable intake. Fruits and vegetables like bell peppers, melons, berries, corn, summer squash and zucchini are finally in season, and therefore, in stock and less expensive! However, these savings go right into the trash, literally, if you let your summer produce spoil. Tossing one bag of wilted lettuce, for example, can waste $1.00 or more of your hard earned money. Following are some tips to add more fruits and vegetables to your meals and snacks throughout the day so they are contributing to your diet and health rather than your garbage pile!

**Breakfast**

- **Add colorful veggies like tomatoes, green peppers, red onions and mushrooms to your omelets.**
- **Add fresh, frozen and/or dried fruits to your cereals and oatmeal.**

**Lunch**

- **Substitute fresh or frozen strawberries for blueberries for syrup on your waffles or pancakes.**
- **Create your own parfait by adding your favorite whole grain cereal and fruits.**
- **Try a smoothie using fresh or frozen fruits, low-fat yogurt, and 100% fruit juice.**

**Dinner**

- **Vegetable soups are a great way to add a variety of veggies to your day—chopped zucchini, tomatoes, squash, peas, green beans, eggplant and green beans work really well and may not even be noticed by your picky eater.**
- **Stir fry dishes are a great way to try and incorporate nutritious veggies into your diet—experiment with bok choy, snow peas, water chestnuts, yellow squash and more.**

**Snacks**

- **Keep fruits and vegetables where you and your family will notice them. Place cut, ready-to-eat fruits and veggies like carrots, cucumbers, tomatoes, fresh cranberries.**
- **Create your own parfait by adding your favorite whole grain cereal and fruits.**

**Freezing Foods for Future Use Thursday, Sept. 11, 7–8:30 p.m. Plaza Conference Center, BryanLGH Medical Center East, 1600 S. 48th Street, Lincoln**

How would you like to come home and have most of your meal already prepared? Or, perhaps, you’d like to avoid staying up late or getting up early to fix food for a special event? Alice Henneman, extension educator and registered dietitian with UNL Extension in Lancaster County, will teach you how to freeze foods for future use. You’ll receive an extensive booklet giving specific freezing directions for common foods. Plus, you’ll receive several recipe ideas for make-ahead foods. No cost to attend.

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**Stretch Your Food Dollar by Eating More Fruits and Vegetables!**

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**Sources:**

- www.fruitsandveggiesmore/what-shall-your-fruit-and-vegetables/vegetables-and-fruit/locally-sourced-vs-imported/
- www.fruitsandveggiesmore/what-shall-your-fruit-and-vegetables/vegetables-and-fruit/locally-sourced-vs-imported/
the picture because of gas prices, but we have lots of things to do right in our own backyards. County fair, beautiful parks, lakes and lots of historical places to enjoy. Have a wonderful summer.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

Presidents’ Notes—Bonnie’s Bits

Bonnie Krueger
FCE Council Chair

Looks like August has made its arrival. Pray our storms are over for the year and we get beautiful rain showers and rainbows the rest of the summer.

Time to relax and enjoy family and friends. Enjoy your children and grand-children, almost time for school to begin. Vacations are sort of out of the picture because of gas prices, but we have lots of things to do right in our own backyards. County fair, beautiful parks, lakes and lots of historical places to enjoy. Have a wonderful summer.

FCE News & Events

Re-organizational Packets

Presidents of FCE clubs can pick up their packet to reorganize for 2009 after Aug. 22. There are October deadlines within the packet. If you have questions, call Lorene or Pam at 441-7180. It is time to look forward and plan an exciting and educational year for FCE.

Council Meeting, Sept. 22

The next FCE Council meeting will be Monday, Sept. 22, 7 p.m. at the Lancaster Extension Education Center. The business meeting will follow the program. 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 115 FCE members and friends in attendance.

Boost Your Child’s Brain Power

Family relationships are important. Interacting with children can increase brain power and results in better family communications. Here are 10 things that can boost your child’s brain power (your child will love it and feel good about learning these things).

1. Interaction. Your consistent, long-term attention actually increases your child’s capacity to learn.
2. Loving Touch. Holding and cuddling does more than just comfort your baby—it aids brain growth.
4. Safety. Safe, healthy environments are free of lead, loud noises, sharp objects and other hazards.
5. Self-Esteem. Respect, encouragement and positive role models grow self-esteem from the beginning.
6. Quality Child Care. Trained teachers and family child care providers can make a positive difference.
7. Play. It helps your child explore the senses and discover how the world works.
8. Communication. Talking with your baby builds verbal skills needed to succeed in school and later life.
9. Music. It expands your child’s world, teaches new skills and offers a fun way to be with you.
10. Reading to your child. Show how important reading is and create a lifelong love of books by reading to your child from the beginning.

Food Entrepreneur Workshop, Aug. 8

The University of Nebraska–Lincoln Food Processing Center is offering a one-day seminar for all individuals interested in exploring the idea of starting a food manufacturing business. The “From Recipe to Reality” seminar will be offered Friday, Aug. 8. Pre-registration is required and space is limited. Registration deadline is July 31. There is a fee. Contact Jill Gifford at 472-2819 or jgifford1@unl.edu for an information packet.

Driver Safety Course, Sept. 23 & 24

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 presented in Lincoln as two, four-hour sessions on Tuesday, Sept. 23 and Wednesday, Sept. 24 from 12:30 to 4:30 p.m. at the Lancaster Extension Education Center, 444 Cherriesville Road. AARP certified instructor Dwaine Alcorn will teach the sessions. Cost is $10 payable at the door. To register for the class call 441-7180.

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

STRENGTHENING FAMILY TREASURES

Daughter/Mother Camp

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

Friday, Oct. 10, 5 p.m. to Saturday, Oct. 11, 5 p.m.

This camp is 2 days and 1 night of fun, educational and confidence-building activities. As the teen years approach, this is an opportunity to:
• Enhance effective communication including expressing emotions
• Learn more about body image and sexuality
• Explore techniques to handle peer pressure and stress
• Discuss the importance of individual family values

Cost includes meals, snacks and lodging at Eastern 4-H Center near Gretna. Fee is $125 per pair.

Presented by UNL Extension. For more information or a registration form, call Maureen Burson at 447-7180 or go to http://lancaster.unl.edu/family/guf.shtml or http://lancaster.unl.edu/family/guf.shtml
The goatsbeard, *Aruncus dioicus*—Stately perennial that produces creamy-white plumes of blossoms in early summer. Will grow in part sun to part shade. It reaches heights of 4 to 6 feet.

**Boltonia 'Boltonia asteroides'**—This plant has showy yellow flowers in late summer. It will get 3 to 6 feet tall. Very adaptable, but prefers moist soil and full sun.

**Common sneezeweed or False sunflower ‘Helenium autumnale’**—This plant grows 3 to 5 feet tall and forms large clumps. Blue flowers bloom in spring; it prefers full sun to part shade.

**False Indigo ‘Baptisia australis’**—This plant grows to 7 feet tall. Prefers moist soil and full sun to part shade.

**Goatsbeard ‘Aruncus dioicus’**—Stately perennial that produces creamy-white plumes of blossoms in early summer. Will grow in part sun to part shade. It reaches heights of 4 to 6 feet.

**Joe-Pye weed ‘Eupatorium purpureum’**—Very showy plant with purple flower clusters in the fall. It will get to 4 to 7 feet tall. Prefers moist soil and full sun to part shade.

**Plume poppy ‘Macleaya cordata’**—Handsome perennial that grows to 5 to 10 feet. Does best in rich, well-drained soil and full sun. Blossoms are creamy-white plumes that reach nearly a foot in length. Warning! This plant spreads vigorously.

**Queen-of-the-prairie ‘Filipendula rubra’**—This plant is very tall and wind tolerant. Reaches heights of 6 to 8 feet tall. The flowers are large, 6 to 9 inch, in pink clusters. Prefers moist-wet conditions and full sun to part shade.

**Russian sage ‘Perovskia atriplicifolia’**—This sage has aromatic gray-green leaves and pale blue flowers in the summer. It prefers well-drained soil and full sun. Russian sage will grow to be 3 to 5 feet tall.

**White Mugwort ‘Artemisia lactiflora’**—The creamy-white flowers appear in late summer. Very attractive foliage reaches 4 to 6 feet tall. This plant grows in full sun or part shade.

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**Flowers That Tower**

Tall perennial plants in your flower beds can bring a sense of drama to your landscape. If you have the space, consider a few of these giants.

**Boltonia ‘Boltonia asteroides’**—This plant has showy, white, aster-like flowers in late summer. It will get to 7 feet tall and may need staking. Thrives in any garden soil and spreads rapidly in moist conditions. Boltonia prefers full sun.

**Common sneezeweed or False sunflower ‘Helenium autumnale’**—This plant has showy yellow flowers in late summer. It will get 3 to 6 feet tall. Very adaptable, but prefers moist soil and full sun.

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**Goatsbeard ‘Aruncus dioicus’**—Stately perennial that produces creamy-white plumes of blossoms in early summer. Will grow in part sun to part shade. It reaches heights of 4 to 6 feet.

**Joe-Pye weed ‘Eupatorium purpureum’**—Very showy plant with purple flower clusters in the fall. It will get to 4 to 7 feet tall. Prefers moist soil and full sun to part shade.

**Plume poppy ‘Macleaya cordata’**—Handsome perennial that grows to 5 to 10 feet. Does best in rich, well-drained soil and full sun. Blossoms are creamy-white plumes that reach nearly a foot in length. Warning! This plant spreads vigorously.

**Queen-of-the-prairie ‘Filipendula rubra’**—This plant is very tall and wind tolerant. Reaches heights of 6 to 8 feet tall. The flowers are large, 6 to 9 inch, in pink clusters. Prefers moist-wet conditions and full sun to part shade.

**Russian sage ‘Perovskia atriplicifolia’**—This sage has aromatic gray-green leaves and pale blue flowers in the summer. It prefers well-drained soil and full sun. Russian sage will grow to be 3 to 5 feet tall.

**White Mugwort ‘Artemisia lactiflora’**—The creamy-white flowers appear in late summer. Very attractive foliage reaches 4 to 6 feet tall. This plant grows in full sun or part shade.

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**Broadleaf Herbicide Damage to Garden Plants**

Numerous plants can be affected by broadleaf herbicide damage. Tomato, potato, grape and redbud are very sensitive. Leaves on affected plants are cupped, thickened or leathery and develop an uncharacteristic fan shape. Severely distorted leaves often have a mosaics pattern of light and dark green areas. Leaf stems or petioles are twisted in a curly-Q fashion and the lower stem of tomatoes may develop small, light colored bumps. Gardeners often mistake these symptoms for a virus infection, but damage is almost always caused by exposure to broadleaf herbicides. To determine whether herbicide damage is to blame, look at surrounding herbicide-sensitive plants such as potato, pepper, grape and redbud to see if they also show twisting or distortion. Virus diseases usually affect one or two plants and certainly would not be causing the damage to the diversity of plants mentioned above at the same time. Furthermore, virus diseases rarely cause the curly-Q twisting of the new growth.

Plant growth-regulating herbicides are commonly used in home lawns early in the season to control dandelions and other broadleaf weeds. If misapplied and accidentally sprayed on sensitive plants, they cause severe injury or even plant death. Unfortunately, these plants do not have to be sprayed directly with herbicides to cause damage. Some broadleaf herbicides such as 2,4-D are volatile, especially during hot weather and may drift across the yard or even from adjacent yards in concentrations sufficient to cause injury. Therefore, you do not necessarily have to be using broadleaf herbicides in your yard to suffer damage.

To reduce the chances of herbicide injury, avoid applying them near the vegetable garden. Apply the products during calm mornings and cool temperatures. Cover and protect sensitive plants if you must use herbicides.
**A Bee or Not a Bee? Bee and Wasp Mimics**

Barb Ogg  
UNL Extension Educator

Many people are startled and frightened by bees. This is a natural reaction because some bees and wasps sting to defend their colonies. But, there are a number of insects that look like bees and wasps and are not dangerous. This type of mimicry is thought to be an anti-predator adaptation.

Most of the bee and wasp mimics are either flies, beetles, or day-flying moths. Flies. The best bee mimics are hover flies because they look and sound very similar to bees. They are also often found in flowers. They are called syrphid flies because they belong to the family Syrphidae.

Hover flies have a characteristic flight pattern—hovering in one spot, moving suddenly forwards or sideways, then hovering again. They have black and yellow-striped abdomens and can occur in large numbers. Like bees, hover flies are important plant pollinators, but they are completely harmless and have no stinger.

There are several ways to tell a hover fly from a bee: First, look at the wings: bees have four wings, but flies only have two wings. Second, look at the antennae: bees have elbowed antennae, while many flies have short, stubby or hair-thin antennae. And, finally, flies have much larger eyes than moths and wasps.

Beetles. A few beetles mimic wasps. The photo below is of a redheaded ash borer, a longhorned beetle in the family Cerambycidae. It is a pretty convincing wasp mimic. But, if you look closely, you’ll find the shell on this beetle’s back is actually the first pair of wings, called the elytra. The second pair of wings is folded underneath the elytra. They are only extended and used when the beetle flies. On the other hand, wasps have four thin, translucent wings and all of them for flight.

Day-Flying Moths. There are also some day-flying moths which mimic wasps for protection against predators. These clear-winged moths belong to the family Sesiidae. They have many superficial features of a bee: four translucent wings and a furry, black-and-yellow or black-and-orange coloration. The antennae even look like wasp antennae, but the mouthparts of a moth clearly identify it as being different from bees and wasps. The mouthparts consist of a long, slender tube (the proboscis). The long proboscis is coiled under the head, but elongates when the moth feeds.

One of the more common clear-winged moths include some common pests: squash vine borer, ash and lilac borer. During the summer months, the female moths lay eggs on the host plant, the adults hatch and burrow into the plant where they develop. The next year, they will emerge as adult moths.

It is always good to be cautious around insects that are colorful, especially black and yellow, or orange and red. But, if you look carefully, you will come to recognize these insects as not being dangerous at all.

**Steps Businesses Can Take to Prevent Pollution**

Kate Johnson  
UNL Pollution Prevention Program Intern

Pollution has become a topic of interest in the past 15 years or so. We know we create pollution every day but what can we do about it? Pollution Prevention is an idea that goes beyond recycling. But what exactly is it? How do you prevent pollution?

**Being Proactive on Pollution**

Pollution prevention is also known as source reduction. It is considered “from-end” environmentalism because it attacks the pollution before it ever occurs. Recycling is a reactive approach that tries to help the problem down at the end of the day. Pollution prevention is a proactive approach which eliminates or reduces waste at the start.

Most states have their own definition of pollution prevention. Nebraska’s definition is “All activities that lead to the elimination or reduction of waste quantities and toxicity at the site of generation.” In process recycling, or reusing waste at the site, is included in many of these states’ definitions of pollution prevention. This type of recycling is included because if they can reuse materials instead of throwing them away, the business has to buy fewer raw materials and reduces waste. Off-site recycling is not considered pollution prevention in many states because it is not proactive.

**UNL Partners in Pollution Prevention Intern Program**

The University of Nebraska-Lincoln Partners in Pollution Prevention (P) Program has been helping businesses to look beyond pollution for 11 years. During the 11 years, P3 interns have worked with 444 clients in 39 different Nebraska communities. The P3 program has diverted over 43 million pounds of solid waste from landfills and saved clients an estimated $13.4 million through waste reduction. More information about the program is available online at www.p3.unl.edu.

**10 Steps for Businesses**

Here are 10 easy ways for businesses to implement pollution prevention on their own.

1. Create a written commitment to pollution prevention who takes suggestions and tracks progress to ensure pollution prevention suggestions are put into practice.

**Triangular House-Spider: A Common Harmless Spider**

Barb Ogg  
UNL Extension Educator

The triangular house spider, Sturtonia triangulosa, is a very common house spider and one many homeowners see hanging in dark corners of houses, basements, garages, and outbuildings. It is quite small—the body is only about 1/8- to 1/4-inch long. The cephalothorax is brownish orange. The center of its abdomen has several distinctive white and yellow triangular spots, which explains its common name. Its legs are light yellow, with slightly darker rings at the ends of the joints.

This species is probably native to Eurasia and was probably introduced to the U.S. in the early days of colonization. It is found throughout the U.S. and is a very common spider found in Nebraska. The triangular house-sold spider belongs to the family of comb-footed spiders, Theridiidae. Like other members of this group, these spiders build irregular webs and hang upside down while waiting for unsuspecting prey to approach. Using a comb of serrated bristles on their hind legs the spider covers its prey in sticky silk and waits for it to stop moving before biting. This triangular house spider has been found to prey on many kinds of arthropods, including ants, spiders (including the brown recluse), ticks and pillbugs.

This spider mates and produces egg sacs from late spring through early fall. An egg sac is about the size of the adult spider and is made of loosely woven white silk. About 30 eggs can be seen in each egg sac. Recently, we have had a number of phone calls asking about the seriousness of this very common spider. There have been no known cases of human envenomation by S. triangulosa. Experts don’t consider it to be a medically important spider. No extraordinary measures are needed to control this spider. The best way to deal with web-building spiders is to knock down the webs and stop the spider or use a vacuum cleaner to remove both spider and web.
The heart of 4-H!

Susan Frobish
Lancaster County
4-H is proud to announce Susan Frobish as winner of August’s “Heart of 4-H Award” in recognition of outstanding volunteer service.

Susan has volunteered with 4-H for seven years. She has helped with several 4-H clubs: Blazing Saddles, Lincoln Broomtails, Horseroos Club, Rabbits R Us and Canine Companions. She is currently organizational leader for Star City Kids and Flying Hoofs Jr. She has also helped at the Lancaster County Fair during static exhibit check-in and at the 4-H Corner Stop snack booth.

“I like being a 4-H volunteer because the 4-H program is excellent in teaching skills, character-building and fun!” says Susan. “The kids and entire 4-H community are such wonderful people. My favorite experience as a 4-H volunteer was helping the Flying Hoofs Jr. kids prepare for—and complete—their horse level testing.”

Congratulations to Susan. Volunteers like her are indeed the heart of 4-H!

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

4-H Life Challenge Contests 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 7. Dylan Hoover was awarded the Grand Champion rosette.

The county junior Life Challenge contest was held July 12 and Molly Noel was awarded the Grand Champion rosette.

The state Life Challenge contest for seniors was held at UNL East Campus on June 30 and July 1. Ceirra Austin, Helen Dowd, Angelica Hoover and Dylan Hoover participated. Out of 25 teams they placed third in the Foods Challenge and out of 23 teams placed fourth in the Design Challenge.

Premiere Animal Science Event Results

Lancaster County 4-H Livestock judging teams competed in various events at this year’s Premier Animal Science Events (PASE) on June 30 and July 1 at UNL East Campus. Congratulations to all team members.

Lancaster County had one intermediate livestock judging team competing in the state contest. Team members were: Chandler Kramer, Kacie Bruss, Matthew Grimes and Rachel Johnson. The team placed in the top 10 teams overall. Finishing in the top 25 individuals were Chandler Kramer and Matthew Grimes. Chandler Kramer did an excellent job finishing in the top 5 individuals in sheep and top 10 individuals in reasons.

Lancaster County had two Senior Livestock judging Teams. Team members were: Erica Peterson, Grant Schrick, Jessica Stephenson, Emilia Woeppel, Melissa Woeppel and Taylor Johnson. They all did a great job.

HORSE BITS

County Fair Dress Code

Western Attire:
Shirts and blouses must be all white, including button, thread, etc., with convertible collars (one that is meant to be folded to the seam) and long sleeved. Tuxedo, turtleneck or other stand-up collars are not permitted. No national, county or club emblems, medals, etc., permitted. Shear, see-through or form-fitting blouses are inappropriate and not permitted. The bottom line—the traditional “pearl snap” western shirt or a white cotton Oxford-type shirt are permitted. Plain, dark-blue denim jeans must be worn. No fringe is allowed nor are jeans that button down the side. A western hat or a safety helmet must be worn. Hats and helmets are optional in the speed events.

A belt, tie, 4-H armband (left arm above the elbow) and riding boots must be worn. Boots with waffle-type tread greater than or equal to 1/8” will not be allowed in riding classes. The judging event requires a long-sleeved white shirt with 4-H armband or the short-sleeved white 4-H T-shirt, blue jeans, belt and boots. A tie must be worn with the long-sleeved shirt.

English Attire:
1. Helmet—ASTM approved helmet required in all jumping classes.
2. White or light colored shirt with stand up collar—can be long or short sleeves or sleeveless. If the weather is extremely hot, the judge may waive the jacket. In which case, the white or light colored shirt or a short sleeved polo shirt in any color is acceptable.
3. Armband—left arm above the elbow—must be worn with long or short sleeves or sleeveless.
4. Breech or pin for collar
5. Jacket
6. Breeches
7. Belt if breeches have loops
8. Long boots or half chaps with a paddock boot are acceptable. (Also acceptable, garter straps)

District Horse Show Results

Lancaster County 4-H horse exhibitors participated in district horse shows held across the state the weeks of June 8th and 15th. Sixty three Lancaster County youth received purple and blue ribbons which qualified them to compete in the State 4-H Horse Show in Grand Island. Listed below are the district purple ribbon winners. Full results can be found at http://4h.unl.edu/disthorseshow

Congratulations to all participants!

Intermediate Livestock Judging team at the state contest.
4-H Dog Club Receives Governor’s Ag Excellence Award

The Lancaster County 4-H dog club, Canine Companion, was one of the recipients of the 2008 Governor’s Agricultural Excellence Awards. Each year the Nebraska 4-H Foundation, the Governor and the Nebraska Investment Authority honor and financially rewards 4-H clubs for outstanding performance. The funds awarded are intended to aid in improving the quality of the 4-H program and help prepare youth for careers in agriculture. The dog club plans on purchasing dog agility equipment for the Lancaster County Fair.

4-H Leader Update, Oct. 2

Leaders, parents and interested volunteers are encouraged to attend a 4-H Leader Update on Thursday, Oct. 2 at 9:30 a.m. or 7 p.m. Discover all the opportunities available for your 4-H members and prepare for the next 4-H year. Awards, project completion/selection, club reorganization, the Diamond Clover Program and Career Portfolio will be covered. Bring all your questions and ideas! You must RSVP by calling 441-7180 by Sept. 30.

4-H Horse Awards Night

The first ever 4-H Horse Course Challenge will be part of the Lancaster County 4-H Horse Awards Night. It will be held Sept. 29, 9 a.m. at the Lancaster Extension Education Center. There will be three age divisions: elementary, junior and senior. The Horse Course Challenge will cover material from lessons 1-15 and 17-25 of the e-mail Horse Course. The testing will include identification stations and a written test. Premiums and ribbons will be awarded at the fair. Top 10 ribbon placings, Reserve and Grand Champion Trophies will be awarded at the 4-H Horse Awards Night.

Volunteers Needed

Adults and youth are needed to help during the Lancaster County Fair. If you can help, please contact the extension office at 441-7180. Help is especially needed in the following areas:

- **Static exhibit set-up days** on Thursday, July 31 at 6:30 p.m. (pizza will be served) and Saturday, Aug. 2 at 8 a.m. (doughnuts will be served) in the Lincoln Room.
- **Livestock set-up day** on Sunday, Aug. 3 at 1 p.m. in Pavilion 1 (refreshments will be served).
- **During judging of static exhibits** on Tuesday, Aug. 5 in Lincoln Room.
- **Teen tour guides are needed for Fair Fun Day** for child care groups on Friday, Aug. 8 at 9:30 a.m. and 1 p.m.

Food Booth Training, July 31

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 3 to 4 hour shifts from Tuesday, Aug. 5 through Sunday, Aug. 10. For more information, contact Jean Pedersen at 730-6276 (call after 6 p.m.) or e-mail jean.pedersen@mac.com. ALL food booth volunteers are STRONGLY ENCOURAGED to attend the training on Thursday, July 31, 6–7 p.m. at the Lancaster Event Center. Learn about food safety, customer service and volunteer responsibilities.

Results Posted on 4-H Web Site

4-H results and photos will be posted online at http://lancaster.unl.edu.
**Fuel Saving MYTHS**

**Myth—**Filling your car up in the morning when the weather is hot will net you additional fuel is a false statement. Unless the fuel is stored in above ground tanks, the fuel remains at a fairly constant temperature and does not expand or contract with the ambient temperature changes every year. Loose gas caps can result in a 2.0 mpg reduction in fuel efficiency.

**Filled vehicle at lowest setting—**Always fill your vehicle with the fill nozzle on the lowest setting. This will help prevent overfilling, or lack thereof.

**Do not top off fuel tank—**Topping off the fuel tank can saturate the emissions system with fuel, and cause a fuel spill when the fuel warms up. When the fuel nozzle clicks off, the tank is full, don’t add anymore fuel or round up the dollar amount on the fuel pump.

**Under inflated tires—**When your tread barely touches the pavement it’s like driving with the parking brake on and can cost a mile or two per gallon. A 2% reduction in fuel efficiency is reported for every 1% reduction in tire inflation.

**Tire Type—**Using mud and snow, or wider than standard tires for added traction will reduce your miles per gallon. These tires are designed to add friction for traction, and the added friction required more power (fuel) to compensate. Note: New tires have more resistance than worn tires. If installing new tires, you will probably experience a short term reduction in your vehicles fuel efficiency.

**Worn spark plugs—**A vehicles spark plug fire as many as 105 million times every 35,000 miles, resulting in heat, electrical and chemical erosion. A new plug or worn spark plug can misfire, which wastes fuel. At a minimum, engines should be tuned and the spark plugs replaced at the factory recommended intervals or more often for vehicles driven short trips only.

**Dirty air filters—**An air filter that is clogged with dirt, dust and bugs chokes off the air and creates a “rich” mixture (too much fuel being burned for the amount of air), wasting fuel and causing the engine to lose power. Replacing a clogged air filter can improve fuel mileage, or other additives to their fuel, but generally these additives do not affect the vehicles fuel mileage.

**Myth—**Fuel mileage can be improved by placing a special device in the fuel filter that will allow a “rich” mixture (too much fuel being burned) to enter the engine to create a whirlwind, mixing the air and fuel better.

**Fuel-Saving MYTHS—**Fuel additives (octane boosters, fuel line antifreeze, etc.) improve your fuel economy. Fuel additives may help with vehicle performance, but do not improve the vehicles fuel economy. Taking advantage of the added power from octane boosters will generally reduce your miles per gallon.

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**Fuel Savings Maintenance Tips**

**Vehicle gas caps—**About 7% of the vehicles on the roads have gas caps that are either damaged, loose or are missing altogether, causing 147 million gallons of gas to vaporize every year. Loose gas caps can result in a 2.0 mpg reduction in fuel efficiency.

**Worn air filters—**Not only does this reduce fuel economy, but using mass transit can dramatically reduce your fuel consumption. Taking public transportation is a great way to reduce your environmental impact.

**Drivethru services—**Drive thru services (banks, ATMs, food service, laundry, etc.) cause excessive idling and waste fuel. If you must use a drive-thru, turn your vehicle off while waiting in line or using the service.

**Vehicle Maintenance Tips—**Gas mileage decreases rapidly at speeds above 60 mph. To maintain a constant speed on the highway, cruise control is recommended. A passenger car that averages 28.5 miles per gallon at 60 mph, could typically get 2.7 mpg at 65 mph and 22.5 mpg at 70 mph. Remember, however, for different levels of speeds, the change in fuel economy will probably be different for different models, types and ages of vehicles.

**Use cruise control—**Using the vehicles cruise control helps improve fuel economy and prevent speeding. Note: Vehicles with electronic, adaptive cruise control systems will disengage the cruise control on slippery surfaces should a vehicle interior. If you are at a known up time. Do not let your vehicle set your parking stall is sufficient warm it takes to start your vehicle, check your parking stall is sufficient warm.
For more information, call Tracy at 441-7180. Entry deadline is Sept. 27. You may enter any district contest. Wool fabric, yarn is encouraged. Categories and ages for this contest are: Preteen, 12 & under; Junior, 13–15; Senior, 16 & over. The Nebraska Pioneer Farm Award, the award recognizes families who have continuously owned their farm for more than a century. Three award recipients are from northern Lancaster County; the Hornung Family Farm (owned by Todd, Cindy Hornung and Lori Block), the Caha Farm (owned by Deborah and Mark Caha) and the Skinar Farm, (owned by Evelyn, Skilner). In southern Lancaster County the Nitzel Farms (owned by Howard, Nitzel and Donna Hillgren) will be recognized.

Congratulations to Lancaster County Farm Families
The Knights of Ak-Sar-Ben and the Nebraska Association of Fair Managers will recognize four Lancaster County farm families on Friday, Aug. 8, 8:30 p.m. during the Lancaster County Fair (held at the Lancaster Event Center, 64th & Havelock, Lincoln). The annual main event of the fair will be held on Saturday, Sept. 27. Several events including a children’s play, an all-ages dance, and the grandstand show are scheduled. The main event of the day will be the presentation of the Nebraska Pioneer Farm Award. The award recognizes families who have continuously owned their farm for more than a century. Three award recipients are from northern Lancaster County; the Hornung Family Farm (owned by Todd, Cindy Hornung and Lori Block), the Caha Farm (owned by Deborah and Mark Caha) and the Skinar Farm, (owned by Evelyn, Skilner). In southern Lancaster County the Nitzel Farms (owned by Howard, Nitzel and Donna Hillgren) will be recognized.

Upcoming Arboretum Garden Tours
Mark your calendars for the following tours of Nebraska arboretums and botanical gardens scheduled for 2008. The free tours will offer a chance for tree lovers, garden enthusiasts and green industry professionals to see and learn about great plants and gardens. The tours will emphasize rare and impressive trees, but will also be a great opportunity to see many other beautiful garden plants and associated wildlife. The tours are coordinated and sponsored by the Nebraska Statewide Arboretum (NSA) in partnership with local affiliated sites. More information is online at http://arboretum.unl.edu, or by calling 472-2971.

Saturday, Aug. 23, 9:00–11:00 a.m. in Lincoln—NSA Display Gardens and Maxwell Arboretum, UNL East Campus. Plants will be for sale at the NSA greenhouse during the event. Tours will start at the NSA Display Gardens - north side of UNL East Campus.

Thursday, Sept. 18, 9 a.m.—Noon in Lincoln—Lincoln Regional Center Arboretum.

Thursday, Oct. 23, 3–5:30 p.m. in Blair—Fall Color Tour including Steyer Park and Black Elk Park.

Thursday, Nov. 6, 3 p.m. to dusk in Nebraska City—Fall Color Tour including Arbor Lodge State Park, Nebraska City High School and NADF Arbor Day Farm.

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4-H Clover College is Hands-On Learning & Fun

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 17–20, featured 49 workshops and 637 total registrations! A special thank you to the 70 instructors and assistants! More photos are online at http://lancaster.unl.edu

New at Clover College was “All Rise,” a class on making kolaches and soft pretzels.

In “Flower Babies,” youth propagated several plants.

In “Clover Kids 4-day Day Camp,” youth ages 6 & 7 participated in a wide range of activities such as learning about wildlife and making pancakes.

CWF 4-H’ers Learn About Citizenship on Trip to D.C.

This June, the Lancaster County 4-H Citizen Washington Focus (CWF) group traveled by bus on an ambitious 15-day itinerary to Washington D.C. This year’s group consisted of 33 teens and 4 sponsors. CWF is a citizenship and leadership program for high school youth which provides a look behind the scenes at our nation’s capital.

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

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

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

In Lancaster County, CWF organizes a trip to Washington D.C. every two years, raising money for the trip during the off years. If you will be between the ages of 14–18 as of June 1, 2010 and are interested in joining the next CWF group, call Deanna Karmazin at 441-7180.

View 4-H staff member Deanna Karmazin’s trip blog with photos online at http://lancaster.unl.edu