The NEBLINE, July 2009

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Lancaster Rural Water District
Providing Water to Acreages and Villages for 35 Years

Tom Dorn
UNL Extension Educator

Following the enactment of the 1967 Rural Water District Act, a group of farm operators in southeast Lancaster County began studying the feasibility of creating a water district. In 1971, the group was able to secure a $996,000 loan from the Farmers Home Administration to construct phase one of Lancaster Rural Water District No. 1. The initial project, completed in 1974, supplied water to 400 customers.

The rural water system has been expanded over the years. The present boundaries are roughly from Gage Road on the south, to Holdrege Street on the north and from SW 29 Street (Martell) on the west to Road 4 in Otoe County on the east. The district currently has five wells, six elevated storage structures (water towers) plus a half-million gallon ground-level storage tank. There are five booster stations to keep the water pressure at design specifications throughout the distribution system.

Presently, the water district supplies water to 1,575 private customers; each billed individually. They also sell water to the villages of Panama, Bennet and will soon be supplying water to the village of Roca. All of these villages still use their pre-existing water towers and piping systems. The district also supplies customers living in the villages of Martell and Cheney. Neither of these villages has elevated water storage, so depend on the pressure in the rural water district system just like the rural customers.

Much of the growth in the number of individual customers has been due to the ever increasing numbers of acreages throughout the area. Future projects include building a second half-million gallon above ground storage tank with associated booster pumps and a seventh elevated storage (water tower) to ensure a plentiful supply during peak periods. Plans are moving forward to add another trunk pipeline in an area where additional acreage development is likely.

Eastern Nebraska, including most of Lancaster County, is underlain by a potpourri of strata laid down over several geologic epochs. Much of the groundwater tapped for domestic and livestock use in southeast Lancaster County is in ancient fractured limestone and shale deposits. The water drawn from these deposits tends to have high levels of calcium and magnesium making the water “hard.” Some groundwater in the area also has high levels of dissolved iron and manganese which, when exposed to air, causes stains on plumbing fixtures, can stain clothes and imparts bad taste to the water.

The main reason the water district was formed was to provide better quality water than people can find beneath their own property. The location and depth of the wells supplying water to the water district are carefully chosen to provide the highest water quality possible. The wells are drilled into a sandstone formation which lies deeper than, and is hydraulically separated from, the aquifer tapped by most domestic wells.

Water quality is closely monitored. Water samples from each well are sent to the Nebraska State Health Laboratory on a regular schedule. Tests to detect coliform bacteria (an indication of contamination by human or animal waste) are taken three times a month. Since first coming on-line, the ground water has been of such high purity, there has never been a time when the water had to be treated with chlorine to control bacteria in the water delivered by the water district.

Samples are also taken on the schedules set by the State Health Lab to monitor the concentration of heavy metals (lead, copper and arsenic). Tests to monitor levels of calcium, chloride, nitrate-nitrogen, fluoride, iron, total hardness, manganese, sodium, pH and sulfate also are taken and analyzed by the state health lab on a prescribed schedule. Tests also scan for trace levels (parts per million or parts per billion) of certain agricultural pesticides or chemical families of pesticides.

The headquarters of Lancaster Rural Water District No. 1 is in Bennet at 310 Fir Street. For more information, go to www.lrwd1.com or call 782-3495.

The Nebraska Nebrilne
July 2009

444 Cherry creek Rd., Suite A, Lincoln, NE 68528 • (402) 441-7180 • http://lancaster.unl.edu

INFORMATION FOR MORE INFORMATION For University of Nebraska–Lincoln resources about water issues, go to:
• UNL Water Web site at http://water.unl.edu
• UNL Extension in Lancaster County at http://lancaster.unl.edu/ag/water.shtml
Alfalfa producers should be on the alert for blister beetles (Epicauta spp.) as they prepare for the next cutting. Blister beetles feed on a plant’s flowers and leaves, but usually cause little damage. They can create a serious problem, however, for the animals that consume them. Blister beetles contain a lipid (fat) soluble blistering agent called cantharidin, which causes blisters on skin tissue upon contact and can severely irritate an animal’s digestive tract, causing death.

Adult blister beetles vary in size and color but can be recognized by elongated, narrow, cylindrical and soft bodies. When viewed from above, they have a constricted region behind the head where it attaches to the narrowed anterior end of the thorax. Several species of blister beetles are common to Nebraska and pose varying degrees of problems. In Nebraska, the gray, black and three-striped blister beetles are most common. The three-striped blister beetle, black, brown and yellowish-gray with yellowish stripes. The gray is a larger beetle that is 9-11/16 inch in length. The gray coloring is due to a thin covering of hair. The black blister beetle is the largest of the three species and is 5/8-inch to 7/8-inch long.

Adult blister beetles can generally be found in alfalfa through the second and third cuttings and some years into the fourth cutting. Horses are particularly susceptible to blister beetle poisoning. Part or all of a horse’s digestive tract can be severely irritated, leading to secondary infections and bleeding. Cantharidin is absorbed and excreted through the kidneys, thus irritation of the kidneys, ureter, urinary bladder and urethra could be followed by shock, infections and bleeding. The substance also lowers serum calcium levels and can cause damage to heart muscle tissue.

Researchers estimate the minimum lethal dose of cantharidin is about one milligram per kilogram body weight of a horse. The lethal dose for cattle may be as low as 0.5 milligram per kilogram body weight. Consequently, a few beetles with a high cantharidin level would kill a small horse, but only a few with a low level would result in killing a larger horse. About 1,700 black blister beetles would be needed to kill an 825-pound horse, but only 120 three-striped blister beetles would kill a 275-pound colt.

**Management**

Toxicity by blister beetles is related to simultaneous cutting and clipping of hay when beetles are present. If hay is cut with a sickle bar or rotary mower and not crimped, the beetle can leave the hay after it is cut. If the beetles are not allowed to escape, the trapped beetles die and are incorporated into the hay.

Scout fields, particularly in border areas, for the presence of blister beetles and if found, treat with a short residual insecticide before cutting. Insecticides approved for use on alfalfa can be found on the UNL Department of Entomology Web site. When selecting a pesticide, read the label to determine harvest restriction intervals. Kansas State University doesn’t recommend blister beetle treatments because the dead beetles, which are still toxic, remain in the field. Other recommendations include not using crimpers on hay intended for horses and cutting alfalfa in the bud stage because blooms attract blister beetles.

It is difficult to eliminate the possibility of blister beetles in alfalfa, but carefully examining the hay being fed to horses may help detect their presence.

**For More Information**

University of Nebraska-Lincoln Extension: Insecticide Recommendations for Blister Beetles in Alfalfa. http://entomology.unl.edu/instals/alffabbeettes.shtml
Two-Spotted Spider Mites

Leaves of plants infested with two-spotted spider mites have distinct pale-yellowish blotches. The under surfaces of infested leaves have silk threads. Pictures are adult mites on webs.

Don Janssen
UNL Extension Educator

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 silk threads spun across them, often forming large webs over the plant. Plants lose vigor, leaves drop off and the plants die eventually.

Description
Adult mites have eight legs, are very small (1/60 of an inch in length), and are oval and range in color from the clear to light yellow to brownish orange. Two dark spots can be seen on the back of adults. The eggs are spherical, a shiny pale yellow, attached to the underside of the leaves and can be seen with a hand lens. Newly hatched larvae are very small and can have only six legs. These develop into the nymph stages, which have eight legs and become adults shortly thereafter. The entire life cycle from egg hatch to adult depends on the temperature and can range from 40 days at 55 degrees F to 5 days at 75 degrees F.

Habits
Two-spotted mites overwinter as adults in soil, on tree bark and in similar sheltered places. They become active in early-spring but usually reach peak abundance in mid- to late-July during hot, dry weather. Mites attack nearly all vegetable plants and are readily seen on beans, cucurbits, eggplant, tomato and potato.

Nonchemical Control
1. Mow weeds around the garden border to reduce the mite population.
2. Wash mites off the plants with a soap and water solution applied under sufficient pressure to break the webs. Or, wash the plants with water, using a garden hose

Chemical Control
1. Excessive use of the insecticides carbaryl (Sevin) kill beneficial mite predators, allowing mite populations to increase rapidly. Insecticidal soap and either pyrethrin or kelthane may be used in your spray tank to reduce a mite population buildup.
2. Thorough coverage of leaves, especially the undersurfaces, is necessary to obtain good control.
3. Read and follow all label directions. Observe the proper days' wait before harvest for each particular crop.

Water Conservation at Home Begins in the Bathroom, Laundry Room

To conserve water in the home, start with the largest water users. The toilet, shower, bath and washing machine account for two-thirds of the water used in an average household.

About 20 percent of toilets leak. Put a few drops of food dye in the toilet. After 15 minutes if dye appears in the bowl, there is a leak that should be repaired. Typically, the toilet flapper needs replaced.

A toilet installed prior to 1993 may use up to seven gallons of water per flush. Newer toilets use 1.6 gallons per flush. Pressure and vacuum assisted and jet action toilets were designed to improve waste removal.

Toilet dams, 1.6 gallon flappers or water-filled toilet dams can be installed in older toilet tanks, but reduced flow can affect flushing. About three gallons of water in the tank may be needed to flush properly. Avoid bricks that crumble and affect operation.

Older showers can use as much as six to eight gallons of water per minute fully opened. As of 1994, shower heads use no more than 2.5 GPM. A quick shower usually draws less water than a bath. If using a bath, use lower bathtub levels.

Adjust water level of the washing machine to the laundry load size and soil type. Typically, less water will be used to wash fewer full loads than several small loads.

Look for the Energy Star label and amount of water used for washing machine tub capacity. Some washers sense the load size, soil of water, fabric and adjust the water level. High pressure rinses to spray clothes during the rinse cycle reduce water consumption. Adjustable water level settings allow the ability to choose the level for the load.

Harvesting Rainwater Helps Conserve Water and Save Money

What Are They?
A rain barrel is any above ground container modified to receive, store and distribute rooftop runoff for non-drinking uses. The typical size of a rain barrel is 55 gallons. The main components of a rain barrel are a connection to the downspout, a filter to prevent mosquitoes from entering, a faucet to allow for regulated usage and an overflow pipe to divert the excess water.

What Are the Benefits of Rain Barrels?
• Rain water is naturally soft, oxygenated and more acidic than tap water.
• Rain water is free of chlorine, fluoride, salts and other minerals from tap water.
• Saves water for dry spells.
• Reduces runoff and storm water pollution.
• Can reduce your water bill, especially in the summer.

How Can the Water Collected Be Used?
The rainwater collected can be used to water lawns and gardens or wash cars and bicycles. Rainwater collected within the barrel is used for plants because the typical minerals and pollutants trapped in the rainwater are filtered out by plant roots. Rainwater collected in the rain barrel is not for drinking; rainwater is more acidic than tap water and may contain particulate matter from air pollution.

What Type of Maintenance is Required?
The barrel will require periodic cleaning. A safe cleaning solution is 2 teaspoons of castile soap and 2 teaspoons of vinegar per gallon of water, or 2 teaspoons of lemon juice per gallon of water. In the winter, the barrel will need to be emptied and disconnected from the downspout.

Don Janssen
UNL Extension Educator

John A. Weidhass, Virginia Polytechnic Institute and State University, Bugwood.org

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http://lancaster.unl.edu
**What to Do with Zucchini!**

By Alice Hennenman, UNL Extension Educator

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**Skillet Zucchini with Chopped Tomatoes**

Preparation Time: 10 minutes • Number of Servings: 4

1 teaspoon whisked light
butter
1 cup chopped onion
4 small (1/2-inch) zucchini, thinly-sliced
2 medium tomatoes, chopped

Fry zucchini in flour in a large nonstick skillet, melt margarine over medium heat; add onions and cook, stirring until softened. Add zucchini and cook for 2 minutes. Add tomatoes and cook for 3 to 5 minutes or until zucchini is tender-crisp. Season to taste with pepper.

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**Tuna Pasta Salad**

Makes 4 servings, about 1/4 cup each

2 cups macaroni, uncooked
(6.5 ounces) cans water-packed tuna
1/2 cup zucchini, chopped
1/4 cup carrots, sliced
1/4 cup onion, diced
1/4 cup salad dressing, mayonnaise-type


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**Lemon Rosemary Zucchini**

Makes 4 servings

1 tablespoon extra virgin olive oil
1 medium yellow bell pepper, diced
2 teaspoons finely minced fresh rosemary
2 cups chopped zucchini (2 medium)
1-3 tablespoons freshly squeezed lemon juice, or to taste
Salt and freshly ground black pepper, to taste

In medium non-stick skillet, heat olive oil over medium heat. Add yellow pepper and zucchini and sauté 2 minutes. Add zucchini and ground pepper, to taste. Continue to sauté for another 4 to 5 minutes or until zucchini is tender. Remove from heat and stir in lemon juice.

Nutritional Information: Per serving: 46 calories, 3 g total fat (< 1 g saturated fat), 4 g carbohydrate, 1 g protein, 1 g dietary fiber, 6 mg sodium.

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**Beef & Parmesan Pasta**

Makes 4 servings

1-1/2 pounds ground beef
1 can (15.5 ounces) Italian-style diced tomatoes, undrained
2 cups uncoked bow tie pasta
3 cups sliced zucchini (1/4-inch)
3/4 cup grated Parmesan cheese

Brown ground beef in large nonstick skillet over medium heat 8 to 10 minutes or until beef is not pink, breaking up into 3/4-inch crumbles. Remove from skillet with slotted spoon; set aside. Pour off drippings. Combine broth, tomatoes and pasta in same skillet, pushing pasta into liquid by stirring in a boil. Reduce heat to medium, uncovered, 15 minutes, stirring frequently. Stir in zucchini; continue cooking 5 minutes or until pasta is tender. Return beef to skillet. Stir in 1/2 cup of the cheese; heat through. Sprinkle with remaining 1/4 cup cheese before serving.

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**Fruits Are Good Sources of Nutrients**

<table>
<thead>
<tr>
<th>FLUIDS</th>
<th>Nutrient</th>
<th>Present in</th>
<th>Functions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>Vitamin C</td>
<td>Tomatoes, melons, strawberries</td>
<td>Prevents scurvy, strengthens body tissues, maintains healthy blood vessels, helps wounds heal, maintains eye health</td>
</tr>
<tr>
<td>Juice</td>
<td>Potassium</td>
<td>Tomatoes, broccoli, spinach</td>
<td>Maintains proper body fluid balance, supports blood pressure regulation, influences nerve and muscle function</td>
</tr>
<tr>
<td>Watermelon</td>
<td>Magnesium</td>
<td>Green leafy vegetables, beans</td>
<td>Plays a role in bone health, energy production, muscle function, and nerve function</td>
</tr>
<tr>
<td>Orange</td>
<td>Vitamin C</td>
<td>Citrus fruits, kiwi, strawberries</td>
<td>Maintains healthy skin, promotes wound healing, supports immune function, helps in iron absorption</td>
</tr>
<tr>
<td>Alpine</td>
<td>Calcium</td>
<td>Milk, leafy greens, fortified cereals</td>
<td>Plays a role in bone health, supports muscle function, helps regulate blood pressure</td>
</tr>
</tbody>
</table>

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**Mediterranean Diet**

A healthy dietary pattern that includes a variety of whole grains, fruits, vegetables, legumes, nuts, and seeds, while limiting red and processed meats, dairy products, and high-calorie beverages.

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**Grilled Chicken with Fresh Mango Salsa**

(Serves 4)

4 boneless, skinless chicken breast halved
4 medium yellow tomatoes
4 medium onions
2 medium jalapeños
2 medium limes
3 cloves garlic
2 tablespoons olive oil
1/4 cup chopped fresh cilantro

Rub chicken breast halves with salt and pepper. Place in skillet or on grill. Cook 10 to 15 minutes or until pink. Remove from heat, set aside and keep warm. Place mango in salt. Mix well. Serve over the cooked chicken to serve. 

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**VITAMIN/ MINERAL**

<table>
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<td>Prevents scurvy</td>
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</tr>
<tr>
<td>Maintains healthy bone, muscle function</td>
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<td>Helps regulate blood pressure</td>
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</tr>
</tbody>
</table>

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**To Freeze Zucchini**

To freeze grated zucchini, the National Center for Home Food Preservation recommends (http://www.umd.edu/ncfp/how/freeze/ squash.html).

Choose young tender zucchini. Wash and grate. Steam blanch (directions 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. When you want zucchini while it is frozen, thaw in cold water.

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**To Steam Blanch**

Use a pot with a tight lid and a basket that holds the food at least three inches above the bottom of the pot. Put an inch or two of water in the pot and bring to a boil. Place the vegetables in the basket in a single layer so the steam reaches all parts quickly. Cover the pot and keep heat high. Start cooling steam time as soon as the lid is on.

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**Correction**

Please note the address for St. Paul United Church of Christ Farmers’ Market should be 1302 2nd Street (runs Tuesdays through Sept. 8, 4:30–7:30 p.m.).

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**Recipes**

By Alice Hennenman, UNL Extension Educator

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**Healthy Eating**

Enjoy Nebraska Goods!

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**Food & Fitness**

Maintains good bowel health

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**Fruits & Vegetables**

The search feature at
http://lancaster.unl.edu
The
Source: Kaiti Roeder, RD, Nebraska Beef Council and Cattlemen’s Beef Board

Brown ground beef in large nonstick skillet over medium heat 8 to 10
minutes or until beef is not pink, breaking up into 3/4-inch crumbles. Remove from skillet with slotted spoon; set aside. Pour off drippings. Combine broth, tomatoes and pasta in same skillet, pushing pasta into liquid by stirring in a boil. Reduce heat to medium, uncovered, 15 minutes, stirring frequently. Stir in zucchini; continue cooking 5 minutes or until pasta is tender. Return beef to skillet. Stir in 1/2 cup of the cheese; heat through. Sprinkle with remaining 1/4 cup cheese before serving.

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**Sources**

American Institute for Cancer Research (http://www.aicr.org) and featured at the Produce for Better Health Foundation at http://www.fruitsandveggiesmorematters.org.

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**Zucchini**

2 cups sliced zucchini (1/4-inch)
2 cups uncooked bow tie pasta
1 can (15.5 ounces) Italian-style diced tomatoes, undrained
1 can (14 to 14.5 ounces) ready-to-serve beef broth
1-1/2 pounds ground beef
2 tablespoons olive oil
2 medium onions, diced
2 of zucchini, diced
1-1/2 teaspoons finely minced fresh rosemary
1-1/2 medium yellow bell peppers, diced
2 cans (15 ounces) black beans, rinsed and drained
4 boneless, skinless chicken breast halves
4 medium (6-in) zucchini, thinly sliced
1/4 cup onion, diced
1/2 cup zucchini, chopped
2 cups macaroni, uncooked
1 medium yellow bell pepper, diced
1/2 cup sliced zucchini
1/4 cup grated Parmesan cheese

**Grilled Chicken with Fresh Mango Salsa**

(Serves 4)

4 boneless, skinless chicken breast halved
4 medium yellow tomatoes
4 medium onions
2 medium jalapeños
2 medium limes
3 cloves garlic
2 tablespoons olive oil
1/4 cup chopped fresh cilantro

Rub chicken breast halves with salt and pepper. Place in skillet or on grill. Cook 10 to 15 minutes or until pink. Remove from heat, set aside and keep warm. Place mango in salt. Mix well. Serve over the cooked chicken to serve.

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**Thriftymenus, U.S. Dept. of Agriculture, Center for Nutrition Policy and Promotion, at www.cnpp.usda.gov/Publica- tions/foodplans/Milk/FoodsandPlantsRecipebook.pdf

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**Fruits, which are low in fat, also contain fiber, essential chemicals and antioxidants. They are a great way to get the nutrients we need for our bodies to function properly, but with fewer calories. The following chart contains a few of the many vitamins and minerals found in fruits.

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**Nalecantly, 90 minutes. Drain time under cold, running water until cool. To allow flavors to blend, chill the salad for at least half an hour or an hour before serving.

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**Source:** Centers for Disease Control and Prevention Fruits and Veggies Matter

http://www.fruitsandveggiesmorematters.org/index.html

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**Recipes**

By Alice Hennenman, UNL Extension Educator

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**Healthy Eating**

Enjoy Nebraska Goods!

---

**Food & Fitness**

Maintains good bowel health
and the signing of the Declaration of Independence.
By your flag and if you are at a parade and the flag goes by salute or put your hand over your heart to show respect to our veterans and military men and women to thank them for our freedom we have in America.
Play “Smarter than a 5th Grader” with your children for more knowledge of our country and flag. It is a fun day, but a safe one. God Bless America.

The CDC has developed a variety of FREE campaign materials you can order on-line and distribute to the families.
Materials list milestones for every stage and age of development and provide information on resources. All materials have information in both English and Spanish on the same flier.
Give the appropriate mile-stones fact sheet to parents at the start of the school year, or when a child has a birthday. 
Use the attractive display pocket to distribute milestone cards in your office or waiting area.
Give the fact sheets out as checklists and send them home with parents. Encourage them to watch their children and meet with you to talk about their development.
Include information from the fact sheets in a newsletter to parents or on bulletin boards in your center or classroom.
Materials and shipping are FREE! Materials may be ordered by http://www.cdc.gov/health/actearly/downloads.html.

The June FCE Council meeting is Monday, June 22, 7 p.m. at the Lancaster Extension Education Center. The program will be “Re-Connecting Children and Families with Nature” presented by McKenzie Barry, environmental specialist at the Lower Platte South NRD. Entries for the Heritage Skills Contest should be brought to this meeting. Categories are sculpture, fiber arts (articles made of thread), scrapbooking and photography. All FCE members are invited to attend.

One of the best ways to stay safe this summer is to wear a helmet and other safety gear when biking, skiing and skateboarding, and when riding motorcycles, all-terrain vehicles and horses. Studies on bicycle helmets have shown that they can reduce the risk of head injury by as much as 85 percent.
Use Kreuger’s plan to prevent a swimming pool tragedy. This includes placing barriers completely around your pool to prevent access, using door and pool alarms, closely supervising your child and being prepared in case of an emergency.
Next summer’s charcoal grills indoors. Burning charcoal produces deadly carbon monoxide. When cooking outdoors with a gas grill, check the air tubes that lead into the burner for any blockage from insects, spiders, or food grease. Check grill hose for cracking, brittleness, holes, and leaks. Make sure there are no sharp edges in the hose or tubing. If you suspect a leak, immediately turn off the gas at the tank and don’t attempt to light the grill until the leak is fixed. Never grill charcoal and propane tanks have improved safety devices to prevent gas leaks.
Make sure your home play-ground is safe. Falls cause 60 percent of playground inju-ries, so having a safe surface is critical. Concrete, asphalt or packed dirt surfaces are hard. Use at least nine inches of wood chips or mulch.
Use softer- than-standard baseballs, safety-release bases and batting helmets with guards of the same type as the official baseball-related injuries to children.
If you have a soccer mom or dad, beware that movable soccer goals can fall over and kill children. Make sure the goal is anchored securely at all times and never allow anyone to climb on the net or goal framework or hang from the cross bar. Remove nets when the goals are not in use. To prevent serious injuries while using a trampoline, allow only one person on at a time and do not allow somersaults. Use a shock-absorbing pad that completely covers the springs and place the trampo-line away from structures and other play areas. Kids under six-years-old should not use full-size trampolines.
Don’t allow a game of hide- and-seek to become deadly. CPSC has received reports of numerous suffocation deaths involving children who crawled inside old cedar chests, latch-type freezers and refrigerators, school lockers, campers, clothes dryers and picnic coolers. Childhood old appliances, warn children not to play inside them.
If summer plans include camping and you want heat inside your tent or camper, use one of the new portable heaters equipped with an oxygen depletion sensor (ODS). If oxygen levels start to fall inside your tent or camper, the ODS automatically shuts down the heater before it can produce deadly levels of carbon monoxide (CO). (DO) Not attempt to use alternative sources of heat or power to warm a tent or camper. Traditional camping heaters, charcoal grills, camping lanterns and gas generators also cause CO poisoning.
Install window guards to prevent children from falling out of open windows. Gates should be installed in children’s bedrooms, parents’ bedrooms and other rooms where children spend time. Or, install window stops to lock windows open at a safe, child-proof height. Also, keep furniture away from windows to discourage children from climbing near windows. 

You know the milestones that mark a child’s develop-ment — pointing at objects, smiling and playing with others. Many parents do not know these milestones are important indicators of a child’s develop-mental health.
To ensure children receive their full potential, the Nebraska Act Early State Autism Team has partnered with the Center for Disease Control and Prevention to promote the “Learn the Signs/Act Early” campaign aimed at educating parents and care providers about the milestones that mark a child’s healthy development and early warning signs of autism and other common developmental disorders.

**FAMILY & COMMUNITY EDUCATION (FCE) CLUBS**

**President’s View – Bonnie’s Bits**

Bonnie Krueger
FCE Council Chair

“July 4th” — the only holiday of the month — is a time for picnics, parades and family fun. Independence Day is a day to honor the birthday of the United States of America.

**FCE News & Events**

FCE Council Meeting June 22

The June FCE Council meeting is Monday, June 22, 7 p.m. at the Lancaster Extension Education Center. The program will be “Re-Connecting Children and Families with Nature” presented by McKenzie Barry, environmental specialist at the Lower Platte South NRD. Entries for the Heritage Skills Contest should be brought to this meeting. Categories are sculpture, fiber arts (articles made of thread), scrapbooking and photography. All FCE members are invited to attend.

**LAUNCH COUNTY ASSOCIATION FOR FAMILY AND COMMUNITY EDUCATION PRESENTS**

**SIZZLING SUMMER SAMPLER**

Thursday, July 9 • 6 to 9 p.m.

Light Supper at 6 p.m.

Lancaster Extension Education Center

444 Cherry Creek Rd, Lincoln

Cost $10. Make checks payable to FCE Council.

Send reservation and check by July 1 to: Clarice Steffens, 11804 S S Street, Roca, NE 68430

**WHY WE LAUGH**

How cultural, social and generational differences affect the perception of what is funny presented by Richard Kimbrough

This presentation made possible by the Nebraska Humanities Council

**ASIAN CLOTH WRAPPING TECHNIQUES**

Pojagi (Korean) and Furoshiki (Japanese) wrapping techniques will be demonstrated presented by Sheila Green

**Environmental and Energy Saving Tips When Washing Dishes**

• Follow the directions on the label and use only as much detergent as is necessary to clean your dishes.
• Scrape away food residues and heavy grease prior to washing.
• Press soak-on soils to minimize the amount of detergent and elbow grease needed.
• Accumulate dishes, then using hot water for a few items. Soaking will soften foods.
• Wash in a sink or dishpan of sudsy water, rather than under running water, even for a few dishes. Or, turn off the water while you scrub.
• Rinse by dipping each item in a pan of water, or by racking dishes and spray-rinsing. Avoid running water continuously for rinsing.
• Let the dishes air dry, rather than using cloth or paper towels that you would have to launder or toss away.
• Recycle dishwashing detegent containers when empty.

**Summer Safety Tips**

- Give the fact sheets out and the appropriate milestone cards at a parade and the flag goes by salute or put your hand over your heart to show respect to your

- The CDC has developed a variety of FREE campaign materials you can order on-line and distribute to the families.
- Materials list milestones for every stage and age of development and provide information on resources. All materials have information in both English and Spanish on the same flier.
- Give the appropriate mile-stones fact sheet to parents at the start of the school year, or when a child has a birthday.
- Use the attractive display pocket to distribute milestone cards in your office or waiting area.
- Give the fact sheets out as checklists and send them home with parents. Encourage them to watch their children and meet with you to talk about their development.
- Include information from the fact sheets in a newsletter to parents or on bulletin boards in your center or classroom.
- Materials and shipping are FREE! Materials may be ordered by http://www.cdc.gov/health/actearly/downloads.html.
- For more information about the campaign, Kelli Ellerbusch with the Munroe-Meyer Institute at the University of Nebraska Medical Center, (402) 559-4892 or e-mail kellerbusch@unmc.edu.

- Source: U.S. Consumer Product Safety Commission
**Tips to Make Your Yard and Community a Safer, Healthier Place**

**Meet Your Yard** — Learn about the soils, plants, climate and beauty around your home.

**Be Plant Perfect** — Avoid invasive plants and those not adapted to local conditions. Perfect plants are suited to their location requiring less water, fertilizer, pruning and pesticides.

**Be Water Wise** — Water lawn design for native plant material for nearly a depth of the root zone. Consider replacing irrigated turf with drought tolerant ground covers.

**Be a Pest Pro** — Identify pests correctly. This allows for the most appropriate control method.

**Police Pollution** — Prevent fertilizer, pesticides and animal waste from entering water sources or wastewater systems.

**Be Well Read** — Read the label, its the law. Keep children and pets away from pesticides. Store and dispose of pesticides according to label instructions.

**Go Native** — Create wildlife habitat at home using native plant species. Remove invasive plants that may threaten or destroy native habitat.

**Make a Pile** — A compost pile recycles grass clippings, leaves and other organic material. It is a great natural fertilizer too.

**Recycle Your Lawn** — Leave the grass long when mowing and leave the clippings in place. This saves water and fertilizer. Never mow more than one third of the height of the grass.

**Shore the Joy** — Whether you have a flawless lawn or a native landscape, keep your yard safe and well maintained to add beauty and value to your neighborhood.

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**Horticulture**

**There is Still Time to Control Bagworms in Early July**

Bagworm larvae hatch in early June and have been feeding on plant material for nearly a month. They are about half of their mature size and may be hard to see in leaf plant material. Take a walk through your landscape and check all your landscape plants, especially spruces and junipers.

If you find an outbreak of bagworms, chemical control may be needed. Hartz brand thionizidine is available at nurseries and garden centers as Dipel or Thuricide. Other insecticides currently labeled for bagworm control include acephate, carbarly, cyfluthrin, malafox and permethrin. Affected plants must be thoroughly covered with the insecticide so the insects ingest it as they are feeding. Be sure to read and follow all label directions.

If you have a large infestation in your evergreen trees or shrubs, do not delay in controlling the bagworms. Feeding by mature caterpillars slows in August before pupation into adults, so chemical control in late summer and fall is not effective. By that time, your valuable landscape plants are already severely damaged by the maturing bagworms.

— Mary Jane Frogge, UNL Extension Associate

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**Use Local Firewood to Prevent Spreading Invasive Insects**

Forestry experts are urging campers to purchase locally harvested firewood at their destination to prevent spreading invasive insects.

Highly destructive, exotic insects such as emerald ash borer are frequently spread through the transport of infested firewood. Once introduced to new areas, these pests quickly become established and threaten local tree resources.

By purchasing locally harvested firewood and burning all wood on site, campers can help minimize this risk.

Emerald ash borer was recently found near LaCrosse, Wisconsin, just 300 miles from Nebraska. Campers should contact the Nebraska Forest Service, the National Forest Service, or the National Invasive Species Information Center (NISIC) at 402-471-2394 or 877-438-5583 for more information about identifying ash trees and spreading invasive species. The project, the Great Plains Tree and Forest Invasives Initiative, is funded by a U.S. Forest Service grant and matching state funds.

For more information about identifying ash trees and emerald ash borer, visit http://www.fs.fed.us/ or http://www.emeraldashborer.info.

**Emerald Ash Borer**

Emerald ash borer is a non-native, invasive insect that attacks and kills all North American ash species, including green ash, which is native to Nebraska, white, black and autumn purple ashes, all of which are popular landscape trees. The beetle disrupts the tree’s ability to transport water and nutrients, and as a result, there are an estimated 37 million ash trees growing in towns and cities, as well as forests and conservation plantings.

Symptoms of emerald ash borer include winding tunnels just under the bark, 1/8-inch, D-shaped exit holes on the trunk, as well as canopy loss, usually from the top down. Ash trees infested with emerald ash borer also may have spouts growing from the roots or trunk of the tree. Other symp- toms include vertical splitting in the bark on the trunk and increased woodpecker activity. The insect itself is bright, metallic green with a flat back. Adults are typically 1/2-inch long.

Since October 2007, state forestry agencies in Kansas, Nebraska, North Dakota and South Dakota have been working together to prepare for the arrival of invasive species, such as emerald ash borer, in the Great Plains by assessing the region’s tree resources, determining and addressing the potential impacts of invasive to those resources, creating public awareness of invasives and promoting species diversity. The project, the Great Plains Tree and Forest Invasives Initiative, is funded by a U.S. Forest Service grant and matching state funds.

For more information about identifying ash trees and emerald ash borer, visit http://www.fs.fed.us/ or http://www.emeraldashborer.info.

**Additional photos and video are online at**

http://lancaster.unl.edu/hort and color brochures are available at the extension office.
Mosquitoes are one of the most important insect pests affecting the health of humans and domestic animals worldwide. They can transmit a number of disease-causing organisms to humans and animals. The diseases include encephalitis (this includes the West Nile virus), dengue fever, filariasis, yellow fever and malaria. Encephalitis and dengue are potential threats in the United States. Mosquitoes also transmit heartworm in dogs and encephalitis in horses.

All mosquitoes need water to complete their life cycle so a pest problem can develop just about anywhere water collects. Construction sites, drainage ditches, old tire carcasses and even tire ruts by the side of a road can create breeding sites for mosquitoes. Around homes, bird baths, boats, old tires, soda cans, plant pots, knot holes in trees and all collect water and become potential mosquito breeding sites.

To control mosquitoes, you can use organic products to reduce mosquito populations by eliminating or properly maintaining potential breeding sites:

- Check flower pots and other containers for excess water.
- Flirt with the water in bird-baths and fountains every few days.
- Store boats, cans and other objects in a way they don’t collect rainwater.
- Remove water that collects in depressions like tary covers equipment or hay. Rinse off water collecting on backyard trampolines or other play items.
- Keep rain gutters free of leaves and debris.
- Keep swimming pools and backyard ponds properly maintained.
- Watch for drainage problems in yards and playing fields.
- Repair leaky pipes and outside faucets.
- Empty water containers for pets and check livestock watering troughs and tanks.
- Correct or report drainage problems in ditches along public or private.
- Farmers should check irrigation re-use pits and areas where drainage from irrigation or heavy rains drain to roadside ditches.
- Homeowners should make sure screens covering windows and screen doors are in good condition.

When mosquitoes are present, limit your outdoor activities and protect yourself. Older people or people with compromised immune systems are most likely to be at risk from severe complications from mosquito-borne illnesses like West Nile virus. If going outside, wear light-colored clothing. It is less attractive to mosquitoes and should be worn to cover most of the skin. Repellents should be used; however, some people, especially small children, may be sensitive to repellents. The Centers for Disease Control (CDC) recommends two “conventional” repellents (DEET; picaridin) and two “biological” repellents (oil of lemon eucalyptus; IR3535). For more information about active ingredients in these repellents go to http://www.cdc.gov/ncidd/dvbd/westnile/repellentupdates.htm. Follow label directions before using any repellent.

Insecticides can be used as residual sprays for mosquitoes resting in shrubs, flowers and trees. There are products suitable for use in backyard ponds or other aquatic habitats. These include Bacillus thuringiensis (Bt). It is not harmful to fish or other wildlife and is available for purchase in local lawn and garden centers, farm supply stores and more.

Protect your dog by putting him on a preventive heart-worm medicine. For horses, contact your veterinarian for vaccines for the encephalitis stains. There are no vaccines available for humans.

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Protect your dog by putting him on a preventive heart-worm medicine. For horses, contact your veterinarian for vaccines for the encephalitis stains. There are no vaccines available for humans.
4-H District Speech & PSA Contest Results

Sixteen Lancaster County 4-H’ers participated in the Southeast District Speech and Public Service Announcement (PSA) Contest and three participated in the Northeast District Contest. District Contest winners in the senior division in Speech and PSA advance to the State Contest which will be held during the Nebraska State Fair. Congratulations to all the participants! The following youth earned purples in their division — the top five in each division received medals.

Senior Speech — Eric Peterson
Intermediate Speech — Brady Prunema, Emma Roach
Novice Speech — Brandon Prunema, Emma Roach
Senior PSA — Spencer Farley (medal), Erica Peterson (medal), Jessica Stephenson (medal)
Intermediate PSA — Maie Stephenson (medal), Charlotte Tardy (medal), Holly Hileman
Junior PSA — Kailie Brown (medal), Samantha Leyden (medal), Brody Zobel

4-H Pre-Fair Dog Workshop, June 26
There will be a Pre-Fair Dog Workshop on Friday, June 26, 9 a.m.—noon at the Lancaster Extension Education Center. The free workshop will help 4-H members prepare for the Lancaster County Fair 4-H Dog Show. Topics include obedience, showmanship and agility. Dogs are welcome. You must preregister by June 22 by calling 441-7180.

4-H Presentations Workshop, June 25
There will be a 4-H Presentations workshop on Tuesday, June 25, 6 p.m. at the Lancaster Extension Education Center. Cherrycreek Road, Lincoln. Attend this workshop to prepare for the junior division of the 4-H Fair, held Saturday, July 18 (open to all 4-H’ers 8-18). This free workshop will teach youth and volunteers about the three presentation categories, give tips on how to be a good presenter and help with presentation ideas! MUST preregister by calling 441-7180 by June 23. A $100 deposit is needed to reserve your spot. For more information, contact Deanna Karmazin at 441-7180.

16th Annual 4-H Horse Show

The Lancaster County Fair will host two horse riding classes on Saturday, August 8. The challenge will be a part of the Lancaster County Fair. The challenge will be held Tuesday, July 28, 9:30 a.m.—noon at the Lancaster Extension Education Center. The free workshop will help 4-H members prepare for the Lancaster County Fair 4-H Horse Show. Attend this workshop to prepare for the junior division of the 4-H Fair, held Saturday, July 18 (open to all 4-H’ers 8-18). This free workshop will teach youth and volunteers about the three presentation categories, give tips on how to be a good presenter and help with presentation ideas! MUST preregister by calling 441-7180 by June 23. A $100 deposit is needed to reserve your spot. For more information, contact Deanna Karmazin at 441-7180.

4-H Washington D.C. Group Has Five Openings

Five more spots have opened up for the June 2010 4-H Washington D.C. (CWF) Group, Any Lancaster County youth age 14–18 can join CWF, a summer citizenship program which culmi- nates in a nine-day, intensive trip to Washington D.C. and New York. CWF delegates learn about the democratic process and their role as citizens. Youth who sign up now are able to start earning funds through organized fund-raising. A $100 deposit is needed to reserve your spot. For more information, contact Deanna Karmazin at 441-7180.

County Fair 4-H Horse Entry Forms Due July 8
All County Fair Horse Entry Forms are due in the extension office by Wednesday, July 8. No LATE entries will be accepted. Reminder — you must have passed all Walk-Test or Level I Horsemanship requirements and have all forms turned into the extension office before July 8 to show at the County Fair. You must have passed Level II to participate in off-the-horse riding classes. Barbecue Eckuation requires passing Level III.

Horse Show Challenge, July 28
The Lancaster County Fair 4-H Horse Show Challenge will be a part of the Lancaster County Fair. The challenge will be held Tuesday, July 28, 9:30 a.m.—noon at the Lancaster Extension Education Center. The free workshop will help 4-H members prepare for the Lancaster County Fair 4-H Horse Show. Attend this workshop to prepare for the junior division of the 4-H Fair, held Saturday, July 18 (open to all 4-H’ers 8-18). This free workshop will teach youth and volunteers about the three presentation categories, give tips on how to be a good presenter and help with presentation ideas! MUST preregister by calling 441-7180 by June 23. A $100 deposit is needed to reserve your spot. For more information, contact Deanna Karmazin at 441-7180.

State 4-H Horse Show

The Forner Park State 4-H Horse Show, Wednesday, July 29, will be held 12-12 at Forner Park in Grand Island. Information is online at www.animalscience.unl.edu/extension/equine/4H districtstateshows.html

Health Papers

A 14-day health certificate will be required. Policy on Horse Drugs

No exceptions and owners shall exhibit a horse at the Forner Park 4-H Horse Show, a horse that has been given any manner whatsoever, internally or externally, a narcotic, stimulant, depressant, anesthetic, local anesthetic or drug of any kind or description within 24 hours before the horse is shown, unless the horse has been under a veterinarian’s care (8 a.m.). Horses on prescribed treatment of pharmaceuticals, such as aspirin-like products must file a statement in the 4-H Horse Show Office before the horse can be shown. This statement must describe the treatment reason and be signed by an accredited veterinarian. Exhibitors of 4-H winners and one or more entries in the same class must be tested on Tuesday, Wednesday or Friday, per the rule by the Test Committee.
COUNTY FAIR 4-H/FFA NEWS

New this year, gate admission tickets will be required at the Lancaster County Fair. The extension office will have gate admission tickets FREE, available July-Aug. 9.

“How to” Handouts
Handouts detailing how to exhibit in 4-H at the Lancaster County Fair are available at http://lancaster.unl.edu/4h/Fair and extension office.

• Overview of exhibiting in 4-H at Lancaster County Fair
• How to Enter 4-H Contests at Lancaster County Fair
• How to Enter 4-H Static Exhibits at Lancaster County Fair
• Animal Requirements for County Fair, State Fair and Ak-Sar-Ben

New in 4-H at County Fair
See the Fair Book for detailed information about each of the following.

• Entrepreneurship has been replaced with ESI: Entrepreneurship Investigation classes (see p. 40) based on the new curriculums developed by Nebraska 4-H.
  • Unit 1—ESI: Discover the E-Scene
  • Unit 2—ESI: The Case of ME
  • Unit 3—ESI: Your Business Inspection
• Style Revue has added a Clothing Level 2 class for robes, pajamas, etc. (see p. 36).
• Clothing Level 1 and a class for gowns (see p. 45).
• Llama/Alpaca Show after being on hold for two years, the llama show is back as a Llama/Alpaca show with separate classes for llamas and alpacas. Pack classes also have been added (see p. 61).
• Swine Show now includes a Breeding Gift class and a Babe Class. Breeding Gift classes will be broken into divisions by size. Babe Contest is a fun class where exhibitor and hog may dress in costume or show off traits, etc. (see p. 61).
• There is now a Meat Goat Show in addition to the Dairy Goat Show (see p. 60).
• Horse Hunter Show—Hunter is a term used for the controlled, balanced, rhythmic manner in which the horse completes the course of jumps (see p. 63).
• The former Sheep & Goat Show in the Western Horse Show is now divided into two shows: Hunter/ Saddlesate Horse Halter Show in the English Show for Hunter/Saddlesate horse type and Horse and Pony Halter Show in Western Horse Show for stock type horses and ponies. A horse may be entered in only one halter class.

Changes for Horticulture Exhibits
Changes have been made in the Horticulture area. Please keep these changes in mind when entering your exhibits for the Lancaster County Fair.

1. Containers for flower exhibits will not be provided. Exhibitor must provide own container. Please have container be the appropriate size for your flower exhibit. Make sure the container will not tip over when the flowers are put inside. The container will not be judged.
2. Paper plates for vegetables and fruit exhibits will not be provided. Exhibitor must provide sturdy, white paper plates. Use of styrofoam is not permitted.
3. Exhibits need to be ready to enter when you arrive at the fair. There will not be a preparation area to prepare your exhibits.
4. Entry cards must be completely filled out before arriving at the fair.

Entomology
4-H Entomology should have been included in the Fair Book. A Fruit and Vegetable Entomology is available at http://lancaster.unl.edu/4h/Fair and the extension office.

Photography Forms Online
4-H County Fair Photography data tag forms parts A & B are now available as a fill-in PDF online at http://lancaster.unl.edu/4h/A.

Animal Entries Due July 8
All 4-H & FFA county fair animal entries are forms due to extension by Wednesday, July 8. No late entries will be accepted! One Livestock Entry Form MUST be completed for each exhibiting. Exhibitor entering livestock (beef, dairy, bucket calves, goats, sheep, swine). Bedding fees ($6/head) for beef, dairy and bucket calves are being collected with entry forms. Bedding for dairy and bucket calves is being sold at the fair. Entry forms are available at the extension office or online at http://lancaster.unl.edu/4h/Fair

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 30 at 6:30 p.m. (pizzas will be served) and Saturday, Aug. 1 at 8 a.m. at the extension office.
  • During judging of static exhibits on Tuesday, Aug. 4, in Lincoln Room.
  • Teen tour guides are needed for Fair Fun Day for child care groups on Friday, Aug. 7 at 9:30 a.m. and 1 p.m.
  • Livestock mascot and escorts on Friday, Aug. 7 for 1 or 2 hours shifts between 5:30-9 p.m. To be inside, should be able to handle 35" x 35" x 63" and weight less than 30 lbs.

Food Booths, Thursday, July 30
The 4-H food booth at the county fair is the primary fund raiser for 4-H at the Lancaster County Fair. 4-H Clover Kitchen will be located in the Exhibit Hall (see back page). 4-H Council asks clubs help by staffing a 3-4 hour shift at the Clover Kitchens. At any given time, 3-5 youth (age 9 & up) are needed with 2 adults supervising. Youth gain practical experience handling food safely and maintaining changes, developing public speaking skills, such as responsibility, critical thinking and social skills. For more information, call Robin Ambroz-Hollman at 540-2756. ALL food must be preordered. VOLUNTEERS are ENCOURAGED to attend the training on Thursday, July 30, 6–7 p.m. at the Lancaster Event Center, Exhibit Hall. Learn about food safety, customer service and more.

Static Exhibit Check-In Monday, Aug. 3, 4–8 p.m.
Static exhibits do not preregister, but MUST be physically checked in during Static Exhibit Check-In on Monday, Aug. 3 between 4–8 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, signs, etc. MUST be attached at this time.

Interview Judging, Aug. 4
Interview judging is Tuesday, Aug. 4 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 knowledge of the industry. Judges give feedback to the 4-H’er and judge looks for and how to improve skills. 4-H’ers may interview judge ONE exhibit from each project area. Refer to page 37 of the Fair Book for additional information. To be interviewed, 4-H’ers must register for interview judging. Parents or leaders can call the extension office at 441-7180 to sign up members for a five-minute slot — preregister between July 6 and 31. If slots are still available, may sign up during Static Exhibit Check-In on Monday, Aug. 3, 4–8 p.m.

Clover Kids Show & Tell, Aug. 8
All Clover Kids, youth age 5-7 by January 1, 2009, are invited to show & tell their 4-H exhibits at the Lancaster County Fair, Saturday, August 8, starting at 1 p.m.

Clover Kids Show & Tell is held in the Lincoln Room at the Lancaster Event Center. Youth are also invited to do a skit or song at this time. See page 33 of the Fair Book for more information. To register, call 441-7180 by July 31, or sign up at the static exhibit area Monday, Aug. 3, 4–8 p.m.

The Lancaster County Fair Book has complete information about entering exhibits or participating in contests. Fair Books are available at the extension office and online at http://lancaster.unl.edu/4h/Fair. Most of the following information is compiled from the Fair Book.

The Lancaster County Fair Book Fair and Extension Office. Open to all 4-H’ers ages 8–11 (need not be enrolled in a specific project). Contest questions will be based on the following 4-H manuals Youth in Motion, Sewing for Future Jobs, Good Grooming. This Summer Becoming Money Wise 2009 (Entrepreneurship Investigation): Discover the E-Scene. Review packets are available at the extension office. Pre-registration by July 10 by calling 441-7180.

Presentations Contest, July 18
This year’s presentation contest will be held Wednesday, July 18 beginning at 6 p.m. at the Lancaster Extension Education Center. Open to all 4-H’ers ages 8–18. There are three methods in which 4-H’ers may present: 1) presentation using LCD projector; 2) presentation using posters; or 3) multimedia presentation. See Fair Book page 35 for complete contest information. A handout is available at http://lancaster.unl.edu/4h/Fair and the extension office. All participants are strongly encouraged to read the handout. Must pre-register by July 10.

Horticulture Judging Contest, July 23
The Horticulture Judging Contest will be held Thursday, July 23, 10 a.m.—Noon at the Lancaster Extension Education Center. Open to all 4-H’ers ages 8–18. There are three methods in which 4-H’ers may present: 1) presentation using LCD projector; 2) presentation using posters; or 3) multimedia presentation. See Fair Book page 35 for complete contest information. A handout is available at http://lancaster.unl.edu/4h/Fair and the extension office. All participants are strongly encouraged to read the handout. Must pre-register by July 10.

Style Revue Judging, July 29
Public Style Revue, Aug. 5
Style Revue judging will be Wednesday, July 29 starting at 8 a.m. The public Style Revue is Wednesday, Aug. 5, 7 p.m. (both revues will be held at the Lancaster Event Center). Submit entry forms by July 29 and entry forms are available at the extension office or online at http://lancaster.unl.edu/4h/Fair. Must submit entry forms by July 29.

Table Setting Contest, Aug. 6
Table Setting Contest will be Thursday, Aug. 6, 5 p.m. at Lancaster Event Center, Exhibit Hall. Open to all 4-H’ers ages 8–18. 4-H’ers use their creativity to plan a healthy menu, set a table and present their table setting to a judge. A handout is not available from the extension office or online at http://lancaster.unl.edu/4h/Fair. All participants are strongly encouraged to read the handout. Must pre-register by July 20 by contacting the extension office (there is no entry form).

Contest Information
Junior Life Challenge Contest, July 11
The junior division Life Challenge will be held Sunday, July 11 at 9:30 a.m. at the Lancaster Extension Education Center. Open to all 4-H’ers ages 8–11 (need not be enrolled in a specific project). Contest questions will be based on the following 4-H manuals Youth in Motion, Sewing for Future Jobs, Good Grooming. This Summer Becoming Money Wise 2009 (Entrepreneurship Investigation): Discover the E-Scene. Review packets are available at the extension office. Pre-registration by July 10 by calling 441-7180.

Change in Premium Payouts Procedure
All 4-H & FFA animal exhibitors will receive premium payouts as they exhibit at the 2009 Lancaster County Fair! Participants in 4-H contests held DURING the county fair will receive their premium payout at the contest. Premium payouts for all static exhibits and 4-H contests held DURING the fair (such as Speech or Bicycle Safety) must be picked up on Sunday, Aug. 9, Noon–4 p.m. in the Fair Board Office. Premiums will not be paid out after 4 p.m. on Sunday, Aug. 9. With proper identification, parents, guardians, 4-H club leaders, FFA chapter advisors will also be permitted to pick up the exhibitor’s premium sign for their exhibitor. NO exceptions will be issued! No changes or corrections will be made on premium amounts after 14 days.

2009 Lancaster County Fair
Lancaster Event Center • 8441 & Havelock • Lincoln

New this year, gate admission tickets will be required at the Lancaster County Fair. The extension office will have gate admission tickets FREE, available July-Aug. 9.
Children Learn About Money By Using Money

Research has shown children learn the most about money from their parents. They watch parents spend or save money every day. They also hear their parents talk about money directly or indirectly. Children also learn about money by using it themselves. Children see what their parents and older adults do with money and they start to understand how their parents feel about it. In turn, this influences how children feel about money. Do parents spend all their money before it's earned? If so, this may make it hard for children to see money is a tool, not a goal in and of itself, and can make it difficult for children to know what they want.

Ideas for actual activities to be done with children to help them learn about using money are described below. Choose activities appropriate for the child's age and interests:

- **Play store.** Use play money and price a variety of items to help children practice using money.
- **Make three banks** from jars, boxes or other containers. One bank would be for money to save, a second bank for money to spend and a third for savings.
- **Develop a simple savings plan** for something they wish to buy. Create a storebook with younger children. Ask them to draw a picture of something they wish to buy. On the next page, ask them to draw the amount of money they think it will take to buy the item. On the third page have them draw how they are going to find the money they need. On the final page, have them draw something showing when they actually will be able to buy the item they want.
- **Comparison-shop** together for an item they want to buy or for a major item for the family.
- **Allow children to make simple cash transactions at the store.** Talk about the experience when they are done.
- **Discuss the family’s money heritage** with extended family, such as grandparents or aunts and uncles, using questions about the family’s financial history.
- **Play a values clarification game.** Place the sign “Agree” on one wall and the sign “Disagree” on another wall. Read statements about financial options to children and ask them to move close to the sign they feel represents what they value for each statement. When the sign is in place, ask them to explain the choice they made.
- **Have a money discussion** with children. Ask them about figures of speech, such as saving for a rainy day or money doesn’t grow on trees, and what they mean.

Source: Leanna Manning, UNL extension economist; Carla Mahler, UNL extension economist, Kathy Prochaska-Cue, Ph.D., UNL extension family economist.

**EXTENSION NEWS**

UNL Extension Recognizes St. Elizabeth Regional Medical Center as Partner in Excellence in Team Programming Award

A few months ago, University of Nebraska-Lincoln Extension presented a statewide **Excellence in Team Programming Award** to the “Parents Forever and Kids Talk About Divorce” extension team. In Lancaster County, Extension Educator Maureen Burson is part of the statewide team.

UNL partners with professionals and agencies throughout Nebraska, including Saint Elizabeth Regional Medical Center in Lincoln, to effectively provide statewide programming.

Since January 2008, Nebraska legislation mandates education for parents who are experiencing divorce or custody issues. Classes have been mandated by the District Court of Lancaster County since 1999. This is the 10th year UNL Extension and St. Elizabeth’s has partnered to teach monthly “Parents Forever and Kids Talk About Divorce” classes in Lincoln. By recognizing St. Elizabeth’s contributions, UNL Extension Assistant Dean Richard Koelsch (at right), presented Extension Excellence in Team Programming Awards to Saint Elizabeth Regional Medical Center staff.

Burson to co-teach “Parents Forever and Kids Talk About Divorce.” In addition to teaching classes, Jan Madsen and Helen Kampfe have provided leadership for Children of Parents Experience Divorce (COPED), a Lancaster County Coalition composed of eight agencies which provide parenting education.

**Environmental Leadership Awards**

- **University of Nebraska-Lincoln Partners in Pollution Prevention (P3) program** — Education category, P3 is an outreach assistance program operated by the UNL College of Engineering and UNL Extension. UNL Extension in Lancaster County has sponsored P3 interns since the program’s inception in 1997 (see article at left). More information about the P3 program is online at www.p3.unl.edu.
- **Burdette and Virginia Piening** — Additional support for the P3 program is provided by Burdette and Virginia Piening. In addition to farming, Virginia works in the UNL Extension in Lancaster County office providing support for the Nutrition Education Program, Congratulations!

**4-H Interns Assist During Summer**

Each year, student interns join the 4-H staff at the University of Nebraska-Lincoln Extension in Lancaster County and provide much needed assistance during the summer for contests, County Fair and other activities.

- **Kaela Edwards** assists Marty Cruzick with the horse, poultry and rabbit areas (this is Kaela’s first summer as a 4-H intern).
- **Jami Rutt** assists Tracy Kulm with Clover College, county fair static exhibits and contests (this is Jami’s fifth summer as a 4-H intern).
- **Jessalyn Schrock** assists Deanna Karmazin in the livestock areas (this is Jessalyn’s third summer as a 4-H intern).

**Pollution Prevention Intern**

The Partners in Pollution Prevention (P3) program is a 12-week internship program which is part of a University of Nebraska-Lincoln biological systems engineering class. The summer of 2007 saw 3 interns, Mike McKinney, Jessalyn Schrock, and Kaela Edwards.

Mike McKinney is a Partners in Pollution Prevention intern.

While the interns will work small businesses to conduct waste assessments, research and then provide a detailed report on how to conserve resources. As another part of his internship, Mike will be working on some dry weather storm water monitoring for the City of Lincoln to help screen for illicit dumping. More information about the P3 program is online at www.p3.unl.edu.

A University of Nebraska-Lincoln Internship in Engineering class gave Mike an opportunity to work with Mike McKinney on a project with the University of Nebraska-Lincoln Extension in Lancaster County. Mike will be sharing his experiences with other interns and Extension professionals during the summer months.
New research shows that youth development programs like 4-H play a crucial and vital role in the lives of America’s youth and young adults. According to the 4-H Study of Positive Youth Development (PYD), youth have the capacity to thrive when presented with the resources for healthy development found in families, schools, and communities—regardless of background, socioeconomic status, race, or gender.

Researchers at the Institute for Applied Research in Youth Development, a University with contribution from land-grant universities, surveyed more than 4,400 youth in grades 5-8 and 2,800 adults and teachers. The study confirms that 4-H youth are leaders, achieve higher marks in school, contribute to self and society—all which help to strengthen the communities in which they live.

To learn more about the study, go to http://4-h.org

The 4-H Study of PYD is the first research to show that the foundational characteristics of PYD—the Five C’s of competence, confidence, connection, character and caring—can be measured, enabling youth development programs to finally prove their success. It also shows that young people who participate in high-quality, structured programs are more likely to develop the five C’s than the young people who have few or no opportunities for PYD. The study also points out that the most important developmental assets associated with PYD is human: the caring, committed adults who work with youth on projects that make a difference in their communities. Youth development programs like 4-H, which provide optimal opportunities for positive youth development, reduce likelihood of youth to engage in risk behaviors such as underage drinking, smoking, bullying, and vandalism.

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July

Linda Meyer
Lancaster County 4-H is proud to announce Linda Meyer as winner of the “Heart of 4-H Award” in recognition of outstanding volunteer service. Linda has been organizational leader of the Bailey Dairy 4-H club for 10 years (her husband Ron is a co-leader). They present 4-H judging practices and workshops pertaining to dairy cattle, poultry and rabbits. The couple also hosts 4-H farm tours and nature tours. For several years, Linda has also been Saline County 4-H volunteer, serving as a project leader and 4-H Council member.

I was a third generation 4-H’er,” says Linda. “I have reaped the many benefits of being involved in the 4-H program and enjoy sharing my life experiences with others while helping them gain new skills and a positive experience. My favorite experiences is helping others and watching them gain new skills and create positive experiences of their own. My favorite experiences is helping others and watching them gain new skills and create positive experiences of their own.

I have really enjoyed the lifelong friends that are made through 4-H. Many great memories are created.”

Linda also volunteers with Ag Awareness Festival, FFA, Ag in the Classroom, Farm Safety Day camp and the American Dairy Promotion Council. A non-profit organization, 4-H Council financially supports several 4-H programs and activities such as:

• Achievement Night
• College and camp scholarships
• Support for state and national contest registrations
• 4-H promotional activities
4-H Council asks clubs to help by staffing a 3-4 hour shift at the 4-H Clover Kitchen. At any given time, 3-5 youth (age 9 & up) are needed with 2 adults supervising.

Youth gain practical experience handling food safely and counting change. They also gain life skills, such as responsibility, critical thinking and social skills.

Choose a Shift

Days: 
Tuesday, Aug. 4 7:30-11:30 a.m.; 11:15 a.m.-3:15 p.m. or close
Wednesday, Aug. 5 8:30-11:30 a.m.; 11:15 a.m.-3 p.m.; 2:45-5:30 p.m.; 5:15-8:15 p.m. or close
Thursday, Aug. 6 8:30-11:30 a.m.; 11:15 a.m.-3 p.m.; 2:45-5:30 p.m.; 5:15-8:15 p.m. or close
Friday, Aug. 7 8:30-11:30 a.m.; 11:15 a.m.-3 p.m.; 2:45-5:30 p.m.; 5:15-8:15 p.m. or close
Saturday, Aug. 8 7:30-11:30 a.m.; 11:15 a.m.-3 p.m.; 2:45-5:30 p.m. or close
Sunday, Aug. 9 7:30-11:30 a.m.; 11:15 a.m.-3:15 p.m. or close

Training, July 30
All volunteers are STRONGLY ENCOURAGED to attend a concession stand training on Thursday, July 30, 6-7 p.m. at the Lancaster Event Center, Exhibit Hall.

Linda has been a co-leader (her husband Ron is a co-leader). They present 4-H judging practices and workshops pertaining to dairy cattle, poultry and rabbits. The couple also hosts 4-H farm tours and nature tours. For several years, Linda has also been Saline County 4-H volunteer, serving as a project leader and 4-H Council member.

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As of June 9, most of Lancaster County was abnormally dry. For the most recent map, visit http://www.drought.unl.edu/dm

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Source: National Drought Mitigation Center, University of Nebraska-Lincoln