7-1-2009

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 $990,000 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, magnesium, 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.lrwdl.com or call 782-3495.

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
Use of Copper Compounds to Control Algae in Farm Ponds

Copper has been used for many years as an effective algaecide in farm ponds, livestock water tanks and nurse tanks used by farmers as a source of water for mixing pesticides. This article will discuss the use of copper to control algae in farm ponds.

It is very important to accurately identify whether the problem is indeed algae when attempting control measures. I often get calls wanting to know how to kill “algae” in a pond, but after a short conversation, I discover the caller actually has aquatic weeds, not algae. Copper, in the concentrations that can be used in a pond will have no effect on higher plants and would be a waste of time and money.

The three most common types of algae are single-celled (planktonic) algae, filamentous algae and algae that float on the surface (Chara). Single-celled algae is too small to see individually. They turn the water a uniform green color. Plants most often mistaken for single-celled algae are Duckweed and Watermold. These are small multi-celled plants that float on the surface and are pushed from one side of the pond to another by the wind.

Common filamentous algae are: 
- *Spirogyra* spp. — slimy and green; 
- *Cladophora* spp. — cotton mat type; and 
- *Phormidium* spp. — hair-like clump type.

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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. Pictured are adult webs on mites.

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 supporting the 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), 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 3 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 kethane may be used in your spray tank to reduce a mite population buildup.
2. There are a lot of stages of mites, especially the undersurfaces, is necessary to obtain good control. Read and follow all label directions. Observe the proper days wait before harvest for each particular crop.

For More Information
Sharon Skipton
UNL Water Quality Educator
Shirley Niemeyer
UNL Housing and Environment Specialist
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 bowl. 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 plastic containers 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. Typically, less water will be used to wash fewer full loads than several small loads.

Look for the EnergyStar 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.

Sharon Skipton
UNL Water Quality Educator
Shirley Niemeyer
UNL Housing and Environment Specialist

Water Conservation at Home Begins in the Bathroom, Laundry Room

The main components of a rain barrel is 55 gallons. The roof will fill a 55 gallon rain barrel on rainfall. The barrel is safe for plants and can be used to water lawns and gardens or wash cars and bicycles. Since only a 1/2 inch rainfall on 160 square foot roof will fill a 55 gallon rain barrel, some people choose to get a tandem barrel (2 barrels at 1 downspout) or another barrel at a different downspout.

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.

Source: City of Lincoln Watershed Management Education Web site

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UNL Extension Educator

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Skillet Zucchini with Chopped Tomatoes
Preparation Time: 10 minutes • Number of Servings: 4 Cup(s) = Calories Per Person:
1 teaspoon whisked light butter* 1 cup chopped onion 4 small (1-inch) zucchini, thinly-sliced
2 medium tomatoes, chopped freshly ground pepper
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 until zucchini is tender-crisp. Season to taste with pepper.
*Note: If you don’t have whisked light butter, substitute a teaspoon of vegetable oil.


Tuna Pasta Salad Makes 4 servings, about 1/2 cup each cup
2 cups macaroni, uncooked (6.5 ounce) cans water-packed tuna 1/2 cup zucchini, chopped 1/4 cup carrots, sliced
1/3 cup onion, diced 1/4 cup salad dressing, mayonnaise-type

Alice Henneman
UNL Extension Educator

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 teaspoons 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 rosemary and sauté 2 minutes. Add zucchini and red bell 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 g sodium.

Source: American Institute for Cancer Research (www.aicr.org) and featured in the revised edition of The New American Plate.

Ashley Keller
UNL Dietetic Intern

Do your struggle with adding fruit to your diet? With many fruits in season during the summer, now is a great time to start making sure you get the two cups of fruit recommended each day.

Adding fruit to an entrée is one idea. Examples of fruit in season that are easy to add to entrees are apricots, blueberries, cherries, mangoes, strawberries and raspberries. These fruits can create a new flavor, savory entry tore your family's meal.

Fruits, which are low in fat, also contain fiber, essential vitamins and minerals, phytochemicals 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 more common vitamins and minerals found in fruits.

<table>
<thead>
<tr>
<th>VITAMIN/ MINERAL</th>
<th>FUNCTION</th>
<th>FRUITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potassium</td>
<td>Lowers blood pressure, aids in normal heart function and stops fat from building and clogging arteries</td>
<td>Bananas, avocados, apricots, prunes, oranges, cantaloupe and honeydew</td>
</tr>
<tr>
<td>Fiber</td>
<td>Maintains good bowel movements, decreases blood cholesterol and helps reduce risk of heart disease</td>
<td>Raspberry, pear, blueberries, blueberry, strawberry, bananas, oranges and raisins</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>Essential for health of body tissues, strengthens immune system and aids in the body's ability to heal itself</td>
<td>Strawberry, kiwi, orange, cantaloupe, honeydew melon, watermelon, lemons and limes</td>
</tr>
<tr>
<td>Potassium</td>
<td>Important for production of red blood cells, especially important during pregnancy to help prevent birth defects</td>
<td>Orange, strawberry, cantaloupe and other citrus fruits</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>Promotes vision, growth and bone development; good for skin and mucous membranes that protect the body's organs; stimulates immunity</td>
<td>Watermelon, mango, apricot, cantaloupe and peaches</td>
</tr>
</tbody>
</table>

Grilled Chicken with Fresh Mango Salsa
(Serves 4)
4 boneless, skinless chicken breast halves
Salt and freshly ground black pepper to taste
1 tablespoon olive oil
1/4 - 1/2 teaspoon garlic powder
1 teaspoon ginger
2 mangos, peeled, seeded and diced
2 tablespoons cider vinegar
1/4 cup chopped fresh cilantro
Rub chicken breast halves with salt and pepper. Place in skillet or on grill. Cook 10 minutes on each side, until no longer pink and juices run clear. Remove from heat, set aside and keep warm. Place all ingredients in skillet. Using medium heat, sauté garlic, ginger and mangoes for 3 to 4 minutes, until mangoes are tender. Pour in the cider vinegar. Stir in cilantro and remove from heat. Spoon over the cooked chicken.

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. Bring to 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.

Ashley Keller
UNL Dietetic Intern

What to Do with Zucchini!

Cut zucchini into sticks and serve with a dip.
Slice zucchini, saute in oil over medium heat for about 5 minutes until tender crisp; toss into heated pasta sauce for a veggie-packed pasta topping.

Freezing Zucchini
To freeze grated zucchini, the National Center for Home Food Preservation recommends (http://www. nchfp.ars.usda.gov/how/ freezer/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 water thawed, discard the liquid before using the zucchini.

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 the water to a boil. Put the vegetables in the basket in a single layer so the steam reaches all parts quickly. Cover the pot and keep heat high. Start counting steaming time as soon as the lid is on.

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

Fruits Are Good Source of Nutrients
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 and the signing of the Declaration of Independence.

Fly your flags 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. Have a fun day, but safe one. God Bless 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.

Summer Safety Tips

One of the best ways to stay safe this summer is to wear a helmet and other safety gear when biking, skating and skateboarding, and when riding scooters, 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 layers of protection 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.

Never cook 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 hoods for clogging, burners, holes, and leaks. Make sure there are no sharp beds in the hose or tubing. If you ever detect 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 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 injuries. So, have a safe surface is critical. Concrete, asphalt or unpaved surfaces are hard. Use at least nine inches of wood chips or mulch.

Use softer-than-standard soccer goals, if you are a soccer mom or dad, beware that movable bases and batting helmets with face guards to reduce injuries. Concrete, asphalt or power to warm a 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. Grills should be installed in children’s bedrooms, parents’ bedrooms and other rooms where young children spend time. Or, install window stops that permit windows to open no more than four inches. Also, keep furniture away from windows to discourage children from climbing near windows.

FCE News & Events

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. 5 Street, Roca, NE 68430

Program
MUSICAL ENTERTAINMENT
presented by Arne Bremer

WHY WE LAUGH
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

Learn the Signs/Act Early Autism Awareness

You know the milestones that mark a child’s development—pointing at objects, smiling and playing with others. Many parents do not know these milestones are important indicators of a child’s developmental health.

To ensure children reach their full potential, the Nebraska Act Early State Council has partnered with the Centers 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.

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 file.

• Give the appropriate milestone fact sheets 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 sheet 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 newsletters to parents or on bulletin boards in your center or classroom.
• Materials and shipping are FREE! Materials may be ordered at http://www.cdc.gov/ncbddd/actearly/downloads.html.

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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 file.

• Give the appropriate milestones fact sheets 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 newsletters to parents or on bulletin boards in your center or classroom.
• Materials and shipping are FREE! Materials may be ordered at http://www.cdc.gov/ncbddd/actearly/downloads.html.

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. Pressock, come on to minimize the amount of detergent and elbow grease needed.
• Accumulate dishes, fill them with hot water for a few items. Soaking will soften foods.
• Wash in a sink or dishpan of soaks, 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 raking 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 detergent containers when empty.

Learn the Signs/Act Early Autism Awareness

You know the milestones that mark a child’s development—pointing at objects, smiling and playing with others. Many parents do not know these milestones are important indicators of a child’s developmental health.

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For more information about the campaign, call Kelli Ellerbusch with the Munroe-Meyer Institute at the University of Nebraska Medical Center, (402) 559-4892 or e-mail kellerbusch@umnmc.edu.

Source: U.S. Consumer Product Safety Commission

Home & Family Living

July 2009

The NEBLINE

http://lancaster.unl.edu

Page 5
There is Still Time to Control Bagworms in Early July

Bagworm larvae hatched 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 spruce and junipers. If you find an outbreak of bagworms, chemical control may be needed. One thuringiensis is available at nurseries and garden centers as Dipel or Thuricide. Other insecticides currently labeled for bagworm control include acephate, carbachyl, cyfluthrin, malathion 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

For more information about identifying ash trees and emerald ash borer, visit http://www.emeraldashborer.info. For more information about the national effort to prevent the spread of invasive species through firewood movement, visit http://www.donnottmovefirewood.org.

These two pest problems have been very damaging to ash trees in the state. In early spring, both of these pests are very active.

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. Unfortunately, there are no effective management options. In fact, with the maturation of larvae within the tree, trees are 80 percent exfoliated. Emerald ash borer also infests and kills birch, poplar and willow, and it is currently being spread in the United States through the movement of firewood. The work being done on the movement of firewood is very important.

Bagworms are another pest that have been very damaging to a variety of plants. There are two types of bagworms, the army and the bollworm. Both of these pests are very active and can cause significant damage to trees and shrubs.

Cut and fertilize delphinium and phlox to encourage a second flowering. Cut back and fertilize delphinium and phlox to encourage a second flowering. Cut back and fertilize delphinium and phlox to encourage a second flowering. Cut back and fertilize delphinium and phlox to encourage a second flowering. Cut back and fertilize delphinium and phlox to encourage a second flowering. Cut back and fertilize delphinium and phlox to encourage a second flowering. Cut back and fertilize delphinium and phlox to encourage a second flowering. Cut back and fertilize delphinium and phlox to encourage a second flowering. Cut back and fertilize delphinium and phlox to encourage a second flowering. Cut back and fertilize delphinium and phlox to encourage a second flowering.

Garden Guide

Many plants are easily propagated by layering. Verbena, euonymus, English ivy and climbing roses are a few plants that will root if the stems are fastened down and covered with soil. Cutting flowers is best done with sharp shears or a knife which will help avoid injury to the growing plant. A slanting cut will expose a larger absorbing surface to water and will prevent the base of the stem from resting on the bottom of the vase. It is best to encase a bucket of water in the garden for collecting flowers, rather than a cutting basket.

Storage of fruits and vegetables at home can be a salt or poorly stored produce. Two or three months ripening a dill or other cucurbits. Cut them back and fertilize delphinium and phlox to encourage a second flowering. Cut back and fertilize delphinium and phlox to encourage a second flowering. Cut back and fertilize delphinium and phlox to encourage a second flowering. Cut back and fertilize delphinium and phlox to encourage a second flowering. Cut back and fertilize delphinium and phlox to encourage a second flowering. Cut back and fertilize delphinium and phlox to encourage a second flowering. Cut back and fertilize delphinium and phlox to encourage a second flowering. Cut back and fertilize delphinium and phlox to encourage a second flowering. Cut back and fertilize delphinium and phlox to encourage a second flowering.

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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. Foresters want to keep emerald ash borer out of Nebraska as long as possible. By encouraging people to purchase locally-harvested firewood at their destination, they will be one of the best defenses against this pest being brought to Nebraska.

In states where emerald ash borer has been detected, the movement of firewood is regulated by state departments of agriculture and federal agencies. Currently, firewood quarantine programs exist in Illinois, Indiana, Maryland, Michigan, Missouri, Ohio, Pennsylvania, Virginia, West Virginia, Wisconsin and New York. In Canada, quarantines are in effect in Ontario and Quebec. While there are currently no mandates in Nebraska, people are being asked not to transport firewood.

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 Despite its ability to transport water and nutrients, there is still time to control bagworms in early to mid-July. Before the second flushing of growth, treat bagworms with Bacillus thuringiensis. Bagworms will not be present until late 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 spruce and junipers. If you find an outbreak of bagworms, chemical control may be needed. One thuringiensis is available at nurseries and garden centers as Dipel or Thuricide. Other insecticides currently labeled for bagworm control include acephate, carbachyl, cyfluthrin, mala-thion 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.

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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 parasites 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, low-lying areas 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 all collect water and become potential mosquito breeding sites.

In nature, nests are located in hollow stumps or stumps of plants, galleries in wood, abandoned beehives or burrows found between screen and storm windows in doors. It gets its name because of its odd nesting habits. The female wasp fills nest cavities with grasses and other plants.

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The adult wasps emerge from their cocoons in early summer, mate and the female locates a suitable nest site. She collects blades of grass and hay stems to line the nest cavity. The wasp flies through the air with the blades trailing beneath her. She lands at the hole and enters, pulling the blades in behind her. After the nest is prepared, she hunts for tree crickets (i.e., Oecanthus sp.), paralyzes them, and transports them to the nest. The wasp lays eggs on the tree crickets and the larvae feed on the paralyzed prey. Full grown larvae spin papery cocoons when mature. There is one generation per year and the overwintering stage is the pupal larva within the cocoon. Like other special wasps, grass-carrier wasps are solitary which means each nest is the effort of an individual female. Solitary wasps do not aggressively defend their nests. They are capable of stinging, but only if harassed or handled. No special controls for grass-carrier wasps are necessary and chemical treatment is not necessary. Discard the nests as they are discovered (usually when cleaning windows or changing screen windows).

Insect Photography Workshop
Saturday, June 27
9:30 am–3 pm
Spring Creek Prairie Audubon Center,
11700 SW 100 St., Denton
Do you like nature photography? Do you like to be outdoors? Need a new hobby? Come to a workshop that focuses on close-up digital photography of insects.

Presenter: Jim Kalisch,
UNL Department of Entomology

Topics include camera features/settings, basics of close-up photography, lighting, getting insects to cooperate and much more. In a feature called "How Did You Get That Shot?" we will also examine some of the great photos taken by last year’s attendees.

The educational program will take place in the morning. In the afternoon, attendees will be able to roam the prairie searching for that special photo. If you decide to stay, please bring a sack lunch; we will provide beverages.

Cost of this workshop is $30/person or $40/couple who can share a reference book. It is expected attendees will have a basic understanding of photographic principles, but need help taking good close-up photos. Ages 14–18 must be accompanied by a parent/guardian.

If you are interested in this workshop, call 441-7180 to see if there is still space.
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 — Ann Griff (medal), Moxy Naal
Junior Speech — Alyssa Cott, Ivy Dearmont, Samantha Leyden
Novice Speech — Brady Pherson, Emma Rosela
Senior PSA — Spencer Farley (medal), Erica Peterson (medal), Jessica Pherson (medal)
Intermediate PSA — Jaime Stephenson (medal), Charlotte Tardy (medal), Holly Hibbert

Junior PSA — Kailey 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. This free workshop will help 4-H members prepare for the Lancaster County 4-H Dog Show. Topics include obedience, showmanship and agility. Dogs and their owners must be preregistered by June 22 by calling 441-7180.

4-H Pre-Painting Workshop, June 25
There will be a Pre-Painting workshop on Tuesday, June 25, 6 p.m. at the Lancaster Extension Education Center at 444 Cherrywood Road, Lincoln. Attend this workshop to prepare for the 4-H painting contest held Saturday, July 18 (open to all 4-Hers 8–18). This free workshop will teach youth and volunteers about the three presentation classes, give tips on how to be a great presenter and help with presentation ideas! MUST preregister by calling 441-7180 by June 23.

Donated Sewing Machine to a 4-H'er
Kath Crowley 4-H Club has purchased a new sewing machine, is graciously donating a brand new sewing machine to one Lancaster County 4-H youth. 4-H'ers who would like to be considered to receive the sewing machine should submit a paper describing the clothing project that they have done in the past and plan to do in the future as well as why they think they should receive it. All papers should be sent to Tracy Kulm, Lancaster Extension Education Center, 444 Cherrywood Road, Ste. A, Lincoln, NE 68528. Deadline has been extended to July 15.

Horse Show Challenge, July 28
The Fonner Park State 4-H Horse Show will be held July 12–16 at Fonner Park in Grand Island. Information is online at www.ak-sar-ben.org.

Clothing Level 2 Workshop, July 12 & 14
Attention 4-H Clothing Level 2 project members! A hands-on workshop will be held Tuesday, July 12, 6:30–8:30 p.m. at Berina Sewing Center located in Hancock at 608 Main St., Suite A, Lincoln. Participants will learn how to make a simple dress for the Lancaster County Fair 4-H Clothing Level 2 project. Cost is $20 plus pattern and supplies. Pre-register before July 8 (call Berina at 464-0266.

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New in 4-H 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 curricula developed by Nebraska 4-H.
  - Unit 1—ESI: Discover the E-Scene
  - Unit 2—ESI: The Case of ME
  - Unit 3—ESI: Your Business Idea
- Style Revue has added a Clothing Level 2 class for robes, pajamas, etc. (see p. 56)
- 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 also been added (see p. 61).
- Swine Show now includes a Breeding Gift class and a Babe Babe Contest. Breeding Gilt classes will be broken down into divisions by size. Babe Contest is a fun class where exhibitor and hog may dress in costume or show off traits. (see p. 61).
- There is now a Meat Goat Shows 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 Animal Care and Husbandry Horse Show in the Western Horse Show is now divided into two shows: Hunter/Saddle Seat Halter Hunter Show in the English Show for Hunter/Saddle Seat 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 areas. Please keep these changes in mind when you are preparing your exhibits for the Lancaster County Fair.
1. Containers for flower exhibits will not be provided. Exhibitor must provide own container. Please have containers be the appropriate size for your flower exhibit.
2. Paper plates for vegetables and fruit exhibits will not be provided. Exhibitor must provide sturdy, white paper plates. 
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.

Animal Entries Due July 8

4-H & FFA county fair animal entries forms are due to extension by Wednesday, July 8 at 4:30 p.m. or post-marked by July 8. No late entries will be accepted! One Livestock Entry Form MUST be completed for each exhibitor entering livestock (beef, dairy, buckle calf, goats, sheep, swine). Bedding fees ($6/bed) for beef, dairy and bucket calves are being collected with entry forms— bedding forms must be picked up 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. (pizza will be served) and Saturday, Aug. 1 at 8 a.m. (breakfast will be served)
- During judging of static exhibits on Tuesday, Aug. 4, in the 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.
- Bee Green mascot and escorts on Friday, Aug. 7 for 1 or 2 hours shifts between 5:30-9 p.m. To be inside, should be age 14+, 5’3”-6’3” and waistline 38” or less.

Food Booth Advertising, July 30

The 4-H food booth at the county fair is the primary fundraiser for Lancaster County 4-H. This year, 4-H Clover Kitchen will be located in the Exhibit Hall (see back page). 4-H Council asks clubs to help by staffing a 3-4 hour shift at the Clover Kitchen. At any given time, 3-5 youth (age 9-18) are needed with 2 adults supervising. Youth gain practical experience handling food safely and maintaining change while developing important life skills such as responsibility, critical thinking and social skills. For more information, call Robin Ambroz-Hollman at 540-2756. ALL food booth volunteers are strongly 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 other important duties.

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, den rules, etc. MUST be attached to this page.

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 experiences with others. Judges will use a rubric to determine a score and feedback this 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. No exhibits will be entered into the interview judging. Members, 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, Aug. 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.
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 spend even for necessities.

It’s important to discuss the family’s financial situation with children at a level appropriate for their age. Encourage children to participate in family financial discussions. Communicate about money on a one-on-one as the opportunity comes up. Help children understand they need to buy things they need before things they want.

When talking about money and saving with children, encourage them to set goals that can realistically be reached now and in the near future. For example, saving money for a new camera is more realistic than saving for retirement at a young person’s age because retirement is so far in the future. Remember, kids live in the present.

Also, be reassuring when talking to children about money. If they discover the house they live in is not completely paid for, they may worry. Assure them the family is able to make the monthly payments and they will not be out in the street by morning.

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 share, a second for money to spend and a third for savings.
- **Develop a simple savings plan** for money they wish to buy. Create a storybook with younger children. Ask them to draw a picture of something they want 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 closer to the sign the sign they feel represents what they value for each statement. Afterward, 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.

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.

- **Kaelea Edwards** assists Marty Cruickshank with the horse, poultry and rabbit areas (this is Kaelea’s first summer as a 4-H intern).
- **Jami Rutt** assists Tracy Kuld with Clever 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 which is part of a University of Nebraska-Lincoln biological systems engineering class. The summer 2009 P3 interns are Mike McKinney and Jonathan Haire. UNL Extension Educator; Kathy Prochaska-Coo. Ph.D., U.N.L. Extension family economist.

- **4-H Interns Assist During Summer**

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 Lincoln 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 most 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. To recognize St. Elizabeth’s contributions, UNL Extension Assistant Dean Richard Koelsch recently 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.

The Environmental Leadership Awards presented by the Lincoln-Lancaster County Health Department honor businesses, organizations and individuals who have demonstrated environmental stewardship and dedication to sustaining and improving our environment. The Environmental Leadership Awards were included in the University of Nebraska-Lincoln Partners in Pollution Prevention (P3) program — Education category, P3 is an outreach and 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 — Awards include 40 acres of land and additional to farming, Virginia works in the UNL Extension in Lancaster County office providing support for the Nutrition Education Program. Congratulations!”
New research shows that youth development programs like 4-H play a special and vital role in the lives of America’s young people. 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 family, schools, and communities—regardless of background, socioeconomic status, race, or gender.

Researchers at the Institute for Applied Research in Youth Development at the University of Nebraska-Lincoln, University with contribution by land-grant universities, surveyed more than 4,400 youth in grades 5-8 and 2,800 of their parents in the first four years of this longitudinal study. Those surveyed lived in rural, suburban, and urban areas in 34 states and were from a variety of racial, ethnic, and religious backgrounds.

The 4-H Study of PYD is the first research to show that the foundational characteristics of PYD—the Five Cs 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 a high number of positive youth development activities are more likely to develop a six-characteristic contribution. Conversely, young people who have few or no opportunities for PYD are at higher risk for personal, social and behavioral problems.

Children who participated in 4-H for at least one year by eighth grade were 3.5 times more likely to contribute to their families, themselves, and their communities. • Eighth graders who participated in 4-H programs at least twice per month had greater confidence and higher grades and were 1.6 times more likely to plan to go to college. • Eighth graders who participated in 4-H programs at least twice per month also scored higher on civic identity and engagement measures and had a greater ability to express opinions on community issues, help neighbors, and bond with adults and teachers.

The 4-H Study of PYD finds that youth involved in high-quality, structured out-of-school programs are more likely to develop the five Cs the longer they participate. The study also found that the most important developmental assets associated with PYD in human capital are 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.

The study also confirms that 4-H youth are leaders, achieve higher marks in school, and 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/4hstudy.
Volunteer at 4-H Clover Kitchen
Help Raise Money for 4-H and Have Fun!

The 4-H Clover Kitchen concession stand at the county fair is the primary fundraiser for Lancaster County 4-H 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

<table>
<thead>
<tr>
<th>Days</th>
<th>Shifts each day</th>
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<tbody>
<tr>
<td>Tuesday, Aug. 4</td>
<td>7:30-11:30 a.m., 11:15 a.m.-3:15 p.m. or close</td>
</tr>
<tr>
<td>Wednesday, Aug. 5</td>
<td>11:15 a.m.-3 p.m., 2:45-5:30 p.m., 5:15-8:15 p.m. or close</td>
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<tr>
<td>Thursday, Aug. 6</td>
<td>11:15 a.m.-3 p.m., 2:45-5:30 p.m., 5:15-8:15 p.m. or close</td>
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<tr>
<td>Friday, Aug. 7</td>
<td>11:15 a.m.-3 p.m., 2:45-5:30 p.m. or close</td>
</tr>
<tr>
<td>Saturday, Aug. 8</td>
<td>7:30-11:30 a.m., 11:15 a.m.-3:15 p.m., 11:15 a.m.-3:15 p.m. or close</td>
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To Sign Up
Contact Robin Ambroz-Hollman at 540-2736.

Volunteer service.

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 Rolley 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 I enjoy sharing my life experiences with others while helping them gain new skills and create positive experiences of their own. My favorite experiences is helping others and watching their faces lights up after a job well done or after learning a new skill. I’m also amazed at 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 Association/Dairy Council.

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

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

Can You Guess It?

Did you guess it? Find out at http://lancaster.unl.edu
Did you guess it from the June Neaul? Computer Keyboard

U.S. Drought Monitor Map
As of June 9, most of Lancaster County was abnormally dry

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

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