I T’S FARMERS’ MARKET time again in Lancaster County. Here are 12 great reasons to visit a Farmers’ Market, illustrated with scenes from local Farmers’ Markets.

1. Find foods not available in a grocery store.
2. Take home a truly tasty tomato! Recipe for the bruschetta shown at right is on page 4.
3. Enjoy really fresh sweet corn. Fresh from the field means fantastic flavor!
4. Purchase a pretty plant you know will grow in Nebraska because it was locally grown in Nebraska.
5. Meet with a master gardener. University of Nebraska–Lincoln Extension master gardeners are available at some of the Farmers’ Markets. They’ll answer your garden questions and help make your garden grow!
6. Make memorable meals. The meal at right features toasted sunflower wheat bread with lettuce and smoked bacon cheese; kale sautéed in olive oil with green onions and garlic; purple (graffiti) cauliflower ... all from one of the local Farmers’ Markets!
7. Have fun with your family and friends. Many Farmers’ Markets feature special events, such as cooking demonstrations, music, festivals, and more.
8. Get really fresh food that didn’t travel long distances to reach you. Freshly picked produce not only tastes better, but keeps longer, too! Look for the Buy Fresh Buy Local sign used many places to identify locally grown produce.
10. Get to know your farmer. Ask questions about how the food was grown, how to cook it, and more.
11. Support your local economy. If every household in Nebraska spent $10 weekly on Nebraska–Lincoln grown produce, $7,008,800 would stay in the local economy EACH week. That’s $364,457,600 per year! (Source: 2006 US Census Bureau, based on 700,880 occupied living units.)
12. Farmers’ Markets are full of surprises — you never know what you might see!
Online Tool Estimates Economic Feasibility to Repair or Replace Pumping Plants

Tom Dorn
UNL Extension Educator

Use your records to determine the performance of your irrigation pumping plants and estimate the economic feasibility of repair or replacement.

Could your irrigation pumping plant be costing you hundreds or thousands of dollars more per year more than it should be? UNL Extension has a very easy-to-use tool to help you know where you stand using your records of the volume of water pumped, lift from the water source to the surface, and the system pressure, measured at the pump.

The tool is an Excel worksheet called Long Term Pump. It can be found on the irrigation page of the UNL Extension in Lancaster County Web site at http://lancaster.unl.edu/ag/Crops/irrigate.shtml. The direct link is http://lancaster.unl.edu/ag/Crops/Long_Term_Pump.xls (note the underscores between the words). When you access the workbook, you will notice tabs at the bottom of the screen. The screen provides instructions for using the worksheet. The active worksheet is on the second tab.

The next three tabs show example runs assuming a diesel engine, an electric motor, and a system with no runs assuming a diesel engine, an electric motor, and a system with no

<table>
<thead>
<tr>
<th>User Inputs</th>
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<tbody>
<tr>
<td>1. Select the energy source for pumping from the drop-down menu.</td>
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<tr>
<td>2. Input the energy price per unit of fuel: ($/gallon, $/kWh, $/MCF or $/Therm).</td>
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<tr>
<td>3. Select the water meter totalizer units — if no meter, select: No Meter and go to Step 4 to input acres irrigated and inches applied per season.</td>
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<td>4. Input the pumping water level.</td>
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<tr>
<td>5. Input the system pressure at the pump.</td>
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<tr>
<td>6. Input the total fuel (energy) used per season.</td>
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Results

1. The acre-inches of water pumped during the period.
2. The useful work accomplished (water horsepower - hours) (WHP-hr).
3. The performance of the pumping plant (WHP-hr per unit of fuel).
4. The performance rating (expressed as a percentage of the Nebraska pumping plant performance criteria).
5. The potential fuel cost savings if the pumping plant were repaired or replaced to bring performance up to the Nebraska pumping plant performance criteria.
6. If the user specifies a payback period and the interest rate, (APR), the worksheet will calculate the amount of money that could be borrowed to repair or replace the inefficient components, assuming the annual payments will be made using only the anticipated annual energy savings.

Tractor Safety Training for Youth, June 8–9

An intensive two-day tractor/ farm safety workshop for 14 and 15 year old youth will be conducted on June 8–9 at the UNL East Campus Tractor Testing Laboratory. The classes run 8 a.m.–5 p.m. each day. The $60 fee includes materials and meals for both days. The curriculum is NSTMOP (National Safe Tractor and Machinery Operation Program) and information can be found at http://www.nsmop.psu.edu/. This kit includes task sheets covered during the class and will be in their workbook. The task sheets also include information about the driving test.

Day 1 — Participants will undergo a full day of speakers, machinery tours, and classroom training on safety including tractor and ATV roll-over prevention. The day will conclude with testing including including a written exam. Only those passing these tests qualify to test on Day 2. Homework will be assigned to hand in the next day.

Day 2 — Speaker, tours, and safety information along with hands-on tractor safety instruction followed by driving tests for students to exhibit their safety competency. Students should be familiar with backing a two-wheel trailer.

Upon completion of the course and passing the tests, the students will receive a certificate exempting them from the federal labor laws (within limits). This certificate completes the driving portion of the DMV Animal Husbandry Permit. Call 821-2151 or 362-5508 for more information and to register for the training.

Certify Hay as Weed Free

Bruce Anderson
UNL Extension Forage Specialist

Are you interested in another market for your hay this year? Maybe you should have it certified as “weed free.”

Normally, when you think of selling hay, you think of dairy cows, beef cows, feedlots, or horses. But hay also is used to feed wildlife in national parks and as mulch along many roadways or other disturbed soils. Selling hay for use in parks or on road sides, though, can be a challenge, especially if your hay needs to cross state lines. That’s because many state and federal agencies will refuse to buy your hay unless they can be guaranteed it does not contain any noxious weeds.

To prevent the spread of noxious weeds via hay, the North American Weed Free Forage Program has been established. This program has been adopted by most state Departments of Agriculture and is implemented in Nebraska by your county Weed Control Authority.

To participate, your forage must be inspected in the field prior to cutting for noxious weeds or other designated weeds. If any are found, the hay still might be able to be certified if prescribed treatments are followed; these treatments will vary depending on the type of weed. Then, if your hay passes, you will receive an inspection certificate verifying the results.

When shipping across state lines, a transit certificate or certification marking must accompany the hay to avoid rejection. Contact your local weed control authority for more details.

Certifying hay as “weed free” can offer other markets for your hay. But act long before cutting or it will be too late.
Mountains, most cases are reported from transmitted by the American dog tick. It helps them locate their host. They then climb up their host and spend hind legs and extend their front legs out different animal. Tick are typical “three-host” ticks. Each feeding stage (larva, nymph, and adult) of three-host ticks must find and feed on a different animal. Ticks hang onto vegetation with their hind legs and extend their front legs out from their body. The ticks grab onto their host with their front legs as they pass by. Then they climb up their host and spend time before settling down to feed. Ticks are sensitive to carbon dioxide which helps to locate their host.

Diseases Transmitted by Nebraska ticks
Rocky Mountain Spotted Fever (RMSF) – This disease is caused by a rickettsia bacteria, Rickettsia rickettsii, and transmitted by the American dog tick. It is the most severe and most frequently reported tick-borne disease in Nebraska. Although RMSF does occur in the Rocky Mountains, most cases are reported from other states. Twenty cases of RMSF were reported in Nebraska in 2008. 0.2 percent. Classic signs of RMSF are fever and rash in a person who has been bitten by a tick. The rash often starts at the extremities (wrists and ankles) and spreads toward the trunk. The rash first appears several days after the fever. Fever and rash may appear two days to two weeks after an encounter with an infected tick. In a few cases, no rash occurs at all. Early diagnosis and antibiotic treatments are important. Prompt removal of ticks from the skin greatly reduces the chance of transmission for RMSF.

Lyme disease and ehrlichiosis – Lyme disease is caused by the spirochete Borrelia burgdorferi. Lyme disease was discovered in 1976 in Connecticut, but now has been reported from most of the continental U.S. Areas of greatest incidence are the Northeast, the Atlantic seaboard, the Great Lakes states, and northern California. Early signs of Lyme disease include a red rash which expands in concentric rings outward from the tick bite, producing a “bulls-eye” effect. Later, the victim may experience flu-like symptoms, like headache, fever, chills, lethargy, and joint and muscle pain. It is a seriously debilitating disease that is untreated and untreated, but is easily treated with antibiotics in its early stages. A visit to a family doctor and a blood test will determine whether a person has Lyme disease. From 1980-1997, there were 76 cases of Lyme disease reported in Nebraska. However, health experts are unsure whether these cases are actually Lyme disease or a disease called ehrlichiosis. The reason for this uncertainty is because ticks that transmit Lyme disease are not found in Nebraska and the ticks present here have not been shown to vector this disease.

The lone star tick does transmit ehrlichiosis, a disease with symptoms very similar to Lyme disease, including fever, headache, fatigue, and muscle aches. Other symptoms include nausea, vomiting, diarrhea, cough, joint pains, confusion, and occasionally, a rash. Symptoms typically appear after an incubation period of 5–10 days following the tick bite. A diagnosis of ehrlichiosis is based on a combination of clinical signs and symptoms, confirmed through laboratory tests. Ehrlichiosis is a disease while with antibiotics when caught early.

What You Can Do
Reduce exposure to ticks with the following practices:

1. Use fine-tipped tweezers.
2. Grasp the tick as close to the skin surface as possible and pull upward with steady, even pressure. Do not twist or jerk the tick; this may cause its mouthparts to break off and remain in the skin.
3. Do not squeeze, crush, or puncture the body of the tick because its fluids (saliva, hemolymph, gut contents) may cause an allergic reaction.
4. After removing the tick, thoroughly disinfect the bite site and wash your hands.

If you have spent time in tick-infested areas and have flu-like symptoms later, it is advisable to get checked by your physician. Lyme disease, Lyme disease, and ehrlichiosis are all treatable with antibiotics if caught early.

Sources: Centers for Disease Control.

Preventing Chigger Bites

The last few years, we have had significant numbers of phone calls from people who are itching and biting chigger bites. When gardening or spending time in their backyard. In Nebraska, chiggers are most active in June and July. Bites seem to peak around early to mid-June when people spend time outdoors, camping, picnicking, and watching fireworks displays.

What are Chiggers?
Chiggers, also known as “red bugs or jiggers,” are the immature stages of the common red harvest mite. It is only the first (larval) stage of the mite that feeds on people or other passing animals. Chigger mites attach themselves to the clothing of people or the fur of passing animals. They prefer constricted locations like sock tops, or waist bands. They do not burrow into the skin or suck blood as many people believe. Instead, they crawl into a hair follicle, inject a salivary fluid which dissolves the hosts cells, then suck up the liquefied tissues. Within a few hours after feeding begins, small, reddish, intensely-itching welts begin to appear.

What Can You Do?
The Center for Disease Control (CDC) recommends four active ingredients registered by the U.S. EPA. These active ingredients have been approved for effectiveness and human safety, when applied according to the directions on the product label.

DEET — (Chemical names: N,N-diethyl-meta-toluamide or N,N-diethyl-3-methane-benzylamide) The gold standard for insect repellents is DEET, a chemical developed in the 1940s for the U.S. Army. Depending on the situation and concentration, DEET provides 2–8 hours of protection. It has broad spectrum activity and is effective against mosquitoes, biting flies, midges, chiggers, fleas, and ticks. For casual use, a product containing 10–30 percent DEET should be adequate. For children, it is best to be conservative and keep the concentration of DEET at 10 percent or less. In some situations, it may make sense to spray clothing rather than applying it directly to the skin.

DEET repellants can damage plastics, leather, and synthetic fabrics, so care must be taken when applying the repellent to some types of clothing.

Picaridin — KBR 3023, Chemical name: (2,2-dimethyl-cyclobutanol-1-piperidin- carboxylic acid 1-methyl ester) Picaridin provides 4–8 hours of effective repellency. Because it is odorless, not irritating or greasy and doesn’t damage plastics or synthetic materials, many people prefer it to DEET.

The EPA and Canadian health officials have been available outside the U.S. for many years, and were introduced into the U.S. market in 2005. Some products containing picaridin include Cutter Advanced™ Insect Repellent (7%), Cutter Advanced Sport™ (15%), Avon Corporation as Skin-So-Soft™ Bug Guard Plus IR3535 Active Insect Repellent (10%), and Walgreens Light and Clean™ Insect Repellent (10%). In addition to mosquitoes, picaridin was tested in laboratory and field studies and found effective against biting flies and ticks.

Oil of Lemon Eucalyptus or PMD — (Chemical Name: para-methane-3,8-diol which is the synthesized version of oil of lemon eucalyptus.) It was brought to the U.S. market in 2002. A 40 percent formula appears to provide about 6 hours of protection. PMD-based repellents show low toxicity, but can be an eye irritant. Note: Natural or pure oil formulations of lemon eucalyptus have not been tested for safety and efficacy. Marketed products containing oil of lemon eucalyptus include Repel Lemon Eucalyptus Concentrate™ (30%), Cutter Lemon Eucalyptus Insect Repellent (30%), and Off Botanicals Insect Repellent (30%).

IR3535 — (Chemical Name: 3-[N-Butyl-N-acetyl]-amino propionic acid, ethyl ester). This repellent is available as Skin-So-Soft™ Bug Guard Plus IR3535 Active Insect Repellent (10%), and Walgreens Light and Clean™ Bug Guard Plus IR3535 Expedition Insect Repellent (15–20%). It is labeled for use against mosquitoes, biting flies, and ticks. In some studies, IR3535 provided protection for 4–6 hours, but another USDA study found that 23.5% IR3535 was 10–10 times less effective than DEET.

Sources: Yarad Bassendine, UNL extension entomologist.
Get Healthy Snack Ideas From “Snack of the Week” Handout

Emilie Hulse
UNL Extension Assistant

The University of Nebraska–Lincoln Extension Nutrition Education Program in Lancaster County has developed a “Summer Snack of the Week” handout as a tool to assist families in teaching their kids about cooking and nutrition, using MyPyramid.

In addition, this handout provides recipes for healthy snacks you can make together as a family. For each week in the summer there is a recipe for a snack, along with a corresponding activity or lesson. For example, one of the weeks you and your family will have the chance to make a “fruity fruit cup,” as well as create a fruit and vegetable diary.

MyPyramid is a tool we can use to help us know what and how much to eat. MyPyramid shows the importance of making good food choices from each of the five food groups every day: grains, fruits, vegetables, milk, and meat & beans. It also shows the importance of being physically active most days of the week and making changes “one step at a time.” Learn more about MyPyramid at www.mypyramid.gov.

It’s our goal that by the end of the summer, after making all of these recipes and completing the nutrition lessons and activities, children will be equipped to make healthier food choices, have an increased understanding of MyPyramid, be better helpers in the kitchen, and be capable of making their own nutritious snacks. Have fun and enjoy these summer snacks and activities!

Below is a sample of one of the summer snack recipes. The complete “Summer Snack of the Week” handout is available free at http://lancaster.unl.edu/ nep/resources.shtml and at the Nutrition Education Program’s table at the Community CROPS Farmers’ Market (see page 1 for dates and location).

**MyPyramid on My Plate**

**Ingredients:**
- 1 whole wheat tortilla
- 2 tablespoons peanut butter
- 2-3 tablespoons shredded cheese
- 2 grapes, washed and dried
- 1 strawberry, washed and dried
- 2 tablespoons shredded carrots, washed and dried

**Directions:**
1. Wash your hands.
2. Place the tortilla on a plate.
3. Spread the peanut butter on the tortilla.
4. Sprinkle the cheese around the edges for the hair.
5. Place the two grapes for the eyes.
6. Place the strawberry for the nose.
7. Use the carrots to make a mouth.
8. Now you should see a silly face on your plate that include foods from all 5 food groups on MyPyramid!

Makes 1 MyPyramid face/tortilla.

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Where to Store Foods in the Refrigerator

Alice Henneman, MS, RD
UNL Lancaster County Extension Educator

**Location, location, location** is the mantra in real estate! Location also is important when selecting a storage area for foods in your refrigerator.

**What foods are best suited for the top and bottom shelves in the fridge?**
Store raw foods that must be cooked prior to serving (such as meat, poultry and fish) on the refrigerator’s bottom shelf to prevent their juices from coming into contact with other foods. Raw juices often contain harmful bacteria. Store them in their wrapping on a plate or a tray. Store prepared or ready-to-eat foods on shelves above raw foods that must be cooked.

**What foods can go in the side door? What should not go in the door?**
Side door shelves are intended for foods that can stand a slightly higher temperature without going bad. For example, store mustard, barbecue sauce, soft drinks, condiments, sauces, and jellies in the side door.

**What produce goes in the crisper? What produce should not be in the crisper?**
Use your refrigerator crisper drawer for whole produce. Store fruits in a separate refrigerator crisper drawer from vegetables. Fruits give off ethylene gas, which can shorten the storage life of vegetables. Some vegetables give off odors that can be absorbed by fruits and affect their quality. Most whole produce keeps best in perforated or unsealed plastic bags in the refrigerator drawer where the humidity is highest.

Avoid washing produce before refrigerating it. The dampness can make it spoil sooner.

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Some foods that taste best when stored at room temperature include bananas, melons, onions, potatoes, sweet potatoes, tomatoes and winter squashes. Store them in a clean, dry, well-ventilated place, away from direct sunlight and away from areas where meat is prepared.

Some produce can be ripened on the counter, and then stored in the refrigerator. Examples include avocados, kiwi fruit, nectarines, peaches, pears, and plums. Avoid placing produce in a sealed plastic bag on your countertop. This slows ripening and may increase off-odors and decay from the accumulation.

A few additional guidelines:
- The temperature in a refrigerator should be 40°F or below. Keep an appliance thermometer in your refrigerator and check it frequently.
- A general rule of thumb for refrigerator storage for cooked leftovers is 3 to 4 days.
- Divide a large pot of food like soup or stew into small portions and put in shallow containers before refrigerating. Divide a large cut of meat or whole poultry into smaller pieces and wrap separately or place in shallow containers before refrigerating.

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Lincoln’s Community CROPS

Community CROPS (Combining Resources, Opportunities, and People for Sustainability) helps families grow food for themselves and the community. Community CROPS was started with one community garden in 2003, and has grown over the years to become a successful organization. CROPS now has 16 community garden sites with more than 200 individual plots, a training farm for larger scale vegetable production, a successful Community Supported Agriculture program, its own Community CROPS Farmers’ Market (see page 1 for dates and location), a regular stand at the Old Cheney Farmers’ Market, and more. For more information about Community CROPS, go to http://communitycrops.org or call 474-9802.

**Tomato Basil Bruschetta**

This recipe makes approximately 12 pieces of bruschetta, depending on whether you add the topping to the bread or people serve themselves.

Enjoy fresh and flavorful tomatoes in this quick and easy version of a tomato bruschetta recipe! It’s great as a snack or an appetizer and is loaded with nutrients.

8 ripe Roma (plum) tomatoes, chopped
2 cloves garlic, minced
1/2 red onion, Spanish onion or sweet onion, chopped
6-8 fresh basil leaves, chopped
2 tablespoons extra-virgin olive oil
Salt and freshly ground black pepper, to taste
1 leaf Italian- or French-style bread, cut into 1/2-inch diagonal slices

Preheat oven to 400°F. Combine tomatoes, garlic, onion, basil, and olive oil in a bowl. Season with salt and freshly ground black pepper, to taste. Set aside.

Arrange bread on a baking sheet in a single layer. Bake about 5-7 minutes until it begins to brown slightly. Remove bread from oven and transfer to a serving platter.

Serve the tomato mixture in a bowl with a serving spoon and let everyone help themselves. Or place some on each slice of bread before serving. If adding the tomato mixture yourself, add it at the last minute or the bread may become soggy.

**Alice’s Notes**
If you’re short on time, the tomato topping (minus the basil) can be made earlier in the day and refrigerated. Wait until you’re ready to turn on the oven for the bread before chopping and adding the basil. Set mixture aside at room temperature while the bread is toasting.

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Makes 1 MyPyramid face/tortilla.
**FAMILY & COMMUNITY EDUCATION (FCE) CLUBS**

**President’s View — Irene’s Items**

Irene Colborn  
FCE Council Chair

I’m hoping you have been enjoying the flowering trees this spring, I don’t know when they have been more beautiful. I found a way to use coffee filters. You can use them to sprout seeds. Simply dampen the coffee filter, place seeds inside, fold it and place it into a plastic baggie until they sprout. I sometimes keep seeds from a prior year and that way I know if they are good before I put them in the ground.

The heritage skills items should be brought to the June 28 Council meeting so they can be judged to go on to the state convention. The categories are: rug making, hand crafted toys, spinning and weaving, and poetry. Remember to send your check in for the Sizzling Summer Sampler on July 8.

**FCE News & Events**

**June Council Meeting, June 28**

The June FCE Council meeting is Monday, June 28, 12:30 p.m. at Staufler’s Restaurant (formerly The Ville Grille), 2701 North 48th Street. We will have lunch and business meeting at the restaurant. Following the meeting we’ll visit the Food Bank of Lincoln, 4840 Doris Bair Circle, Suite A. Bring a can of food for the Food Bank. Entries for the Heritage Skills Contest should be brought to this meeting. All FCE members are invited to attend.

**Basket Raffle at Sizzling Summer Sampler**

Clubs and individuals are reminded baskets are needed for the Scholarship Raffle at the Sizzling Summer Sampler (SSS). Each year a $400 scholarship is awarded to a college student majoring in Family and Consumer Science or a health occupation. Tickets for the raffle will be available at the SSS.

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**Lancaster County Association for Family and Community Education presents**

**SIZZLING SUMMER SAMPLER**

Thursday, July 8 • 6 to 9 p.m.  
Light Supper at 6 p.m.  
Lancaster Extension Education Center  
444 Cherrycreek Rd, Lincoln  
Program  
SCARVES TIED SIMPLY  
prevented by Lona Thompson  
JAMES ARTHUR VINEYARD  
presented by representative from James Arthur Vineyard  
Cost $10. Make checks payable to FCE Council. Send reservations and check by July 1 to: Clarice Steffens, 11804 S. 5 Street, Roca, NE 68430

This month is a time for the public to take some simple hands-on steps to create a safer home environment from such leading hazards as falls, fires or burns, and poisonings.

The Home Safety Council (HSC) is dedicated to preventing home-related injuries that result in nearly 20,000 deaths and 21 million medical visits on average each year. Here are a few suggestions, courtesy of The Home Safety Council and The Soap and Detergent Association.

- Keep stairs and pathways clear of clutter.
- Promptly wipe up spills and splashed bath water.
- Test the temperature of your hot water. If it is higher than 120°F, turn down the water heater dial.
- Keep all household products in their original packages. Packaging includes useful first aid information in the event of accidental exposure or ingestion.
- Keep all medicines, including vitamins, in their original, childproof containers and store them high up out of children’s reach. Discard all medications and prescriptions that have expired.
- Install child-safe locks on cabinets where house cleaning supplies and medicines are kept. Never assume a cabinet is too high for a curious, climbing toddler.
- Check all smoke alarms to make sure they are in working order.
- Don’t leave cleaning buckets unattended. Even those with a small amount of liquid pose a danger to “top heavy” toddlers. If the child falls into a bucket, it may not tip over and he or she could drown. Even the water in the toilet can be a hazard to toddlers, so make sure all family members remember to close the lid.
- Place throw rugs over a rag liner or choose rugs with non-skid backs to reduce your chance of falling.
- Post the Poison Control Center phone number (1-800-222-1222) by every land phone in your home and save it on your cell phone.

**June is Home Safety Month**

**Living Well — More Than a Cookbook**

Members of the National Extension Association of Family and Consumer Sciences (NEAFCS) have developed and illustrated a book containing delicious, time-tested recipes from across the nation. Also included is a “Recipes for Living” chapter containing research-based information on:

- Healthy Lifestyles
- Living Green
- Home Safety
- Financial Management
- Care of Textiles
- Etiquette

“Today, the critical emphasis on safe, affordable food and a healthy, nutritious diet is evident in every aspect of American life,” said Colleen Heffran, Administrator of Cooperative State Research, Education, and Extension Service. “NEAFCS members have had an extraordinary impact on advancing not only sound nutritional practices, but on sound practices in all aspects of healthful living.”

Living Well — More Than a Cookbook features a designated recipe page for each affiliate with a sidebar describing the significance of the recipe to the state. You will discover a delicious world of adventure in food with over 275 recipes.

A nutritional analysis of each recipe includes calories, total fat, calories from fat, carbohydrates, sugar, sodium, and fiber. Other nice extra features in the book are food substitutions, food storage life in refrigerator and freezer, and conversion chart for the amount of fresh produce to purchase.

Living Well — More Than a Cookbook will sell for $29.95. Consumers may buy the book from their local extension offices for $25 including tax. Proceeds from the book sales will be divided between NEAFCS and State Affiliates to support Family & Consumer Sciences educators in their efforts to enhance the quality of life for individuals, families, and communities.

For more information, visit the NEAFCS Web site, at www.neafcs.org. To order a cookbook locally, contact Lorene at 441-7180.
Control Emerging Bagworms in June

Mary Jane Frogge
UNL Extension Associate

Bagworms have been a problem in Lancaster county and surrounding areas for a few years. To control them, it is important to understand their lifecycle and use chemical control at the proper time.

Lifecycle
Bagworm eggs hatch in late-May and early-June. Young bagworms are as small as 1/8-inch long and can be difficult to see. After hatching, the larvae emerge from a hole at the base of the bag and spin down a strand of silk. The tiny insect is often caught by the wind and ballooned to nearby plants. Once a host is found, larvae begin to form a new bag around their body. The larva is a brown or tan caterpillar with black markings. Larvae remain in their protective bag, sticking their larval hair to feed.

Bagworm larvae feed up until late August. The mature larvae then attach their bag to a branch with a strong band of silk and begin to pupate. Adult males emerge in September. They are small, furry gray moths with clear wings. The adult female does not have wings and never leaves the bag. After mating, the male moth dies. The female lays eggs in the bag. The female dies in the bag, mummified around the egg mass, by the wind and ballooned to nearby plants. Bagworm eggs hatch in late-May and early-June. Young bagworms are as small as 1/8-inch long and can be difficult to see.

Chemical Control
Insecticide control needs to be aimed at young larvae in mid to late-June to be effective. Spraying trees and shrubs is expensive. To get the best control for wind breaks or large stands of trees, late-June to early-July is the best time to apply insecticides for bagworm control.

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.

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Forests Are More Than Trees

A forest or woodland is more than just a collection of trees. It is actually a complex and dynamic ecosystem obviously including the trees, but also composed of other components: plants, animals, soils, climate and topography. Nebraska’s forests provide multiple benefits, including soil and water protection, wildlife habitat, wood products, recreational opportunities, and beauty. If protected from fire, insects, diseases, destructive cutting and other hazards, the forest benefits can be enjoyed forever because the forest is a renewable resource.

Proper management all forest benefits can be improved. For example, by planting trees to maintain optimum stocking, or in contrast, by removing some trees when the stocking is too high, a healthy, vigorous forest can be sustained. Depending on management objectives, sometimes periodic, planned harvests are recommended. A mechanic can tell you what will happen if your car is not maintained. Likewise, a professional forester can recommend maintenance practices to keep your forest productive and healthy. Depending upon the landowner’s management objective, a forester can recommend appropriate management treatments to achieve the objective, whether it is a single objective such as income from the sale of wood products, or more comprehensive combinations of objectives such as wildlife habitat, recreation, and future income.

More than 88 percent of Nebraska’s forest land is privately owned; most of it is in need of treatments to improve health and vigor. Nebraska Forest Service foresters are stationed throughout the state to assist landowners manage their forests. For more forestry information or assistance, contact a Local Natural Resources Conservation Service, Natural Resources District, NFS District Forestry office, or go to http://www.nfs.unl.edu.

Source: Dennis Adams, Nebraska Forest Service

Hand-Hoeing is Best for Weeding Home Gardens

Weeds are a problem in home gardens just as they are in large fields because they compete with desirable plants for water, soil nutrients, sunlight, and air. They also harbor many insects and diseases.

Hand-hoeing is still the best answer. It is inexpensive, quite selective, accurate, effective, and for some, even enjoyable. A great deal of emotional satisfaction can come from viewing a clean, freshly-hoed row of plants that has stood only minutes before. Some pulling usually is necessary to remove weeds in the base of plants. Vegetables may be damaged if weeds get too large before being pulled.

Other weed control alternatives are mulching and using herbicides. Mulching controls weeds by keeping light away from seedlings and by providing a mechanical barrier to emergence. It works best against weeds that grow from seed each year. Weeds that break through the mulch are easily spotted and can be pulled from the moist soil.

Good mulching materials include compost, straw, leaves, hay, sawdust, wood shavings, bark, paper and plastic sheeting. Be sure to moisten soil before applying mulches. While straw and leaves may be raked back to feed and water plants, plastic sheeting is fairly permanent once applied. Apply most of the fertilizer before the mulch is put down.

At present, herbicides have limited value in home vegetable gardens. They are difficult to use where a wide assortment of vegetables occupies a small space.
4-H Produce Market on Saturdays
This summer, a 4-H produce market will open on Saturdays from 12–2 p.m. at the parking lot of Tractor Supply Company (TSC) located at 9000 American Hill Ct., Lincoln. If you are a 4-H member and have fresh produce to sell, you can contact Lena Noel at 435-0857 or Tracy Kulm at 441-7180 for more information.

4-H/FFA Animal ID’s and DNA Due June 15
All identifications for 4-H/FFA sheep, goats, swine, breeding beef, bucket calves, feeder calves, dairy cattle, and rabbits which will be entered in the 4-H or FFA this year are due to extension by June 15. Animal ID forms are available online at http://lancaster.unl.edu/4h/Fair and the extension office. If you plan on showing market sheep, market hogs, or feeder calves at state fair or Ak-Sar-Ben, you will need to have DNA collected by this deadline also.

Wildlife Habitat Evaluation Program, June 20–22
The Wildlife Habitat Evaluation Program is a fun and challenging outdoor adventure where youth age 8–18 learn about wildlife, conservation, and management. The statewide contest will be held June 20–22 at Ever-Rest Robinson State Park, Crawford. Junior (age 12–13) and senior (age 14–division) winners (individual participation possible) compete in the contest. The novice group (ages 8–11) does not compete, but learns about wildlife through fun educational activities and games. Please indicate intention to participate by May 28, June 10 is the last day to register by mail. Cost is $17.50 for participants and $42.50 for non-participants. For more information, go to http://4h.unl.edu/whap or contact Gary at 441-7180.

Life Challenge Contests
State Senior, June 28–29
4-H Life Challenge judging contests help youth learn more about issues related to family and consumer science (FCS). Contests are open to all 4-Hers, yet need to be entered in a specific project. Contact Tracy at 441-7180 for more information.

Statewide FCS Life Challenge (for ages 12 and up) will be held Monday, June 28 and Tuesday, June 29 on UNL East Campus. To participate, please contact Tracy at 441-7180 by June 7. Information is online at http://4h.unl.edu/programs.

County-level Junior Life Challenge (for ages 8–11) will be held Saturday, July 10 at 9 a.m. at the Lancaster Extension Education Center. Preregister by July 9 by calling 441-7180. Contact Karen Clinic for study packet.

4-H Bicycle Safety Contest, June 26
The 4-H Bicycle Safety Contest will be held Saturday, June 26, 9 a.m. at the Lancaster Extension Education Center. Contest is open to all 4-Hers ages 8 & up. Participants must provide their own bicycle and must wear a helmet. MLI registration will be accepted by June 21 by calling 441-7180 (there is no entry form). Late registrations not accepted. There are two parts of the contest. In the bicycle skills events, 4-Hers maneuver through several designated courses to test their riding skills and safety. A bicycle inspection reinforces the importance of bicycle maintenance and safety features.

Furniture Painting Workshop Canceled
The Furniture Workshop has been canceled for 4-H members scheduled for June 5, Saturday is canceled.

4-H Teen Council Won’t Meet in June
The next meeting will be Sunday, July 11 at 3 p.m.

4-H Dog Skill-a-Thon Changed to July 15
New this year, Lancaster County 4-H will hold a local 4-H Dog Skill-a-Thon as a pre-fair contest on Thursday, July 15, 1 p.m. at the Lancaster Extension Education Center (note: date has been changed from July 8). Participants do not need to test in the dog project and they do not need a dog. Must preregister by July 1 by calling 441-7180 (there is no entry form). Youth will take a quiz on dog knowledge including breeds, parts of the animals, nutrition, diseases, grooming, and showing. Study packets are being developed and will be available after study packets, call Deanna at 441-7180 or dkarmain2@unl.edu.

Free 4-H Horse Seminar, May 25
A free 4-H Horse Seminar on Deworming, Rubies and Body Condition Scoring will be held Tuesday, May 25, 6:30–9 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Rd. For more information, call 441-7180 or go to http://lancaster.unl.edu/4h/horse.

4-H Horse ID’s Due June 1
4-H horse identification forms for the Lancaster County Super Fair are due in the extension office by Tuesday, June 1. Late forms WILL NOT be accepted. Please take the time to fill forms out completely and thoroughly. Draw your horse’s markings on the picture as accurately as you can. Also, be sure to indicate the horse’s color on the drawing. ID forms can be picked up at the extension office.

State 4-H Hippology and Judging Forms Due June 1
Hippology and judging entry forms for the State 4-H Horse Exposition at Fonner Park are due in the extension office by Tuesday, June 1. Contest entry forms are available at the extension office or online at http://lancaster.unl.edu/4h. All entry fees will be paid by the 4-H Council. For more information and contest rules go to http://news.unl.edu/extension/ equine/4hDistrictstatehowards/state.html.

4-H Judging Clinics
Upcoming 4-H Horse judging contests:
• Pitzer Ranch, Ericson, NE on May 26, 8:30 a.m. Contact Steve Niemeyer at (308) 346-4200.
• Hansen Show Horse Stables, Gretna, NE June 24, 8:30 a.m. Contact Monte Stauffer at (402) 444-7804 for more information.

County Fair 4-H Judging Contest, July 2
The Lancaster County Fair 4-H Horse Judging Contest will be held on Saturday, July 24 at the Salt Creek Wranglers Arena. It will be held in conjunction with a Horse Family Fun Night! More details TBA. Please put it on your calendar.

4-H Riding Level Tests, June 22, 29 & July 6
Group level tests will be held 6 p.m. at the Lancaster Event Center - Pavilion 3. Please pray at least one week in advance of the test to Marty at 441-7180 or mcruickshank2@unl.edu.

NEW! NEW HIGH POINT AWARDS
Champion and reserve trophies will be awarded in elementary, junior, and senior divisions at each 4-H Livestock Judging Contest. Points for each class will be awarded as follows: 6 for champion, 5 for reserve, 4 for purple ribbons, 3 for blue, 2 for red, and 1 for white. Everyone is automatically enrolled.

Questions? Call Marty Cruickshank @ 402-441-7180 or Contact Steve Niemeyer at 402-580-7804 for more information.

FOR MORE INFORMATION, GO TO http://lancaster.unl.edu/4h/fair

CONTACT DAUNA WHITAKER
E-MAIL: dwhitaker@unl.edu
PHONE: 402-441-7180
Donated Sewing Machine to go to 4-H’er

This is the second year that Kath Conroy, a 4-H clothing project volunteer, has donated one of her brand new Bernette sewing machines to one Lancaster County 4-H youth. All 4-H youth who would like to be considered for this new sewing machine should submit a personal letter describing the clothing projects they have done in the past and plan to do in the future as well as why they think they should be the one youth to receive it. All papers should be sent to Tracy Kulm, Lancaster Extension Education Center, 444 Cherry Creek Road, Ste. A, Lincoln, NE 68528 by June 30.

Changes and Updates for 4-H Plant Science Contests

Three Plant Science Contests are open to all Lancaster County 4-H’ers. You do not need to be enrolled in a horticulture project. Held before the fair, these contests will be on Monday, June 14, from 10 a.m. – 12 noon at the Lancaster Extension Education Center, 444 Cherry Creek Rd, Lincoln. Pre-registration is not required, enter day of contest. Study material information is available online at http://lancaster.unl.edu/hort/youth/fair.shtml. For more information, contact Mary Jane at 441-7180. Here is a list and description of the Plant Science Contests:

- **Tree Identification** — Identify tree samples with correct name and spelling. A tree list is located in the “4-H Tree Identification Manual” (4-1132).
- **Horticulture Contest** — Identify grass, forbs, crops and weed samples with correct name and spelling. A plant list can be found at http://lancaster.unl.edu/hort/youth/ fair.shtml. All grass and weed plants on the list are described in either the “Weeds of the Great Plains” (published by Nebraska Department of Agriculture, (402) 471-2394, Cost $25) or in “Common Grasses of Nebraska” (EC170), published by the University of Nebraska-Lincoln Extension, 4-H/Youth, 1895 N. 18th St, Lincoln, NE 68503, Cost $5. There is currently not a crop identification guide available.

4-Day Workshop

**Clover Chase Tourney** — Play in a unique chess tournament. Children play 2 rounds per day, all days, alternating colors. Times control Game/20, Swiss system. Players will be sekceding depending on age and ability. Boards, sets, and clocks provided.

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**4-H Volunteer**

Lancaster Extension Education Center, 444 Cherry Creek Rd, Ste. A, Lincoln, NE 68528 by June 30.

Changes and Updates for 4-H Plant Science Contests

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4-Day Workshop

**Clover Chase Tourney** — Play in a unique chess tournament. Children play 2 rounds per day, all days, alternating colors. Times control Game/20, Swiss system. Players will be sekceding depending on age and ability. Boards, sets, and clocks provided.

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**4-H Volunteer**

Lancaster Extension Education Center, 444 Cherry Creek Rd, Ste. A, Lincoln, NE 68528 by June 30.

Changes and Updates for 4-H Plant Science Contests

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4-Day Workshop

**Clover Chase Tourney** — Play in a unique chess tournament. Children play 2 rounds per day, all days, alternating colors. Times control Game/20, Swiss system. Players will be sekceding depending on age and ability. Boards, sets, and clocks provided.

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**4-H Volunteer**

Lancaster Extension Education Center, 444 Cherry Creek Rd, Ste. A, Lincoln, NE 68528 by June 30.
Sherry Nielsen
UNL Extension Educator

Summer is a time when many children visit family and friends who live in the country. You may be hosting young guests at your acreage or farm during the next few months. Dave Morgan, UNL safety engineer, says "The greatest number of farm accidents occur during the summer, July has the highest accident rate." Over one-third of children injured in farm accidents, don’t live on farms. Take a few extra minutes to teach your children about safety. ATV’s, tractors, and ponds are among the causes of injuries and fatalities. Here are some ways in which you can keep your guests and family safe as you create positive summer memories.

ATV — Make Every Ride Safe

Since 2004, ATV’s have been the leading cause of agricultural fatalities in Nebraska, averaging over five deaths each year. Children 15 and under account for 30 percent of the fatalities. A Consumer Product Safety Commission (CPSC) report released in February 2008 indicates in the U.S., ATV accidents killed 111 children under the age of 16 and injured over 39,000 seriously enough to be taken to the emergency room. Parents can help stop this trend by following and teaching the ATV riders in their families some basic safety techniques.

ATV’s are not toys.

They are not appropriate for children under six years of age. For children between 6 and 12 years only (50 cc) machines are suitable. Not only do young children lack the physical size and strength to operate a motorized vehicle safely, their ability to think through situations, follow motor skills, and their perception are not fully developed. ATV’s are difficult to ride and require constant attention to avoid accidents.

Between the ages of 12 and 15, youth may operate on and operate, only mid-size ATV’s. Again, look for manufacturer’s Minimum Age recommendation label. Adult-sized machines should be reserved for teens over 16 who have reached their full physical size.

Arrange for a training course.

A hands-on training course offers youth the opportunity to receive experience operating an ATV under the supervision of a certified instructor. Practicing basic maneuvers on safe terrain gives teens confidence in handling the vehicle under your guidance.

Helmet’s save lives — insist on them! With your children, teach them the importance of wearing a helmet. It is estimated helmets could have saved the lives of about 25 percent of those who died from head injuries in ATV accidents. The risk of head injury without helmet protection is twice as high as when an injured wore a helmet. Don’t let helmets be an option; make them part of using the ATV.

Absolutely No Parking!

Most ATV’s are designed for one operator. Their unique handling characteristics require focus and maneuver- ability from the driver. A second person seriously impairs the driver’s ability to shift weight, steer, and control the vehicle.

No paved roads.

In Nebraska, the only time an ATV is legally allowed on a paved road is to cross it directly. ATV’s are meant to be used on terrain. This appears to be confusing to children and difficult to control on pavement. While all-terrain vehicles have been used by farmers and ranchers, families need to take the time and effort to teach youth how to operate them safely. The biggest risk factors leading to injuries are driver mis-use and inappropriate driving behavior, such as excessive speed, following other riders, or allowing passengers to ride. If you have an ATV, sit down with your children this week and review rules for the ride and the riders. You may also need to decide the consequences (loss of ATV privileges might be a good one) if you don’t follow the rules. Make an appointment for a rider course from your local UNL extension office or contact your local UNL extension office for a rider course in your area. If your children visit homes where there is an ATV, you should also discuss your expectations and how your children should handle situations where there are few or no rules — such as no use of helmets or the allowing of passengers on the ATV.

Tractor Safety is Everyone’s Business

“Higher, Grandpa, higher!” Gleefully shouted 4-year-old Mikey Dobberpohl to his grandfather. His grandfather was feeding cattle with a front end loader on a brisk March day. Mikey was in the South Dakota, Mikey loved shadowing his grandfather’s every move at chore time, even on a non-work day. As Mikey watched Grandpa carefully this time, Mikey jumped in the snow. “I was hoping the soft snow would have cushioned him, but it wasn’t enough,” his grandfather said. Today, the Mikey D. Chapter (of Farm Safety 4 Just Kids) of Conde, SD works feverishly to educate local children, youth, and farm families about tractor safety.

Annually, in the United States, over 350 fatalities are related to tractor incidents. Thirty percent of farm machinery related deaths are among children under the age of five. Tractors are essential to modern agriculture, but unfortunately, in the U.S., are identified as the largest hazard on the farm. Roll-over protective structure (ROPS) and seat belts, when worn, are the two most important safety devices to prevent or reduce injuries during tractor overturns. As parents, it is important to both teach and model safe behavior when operating a tractor. When teaching and supervising teens, practice these tips:

• Securely fasten your seat belt in tractors with ROPS or cabs.
• Reduce speed when turning, crossing slopes, and on rough, muddy or slick terrain.
• Avoid slopes that are too steep for safe operation.
• No riders. Riders are allowed only for teaching or supervising purposes.
• Be sure everyone is clear before moving.
• Set barriers and use park locks, if available.
• Remove keys when leaving the tractor.

Children should never be allowed to ride along on a tractor. Remember: No extra riders in tractors and cabs. It can’t get any simpler.

A Tractor Safety Training for youth ages 14 and 15 will be held in Lincoln June 8–9. See page 2 for details.

Safety Around Ponds

Drowning ranks second only to motor vehicle mishaps as the most common cause of accidental deaths for Nebraska children under age 4 are especially high risk. Even adults are at risk in water muddied by silt, plants, and fish. It takes only a few moments and an inch of water for a child to drown. Small children have been known to drown in 5-gallon buckets. Most drowning, however, occurs when a child is left alone or accidentally falls into a pond. Farm ponds can look inviting, but many times they are deep with a sudden dropoff. A person who is not a strong swimmer cannot entangle a person, making it difficult or impossible to return to shore. If you live close to a pond or irrigation source, take steps this spring to keep your family safe. Begin with these:

• Provide children over 3 years with swimming lessons.
• Fence off ponds and other water areas as feasible.
• Never leave a young child alone in water. A child can drown in the time it takes to answer a phone call.
• Adopt a "swimming buddy" for your children. When swimming is allowed, be sure children always swim with a friend or in a group.
• Insist children use personal flotation devices, such as buoyant vests, cushions or rings.
• Keep children away from water areas. Purchase a floata- tion device or make one from a gallon plastic jug and attach a hike rope. Install a safety post near the pond. Tie the loose end of the rope to a tree or a laminated poster with instructions on how to use and other water safety tips near the top of the post.
• Teach older children and teens "Reach, Throw, and Wade," so they do not risk their lives to help a drowning victim.
• Be sure all swimmers know how to get help quickly. Older teens and adults should learn CPR.
• Never swim during storms or after heavy rainfalls. Tornadoes are three times higher in rural areas than in urban areas and often occur near ponds and irrigation canals.
• Summer and water go together, so help keep your family safe with adult supervision of young children and teaching water safety measures to all family members.

Ride Safe

With your children, teach them how to operate machinery safely. The biggest risk factors leading to injuries are driver mis-use and inappropriate driving behavior, such as excessive speed, following other riders, or allowing passengers to ride. If you have an ATV, sit down with your children this week and review rules for the ride and the riders. You may also need to decide the consequences (loss of ATV privileges might be a good one) if you don’t follow the rules. Make an appointment for a rider course from your local UNL extension office or contact your local UNL extension office for a rider course in your area. If your children visit homes where there is an ATV, you should also discuss your expectations and how your children should handle situations where there are few or no rules — such as no use of helmets or the allowing of passengers on the ATV.

The University of University of Nebraska–Lincoln Extension 4–H Youth Development Program is offering youth and parents the opportunity to learn about ATV safety thanks to grants awarded by National 4–H Council as part of the 4–H ATV RiderCourse program. The program is conducted as an extension of the Nebraska ATV Safety grant. A small site fee may be charged to partially cover expenses like travel, equipment, etc.

Additional Information — To learn more about the ATV RiderCourse Training to be conducted in your county or you have questions, contact your local 4-H or other organizations interested, contact Bob Meduna at 624-8064 or rmeduna1@unl.edu or contact Dave Varner at 727-2775 or dvarner1@unl.edu.

Nebraska 4-H ATV RiderCourse Training Program

The Nebraska Agricultural Leadership Council Applications are now being accepted for the Nebraska 4-H ATV RiderCourse Training Program. The Nebraska LEAD Program is specifically designed for both men and women involved in production agriculture or agribusiness. Nebraskans in the general age range of 25–50 who are intent in providing quality leadership for the future of Nebraska agriculture are encouraged to apply.

Application deadline is June 15.

For application or re-application materials and/or further information, call the Nebraska LEAD Program at 472-6848 or email Shano Gerdes at sgerdes2@unl.edu.

More information is located at http://lead.unl.edu

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http://lead.unl.edu

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June 2010

Community Focus
Lancaster County 4-H’ers Qualify for Regional Speech Contest

The Lancaster County 4-H Speech and Public Service Announcement contest was held April 18. Over 65 Lancaster County 4-H youth competed in this year’s communication events. Top PSA’s will be posted online soon.

The top winners will represent our county at the Regional Speech contest on May 27 at University of Nebraska–Lincoln’s East Campus. Those representing Lancaster County in Speech are: Abbie Swanson, Jessica Stephenson, Caleb Swanston, Anne Greff, Molly Noel, Jaime Stephenson, Sophia Swanson, Alyssa Catt, and Lily Noel.

Those representing Lancaster County in the Public Service Announcement competition are: Rachel Pickerd, Jessica Stephenson, Paige Roach, Alicia Figuero, Victoria Garza, Alyssa Catt, Caleb Nielsen, and Julia Stephenson.

Explore Career Options at Big Red Academic Camps

The 2010 Big Red Summer Academic Camps are a chance for high school youth to spend time investigating an interest or potential career, explore the UNL campus, meet people from across the state and have lots of fun. Held in June, Big Red Summer Academic Camps features 12 career exploration camps hosted by Nebraska 4-H and UNL faculty members. The camps are residence camps held on the University of Nebraska–Lincoln campus. Housing and food are provided.

After spending several fun-filled days exploring a specific topic such as movie-making or food molecular biology, youth showcase their work at a special “capstone event” which family members are invited to attend. Brochures and registration forms are available at http://bigredcamps.unl.edu or at the extension office. For more information, call 472-2805; 4-H members are encouraged to apply for a scholarship — application is on the Web site.

Big Red Summer Academic Camps reserves the right not to hold a camp due to low participation numbers.
### Virtual Summer Academy: Baking 101

The University of Nebraska–Lincoln Department of Geosciences will present a History on the Rocks Geology camp June 22–24 for high school students. Youth will examine the ancient history of Nebraska as recorded in world-class fossils and outcrops of rock. Camp includes activities in the UNL State Museum (Morrill Hall) and a 1-day field trip traveling southeast Nebraska and into northeastern Kansas to examine outcrops and collect fossils. Accommodation will be in dormitories on the UNL campus. Meals and transportation provided. Fee is $15. Registration deadline is June 3. For more information, go to http://4h.unl.edu/pdf/geology-camp.pdf or contact Tracy Franks at frank2@unl.edu or 472-9799.

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### UNL Geology Camp, June 22–24

The University of Nebraska–Lincoln Department of Geosciences will present a History on the Rocks Geology camp June 22–24 for high school students. Youth will examine the ancient history of Nebraska as recorded in world-class fossils and outcrops of rock. Camp includes activities in the UNL State Museum (Morrill Hall) and a 1-day field trip traveling southeast Nebraska and into northeastern Kansas to examine outcrops and collect fossils. Accommodation will be in dormitories on the UNL campus. Meals and transportation provided. Fee is $15. Registration deadline is June 3. For more information, go to http://4h.unl.edu/pdf/geology-camp.pdf or contact Tracy Franks at frank2@unl.edu or 472-9799.

### Virtual Summer Academy: Baking 101

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