For Many 4-H Families, County Fair is Quality Time Together

More than 650 4-H and FFA youth are expected to participate in this year’s Lancaster County Super Fair. County and state fairs are the culmination of the 4-H year, and many youth showcase their projects at the fair.

4-H is a family affair for many families, with siblings ages 5–18 participating in 4-H. Many 4-H parents take vacation time during the fair to help their 4-H children. Fair is an opportunity for parents to spend quality time with their children, and for families to bond together. Grandparents, aunts and uncles, and other relatives often share the experience as well.

University of Nebraska–Lincoln Extension Educator Maureen Burson says, “4-H is unique because of the depth of educational experiences which span a wide range of ages and abilities. Siblings work and learn together with the help of other family members, and share each other’s accomplishments. These experiences pull families together, make them stronger, and create great memories.”

4-H Parents Say ...

- **Jill Greff:** “We spend time with our extended family at the fair (cousins, grandparents, aunts and uncles) because it is a tradition for us that started back in the 1940s at the Kit Carson County Fair in Burlington, Colo. We also love looking at the 4-H exhibits together and showing each other the creative things we spent. And, there’s nothing like having grandma console you and give you a tip for the future when you find you received a red ribbon on something. It’s just better hearing these things from grandma than anyone else in the world.”

- **Ann and Dave Pickrell:** “As parents of 4-Hers we have been involved in the county fair/super fair since we were eight years old (close to 11 years now). We make the fair our staycation. We take a week off from work and enjoy all the fair activities involving our kids and friends we have made over the years! It is so exciting to see the faces of the kids and the parents when the projects they have worked so hard on have received the reward of a ribbon well deserved. Truly a family affair!”

- **Mary Ann Gabel:** “Throughout the year, our family is involved in many activities including working on 4-H projects. We enjoy spending time at the Lancaster County Super Fair because we can come together as a family and have fun before school starts. We especially like to walk through the 4-H exhibits, see the results of our projects, and compliment each other on a job well done!”

- **Paula Peterson:** “Family is the heart of 4-H, without family involvement 4-H wouldn’t be where it is today. We invite ALL families to come enjoy the fair!”

Lancaster County Super Fair is for ALL Families!

Lancaster Event Center Managing Director Ron Snoer says, “The Lancaster County Super Fair has always been a family event. Over the years, I have seen three generations of families participating in 4-H and open class. It is exciting to see kids that I showed with now bringing their families to the fair. The Fair Board and Event Center staff work hard to make the Super Fair family-oriented, with many free or low-cost activities for all age groups. We invite ALL families to come enjoy the fair!”

For More Information
- For the Lancaster County Super Fair Schedule & Map (including where to get tickets), see special section.
- For tips to make your time with children enjoyable and educational at the Lancaster County Super Fair, see p. 10.

**IN THIS ISSUE**
- Farm Views ................................ 2
- Urban Agriculture .......................... 3
- Food & Fitness .............................. 4
- Home & Family Living .................... 5
- Horticulture ................................. 6
- Environmental Focus ..................... 7
- 4-H ......................................... 8–9
- Community Focus ......................... 10

**SPECIAL SECTION**

Strong Families Build Strong Communities, Productive Citizens

Spending time together — quality time in large quantities — has been found to be one of the important steps necessary to achieving a strong family. (See article “Family Time Builds Strengths” on p. 10.) For ideas and developmentally appropriate ways to support your children’s growth and development while spending time together, see article “Ideas for Family Time” on p. 10. According to University of Nebraska-Lincoln Extension Family Life Specialist Dr. John DeFrain, recent research 1 organized by the University of Nebraska in 18 countries around the world has clearly demonstrated that strong families worldwide are critical to the health of communities and the development of productive citizens.

Families and communities are linked in a reciprocal, supportive relationship, each helping the other. In essence, strong families are the building blocks of strong communities, and strong communities value families and have effective educational, health, business, and religious institutions that provide support and services for families.

1Strong Families Around the World (team of 43 researchers in 18 countries over a four year period).
Some plants “make their own nitrogen.” If a legume (i.e., clovers, soybeans, alfalfa) is colonized by certain strains of Rhizobium bacteria, nodules will form on the plant roots where the bacteria live and aid in nitrogen fixation. In these nodules, a symbiotic relationship develops between the bacteria and the host plant. The bacteria utilize plant sugars as a source of energy and, in turn, “fix” nitrogen, converting nitrogen gas in the soil into forms of nitrogen that can be used by the plant. Once nodules form, the plant usually receives all of the nitrogen necessary for plant growth from that “fixed” by the bacteria. When planting a legume crop, UNL recommends inoculating the seed with the appropriate strain of Rhizobium bacteria unless the same legume crop has been planted in the field within the last three years. Given the small expense for inoculant, especially as compared to making a nitrogen fertilizer application in the absence of sufficient nodules to supply the needs of the crop, many folks will “play it safe” and inoculate every time they plant alfalfa.

Other crops, including all grass crops (e.g., corn, sorghum, wheat, forage grasses, etc.) and non-leguminous broadleaf crops (e.g., sunflowers, potatoes, sugar beets, cotton, etc.) are not colonized by nitrogen fixing bacteria and must obtain the nitrogen they need from the soil. In addition to nitrogen fixed by Rhizobium bacteria, other natural sources are used as a source of nitrogen. These sources include: mineralization of organic matter which releases nitrogen that can be utilized by plants, and nitrogen released as plant residues are broken down in the soil. Animal waste is a good source of natural nitrogen as well. Barnyard or poultry manure and other animal waste products (e.g., bat guano) were used as a source of supplemental nitrogen long before inorganic nitrogen fertilizer came into popular use. Biosolids, a byproduct of the sewage treatment process, are utilized by many farmers in Lancaster County. Manure and biosolids supply nitrogen, phosphorus, and many other nutrients required for plant growth. Repeated applications of manure and/or biosolids also increase soil organic matter levels over time and improve water infiltration and cation exchange capacity in the soil.

Organic Sources of Nitrogen

Composted plant residues, legume crops such as red clover or vetch, are plowed under as green manure and animal wastes are used as a source of nitrogen by organic crop producers. A small amount of nitrogen (a few pounds per acre per year) is also contributed by rainfall in the form of nitric acid (HNO₃), which when dissolved in the water in the soil dissociates into hydrogen and nitrate ions. The nitric acid is formed when nitrogen and oxygen gases are combined with rain water by the intense heat of a lightning bolt during a thunderstorm.

### Commercial Nitrogen Fertilizer Sources

<table>
<thead>
<tr>
<th>Source</th>
<th>Formulation</th>
<th>Nitrogen Content</th>
<th>Storage and Handling</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ammonium Nitrate</td>
<td>(NH₄)₂N₂O₃</td>
<td>28%</td>
<td>Low volatilization losses exceeding 75%</td>
</tr>
<tr>
<td>Urea and Urea - Ammonium Nitrate</td>
<td>(CO(NH₂)₂) + (NH₄)₂N₂O₃</td>
<td>28%</td>
<td>28% nitrogen by weight (a more concentrated product containing 32% is also available in some locations)</td>
</tr>
<tr>
<td>Ammonium nitrate (UAN) N₂O₃</td>
<td>28%</td>
<td>28%</td>
<td>May be converted to the nitrate form by microbiological processes in the soil.</td>
</tr>
<tr>
<td>Diammonium phosphate (DAP)</td>
<td>(NH₄)₂HPO₄</td>
<td>18%</td>
<td>Good storage and handling properties, and widespread availability.</td>
</tr>
<tr>
<td>Monoammonium phosphate (MAP)</td>
<td>(NH₄)H₂PO₄</td>
<td>46%</td>
<td>Wide use in the field due to its high nitrogen content (46% of the total weight is nitrogen), good storage and handling properties, and widespread availability.</td>
</tr>
</tbody>
</table>

### Natural Sources of Nitrogen for Plant Growth

- **Ammonium Nitrate (UAN)**:
  - Made by dissolving urea and ammonium nitrate in water. This results in an aqueous solution usually containing 28% nitrogen by weight (a more concentrated product containing 32% is also available in some locations). Liquid UAN solution is popular because of the versatility of a liquid fertilizer source, as well as widespread availability. The urea form of nitrogen cannot be utilized directly by plants. It must first be converted to the ammonium form by chemical processes in the soil.
  - Ammonium, in turn, may be directly used by the plant or converted to the nitrate form by microbiological processes in the soil. The conversion of urea (CO(NH₂)₂) to ammonium (NH₄⁺) occurs in a two-step process. When the urea combines with water (hydrolysis), it forms ammonium carbonate (NH₄HCO₃). Ammonium carbonate is unstable and decomposes to form ammonia gas (NH₃) and carbon dioxide (CO₂). The ammonia gas produced is chemically identical to anhydrous ammonia. If the ammonia gas is in physical contact with water, it reacts to form the ammonium ion (NH₄⁺). If the ammonium ion is in contact with the soil, it is attracted to the negatively charged clay and organic matter particles and is held in the cation exchange complex. Broadcasting urea-based fertilizers without incorporating them with tillage carries the risk of nitrogen loss to the atmosphere by ammonia volatilization. If just enough moisture is present to hydrolyze the urea but not enough to convert it to ammonium and carry it to the soil, the ammonia gas can escape into the atmosphere (volatilize). Volatilization is favored by high soil pH, warm temperatures, wet soils under drying conditions, and crop residues that insulate the urea from the soil. Under extremely unfavorable conditions, urea fertilizer broadcast to the soil surface with no mechanical incorporation can have volatilization losses exceeding 75%. On the other hand, surface-applied urea followed by sufficient rainfall or irrigation to hydrolyze the urea and to incorporate the resulting ammonium into the soil (one-half inch is usually sufficient) will suffer very little volatilization loss.

**Phosphorus / Nitrogen Sources**

Some fertilizers applied primarily as sources of phosphorus also contain significant levels of nitrogen. Diammonium phosphate (DAP) contains 18% N and 46% P₂O₅, by weight (18-46-0). Monoammonium phosphate (MAP) is usually formulated as 11-52-0. Other common phosphorus sources that contain nitrogen include 10-34-0 and 11-37-0. If any of these compounds are applied as a source of phosphorus, one should credit the nitrogen contained in these compounds when computing total nitrogen fertilizer to apply.

### TABLE 1. Total Crop Removal, lb/acre of Essential Soil Nutrients by a 150 bushel corn crop

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Total Removal, lb/acre</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nitrogen</td>
<td>131.60</td>
</tr>
<tr>
<td>Phosphorus (P₂O₅)</td>
<td>85.86</td>
</tr>
<tr>
<td>Potassium (K₂O)</td>
<td>200.50</td>
</tr>
<tr>
<td>Calcium</td>
<td>42.50</td>
</tr>
<tr>
<td>Magnesium</td>
<td>44.00</td>
</tr>
<tr>
<td>Sulfur</td>
<td>25.00</td>
</tr>
<tr>
<td>Zinc</td>
<td>0.15</td>
</tr>
<tr>
<td>Iron</td>
<td>0.10</td>
</tr>
<tr>
<td>Boron</td>
<td>0.06</td>
</tr>
<tr>
<td>Copper</td>
<td>0.05</td>
</tr>
<tr>
<td>Molybdenum</td>
<td>0.03</td>
</tr>
<tr>
<td>Chlorine</td>
<td>unknown</td>
</tr>
</tbody>
</table>

Green plants require more nitrogen than any other nutrient with the possible exception of potassium (see Table 1).
Collecting, Storing, and Preparing Vegetables

Sarah Browning
UNL Extension Educator

Many gardeners grow extra vegetables and fruits for winter storage, but how can you make your produce store for the longest time possible? First, remember good produce quality begins at harvest.

Harvest Tips
Avoid physical damage during harvest. Most fruits and vegetables are easily bruised if not handled carefully. When harvesting, treat produce as if it were fine china. Tossing fruits and vegetables into baskets or boxes may not leave visible bruises and damage, but decay will begin under the skin. Seemingly sturdy vegetables such as sweet potatoes are actually quite delicate and will not store well if bruised. Any damaged produce should be used as quickly as possible and not placed with other foods in the refrigerator.

Root crops such as beets, carrots, rutabagas, parsnips, and turnips can be left in the garden into late fall and early winter. A heavy mulch of straw will help prevent the ground from freezing so the roots can be dug when needed. The mulch will also maintain the moisture in the soil, as it will reduce repeated freezing and thawing. Many people prefer the taste of these root crops after they have been deeply covered with snow; their flavors become sweeter and milder.

When temperatures drop low enough to freeze the ground under the mulch, finish harvesting the roots. Cut off all but one-half inch of the top and store at 32–40°F in high humidity to reduce shriveling.

Cleaning Produce
Not all produce should be washed after harvest, including onions, garlic, Irish potatoes, and sweet potatoes. Some produce, however, should be washed and dried before storing, including winter squash and pumpkins, along with green and red tomatoes. Commercial packing houses use sanitizers in packing line water to kill the fungi, bacteria, and yeast that might otherwise cause spoilage. Sodium hypochlorite (liquid laundry bleach, 5.25% concentration) is the most readily available of these sanitizers for home gardeners. Cool produce before washing, then use water a few degrees warmer than the fruits and vegetables to mix up your solution of 4 tablespoons of liquid bleach per gallon of water. This prevents cold wash water from being pulled inside warm fruits along with any pathogens in the wash water. Dip produce in the solution but, do not allow to sit in water. A quick dip is sufficient to remove pathogens.

Curing
Several vegetables benefit from post-harvest curing. Curing reduces moisture loss and affords better protection against insect and microbial invasion. Curing is usually accomplished at an elevated storage temperature and high humidity, which should be managed as accurately as possible.

Produce can be cured in home storage areas. A space heater or an enclosed area can provide the needed heat for curing. Humidity can be increased by overlaying containers with sheets of plastic.

Storing Garden Produce
Proper long-term storage of homegrown vegetables and fruits depends primarily on four factors: air temperature in the storage area and humidity levels. Different vegetables or fruits have different storage requirements, although three main storage regimes predominate, including 1) cool and dry: 3) cold and dry; and 3) cold and moist.

Cold and dry storage consists of 32–40°F temperatures and 60% relative humidity. In the home, basements are generally cool and cool dry making this the easiest storage regimen to achieve. However, in the winter with peripheral outside freezing temperatures, the humidity may drop below optimum.

If storing vegetables in basements, provide them with some ventilation. Harvested vegetables still "breathe" and require oxygen to maintain high quality. Also, be sure they are protected from rot. Cool, dry storage is ideal for winter squashes and pumpkins.

Cold and dry storage is 32–40°F temperatures and 65% relative humidity. For cold storage items 32°F is ideal, but is difficult to achieve in the home. For every degree above 32°F, expect a shorter storage life of your produce, as much as 25% for every 10°F increase in temperature. Refrigerator conditions are generally cold and dry, so an extra refrigerator is fine for long term storage of garlic and onions.

Cold and moist storage consists of 32–40°F temperatures and 95% humidity. Root cells provide cold and moist conditions, or try refrigerator storage with the produce in perforated plastic bags to increase humidity. Unperforated plastic bags may result in water condensation inside the bag that leads to the growth of mold and bacteria.

Make sure the produce has adequate ventilation or air movement, and if using a root cellar, protect it from rodents. Clean straw, hay, and wood shavings may be used for insulation. Cold and moist conditions are best for the storage of beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, kohlrabi, parsnips, radishes, rutabagas, and turnips.

Apples and pears also store best at 30–32°F and moist (90% humidity) conditions, however, it is best to store apples separately from other produce. Apples give off ethylene gas which speeds the ripening of other produce.

Preparing Onions for Winter Storage
One specific example of vegetable storage is onions. These can be harvested when the tops have fallen over and begun to dry. Do not bend over the tops during the growing season to force the energy into the bulb. This practice reduces the growth of the onions as they will not be able to translocate sugars to the bulb for storage.

Cure onions after harvest by spreading them in a single layer on screens in the shade, or in a well-ventilated garage or shed, for one to two weeks or until the tops are completely dry and shriveled. If the bulbs are exposed to full sun, prevent sunscald by allowing their foliage to cover them or by covering them with a light-weight cloth. When the onions are dry, they should be trimmed to one-inch lengths. Leave the onions dry outer skins in place; they help reduce bruising and shrinkage, and act as an insect barrier.

Store onions in shallow boxes, mesh bags, or hang them in old nylon in a cool, dry, well-ventilated room. Or, the tops may be left untrimmed and braided together. Temperatures close to 32°F will give the longest storage. Products prone to absorb odors or flavors should not be stored near onions.

Can I Freeze Bell and Sweet Peppers Raw?
If you’ve picked a peck of peppers and have too many to eat, try freezing them. Peppers are one of those foods that can be quickly frozen raw without blanching them first. The National Center for Home Food Preservation (NCHFP), hosted by the University of Georgia Cooperative Extension Service, offers these guidelines on freezing bell and sweet peppers raw: Select crisp, tender, green or bright red peppers. Wash, cut out stems, cut into rings, and remove seeds. If desired, cut into 1/2-inch strips or rings. Good for use in uncooked foods because they have a crisper texture, or in cooked foods. Package raw, leaving no headspace. Seal and freeze.

NOTE: To make it easier to remove only the amount of frozen bell or sweet peppers needed at one time, freeze sliced or diced peppers in a single layer on a cookie sheet with sides. Transfer to a freezer bag when frozen, excluding as much air as possible from the bag.

Can Tomatoes Be Frozen Raw?
Like peppers, tomatoes can be frozen raw. Frozen tomatoes are best used in cooked foods such as soups, sauces, and stews as they become mushy when they’re thawed. The National Center for Home Food Preservation offers these guidelines for freezing tomatoes: Select firm, ripe tomatoes with deep red color. Wash and drain in cold water for 30 to 60 seconds to loosen skins. Core and peel. Freeze whole or in pieces. Pack into containers, leaving 1-inch headspace. Seal and freeze.

Use only for cooking or seasoning as tomatoes will not be solid when thawed. TIP: Dip just a few tomatoes at a time into boiling water to reduce the water temperature may be lowered too much to remove the skins without over-cooking the tomatoes. Place hot tomatoes in a colander and rinse under cold water before handling. A safer with a serrated edge works best for cutting tomatoes.

—Alice Henneman, MS, RD, UNL Extension Educator

Information for specific curing and storage conditions for many common fruits and vegetables, refer to UNL Extension NebGuide “Storing Fresh Fruits and Vegetables” (G1264) available at the extension office or online at http://growing.unl.edu/ps/
**Cucumbers Salads with Tomatoes**

**Ingredients:**
- 2 cups diced cucumber
- 1 cup seeded and diced tomato
- 1/4 cup chopped sweet onion
- 2 teaspoons chopped dill or fresh dill weed
- 1/2 cup Italian salad dressing, low-fat

**Instructions:**
1. Wash hands. Toss together the cucumbers, tomatoes, onions, dill, and dressing. Chill for 1 hour. Serve.

**ALICE’S NOTES:**
- Don’t have any dill when I made this recipe and substituted fresh parsley.
- For added fiber — use whole grain couscous or rice.
- In a hurry? Leave the seeds in the tomatoes...
- For added fiber — use whole grain couscous or rice.


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**Picnics: Stay Food Safety Savvy!**

Lisa Franzén-Castle, RD, PhD
Nutritional Specialist
Alice Henneman, RD, MS
UNL Extension Educator

Summer holidays provide a break from school and work, but we shouldn’t break from being smart about food safety. More care is needed since foodborne illnesses increase during the summer. Bacteria love the hot, humid days of summer, and grow faster than at any other time of the year. At the same time, temperature rises, we’re more likely to leave food unrefrigerated for longer time periods at picnics, barbecues, and during travel. Summer picnics are a great way to enjoy the outdoors and each others’ company. Keep your picnics with family and friends safe and healthy this summer with the following tips.

**Tips to stay food safety savvy on picnics:**
- **Temperature and time.** Keep picnics with family and friends safe this summer by remembering the time perishable foods were left outside the fridge or freezer drops from two hours to one in temperatures above 90°F.
- **Hot and cold.** Keep hot food hot and cold food cold on the way to, and throughout your picnics and outdoor gatherings. Holding food at an unsafe temperature is a prime cause of foodborne illness.
- **Food thermometer.** According to USDA research, 1 out of every 4 hamburgers turns brown in the middle before reaching a safe internal temperature. The only way to be sure food is safely cooked is to use a food thermometer to measure the internal temperature. Using a food thermometer keeps you safe from harmful food bacteria and helps avoid overcooking, keeping it juicy and flavorful. Cook hamburgers to an internal temperature of 160°F.
- **USDA recommendations.** USDA has tested and recommended cooking temperature for all whole cuts (steaks, roasts, and chops) of meat, including poultry, beef, lamb, and veal to 145°F and then allowing a 3 minute rest time before carving or consuming. During the 3 minutes after meat is removed from the heat source, its temperature remains constant or continues to rise, which destroys pathogens.
- **Bring non-perishable foods.** Reduce the worry of keeping foods at certain temperatures by limiting the number of perishable foods on the menu. Bring baked potato chips or pretzels instead of potato salad; dried fruit or fruit cups instead of a fruit salad, and other snacks such as trail mix, nuts, or sunflower seeds.
- **Two coolers are better than one.** Bring two coolers to the park or gathering, one for perishable food and one for beverages. Keep perishable foods cool by transporting them in an insulated cooler kept cold with ice or frozen packs and open as little as possible.
- **Keep it clean.** During picnics it is important to keep things clean. Check ahead and find out if there’s a source of safe freshwater to wash your hands. When you remove tomato seeds, you also remove the pulp that surrounds them. In some recipes, this is important as the liquid in the pulp can cause a dish to become too wet or soggy.
- **Peeled cucumber if it’s skin is tough or bitter-tasting.**
- **Cook rice or couscous before adding it to the salad. Cook quickly by refrigerating in a shallow container.**

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**Save Money. Improve Health. Eat Less Sugar.**

Garrett J. Serd
UNL Diabetic Intern
Mary Abbott RD
Extension Associate

From our childhood, we’ve all been familiar with the phrase, “A spoonful of sugar helps the medicine go down.” Perhaps too many Americans have taken this simple message to heart. The United States Department of Agriculture (USDA) statistics show the average American consumed 132 pounds of sugar in 2010. This large amount of sugar intake can increase the risk of obesity, heart disease, dental cavities, and other chronic diseases.

Sugar intake can be costly.

- Sugar products low in sugar can be more expensive than the sugar ingredients listed in descending order of their content. Choose foods that have sugar ingredients listed near the end.
- Reduced fat foods often have increased amounts of sugar. Always verify the healthfulness of foods by comparing nutrition facts.
- Drink fewer regular soft drinks. Switch to “diet” versions or drink water with lemon.
- Keep away from sweetened breakfast cereals. Have yogurt and fruits or a homemade breakfast smoothie sweetened with fresh or frozen berries. For those who like milk and ice cream, add these with added sugars. Look for “all fruit” spreads and “no sugar added” ice cream. Stick to a healthy diet that consists of plenty of fresh vegetables, fruits, and lean meats.

Sweets and sugar are naturally when possible. Use spices such as cinnamon, cloves, allspice, ginger, and nutmeg. Enhance flavor by using the zest from an orange or lemon. Buy fresh and frozen fruits and add dried or fresh fruit to sweeten desserts.

By looking for the sugar content on nutrition facts labels and incorporating simple strategies into your daily eating plan, you will be able to reduce the amount of sugar in your diet and be on the road to better health.
President’s View — Irene’s Items

Irene Colborn
FCE Council Chair

One day last week I had a day off (meaning I didn’t have to be anywhere or anything special to do) so I took my cup of coffee out in the shade and watched the birds and squirrels. I think they harvested all of the mulberries but all of a sudden I heard a “plunk” and a walnut bounced off the garage and into the yard. So now they are after them and then it will be the neighbor’s grapes.

The Sizzling Summer Sampler was a big success this year. We had 139 attend and sold 600 raffle tickets for the 17 baskets and centerpieces. This fund raiser enhances our scholarship fund. I personally want to thank you for all the help and support.

Next on the agenda is our hosting the State Convention in September. Information should be coming to you in the next “Your FCE Speaks.” “There is no beginning or end…Yesterday is history, Today is a mystery, Today is a gift.”

FCE News & Events

FCE Leader Training Canceled
The Sept. 28 leader training, “Legally Secure Your Financial Future — Organize, Communicate, Prepare” has been CANCELLED.

FCE Council Meeting
Change in date: The September FCE Council meeting will be Monday, Oct. 3, 1p.m. at the Lancaster Extension Education Center. Salt Creek Circle Club will host the program.

Save the date: Join the FCE Galaxy of Stars
What: State FCE Leadership Conference
When: Thursday, Sept. 22–Saturday, Sept. 24, 2011
Where: Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln
Who: FCE members
For more info: registration information will be in the next “Your FCE Speaks.”

Sizzling Summer Sampler a Success

The Family & Community Education (FCE) Sizzling Summer Sampler held on July 7 was a success with 139 FCE members and friends in attendance.

Seventeen baskets were raffled off, raising $519 for the FCE Scholarship Fund.

Jennifer Borier of Lincoln (photo at right – on the left) received this year’s FCE scholarship. She is working on her Bachelor of Science in Nursing at the Bryan/LGH College of Health Sciences in Lincoln. This scholarship will help her achieve her dreams of being a geriatric nurse. Lorena Maxon (right) is chair of this year’s FCE Education and Scholarship committee.

School Success Starts At Home

With a new school year underway, getting off to a good start is vital for children’s attitudes, self-confidence and performance. Parents are their children’s number one teacher and coach. Parents lay the foundation for school success. Here are some strategies:

• Be sure your children get plenty of sleep. Children need adequate rest in order to do well in school.
• Help children maintain good physical and mental health. Create healthy eating habits and time for physical activity. Schedule regular doctor and dental appointments.
• Set a morning and after-school routine and stick with it.
• Designate a place for home-work. Together with your children, arrange a comfortable space conducive to learning.
• Ask your children about their day at school, and interact with them to continue learning at home.
• Show your enthusiasm for education. If you are excited, your children are more likely to feel the same way.
• Share a positive attitude about learning. Your attitude and values play a big role in your children’s education.
• Expect success. Make sure your children know you expect them to do their best.
• These suggestions may seem basic, but research has shown parental involvement in a child’s education is crucial to success,” says University of Illinois Extension Educator Milly Kaiser. “Parents can start by showing a genuine interest and enthusiasm for learning.”


Household Hazardous Waste Collections

These collections are for households only. Only residents of Lincoln and Lancaster County can bring items to collections.

SOME ITEMS YOU CAN BRING FOR DISPOSAL: Thermometers, thermostats containing mercury, solvents, oil-based paint, paint remover, stripper and stain, old gasoline, transmission fluid, pesticides, (even banned products like DDT), items containing PCB’s (bulbs from fluorescent fixtures and capacitors from old appliances). You can dispose of compact fluorescent light bulbs or these waste collections.

DO NOT latex paint, electronics, TVs, propane cylinders, tires, used oil, batteries, antifreeze, or ammunition.

For more information, call the Lincoln-Lancaster County Health Department at 402-441-8021.

Usable Latex Paint Exchanges
Three usable latex paint exchanges will be held at the EcoStores Nebraska at 530 West P Street. Call 402-477-3606 for details.

Saturday, August 27 • 9 a.m.–1 p.m. Veyance Tech, 4021 North 56 Street
Saturday, September 24 • 9 a.m.–1 p.m. Lincoln Industries, 600 West E Street
Saturday October 15 • 9 a.m.–1 p.m. Woods Park (31 and J Streets)
Friday, November 18 • 9 a.m.–1 p.m. Appointment Only. Call (402) 441-8084

Go Green When Doing Laundry

• Use the recommended amount of laundry detergent, and fabric softener.
• Follow fabric care labels and instructions when doing laundry — use the right amount of water and heat when washing and drying.
• Watch packaging when purchasing laundry products. Buy concentrated products and recycle containers.
• Set the washer at the right water level for the size of load that is being washed.
• Consider line drying clothes to conserve energy.
Tips to Make Your Yard and Community a Safer, Healthier Place

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

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

Be Water Wise — Water lawns only when needed, but to the depth of the root zone. Consider replacing irrigated turf with drought-tolerant ground covers.

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

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

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

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

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

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

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

Source: Growing Green Lawns Organization

Growing Mandevillas

Mary Jane Frogge
UNL Extension Associate

Mandevilla is known for its showy flowers and there are about 100 species of this tropical, woody vine. Most species overwinter only in the tropical South. In Nebraska, they can be treated as annuals or grown indoors. They can be brought indoors before the first freeze and treated as a houseplant during the winter months. In the spring, mandevilla can be placed outside after the threat of freezing weather has passed. Mandevilla is great trellised in containers or in hanging baskets.

In Nebraska, Mandevillas can be treated as annuals or grown indoors.

Vegetable Gardening in the Fall

Mary Jane Frogge
UNL Extension Associate

By planning and planting a fall vegetable garden, it is possible to have fresh vegetables up to, and even past, the first frosts. Many varieties of vegetables can be planted in mid-to late-summer for fall harvests. Succession plantings of warm season crops, such as corn and beans, can be used until the first killing frost. Cool-season crops, such as broccoli, beets, cabbage, cauliflower, kohlrabi, leaf lettuce, radishes, spinach, turnips, kale, and collards grow well after the first frost date to figure your planting date.

When planting fall crops, prepare the soil by restoring nutrients removed by spring and summer crops. A light layer of compost or a small application of fertilizer will prepare the soil for another crop. Dry soil may make working the soil difficult and inhibit seed germination during the midsummer period. Plant fall vegetables when the soil is moist after a rain or water the area thoroughly the day before planting. It may be beneficial to soak the seeds overnight before planting.

An organic mulch will help keep the soil cool. Mulching between rows can decrease soil drying. Irrigate when necessary so plants have sufficient moisture during the warm days. Some of the best quality vegetables are produced during the warm days and cool nights of the fall season.

To determine the time to plant a particular vegetable for the latest harvest, you need to know the first hard freeze. For Lancaster County, it is approximately Oct. 10. You also must know the number of days to maturity for the variety of vegetable you plan to grow. Count the days back from the frost date to figure your planting date.

Good vegetables to plant for fall include broccoli, beets, cabbage, cauliflower, kohlrabi, leaf lettuce, radishes, spinach, turnips, kale, and collards.
**SCHEDULE & MAP**

FREE shuttle service between parking lots and main buildings!

FREE parking!

**Entertainment!**

**Daily Attractions**

**A to Z Exotic Animal Petting Zoo & Pony Rides**
FREE petting zoo includes a wide variety of exotic animals and pony rides throughout the day.

**Interactive Game Experience**
FREE! Try your hand at one of 15 different game parts with outdoor-themed games.

**Antique Tractors on Display**
From the UNL F. Larson tractor Test and Power Museum.

**Ag Equipment on Display**
Nebraska FarmHouse Association Tractor on Display & Raffle.

**Heart of America Shows Midway Carnival**
A variety of rides, games, and food booths for all ages! New rides arriving 2nd weekend.
Special all-you-can-ride wristband seasons: weekdays 11am-7pm, weekends 1-11pm.
Wristbands $25 in advance at Lancaster Event Center office, $27 during fair.

**Great American Duck Race**
Learn how to race Mallard Ducks. Up to 16 participants in each of five races per day.

**Daryl’s Racing Pigs**
Cheer on your favorite racing pig! Four shows per day.

**Bingo Tent (Lincoln Dominators Baseball Club)**
Bork Dork & Friends Paintball

**U.S. Army Vehicles**

**Learning Center:**
Hands-on activity stations, heavy equipment simulators, mini excavator competition, Lego building center, etc.

**FREE petting zoo includes a wide variety of exotic animals! Pony rides throughout the day.**

**FREE! Try your hand at over 15 different game parts with outdoor-themed games.**

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**U.S. Army Vehicles**

**Learning Center:**
Hands-on activity stations, heavy equipment simulators, mini excavator competition, Lego building center, etc.

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**Other Attractions**

**Figures 8 Races: 7pm**

**Demolition Derby: 7pm**

**Super Fair Antique Car Show: Noon-4pm**

**Big Wheel Race: 1pm**

**Kids Pedal Tractor Pull Contest: 3pm**

**Mutton Bustin and Kids Ranch Rodeo**
(sponsored by RX 96.9: 6pm)

**Bush Tractor Pulls: 7pm**

**National Barrel Horse Association Barrel Racing: Exhibition 5:30pm,**

**Competition 7pm**

**Nebraska 4-H & FFA State Tractor Operator’s Contest: 8am**

**Skate With No Coast Derby Girls and Meet & Greet**
(skates provided by Skate Zone: 4-8pm)

**AGC (Associated General Contractors) Construction Learning Center: 10am-10pm**

**People’s Choice Salsa Contest: 6pm**

**El Sparkle Plugs Monster Truck Nationals by Lucas Oil: 7:30pm**

**$1,000 Cinnamon Roll Contest: 12noon**
FRIDAY, AUGUST 5

Capitol City Kiwanis Breakfast: 7 - 11am, Bristol Windows Business Center 4-H/FFA Livestock & Horse Exhibits: 10am - 9pm, Pavilions 1, 2, 3 Lincoln Area Railway Historical Society Depot & Caboose: Noon - close, West Parking Lot Heart of America Shows Carnival: 5pm - 12midnight, Main Parking Lot

SCHEDULED EVENTS
8:00am 4-H Western Horse Show 1 – Western Showmanship/ Riding: Pavilion 1 - Area B
9:00am 4-H Cat Show/Quiz Bowl: Exhibit Hall
12:00pm 4-H Poultry Show: Pavilion 1 - West Area
2:00pm Daryl’s Racing Pigs: Attractions Zone
3:00pm The Great American Duck Races: Attractions Zone
5:00pm 4-H/FFA Static Exhibits: 10am - 9pm, Lincoln Room
6:00pm 4-H/FFA Beef Show: Pavilion 1 - Area A
7:00pm 4-H/FFA Beef Show: Exhibition Hall
8:00pm Nebraska Lottery Entertainment Tent & Beer Garden:
9:00pm Nebraska Lottery Entertainment Tent & Beer Garden:

SATURDAY, AUGUST 6

Capitol City Kiwanis Breakfast: 7 - 11am, Bristol Windows Business Center 4-H/FFA Livestock & Horse Exhibits: 10am - 9pm, Pavilions 1, 2, 3, 4 4-H/FFA Static Exhibits: 10am - 9pm, Lincoln Room 4-H/FFA Beef Show: Pavilion 1 - Area A Ag Equipment on Display: 10am - 9pm, Ag & Tractor Lane A-Z Exotic Animal Petting Zoo & Pony Rides: 10am - 12midnight, Attraction Area Antiques: 10am - 9pm, Attraction Area Interactive Game Experience: 10am - 9pm, Attraction Area Nebraska Farmhouse Assn. Tractor on Display & Raffle: 10am - 10pm, Ag & Tractor Lane Ag Equipment on Display: 10am - 10pm, Ag & Tractor Lane U.S. Army Vehicles: 10am - 10pm, Ag & Tractor Lane Binga Tent (Lincoln Dominators Baseball Club): 10am - 10pm, Attraction Area Bark & Friends Paintball Shooting Gallery: 10am - 12midnight, Attraction Area Food Concessions: 10am - 10pm, Attraction Area Nebraska Lottery Entertainment Tent & Beer Garden: 10am - close, West Parking Lot Heart of America Shows Carnival: 5pm - 12midnight, Main Parking Lot

SCHEDULED EVENTS
8:00am 4-H Miniature Horse Show: Pavilions 1, 2, 3, 4 8:00am 4-H Roping & Working Ranch Pairs - Roping / Goat Tying: Pavilion 1 - West Area 8:00am 4-H/FFA Beef Show: Pavilions 1 - Area A 8:00am 4-H/FFA Beef Show: Exhibition Hall
9:00am 4-H Rabbit Market/Breed/Fur Show: Pavilion 1 - Wallay
9:00am 4-H/FFA Static Showmanship/ Pet Class: Exhibition Hall 10:00am 4-H/FFA Beef Show: immediately following 4-H/FFA Special Needs Show: Pavilion 1 - Area A 11:00am 4-H/FFA Beef Show: immediately following 4-H/FFA Trail Show: Pavilions 1, 2, 3, 4 12:00pm 4-H Rabbit Specialty Show - Best Matched Pair / Tricks: Exhibition Hall
6:00pm Daryl’s Racing Pigs: Pavilions 1, 2, 3, 4 8:00pm U.S. Army Vehicles: 10am - 9pm, Attraction Area 8:00pm Nebraska Lottery Entertainment Tent & Beer Garden:
9:00pm Nebraska Lottery Entertainment Tent & Beer Garden:

SUNDAY, AUGUST 7

Capitol City Kiwanis Breakfast: 7 - 11am, Bristol Windows Business Center 4-H/FFA Livestock & Horse Exhibits: 10am - 9pm, Pavilions 1, 2, 3, 4 4-H/FFA Static Exhibits: 10am - 9pm, Lincoln Room 4-H/FFA Beef Show: Pavilion 1 - Area A Ag Equipment on Display: 10am - 10pm, Ag & Tractor Lane A-Z Exotic Animal Petting Zoo & Pony Rides: 10am - 12midnight, Attraction Area Interactive Game Experience: 10am - 9pm, Attraction Area Antiques: 10am - 9pm, Attraction Area Nebraska Farmhouse Assn. Tractor on Display & Raffle: 10am - 10pm, Ag & Tractor Lane Ag Equipment on Display: 10am - 10pm, Ag & Tractor Lane U.S. Army Vehicles: 10am - 10pm, Ag & Tractor Lane Binga Tent (Lincoln Dominators Baseball Club): 10am - 10pm, Attraction Area Bark & Friends Paintball Shooting Gallery: 10am - 12midnight, Attraction Area Food Concessions: 10am - 10pm, Attraction Area Nebraska Lottery Entertainment Tent & Beer Garden: 10am - close, West Parking Lot Heart of America Shows Carnival: 5pm - 12midnight, Main Parking Lot

SCHEDULED EVENTS
8:00am 4-H/FFA Dairy Show - Hunter / Saddledseat Horse Halter / English Showmanship / English Pleasure / Agile gallop:
8:00am 4-H/FFA Dairy Show - Hunter / Saddledseat Horse Halter / English Showmanship / English Pleasure / Agile gallop:
8:00am 4-H/FFA Dairy Show - Hunter / Saddledseat Horse Halter / English Showmanship / English Pleasure / Agile gallop:
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8:00am 4-H/FFA Dairy Show - Hunter / Saddledseat Horse Halter / English Showmanship / English Pleasure / Agile gallop:
8:00am 4-H/FFA Dairy Show - Hunter / Saddledseat Horse Halter / English Showmanship / English Pleasure / Agile gallop:
TUESDAY, AUGUST 9

Old Nebraskaans Day

9:00 AM

SCHEDULED EVENTS
8:30 AM - 1:00 PM
- Nebraska Lottery Tent & Beer Garden

Open Class Livestock Exhibits: 10:00 am - 10:00 pm
- Lincoln Room

Open Class Static Exhibits: 10:00 am - 10:00 pm
- Exhibitor Hall

Interactive Game Experience: 10:00 am - 10:00 pm
- Lincoln Room

Food Concessions: 10:00 am - 10:00 pm
- Food Court

Lincoln Area Railway Historical Society Depot & Caboose: Noon - West Parking Lot
Heart of America Shows Carnival: 9:00 am - close

WEDNESDAY, AUGUST 10

Safety Awareness Day

9:00 AM

SCHEDULED EVENTS
8:30 AM - 1:00 PM
- Nebraska Lottery Tent & Beer Garden

Open Class Livestock: 10:00 am - 10:00 pm
- Pavillon 1 - Arena

Open Class Static: Exhibits: 10:00 am - 10:00 pm
- Lincoln Room

A-Z Exotic Animal Petting Zoo: 10:00 am - 10:00 pm
- Interactuvely's Science Class - Exhibit Hall

Daryl's Racing Pigs: 10:00 am - 10:00 pm
- Nebraska Lottery Tent & Beer Garden

Free coffee and cinnamon rolls to first 300 people

FRIDAY, AUGUST 12

Hip Hop Day at the Fair

8:00 PM

SCHEDULED EVENTS
7:30 PM - 10:00 PM
- The Great American Duck Races

SUNDAY, AUGUST 14

Daryl's Racing Pigs

9:00 AM

SCHEDULED EVENTS
8:00 AM - 1:00 PM
- Nebraska Lottery Tent & Beer Garden

Open Class Pinto Horse Show
- Pavillon 3 - Arena

Open Class Arabian Horse Show: 9:00 am - Pavilion 3 - Arena

Heart of America Shows Carnival: 9:00 am - close

SATURDAY, AUGUST 13

Heart of America Show & State Fair Day

8:00 AM

SCHEDULED EVENTS
7:00 AM - 1:00 PM
- Nebraska Lottery Tent & Beer Garden

Nebraska Lottery Entertainment Tent & Beer Garden: 10:00 am - 10:00 pm
- Lincoln Room

Open Class Livestock & Horse Exhibits: 10:00 am - 10:00 pm
- Nebraska Lottery Tent & Beer Garden

Open Class Static Exhibits: 10:00 am - 10:00 pm
- Lincoln Room

Interactive Game Experience: 10:00 am - 10:00 pm
- Lincoln Room

Commercial Vendors: 10:00 am - 10:00 pm
- Multi Purpose Area

Food Concessions: 10:00 am - 10:00 pm
- Food Court

Heart of America Shows Carnival: 9:00 am - close

THURSDAY, AUGUST 11

No Coast Derby Girls Day

8:00 AM

SCHEDULED EVENTS
7:00 AM - 1:00 PM
- Nebraska Lottery Tent & Beer Garden

Open Class Livestock & Horse Exhibits: 10:00 am - 10:00 pm
- Lincoln Room

Open Class Static Exhibits: 10:00 am - 10:00 pm
- Lincoln Room

Interactuvely's Science Class - Exhibit Hall

Nebraska Lottery Tent & Beer Garden: 10:00 am - 10:00 pm
- Lincoln Room

Open Class Dog Agility: 10:00 am - 10:00 pm
- Nebraska Lottery Tent & Beer Garden

Open Class Miniature Horse Show: 10:00 am - 10:00 pm
- Nebraska Lottery Tent & Beer Garden

Heart of America Shows Carnival: 9:00 am - close

SUNDAY, AUGUST 14

All American Derby Girls Day

9:00 AM

SCHEDULED EVENTS
8:00 AM - 1:00 PM
- Nebraska Lottery Tent & Beer Garden

Open Class Pinto Horse Show
- Pavillon 3 - Arena

Open Class Arabian Horse Show: 9:00 am - Any Country Arena

Heart of America Shows Carnival: 9:00 am - close

WEDNESDAY, AUGUST 10

Safety Awareness Day

9:00 AM

SCHEDULED EVENTS
8:30 AM - 1:00 PM
- Nebraska Lottery Tent & Beer Garden

Open Class Livestock: 10:00 am - 10:00 pm
- Pavillon 1 - Arena

Open Class Static: Exhibits: 10:00 am - 10:00 pm
- Lincoln Room

A-Z Exotic Animal Petting Zoo: 10:00 am - 10:00 pm
- Interactuvely's Science Class - Exhibit Hall

Daryl's Racing Pigs: 10:00 am - 10:00 pm
- Nebraska Lottery Tent & Beer Garden

Free coffee and cinnamon rolls to first 300 people

MONDAY, AUGUST 8

Military Appreciation Day

9:00 AM

SCHEDULED EVENTS
8:30 AM - 1:00 PM
- Nebraska Lottery Tent & Beer Garden

Open Class Livestock: 10:00 am - 10:00 pm
- Pavillon 1 - Arena

Open Class Static: Exhibits: 10:00 am - 10:00 pm
- Lincoln Room

A-Z Exotic Animal Petting Zoo: 10:00 am - 10:00 pm
- Interactuvely's Science Class - Exhibit Hall

Daryl's Racing Pigs: 10:00 am - 10:00 pm
- Nebraska Lottery Tent & Beer Garden

Free coffee and cinnamon rolls to first 300 people

Capitol City Kiwanis Breakfast: 7:11 am
- Bristol Windows Business Center

Open Class Livestock & Horse Exhibits: 10:10 am - 10:10 pm
- Nebraska Lottery Tent & Beer Garden

Open Class Static Exhibits: 10:10 am - 10:10 pm
- Lincoln Room

Interactive Game Experience: 10:10 am - 10:10 pm
- Lincoln Room

Nebraska Lottery Tent & Beer Garden: 10:10 am - 10:10 pm
- Lincoln Room

Bingo Tent (Lincoln Dominators Baseball Club): 10:10 am - 10:10 pm
- Nebraska Lottery Tent & Beer Garden

Bork & Friends Paintball Shooting Gallery: 10:10 am - 10:10 pm
- Nebraska Lottery Tent & Beer Garden

Commercial Vendors: 10:10 am - 10:10 pm
- Multi Purpose Area

Food Concessions: 10:10 am - 10:10 pm
- Food Court

Lincoln Area Railway Historical Society Depot & Caboose: Noon - West Parking Lot
Heart of America Shows Carnival: 5:12 midnight
- Main Parking Lot

Capitol City Kiwanis Breakfast: 7:11 am
- Bristol Windows Business Center

Open Class Livestock & Horse Exhibits: 10:10 am - 10:10 pm
- Nebraska Lottery Tent & Beer Garden

Open Class Static Exhibits: 10:10 am - 10:10 pm
- Lincoln Room

Interactive Game Experience: 10:10 am - 10:10 pm
- Lincoln Room

Nebraska Lottery Tent & Beer Garden: 10:10 am - 10:10 pm
- Lincoln Room

Bingo Tent (Lincoln Dominators Baseball Club): 10:10 am - 10:10 pm
- Nebraska Lottery Tent & Beer Garden

Bork & Friends Paintball Shooting Gallery: 10:10 am - 10:10 pm
- Nebraska Lottery Tent & Beer Garden

Commercial Vendors: 10:10 am - 10:10 pm
- Multi Purpose Area

Food Concessions: 10:10 am - 10:10 pm
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- Lincoln Room

Interactive Game Experience: 10:10 am - 10:10 pm
- Lincoln Room

Nebraska Lottery Tent & Beer Garden: 10:10 am - 10:10 pm
- Lincoln Room

Bingo Tent (Lincoln Dominators Baseball Club): 10:10 am - 10:10 pm
- Nebraska Lottery Tent & Beer Garden

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- Nebraska Lottery Tent & Beer Garden

Commercial Vendors: 10:10 am - 10:10 pm
- Multi Purpose Area

Food Concessions: 10:10 am - 10:10 pm
- Food Court

Lincoln Area Railway Historical Society Depot & Caboose: Noon - West Parking Lot
Heart of America Shows Carnival: 5:12 midnight
- Main Parking Lot
The Lancaster County Agricultural Society, Inc. (LCAS) is a non-profit organization. Founded in 1878, its mission is to promote agriculture, youth and community. The LCAS board of directors, also known as the Lancaster County Fair Board, is proud to produce an annual community and family-oriented county fair. LCAS operates the Lancaster Event Center, a public, multipurpose, year-round facility designed to host a variety of local, regional and national events and activities.

The general office of LCAS is located at the Lancaster Event Center, P.O. Box 29167, Lincoln, NE 68529 • Phone: 402-441-6545 • Web site: http://www.lancastereventcenter.com

The Lancaster County Agricultural Society is an agricultural education program which applies classroom instruction to hands-on opportunities • Web site: http://www.ffa.org

The University of Nebraska–Lincoln Extension 4-H Youth Development program is open to all youth ages 5–18.

The National FFA Organization is an agricultural education program which applies classroom instruction to hands-on opportunities • Web site: http://wwwffa.org

Two contests with cash prizes — anyone can enter!

Aug. 11

People’s Choice Salsa Contest

Aug. 12

$1,000 Cinnamon Roll Contest

Pre-register by Aug. 4. No entry fees. For rules, go to www.superfair.org.

Fairgrounds Map

Fairground Rules
- No smoking inside the buildings.
- No bicycles, scooters, ATVs or golf carts allowed on the grounds.
- No dogs allowed in any buildings except as required for special needs or for dog shows.
- Lancaster County Sheriff will be patrolling fairgrounds.
- Parking will be allowed in designated parking areas only.
- NO PARKING IN THE FIRE LANES.

Campground Rules
- Lancaster Event Center offices: First-come, first-served parking. No reservations accepted prior to fair.
- Groups planning to park together must pull into campgrounds at same time.
- Cost: $15/day for electrical hookup.
- Pay upon arrival at the Lancaster Event Center office.
- Youth age 18 and under must be supervised by an adult.

SPONSORS
- Awards Unlimited
- Bob’s Mobile Flashing Signs
- BodyWise Int’l. Consultant
- Connie Plattner
- Bristol Windows
- Cable’s
- Campbell’s Nurseries & Garden Centers, Inc.
- Casey’s General Store
- Coln Electric Motor Service
- Double Eagle (Buchweiser)
- Eagle Services
- Erickson & Sederstrom Law Office
- Farmer’s Pride Foods
- Fort Western
- Froggy 98
- Graham Tire Company of Lincoln
- Hamilton Equipment
- Hamilton Service Company
- Hillyard
- John’s & Sons Refuse
- KTG 92.9 The Eagle
- KX 96.9 Today’s Country
- KFOR 1240AM
- KLKN TV
- KOLANKINS
- Lancaster County Farm Bureau
- Lincoln 21st Century Lions Club
- Lincoln Benefit Life
- Lincoln Convention & Visitors Bureau
- Midwest Tent & Events
- Misty’s NCIS Equipment Rental
- Nebraska Lottery
- O’FAC Equipment Rental
- On a Roll
- Orscheln Farm & Home
- Pat & Betsy Egan
- Pepsi
- Plains Equipment Group
- Raymond Door
- Ralston’s Bakery
- Russia’s Market
- Schieffer’s
- Scheels Construction, Inc.
- Star City Sports
- Stewart & Sons Gravel and Sand
- Super Saver
- Tabitha – Your Answer For Elders Care
- T.O. Haas
- Time Warner Cable
- Tracy’s Collision Center
- Trade Well-Pallet
- Walmart
- Waukoni State Bank
- Woodland Construction
- X-country From Home

FOOD VENDORS
- Bobbi Jo’s Cast Iron Grill
- Catcha Jacks
- King’s Funnel Cakes
- Loló’s
- Ol’ Glory Kettle Corn
- Papa John’s Concessions / The Parthenon
- Runza
- T.C.B.Y. Treats
- Topper Concessions
- United Methodist Community Ministries
- Valentino’s

4-H & FFA thank their sponsors!
Alert: Take Steps Now to Prevent West Nile Virus

Barb Ogg
UNL Extension Educator

Lancaster County residents who live near wetlands or on acreages have been plagued by mosquitoes this summer. The rainfall events in May and June are providing ample breeding sites.

Culex tarsalis, the primary vector of West Nile virus, feeds on resting birds in the spring and early summer, but after breeding season is over, it begins to feed on other mammals, including humans.

Cases of human West Nile encephalitis (virus) show up beginning in July. Most people — about 80% according to the Centers for Disease Control and Prevention — will have few or no symptoms from the bite of an infected mosquito. But, some individuals will develop West Nile fever. Symptoms include fever, headache, tiredness, and body aches, occasionally with a skin rash (on the trunk of the body), and swollen lymph glands. These symptoms show up 3–13 days after the bite of an infected mosquito and may last a few days to a week or two. These symptoms resemble the flu, so many people don’t even go to the doctor.

More serious illness can occur in people of any age. However, people over age 50 and some immunocompromised persons (for example, transplant patients), are at the highest risk of getting severely ill when infected with West Nile virus. The symptoms of West Nile encephalitis include headache, high fever, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, and paralysis. It is estimated approximately one in 150 persons infected with the West Nile virus will develop a more severe form of the disease. This isn’t a very high proportion, but, for those people who develop these symptoms, it can be deadly. At-risk persons who develop any of these symptoms should immediately seek the advice of their doctor.

Measures to reduce mosquito populations around your home are to eliminate breeding and resting sites. Culex tarsalis lay their eggs in shallow pools of warm, sunlit, standing water in bump containers which hold water to reduce breeding sites. Mosquitoes rest on long vegetation, so reducing vegetation will help eliminate many resting sites around your home.

At-risk persons should avoid being outdoors during times when Culex mosquitoes are active, which is usually in the early morning hours or at dusk. If you cannot avoid mosquitoes, wear long-sleeved shirts with long pants and socks to help prevent bites, and use an insect repellent to prevent mosquito bites. Deet repellents are the most effective. For a list of other repellents, go to http://go.unl.edu/0l2.

When going outdoors, at-risk persons should wear long-sleeved shirts with long pants and socks to help prevent bites, and use an insect repellent.

Noisy Boys, Fancy Dresses, and Perfume: Insect Mate Selection

Barb Ogg
UNL Extension Educator

In the world of insects, it is usually the male who has to do most of the work to find a mate. There are a few exceptions, but the goal of most female insects is to choose the suitor who will provide the highest quality genes to her offspring. Various insect groups have specific mate finding strategies. Do any of these strategies seem familiar? You decide.

Love at First Sight: Butterflies. Some insects use visual cues like bright colors and patterns to find and attract mates. These insects often have excellent eyesight. Male butterflies lack for a female with the right color and pattern. Once he has found her, he may also do a special “courtship dance” to attract her. If the female likes the courtship dance, she will allow the male to mate with her.

You Light up my Life: Fireflies. Fireflies flash to find each other when it’s dark. Each firefly species has a unique sequence of flashes recognized by the opposite sex. The female is usually stationary; it is the male that flies to find her.

Firfly Love is in the Air: Male fireflies flash. Their songs do not have good eyesight and cannot use visual cues to find mates. They use chemical cues, called pheromones, to find each other. The female emits a pheromone only males of her species can “smell.” The male moth will detect the pheromone at very low concentrations and may fly several miles to find a receptive female. Male moths have thousands of pheromone receptor neurons at the base of their antennae to help them do this.

Males of some insect groups even use deceit and trickery to ensure their paternity. For example, male damselflies remove sperm from previously mated females to make sure their genes are passed to the next generation. For male damselflies, it is best to be last.

Cricket Love. The chirping of crickets is an annoyancesome sound, but a welcome sound to others. In China, a cricket singing at home is a sign of good luck.

Cricket songs produce sound by rubbing their wings together, a sound-producing method called stridulation. There is a thick, ridged vein at the base of the forewing which acts as a file. The upper surface of the forewing is hardened, like a scraper. When the male cricket calls for a mate, he lifts his wings and pulls the file of one wing across the scraper of the other. The thin, papery portions of the wings vibrate and amplify the sound. This is similar to running your fingernail across a plastic comb.

A cricket’s mating call is often slower at higher temperatures. The rule of thumb is if you add 40 to the number of chirps produced by the snowberry tree cricket in 14 seconds, you will get the temperature in degrees Fahrenheit.

• Cicadas. The annual or “dog-day” cicada appears mid- to late summer. These robust, familiar insects have green to brown bodies with black markings and a whitish bloom on their bodies. Male cicadas cluster high in trees and produce a high-pitched whine using two special vibrating membranes, called timbals, found on the underside of the first abdominal segment. The sound is amplified in the male cicada’s body. Choruses of male cicadas can be deafening. Sounds of individual cicadas have been measured to be more than 100 decibels.

Both male and female cicadas have hearing organs for hearing. They receive sound via a pair of large, mirror-like membranes, called tympana, which are connected to an auditory organ by a short tendon. These are only a few of the more spectacular mating strategies. The mating strategies of many insects are more subtle and yet to be discovered.

Insect Love Language

Males of some insect groups use their voice to attract mates. Males with the most spectacular sounds are the most likely to attract the healthiest females and more offspring. If you pay attention to the sounds of late summer, you may be able to hear the mating sounds of these insects:

• Cricket species, males have developed hugely exaggerated features to impress females. In some species, males have evolved huge jaws (mandibles) to improve their competitive advantage. Male stag beetles have special vibrating membranes under their antennae to help them do this.

Mating strategies of many insects are more subtle and yet to be discovered.

• Crickets produce sound by rubbing their wings together, a sound-producing method called stridulation. There is a thick, ridged vein at the base of the forewing which acts as a file. The upper surface of the forewing is hardened, like a scraper. When the male cricket calls for a mate, he lifts his wings and pulls the file of one wing across the scraper of the other. The thin, papery portions of the wings vibrate and amplify the sound. This is similar to running your fingernail across a plastic comb.

The calling song helps the female find the male. Once she is close to him, the male switches to a courtship song to convince her to mate with him. Scientists have also discovered crickets produce an aggressive threat sound to discourage nearby males and a post-copulatory song to ensure they are the fathers of the next generation.

The most spectacular mating strategies of many insects are more subtle and yet to be discovered.

Fireflies

Love is in the Air: Male fireflies flash. Their songs don’t have good eyesight and can’t use visual cues to find mates. They use chemical cues, called pheromones, to find each other. The female emits a pheromone only males of her species can “smell.” The male moth will detect the pheromone at very low concentrations and may fly several miles to find a receptive female. Male moths have thousands of pheromone receptor neurons at the base of their antennae to help them do this.

Males of some insect groups even use deceit and trickery to ensure their paternity. For example, male damselflies remove sperm from previously mated females to make sure their genes are passed to the next generation. For male damselflies, it is best to be last.

• Crickets. The chirping of crickets is an annoyancesome sound, but a welcome sound to others. In China, a cricket singing at home is a sign of good luck.

Cricket Love. The chirping of crickets is an annoyancesome sound, but a welcome sound to others. In China, a cricket singing at home is a sign of good luck.

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- When going outdoors, at-risk persons should wear long-sleeved shirts with long pants and socks to help prevent bites, and use an insect repellent.

- At-risk persons should avoid being outdoors during times when Culex mosquitoes are active, which is usually in the early evening hours or at dusk. If you cannot avoid mosquitoes, wear long-sleeved shirts with long pants and socks to help prevent bites, and use an insect repellent.

- Produced by the snowberry tree cricket in 14 seconds, you will get the temperature in degrees Fahrenheit.

- Cicadas. The annual or “dog-day” cicada appears mid- to late summer. These robust, familiar insects have green to brown bodies with black markings and a whitish bloom on their bodies. Male cicadas cluster high in trees and produce a high-pitched whine using two special vibrating membranes, called timbals, found on the underside of the first abdominal segment. The sound is amplified in the male cicada’s body. Choruses of male cicadas can be deafening. Sounds of individual cicadas have been measured to be more than 100 decibels.

- Both male and female cicadas have hearing organs for hearing. They receive sound via a pair of large, mirror-like membranes, called tympana, which are connected to an auditory organ by a short tendon. These are only a few of the more spectacular mating strategies. The mating strategies of many insects are more subtle and yet to be discovered.

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- The most spectacular mating strategies of many insects are more subtle and yet to be discovered.
Tammy Wollen

Lancaster County 4-H is proud to announce Tammy Wollen as winner of August’s “Heart of 4-H Award” in recognition of outstanding volunteer service. Tammy has been a superintendent of the 4-H Home Environment areas at the Lancaster County Fair for 11 years. Prior to that, she was leader of a 4-H club in Cass County. Tammy was a 4-H'er herself for many years. She says, “I like being a 4-H volunteer because I enjoy seeing the kids bring in their projects — they are so proud. My favorite part of being a 4-H volunteer is the whole experience: from the kids to judging day and projects going to the state fair. I get to work with some great people at the fair and I look forward to this.”

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

Loup Valley Livestock Classic, Aug. 20–21

The Fifth Annual Show of Champions will be held Aug. 20–21 at the Valley County Fairgrounds in Ord. Grand Champion animals from any eligible county fair are welcome to compete. Register by Aug. 19 (for fairs ending after Aug. 18, entries will be accepted on the day of the show). Informational pamphlets and registration forms are available at the extension office. For more information, contact Cole Meador at (402) 441-7180.

4-H’ers Test Family and Consumer Sciences Skills at PASE, Senior Team 1 Wins Overall Champion

Congratulations to the Lancaster County participants who competed in the Livestock Judging contest during the state 4-H Premiere Animal Science Events (PASE) held at UNL East Campus on June 27–28. The Livestock Judging contest consists of ranking classes of four animals from the most to least desirable. Classes include market and breeding beef, sheep, and swine. Youth also give oral reasons to the official judges, to defend their reasons for ranking the animals the way they had. A big thank you to coach Roger Bell who spent countless hours working with the Lancaster County teams.

Senior Team 1 consisting of Rachel Johnson, Taylor Johnson, Chandler Kramer, and Grant Rathje won overall champion in the state! They will represent Nebraska at the national livestock judging contest in Louisville, KY in November. Chandler Kramer (who placed 4th individual overall) says, “I am so excited to be on the champion livestock judging team! It is truly an incredible experience and all of our hard work has really paid off. I can’t wait to go to Louisville!” Rachel Johnson says, “I’m really excited that we finally won it, especially because we’ve been shooting for it for so long now!”

Senior Team 2 participants were Cody Dewald, Trevor Path, Justine Nelson, and Taylor Lienemann. Intermediate Team participants were: Ashton Cooper (who placed 7th individual overall), Joscie Rathje, Sydni Lienemann, and Charlotte Tvedt.

Lancaster County participants at state 4-H Life Challenge.

Entrepreneur Challenge. Other participants were Ceirra Austin, Charles Dowd, Mary Dowd, Maddie Gabel, Victoria Garza, Anne Greff, Holly Hillebran, Molly Noel, Kylee Plager, Paige Roach, and Sheridan Swotek.

4-H’ers Test Animal Science Skills at PASE, Senior Team 1 Wins Overall Champion

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HORSE BITS

Horse Course Challenge, July 26

For a third year, the 4-H Horse Course Hippiology Challenge will be a part of the Lancaster County Super fair. The Challenge will be held Tuesday, July 26, 9-11 a.m. at the Lancaster Extension Education Center. There will be three age divisions, elementary (8–11), junior (12–14), and senior (15–19). Premiums and ribbons will be awarded at the fair. Top ten placings and Champion and Reserve trophies will be awarded at the 4-H Horse Awards Night on Oct. 6.

All Lancaster County 4-H’ers are welcome and encouraged to attend! No pre-registration required. All test questions will come from the 2010–2011 Home Environment areas. Youth are encouraged to bring in their 4-H projects to a real-life situation.

Horse Trail Patterns for Super Fair Trail patterns for the 2011 Lancaster County Super Fair 4-H Horse Trail class can be found at http://lancaster.unl.edu/4h/公平.

District Horse Results

Many Lancaster county 4-H’ers competed in district competitions held in Hastings, Columbus, and Beatrice. All blue and purple ribbon winners qualify for the State 4-H Horse Show held in Grand Island. Congratulations to all who participated! Below are the Lancaster County purple ribbon, medal, and trophy winners. Complete results are online at http://4h.unl.edu/4hhorseresults.

JUNIOR REINING
Bailey Vogler (trophy at Columbus)
Mattison Merritt

JUNIOR REINING
Blake Preston (trophy at Hastings), Candice Lamerms

SENIOR BARREL RACING
Anna Heusinger (trophy at Hastings), Morgan Applegarth, McKenzie Beach, Jamie Hansen, Rachel Hansen, Bailey Vogler, Heather Welsh

JUNIOR BARREL RACING
Anna Heusinger (trophy at Hastings), Morgan Applegarth, McKenzie Beach, Jamie Hansen, Rachel Hansen, Bailey Vogler, Heather Welsh

SENIOR POLE BENDING
Katherine Lloyd (trophy at Hastings), Chelsea Beach (trophy at Beatrice), Rhonda Lewis (2nd Medal winner)

JUNIOR POLE BENDING
Anna Heusinger (trophy at Hastings), Mackenzie Wolfe (trophy at Columbus), Jamie Hansen, Alexis Wolfe

Senior team 1 members were Taylor Johnson, Grant Rathje, Chandler Kramer, and Rachel Johnson.
4-H & FFA News

The Lancaster County 4-H & FFA Fair Book has complete information about entering 4-H/FFA exhibits and contests. Fair Books are available at the extension office and online at http://lancaster.unl.edu/4h/Fair.

Super Fair 4-H/FFA

General Public Gate Admission — General public gate admission tickets will be available FREE at participating sponsor locations July 1–August 13. Gate admission without the FREE ticket will be $2. Pick up gate admission tickets FREE at Casey’s General Store (over 35 locations), Russ’s Market (6 locations), and SuperSaver (4 locations).

Buyers Needed

Reminder to all 4-H/FFA Breeding heifer exhibitors, remember to present registration papers for all heifers at check-in that you are showing as purebreds. Heifers at check-in that you are showing as purebreds should assist 4-H members in entering exhibits. If registration papers are not with animal at check-in, the exhibitor will be a potential buyer or donor and invite them to purchase the animal. To ensure this auction will be a success, proceeds will be set aside for a scholarship program for future projects and career goals. A portion of all proceeds will be used to pay additional premiums to breeding heifers.

4-H/FFA Livestock Auction — Buyers Needed

It is with great excitement to announce the Lancaster County Livestock Booster Club is once again holding a 4-H/FFA Livestock auction at this year’s fair. It will be Sunday, Aug. 7, 7 p.m., in Pavilion 1 – east arena. Proceeds will fund 4-H and FFA member’s future projects and career goals. A portion of all proceeds will be set aside for a scholarship program for local 4-H and FFA members, and another portion will be used to pay additional premiums to breeding animals. To ensure this auction will be a success, we ask you to contact anyone you know who could be a potential buyer or donor and invite them to the auction. To obtain more information, call Scott Heinrich, Lancaster Extension Committee Chair at (402) 540-0597.

Volunteers Needed

Adults and youth ages 12 and up are needed to help during the Lancaster County Super Fair. Help is especially needed in the following areas:

- In the 4-H Corner Stop food booth from Wednesday, Aug. 3, 7 a.m. to 6 p.m.
- Static exhibit setup on Saturday, July 23 at 5 a.m. and Thursday, July 28 at 6:30 p.m. and Saturday, July 30 at 8 a.m. in the Lincoln Room.
- During judging of static exhibits on Wednesday, Aug. 3.
- Teen tour guides are needed for Food Fun Days for child-care groups on Friday, Aug. 5 at 9:30 a.m. and 1 p.m.
- If you, someone from your club or an interested volunteer would like to help, contact the extension office.

Food Booth Training, July 28

The 4-H food booth at the county fair is the primary fundraiser for Lancaster County 4-H Council. To help staff this 3-4 hour shift at the Corner Stop. For more information, go to http://go.unl.edu/tgl. ALL food booth volunteers are STRONGLY ENCOURAGED to attend the training on Thursday, July 28, 6–7 p.m. at the Lancaster Event Center, Lincoln Room. Learn about food safety, customer service, and volunteer responsibilities.

Static Exhibit Check-In

Tuesday, Aug. 2, 4–8 p.m.

Static exhibits do not prerequisite, but MUST be physically checked in during static Exhibit Check-In on Tuesday, Aug. 2 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, call-in sheets, data, and call-in sheets, data tags, etc. MUST be attached at this time.

Breeding Heifer Reminder

Reminder to all 4-H/FFA Breeding heifer exhibitors, remember to present registration papers for all heifers at check-in that you are showing as purebreds. If registration papers are not with animal at check-in, the exhibitor will be a potential buyer or donor and invite them to purchase the animal. To obtain more information, call Scott Heinrich, Lancaster Extension Committee Chair at (402) 540-0597.

Static Exhibits

At the county fair, 4-H static exhibits will be selected for the Nebraska State Fair by the judges in the respective areas. A state fair sticker will be placed on all exhibits selected for state fair. 4-H members with qualifying static exhibits will receive information in the mail after county fair about entering at the State Fair.

Animal Entries

Due Aug. 1

4-H & FFA animal exhibitors ages 10-18 are eligible to participate at the Nebraska State Fair regardless of county fair placement. All Nebraska State Fair 4-H & FFA animal entries are due to the Lancaster County extension office NO LATER than August 1st!!! No late entries will be accepted. Registration fees must be included with entries. For more information, contact Cole Meador at (402) 441-7180.

Join the Fun at the State Fair as a Volunteer!

The Nebraska 4-H program is seeking volunteers to help with entry exhibit day, judging, and serving as 4-H exhibit building hosts and greeters. Volunteers will be needed for educational activities in the 4-H building, serving as the Lil’ Green Mascot and assisting with all 4-H contests and events throughout the fair. State Fair 4-H volunteers will receive a fair pass for the day(s) they volunteer. The volunteer can sign up by completing the 4-H Volunteer Interest Form available at the extension office, or online at http://4h.unl.edu/forms. A complete list of volunteer opportunities is available on the site. If you have questions about being a 4-H volunteer at the Nebraska State Fair, please contact Heather Boreck, Garden County Extension Educator, at (308) 772-3311 or hborck2@unl.edu.

Interview Judging, Aug. 3

Interview judging is Wednesday, Aug. 3 starting at 9 a.m. in the Lincoln Room. 4-H'ers have the opportunity to talk to judges about their fair exhibits and share their trials and lessons they learned. 4-H'ers also learn what the judge looks for and how to improve skills. 4-H'ers may interview judge ONE exhibit from each project area. Refer to page 15 of the Fair Book for project areas which have interview judging. Members, parents or leaders can call the extension office at (402) 441-7180 to sign up members for a five-minute time slot—preregister between July 6 and 30. If slots are still available, may sign up during Static Exhibit Check-In on Tuesday, Aug. 2, 9:30 a.m. to 4 p.m.

Table Setting Contest, Aug. 5

Table Setting Contest will be Friday, Aug. 5, 3 p.m. at the Lancaster Event Center, Exhibit Hall. Open to all 4-H age 8–18 (4-H age). 4-H’ers use their creativity to plan a healthy menu, set a table, and present their table setting to a judge. A handout is available from the extension office or online at http://lancaster.unl.edu/4h/Fair. All food and beverages entered must be in compliance with the Nebraska Department of Health and the Nebraska Department of AGRICULTURE. NO LIVE ANIMALS WITH NO LIVE ANIMALS ALLOWED. No alcohol or tobacco products. No meat, no milk, no poultry, and no seafood will be allowed.

Volunteer!

Volunteers can sign-up by completing the 4-H Volunteer Interest Form available on the site. If you have questions about volunteering, call the extension office at (402) 441-7180 between Monday, Aug. 1 and sign up at the static exhibit area Tuesday, Aug. 2, 4–8 p.m.

Ak-Sar-Ben 4-H Show Entries Due Aug. 7

The Ak-Sar-Ben 4-H Horse Show will be held Sept. 22–25 at the Qwest Center in Omaha. The Ak-Sar-Ben 4-H Horse Show will be held Sept. 17–18 at the Lancaster Event Center in Lincoln. All 4-H entries are due July 4. Horse exhibitors must be at least 10 years of age by Jan. 1. For more information, contact Cole Meador at (402) 441-7180 or cmeador@unl.edu.

Clever Kids Show & Tell, Aug. 7

All Clover Kids, youth age 5–7 by January 1, 2011, are invited to show & tell their 4-H exhibits at the Lancaster County Fair, Sunday, Aug. 7, starting at 1 p.m. Clover Kids Show & Tell is held in the Lancaster Event Center. Youth are also invited to do a skit or song at this time. See page 10 of the Fair Book for more information. To participate, call (402) 441-7180 before Aug. 1 or sign up at the static exhibit area Tuesday, Aug. 2, 4–8 p.m.

Get ready for fun at the 2011 Nebraska State Fair, Friday, Aug. 26 through Monday, Sept. 5 at Fonner Park in Grand Island! For a schedule of 4-H at the state fair and more, go to http://4h.unl.edu/nebraskastatefair.
**Tips for a Fun and Educational Day at the Fair**

**General Safety**
- Wear closed-toed shoes (no flip flops). It makes the environment safer for you and the children.
- Bring strollers and/or wagons as a way to keep infants and toddlers in constant sight.
- Before arriving, apply sun block and insect repellent.

**Drink lots of water.** Identify a meeting spot in case you get separated.

**Attending Fairs: Precautions Visitors Should Take with Animals**
- Animals have the right of way.
- Do not approach animals by pounce. They can kick. Fast movements and loud noises may startle the animals.
- Do not feed the animals. Do not touch or pet animals, except at designated animal exhibit areas.
- Wash your hands with soap and water after any direct contact with animals.
- Supervise younger children under 5 years during hand washing and petting to make sure they don’t pet other objects into their mouth or the animal’s mouth.
- Avoid eating in animal exhibit areas. Adapted from: Attending Fairs: Safeguarding Your Health and Nebraska’s Livestock Industry, Rose Noda, and David B. Smith GS993

**Educational Experiences**
- Before the fair, check out books and videos about animals and plants from the library.
- Review the fair schedule prior to the fair and plan your trip during events which are of interest to your children. For example, if you have a pet cat, watching part of the cat show will be fun and educational for your children.
- Create your own scavenger hunt or “can you find” game where children identify various animals and plants. Adapt it to the ages of the children. For example, younger children may identify the color of a cow and an older child may be able to identify different breeds.
- When exploring the garden produce, talk about which are fruits and which are vegetables. Talk about how you use the food.
- Identify five different flowers which are exhibited at the county fair. Explain the difference between annuals (planted each year) and perennials (come up year after year).
- Provide a little bit of spending money and teach children how to budget their food and entertainment dollars. Help them count change.

**Creating Memories**
- Take pictures along the way.
- Several short visits may work better than one extended visit.

**FOR MORE INFORMATION**
- University of Nebraska-Lincoln Extension Publication (EB1) “Creating a Strong Family: American Families Strength Inventory” by John DeFrain and Nick Stinnett, online free at http://go.unl.edu/2ru
- University of Nebraska-Lincoln Extension Publication (EB1) “Creating a Strong Family: American Families Strength Inventory” by John DeFrain and Nick Stinnett, online free at http://go.unl.edu/9b9
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**Family Time Builds Strengths**

“Strong families are made, step-by-step,” note family life researchers John DeFrain and Nick Stinnett. “We know that closer relationships within the family are related to many of the problems in society,” they proclaim. And spending time together — quality time in large quantities — has been found to be one of the important steps necessary to achieving a strong family.

Strong families benefit from shared time because it eases loneliness and isolation, nurtures relationships and creates a family identity,” they explain. Furthermore, strong families understand that communication simply isn’t going to be good unless they have time together.

The debate over “quality vs. quantity” that has raged for years but to the families of today’s society, “Quality time” can take on a variety of dimensions. Quality time means not only the entire family being together as a group, but it also requires planning opportunities for one-on-one relationships.

With all the pressures on today’s families, how do they make time to spend with each other? How do they manage to have weekly family time plus regular, one-on-one time with individual family members? DeFrain and Stinnett acknowledge that one of the realities of modern life is that many activities and people compete for our attention and time. While strong families are not exempted from this shortage of time, they have learned some creative ways of eking out time to create memories together:

- **Share meals together on a regular basis.** Use this time to share triumphs and tribulations or just to keep up on current events. Use this time as a “family meeting” to plan upcoming events. Or simply use this time to play together. Enhance meal time by keeping up on current events. Use this time together — quality time in large quantities — has been found to be one of the important steps necessary to achieving a strong family.

- **Work together as a team to get chores done.** Turn lemons into lemonade by using “chores” to teach children important life skills and get the jobs done. Demonstrate skills and work alongside children until they master each task. One mother describes this time as a child spent drying dishes because it was her opportunity to interact with her mother and sisters. She deliberately put off purchasing a dishwasher so that she could continue this tradition with her own children!

- **Limit television.** Many of the strong families surveyed by DeFrain and Stinnett felt television was an interruption that demanded too much attention, so they had strict limits on the use of TV in their homes. Others simply tried to improve the time spent watching television by using it as an opportunity to discuss issues presented through commercials and programming.

- **Celebrate special events.** Personal observations such as birthdays as well as holidays and vacations are times when family members should be together as a group, but it also requires planning opportunities for one-on-one relationships.

- **Participate in community activities together.** With all the commitments facing families today, it should be some relief to know that time spent together need not be spent in isolation! Attending activities at school, 4-H or scouting, as well as church events are all ways that family members can show support for each other. In addition, volunteering as a family to assist with local service projects not only provides another opportunity for families to work and play together, but it lends itself to helping children develop a sense of pride associated with being a contributing member of the community.

**References:**

Written by Debra Schroder, UNL Extension Educator. Reviewed by UNL Extension Educators and Specialists.

**Community Focus**

http://statefair.org

Island. For more information, go to http://statefair.org

Here are developmentally appropriate ways to support children’s growth and development while spending time together.

**Infants & Toddlers**

Both parents must spend time with their child(ren) to develop strong parent/child attachment. Games to play include:

- Play peek-a-boo
- Use container to fill with objects
- Sing special songs
- Read special book
- Imitate your child’s sounds
- Jump and dance with your child
- Encourage creativity with crayons, markers, etc.
- Hide your child’s favorite toy under the blanket and ask where did it go

**2–5 Year Olds**

At this age, your child(ren) need chances to explore. Things parents and siblings can do:

- Plant flowers that attract butterflies
- Water play
- Jump in puddles
- Take walks
- Kitchen activities
- Be creative with crayons, markers, etc.
- Use your imagination — make a fort or house with pillows

**6–8 Year Olds**

Help your child(ren) choose activities appropriate for their abilities. Things to do with them:

- Read books together
- Find a hobby you can do together

**13–18 Year Olds**

At this age, respect your child(ren)’s need for greater independence and more time with friends. Things to do with them:

- Host a pizza party after a sporting event
- Learn about Facebook and/or Twitter with their help
- Play a sport together — basketball, catch
- Participate in their school activities
- Take your teen shopping
- Learn a new skill together
- Drive them and their friends to concerts
- Watch favorite television shows together
- Go fishing and camping together

Source: University of Nebraska-Lincoln Extension “Learning Child” Team
Lancaster County Agricultural Society Honors Hall of Fame Recipients, Pioneer Farm Families

The Lancaster County Agricultural Society honored several award winners at the Lancaster County Super Fair Foundation Fundraising Dinner and Awards Banquet on July 7 at the Lancaster Event Center. For a complete list of winners, go to http://lancastereventcenter.com.

Hall of Fame

Last year, the Lancaster County Agricultural Society (also known as the Lancaster County Fair Board) established a Hall of Fame. The Hall of Fame formally recognizes individuals who have dedicated time and effort to the Lancaster County Agricultural Society beyond the normal volunteer and have made significant contributions to the establishment, development, advancement, or improvement of the Lancaster County Fair. This year’s honorees are Lorene Bartos of Lincoln and Rod Hollman of Martell. Photo plaques with their biographies will be placed on the official wall of fame at the Lancaster Event Center.

Lorene Bartos developed her passion for 4-H as a young child, and has continued that passion as a University of Nebraska–Lincoln Extension Educator for Lancaster County for 38 years. Lorene has played many roles throughout her years at the extension office and extends her talents to involvement in the Lancaster County Super Fair. Lorene is always willing to help wherever needed, whether it’s serving breakfast, barbecue, or helping in the open class divisions. Rod Hollman has been involved in 4-H for almost all his life. He has served as superintendent of 4-H and open class, and volunteered for many additional activities at the Lancaster Event Center. Rod has served as a board member of the Lancaster County Ag Society and president. He was on the board when the Lancaster Event Center was developed and built, and served as interim manager. He has contributed many volunteer hours over the years, and played a vital role in what the Event Center and fair have become today.

Pioneer Farm Family Awards

For more than 50 years, the Pioneer Farm Family Award has honored farm families in Nebraska whose land has been owned by the same family for 100 years or more. This award is sponsored by the Knights of Ak-Sar-Ben Foundation and the Nebraska Farm Bureau. Each recipient receives an engraved plaque and gatepost marker. This year’s Lancaster County recipients are Burdette Piening of Lincoln, and Lynnette Nelson of Davey.

Burdette and Virginia Piening (left) received a Pioneer Farm Family Award (also pictured are their son Troy and grand son Dustin). Virginia recently retired from UNL Extension in Lancaster County.

Statewide 4-H & FFA Tractor Operators’ Contest, Aug. 10

4-H and FFA students ages 14 and 15 from across Nebraska will compete for trophies and a $300 CASNR scholarship at the 2011 Nebraska Tractor Operators’ Contest. The contest tests driving and problem-solving skills. It will be held Wednesday, Aug. 10, 8 a.m.–4 p.m. at the Lancaster Event Center near the Mutual Motor Sports Complex during the Lancaster County Super Fair. Rain date is Thursday, Aug. 11. Entrants must register either their 4-H club or FFA chapter. All are welcome to attend.

New for 2011 is an alumni driving demonstration that will be held immediately after the Nebraska 4-H and FFA contest. Demonstration participants must have competed at the state level prior to 2007. The Nebraska 4-H and FFA contest is sponsored by the Nebraska 4-H Foundation, the National 4-H Congress and Friends of the Nebraska State 4-H Foundation.

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Held each June, 4-H Clover College is a four-day series of hands-on workshops for youth presented by University of Nebraska-Lincoln Extension in Lancaster County. Emphasis is on developing life skills through learning-by-doing. This year’s Clover College, held June 14–17 featured 52 workshops and 734 total registrations! A special thank you to the nearly 70 instructors and assistants! More photos are online at http://lancaster.unl.edu/4h.

TIME TOGETHER

continued from page 1

We are a third generation Lancaster County 4-H family. My girls and I have always gotten a chance to talk about things we wouldn’t probably have as we are walking and/or dragging calves and sheep down the roads.

• Mark Hurt: “The fair is a great time to spend with family and friends — there’s always activities going on. It’s a great place for kids to learn, get involved, and experience what 4-H has to offer. You can see the excitement in the eyes of the younger kids.”

• Jennifer Rawlinson: “I keep telling our friends that horse activities, including the county fair, are ‘forced relaxation’ time for us. We can complain about the hurry-up-and-wait timeline of preparing a horse for a class only to wait, but the benefit is that the three of us are forced to be in one place with nothing to do but talk! We’re very, very lucky that Kate has grandparents and aunts and uncles close by to come and cheer her on at the fair. So, not only does our immediate family have a chance to spend time together, but we also get a chance to catch up with her unofficial family.”

• Matthew Rawlinson: “The ‘Big Reveal’ is one of the most exciting times at the Lancaster County Fair for our family. The Exhibit Hall is opened to showcase the (static) exhibits and the 4-H ribbons earned by the youth. The sense of pride and accomplishment is evident on our faces — exhibitors and parents alike. Our family benefits from being together to celebrate each child’s accomplishments, to know their efforts throughout the year are worthwhile and meaningful, culminating in the ‘Big Reveal.’”

• Susan Frobish: “County fair has always seemed like our small town within Lancaster County. We are a small town for five days and it is so enjoyable to meet old and new friends.”

4-H Youth Say ...

• Jacob Pickrel: “The best memory I have from the fair is really a tradition our family has that is going to see all the projects after they have been judged when the 4-H exhibit hall opens. We walk around and see what everything has gotten and write it down and take a picture of it with me. It is so exciting to see all the ribbons and know that I did each and every one of them, no matter how long they took to get done! Then we call Grandma and tell her if she isn’t here to see it with us.”

• Maria Luedtke: “In our family, when someone is in the show ring, the whole family is along the side line cheering them on. We all work together to take care of the many details which are involved in preparing for the show.”

• Erica Peterson: “My favorite memories: Learning how to raise and show cows by working with my dad — it is neat to hear him tell stories about when he showed his cows. Getting to spend time one on one with my grandma while she teaches me how to sew.”

• Peter Greff: “I like working with my mom, sister, aunt, and cousins in the 4-H Food Booth because it is fun working together.”

• Sheridan Swotek: “Last year, my whole family rearranged their schedule to watch me at Style Revue. I was on stage for call backs and was hoping this would be the year that I would model at the Nebraska State Fair. After hearing my name being called, I was so excited! I also won an essay contest to win a new Bernina sewing machine!!! My family was beaming with excitement and I smiled as several flashes went off (most around the area of my family). This was the best night ever at the fair for me and I was glad my family was there to share it with me!”

• Maddie Gabel: “My favorite memory of the fair is when I watched my little brother and sister compete in the cookie eating contest!”

• Valerie Gabel: “I like to show my entire family all the projects that I completed and entered at the fair.”

• Kate Rawlinson: “Spending time with your family at the county fair is special because it allows you to share your passion at its absolute best. Your family shares in all your accomplishments with you, so it’s just natural for them to be a part of 4-H. The county fair in particular is a special time to spend with your family because it is the very highest point in the summer when everything you’ve worked on has to be at its very best. You just have to remember that no matter how your 4-H project turns out, you’re always going to have your parents and family there cheering you on and encouraging you. And they’re always happy for you, no matter what, because you stuck with it and they know how hard you worked on your 4-H project.”

• Elizabeth Frobish: “4-H seems like a large family and county fair is our reunion each year.”

• Austin Hurt: “I’ve been in 4-H for four to five years and I’ve learned that if I set goals the outcome is fulfilling. It isn’t the ribbon placing that’s most important, it’s what I learn from the judges and other 4-H’ers. Hopefully, I can pass what I’ve learned on to younger kids and get them involved in 4-H. Funnest part of the fair is our [Rabbits ’R Us club] Dunk Tank — it rocks!”