4-H Helps Build Successful Scientists

The Lancaster County community has a rich history of benefiting from the scientific contributions of 4-H alumni and members. 4-H has always been strong in teaching plant, animal, and consumer sciences through land grant, research-based universities such as University of Nebraska–Lincoln. National 4-H has now set a goal to educate one million new scientists by 2013 in science, engineering, and technology.

Beth Barnsblt, associate dean and associate director of University of Nebraska-Lincoln Extension and Nebraska State 4-H administrator says, “Development of youth over the next five to 10 years could be paramount to how society is able to handle global issues. The solution to issues such as water conservation and finding renewable fuels start with inspiring youth to explore the science world.

“We don’t know what jobs are going to be created in the next five years, we don’t even know what jobs are going to be created in the next two or three, but we are confident technology and all the basics around Science, Technology, Engineering, and Math (STEM) are going to be key for those jobs,” she says.

According to the National 4-H Council Web site, America faces a future of intense global competition with a startling shortage of scientists. In fact, only 18% of U.S. high school seniors are proficient in science (NAEP 2005) and a mere 5% of current U.S. college graduates earn science, engineering, or technology degrees compared to 66% in Japan and 59% in China.

The 4-H program emphasizes higher education and currently, 96% of Nebraska 4-H members go on to post-secondary education. Birnstihl attributes the success of the Nebraska 4-H program to three things: getting kids excited, having a good curriculum, and having volunteers that nurture members’ interests.

Here are the stories of a few 4-H alumni, whose career paths mirror college and having volunteers that nurture members’ interests.

Dr. Don Weeks
Maxcy Professor of Agriculture and Natural Resources in the Biochemistry Department at UNL

In 1963 Don Weeks, a national 4-H horticulture and leadership award winner, helped present the "4-H Report to the Nation" to President John F. Kennedy and business leaders from across the country. In 2005, UNL and Monsanto Company signed an exclusive licensing agreement to develop crops tolerant to the broadleaf herbicide dicamba. This agreement is based on discoveries by UNL biochemist Don Weeks and colleagues. They have identified a gene that can make dicamba-sensitive crops such as soybeans tolerant to the widely used herbicide. Today, UNL has several U.S. and foreign patents on this discovery. The technology has been licensed to Monsanto and should be available to farmers in the near future.

Don, an Indiana 4-H member for 12 years, says, “Without the first-hand exposure to plants, animals, and the environment afforded by my 4-H projects, I may not have become intrigued by biology and the sciences underlying biology. If it had not been for monetary awards and scholarships available to me through 4-H, it is likely I would not have been able to attend a first-class university like Purdue.

Don says, “Gardening was one of my prime projects along with beef, electricity, and several wildlife related projects. Junior Leader activities were among my most valuable experiences in 4-H.”

“My local 4-H leader, John D. Turner, was a great influence in my life. He urged all the members of our club to not only do well with their individual 4-H projects, but, more importantly, strongly encouraged all of us to assume leadership roles. As a result, many of our club members have gone on to successful careers that they could not have imagined growing up in a poor area of rural America in the mid-20th century. Without the guidance and encouragement of John Turner and other county and state 4-H leaders, I would not have developed the degree of confidence and successful goal-oriented attitude I have today.”

Dr. Weeks says “Helping to discover discoveries which increase soybean production is certainly one of the most fascinating and enjoyable efforts I can see.
Fall Landscape Webinar Series in September

University of Nebraska–Lincoln Extension will present a webinar series in September, “Autumn Leaves Lunch & Learn.” Each Wednesday from 12:30-12:55 p.m., right from your desk at work or home, you can learn how to manage your fall landscape.

• Sept. 7 — Fall Planting & Overseeding
• Sept. 14 — Summer Blooming Bulbs
• Sept. 21 — Fall Bulb Planting
• Sept. 28 — Putting the Garden to Bed

You must pre-register for each program, and will need a computer with Internet access and sound to participate. During each program, you can view, listen, and chat with the speakers. Once you have registered, you will receive the program handle and login information via email.

Program fee: $10 per program or $30 for the entire program series. Register online at http://marketplace.unl.edu/extension.

Garden Guide

By Mary Jane Frigo, UNL Extension Associate

Select accent plants for your landscape that will provide autumn colors. Trowel- or hand- size color-changing plants such as dogwood, maple, Norway maple, red oak, and scarlet oak. Shrub-sized red, fall foliaged plants include sumac, viburnum, and viburnum.

Allow plants to finish the summer growth cycle in a normal manner. Never encourage growth with heavy applications of fertilizer or excessive pruning at this time. Plants will delay their dormancy process that has already begun in anticipation of winter in the months ahead. New growth can be injured by an early freeze.

Do not wait for frost warnings to move your plants indoors. Temperatures of 45°F or lower can damage many tropical house plants. Collect extra seed pods, growths, and seed heads, rose hips, and other similar materials for dried arrangements. Air dry these materials in a dry, cool location.

Before the first frost, dig up caladiums. Allow them to dry and store them in a dry place for the winter.

Perennial phlox can be divided about every third or fourth year. Divide log clumps of perennial phlox into thirds. Early fall or early spring are the best times to plant or transplant them.

Divide lily-of-the-valley. Put up chives, parsley, and other herbs to extend the growing season in the house.

Tree wound paints used after pruning are no longer recommended as they can slow healing and may promote decay.

If pealys seedlings of woody plants, such as elm, mulberry, hickory, or maple are found growing in your yard, remove as soon as possible. If left too long, they will take over gardens and other landscape plantings.

Fall is a good time for improving your garden soil. Add manure, compost and leaves to increase the organic matter content.

Plant peonies now, but make sure the crowns are buried only 1 1/2 - 2 inches below ground level. Planting them deeper than two inches may keep them from blooming.

Root cuttings from annual bedding plants such as begonias, coleus, geraniums, and impatiens. These plants can be overwintered in a sunny window and provide plants for next year’s garden.

Pears should be picked at the hard ripe stage and allowed to finish ripening off the tree. The base color of yellow pears should change from green to yellow as the fruit approaches maturity.

Be sure to keep strawberry beds weed free. Every weed you pull now will help make weeding much easier next spring.

Rake up leaves, twigs, and fruit from crabapple trees and dispose of these seeds to help control apple scab disease.

Water newly planted trees and shrubs to provide sufficient moisture and prevent early season damage. Avoid applying a layer of organic mulch such as shredded bark around the base of plants to retain soil moisture and regulate soil temperature.

Wood ashes contain phosphorous, potassium, and calcium. It can be placed on vegetable gardens and flower beds.

Save seeds from favorite flowers such as marigolds by allowing the flower heads to mature. Lay seeds on newspaper and turn them often to dry. Store the dry seeds in glass jars or envelopes in a cool, dry, dark place.

Hot peppers will keep best if stored after they are dry. Thread the peppers on a string to dry. Hang in a cool, dry place.

Gummosis is a sticky amber ooze or “gum” exuded from lesions on stone fruit tree bark.

Some recent research suggests higher N rates can be used with fertilizers containing even more slow release nitrogen, which may minimize the need for typical late-October or November applications (the N in this September application may release over 6–8 weeks or more). This would be very useful on low-maintenance areas where labor is limiting. The next most important fertilizer is near the last mowing later in the fall.

Source: University of Nebraska–Lincoln, Agronomy and Horticulture Department.

FOR MORE INFORMATION

UNL Extension NebGuide “Fertilizer Use in Home Landscapes” (G1949) available at the extension office or online at https://go.unl.edu/knu.

Stressed Fruit Trees Get Sticky

With the slightly cooler temperatures, we are approaching the most important time to fertilize all cool season grasses in north central United States. Of the total annual nitrogen (N) applied to a cool season turf, 60-75% (or more) of it should be applied between Labor Day and the last mowing.

The September fertilization is crucial on all turf areas regardless if it is a lawn, athletic field, or golf course green, tee, or fairway. Fertilization in mid-September encourages the production of new tillers and/or rhizomes and stolons that will increase turf density. Fertilization in September also encourages rooting and production of storage products that will help the plant survive the stresses of winter and next year’s growing season. This is especially true for areas thinned by this summer’s weather. Almost all turf areas should be fertilized with 1 pound N/1,000 square feet, using a fertilizer with 25–50% of the nitrogen as slow release (sulfur or polymer-coated urea, urea formaldehyde, or natural organics).

Some recent research suggests higher N rates can be used with fertilizers containing even more slow release nitrogen, which may minimize the need for typical late-October or November applications (the N in this September application may release over 6–8 weeks or more). This would be very useful on low-maintenance areas where labor is limiting. The next most important fertilizer is near the last mowing later in the fall.

Source: University of Nebraska–Lincoln, Agronomy and Horticulture Department.

September is Important for Fertilizing Cool-Season Turfs

Horticulture Page 2 September 2011

Fall Composting Workshops and Demonstrations

Learn how to be successful with composting by attending a composting workshop or demonstration sponsored by University of Nebraska–Lincoln Extension in Lancaster County and the City of Lincoln Recycling Office.

Composting Workshops are held at various locations:

• Tuesday, Sept. 27, 6:30-8 p.m. — Charles H. Gere Library, 2400 S. 56th St., Lincoln
• Tuesday, Oct. 11, 6:30 p.m. — Anderson Library, 3635 Toulon Ave., Lincoln

Composting Demonstrations are presented at the Pioneers Park Nature Center’s backyard composting demonstration area. These demonstrations will show you how to be successful with backyard composting. You will see three types of composting bins and how to use them. At each composting demonstration two lucky participants will win either a composting thermometer or bin. Demonstrations will be held:

• Saturday, Sept. 24, 10-11:30 a.m.
• Saturday, Oct. 22, 10-11:30 a.m.
Growing Garlic: Plant Early to Mid-October

Laurie Hodges
UNL Extension Vegetable Specialist

Garlic is a popular vegetable, and is very easy to grow in Nebraska. Without garlic, many dishes would lack the flavor and character that make them favorites. Fortunately, garlic is relatively easy to grow in the home garden. The most difficult decision may be deciding what kind of garlic to plant since there are over 100 cultivars available from specialty suppliers!

According to University of Minnesota Extension, in their publication "Growing Garlic in Minnesota," garlic can be a profitable crop for vegetable growers with average yields of 8,000–10,000 pounds per acre, and prices ranging from $3–$10 per pound at farmer’s markets.

Garlic produces well in Nebraska in October or very early spring, using individual cloves or the small bulbils found on topset type garlic. Fall or very early spring planting is required because the young, tender plant and young garlic plants must be exposed to cold temperatures of 32–50°F for one to two months to start bulb formation.

Kinds of Garlic

Choosing which type of garlic to grow many be your most difficult decision! But the most important thing to keep in mind is, not to plant garlic you purchased at the grocery store. There are two main types of garlic — softneck and hardneck. Each has several distinct sub-groups and cultivars.

Hardneck garlic, Allium sativum subsp. ascalonicum, produces a woody flower stalk and also bulbils after the mostly sterile a woody flower stalk and also bulbils after the mostly sterile a woody flower stalk. Hardneck garlic, Allium sativum, is not a true garlic, but is actually a bulblet.

Garlic preparation

Garlic grows best in well-drained, friable loam soils that are fertile and high in organic matter. If your soil is high in clay, add organic matter to break up clay particles for better drainage. Organic matter will help sandy soil hold more water. Like onions, garlic needs a steady and fairly high level of nutrients in the soil while growing but, they have shallow, coarse roots that are not as efficient at nutrient uptake as other crops. Before preparing the soil for planting, apply 3–4 pounds of 10-10-10 fertilizer per 100 square feet (or follow soil test recommendations) and spread 1–3 oz of organic matter such as chopped leaves, dry grass clippings, compost or sphagnum peat over the soil surface. Use a spading fork to turn over and break up the soil and begin mixing in the organic matter. A rototiller can also be used to prepare the soil, but remember over-tilling can destroy the soil structure.

When incorporating organic matter that must be decayed, such as dry leaves and grass clippings, it is best to do it a few weeks before planting so soil microbes will have a chance to start breaking it down.

Planting

Just before planting, separate bulbs into individual cloves and sort by size. Do not divide the bulbs more than a few days before planting because early separation results in decreased yields. Reserve the largest cloves for planting and use the smaller cloves for cooking.

For best yields, garlic should be planted in early to mid-October. Planting before mid-September is not recommended. Garlic cloves should begin growing and then go dormant when cold weather arrives.

Plant the cloves 3–5” apart in an upright position (pointed end up) to ensure good emergence and straight necks. Cover cloves to a depth of about 2–3”. Allow 12–24” between rows. Garlic also lends itself well to wide-row planting; space cloves 5” apart in all directions in foot-wide rows or raised beds. This requires considerably less garden space for the same yield, but weeding must be done by hand.

Water thoroughly after planting to stimulate growth. The soil must be kept evenly moist during active growth. Garlic is quite drought-sensitive, so a weekly application of 1” of water will increase yields if rainfall is lacking. Dry soil will result in irregularly shaped bulbs.

A light application of mulch (1–2”) after the ground freezes will help prevent frost heaving throughout the winter.

Harvesting

Fall-planted garlic is ready to harvest from late-June to mid-July so reduce watering and let plants dry down a week or so before harvest. The outer bulb covering disintegrates fairly quickly and the bulbs will shatter if they are not harvested at their peak, so carefully monitor their development. When the lower 1/3 of the leaves are yellow, dig or pull a few plants to check the development of the bulbs. If the bulbs have segmented into cloves that can be separated, it is time to harvest. If the bulbs haven’t yet segmented, leave the remaining plants for a week or two and then check them again. When mature, each bulb should be fully segmented and covered by a tight outer skin.

After pulling, lay the bulbs on screens in the shade or in a well-ventilated room to cure, protecting them from moisture. Bulbs should be cured for 2–4 weeks at 75°-90°F and low humidity. If you want to braid your softneck crop, allow the tops to wilt for 2–3 days and then braid them tightly and allow them to finish curing. Tight braids are necessary since the stems will continue to shrink as they dry.

If not braided, trim the tops to about 1/2” long and roots to 1/4” after the bulbs have cured. If there is moisture in the stem when you trim the tops, continue to cure the bulbs for a few more days, then check again. Softneck garlic usually takes longer to cure because there are more layers of cloves in each bulb. Leave the outer covering on to reduce moisture loss and mechanical damage. Store garlic in mesh bags so there is good air circulation around the bulbs.

Additional information on growing garlic:


“Can” You Pass This Canning Quiz?

Compiled by Alice Hennenman, MS, RD
UNL Extension Educator

As home food preservation, especially canning, clamors for the number of Web sites and online chats on the topic have increased. The advice is sometimes based on what grandmother did or personal opinions. Thanks to the Internet, there is the potential for communication to go viral! Canning might be considered an art as well as a science. As such, people often want to let their creative side take over! They create their own recipes, they improvise regarding equipment and supplies, and they may make decisions based on half-truths.

If you’re a beginning canner or even an advanced canner, see how up-to-date you are on canning before you get out the boiling water canner or pressure canner.

Question: Is it safe to can green beans in a boiling water canner? (a) Yes (b) No

Answer: (b) No. The canning method is improved for a food’s preservation on the type of food. Foods are divided into two main categories: those that contain acid (called “acid foods”) and those that have very little or no acid (called “low acid foods”).

Acid foods (pH less than 4.6) include: generally all fruits (tomatoes, figs, and Asian peas are borderline — specific amounts of citric acid or lemon juice must be added before canning to acidify); sauerkraut (preserved by natural acids formed during fermentation); jams, jellies, marmalades, and fruit butters; and foods to which large amounts of acid are added (for example, pickles).

Pressure canning is used for low acid foods.

Low acid foods (pH greater than 4.6) include: generally all vegetables, meats, poultry, seafood, soups, and mixtures of acid and low acid foods (for example, spaghetti sauce — meat, vegetables, and a low-acid food, they must be canned with a pressure canner. When vegetables are pickled by the addition of vinegar, according to an up-to-date, tested canning recipe from a reliable source, they can be canned in a boiling water canner.

Question: Which of the following should be added to acidify tomatoes during the canning process? (a) Freshly squeezed lemon juice (b) Vinegar, 5% acidity (c) Commercially bottled lemon juice (d) Citric acid (e) All of the above (f) b, c, d

Answer: (f). To ensure safe acid in whole, crushed, or juiced tomatoes, add two table spoons of bottled lemon juice or 1/2 teaspoon of citric acid per quart of tomatoes. For pints, use one tablespoon bottled lemon juice or 1/4 teaspoon citric acid. Acid can be added directly to the boiling water to acidify the broth. Add sugar to offset acid taste, if desired. Four table spoons of a 5 percent acidity granular sugar may be used instead of lemon juice or citric acid. However, vinegar may cause undesirable flavor changes. These same directions apply to green tomatoes.

Acidity in fresh lemon juice is variable, depending on the variety and harvest conditions. Bottled lemon juice is produced to consistent acidity standards and is used for acidifying home-canned tomatoes. NOTE: When a procedure in a recipe from USDA for canning tomatoes offers both boiling water and pressure canning options, all steps in the preparation or procedure are still required even if the pressure processing option is chosen. This includes acidification.

see CANNING QUIZ on next page

Pressure canning is the ONLY safe method for canning low acid canned foods. When pressure is used, under pressure, temperatures higher than the boiling point of water can be reached. These higher temperatures like 240°F are necessary to destroy spores of bacteria that cause botulism, a very deadly type of food poisoning. Temperatures this high can only be reached in a pressure canner.

Lisa (Connot) Kowalski
UNL Extension Assistant
Natal Group
UNL Dietetic Intern

The 2010 Dietary Guidelines for Americans emphasize eating more plant sources of food, such as vegetables, fruits, legumes, and whole grains. The new MyPlate icon recommends half your plate be filled with fruits and vegetables. The other half of your plate should be divided between grains (of which half should be whole grain) and protein foods (meat, poultry, fish, beans, nuts and seeds). There are several reasons for these recommendations. Most people eat adequate amounts of protein, but fall short in fruits, vegetables, and whole grains.

Many plant foods are good sources of protein, fiber, carbohydrates, fat, vitamins, and minerals. Colorful plant foods, such as fruits and vegetables, are also good sources of phytochemicals. Phytochemicals are naturally present in plant foods, and they can help protect the body’s cells from damage by cancer-causing agents. They also help support overall health.

Eating a plant-based diet does not mean you have to become a vegetarian; it simply means you should try to select many of your foods from plant sources. A diet that emphasizes plant-based foods is generally low in saturated fat and total calories, and high in fiber, potassium, and vitamin C. Adding more plant sources of food to your meals may seem overwhelming, at first. Take small steps to incorporate these foods.

Try altering your favorite recipes by adding fruits and vegetables. Substitute whole grains for refined grains (try brown rice instead of white rice). Try having a meal or two a week where your source of protein is some type of bean or pea (legumes) such as a bean burrito or taco or a hearty lentil soup. They are low in cost, cholesterol, and saturated fat.

Eating a plant-based diet does not have to be detrimental to the diet. Buy foods in season as they will be less expensive. Look in your local newspaper to view plant foods on sale for the week. Purchase those items and work them into at least two meals each day. Adding fruits and vegetables to your meals can also stretch your meals, leaving leftovers for another day. For example, adding vegetables to a noodle casseroles portion for one person can turn it into two portions. Frozen and canned plant foods are great options, especially in the winter when fresh foods are not often readily available. Look for “no salt added” canned goods or drain and rinse them to reduce the sodium.

No matter how you decide to incorporate plant-based foods in your meals, you will benefit from the nutrients they provide in your diet, and decrease your risk for certain diseases.

Vegetable Rice Skillet

1 can (15 oz.) kidney, black or garbanzo beans, drained and rinsed
1 can (14.5 oz.) stewed tomatoes
2 cups mixed vegetables, frozen
1 cup water
3/4 cup brown rice, uncooked
1/2 teaspoon dried thyme or dried dill weed
1 can (10-3/4 oz.) tomato sauce
Hot sauce (optional)

Shredded cheese (optional)

In a large pot, stir together beans, tomatoes, vegetables, water, rice, and thyme or dill weed. Bring to a boil. Reduce heat, cover, and simmer for 20-25 minutes or until the rice is tender. Stir a few times while cooking. Add more water if mixture becomes too dry. Stir in tomato sauce. Bring to a boil. Let simmer for 2-3 minutes more. Serve with hot sauce and cheese, if desired.

Source: University of Nebraska–Lincoln Extension Nutrition Education Program Cookbook: The Cook’s Helper

Canned plant foods come in many varieties, from tomatoes to vegetables to fruit. Canning provides a safe method for extending the season of fresh produce. Using a pressure canner or boiling water to preserve foods is the best way to ensure quality and safety of home canned foods. With the information on this page, you will be prepared to can a variety of foods and enjoy your efforts for a long time.
Can the food be canned at the same pressure (pressure canner) or some time (boiling water canning) at all altitude levels. (a) Yes (b) No (c) It depends on the food

Answer: (b) No. The processing time for canning food at sea level may result in spoilage if you live at higher altitudes. Water boils at lower temperatures as altitude increases. Lower boiling temperatures are less effective for killing bacteria. For a pressure canner, the amount of pressure used to process a food is increased as altitude increases. General guidelines are for the PSI or Pounds Square Inch – to be used at different altitudes are:

- **Diagonal Pressure Canner:** 0-2,000 feet: 11 lbs.; 2,001-4,000 feet: 12 lbs.; 4,001-6,000 feet: 13 lbs; 6,001-8,000 feet: 14 lbs; 8,001-10,000 feet: 15 lbs.
- **Weighted Gauge Pressure Canner:** 0-1000 feet: 10 lbs.; Above 1,000 feet: 15 lbs.

The single disadvantage of weighted-gauge canners is they cannot be used precisely for higher altitudes. At altitudes above 1,000 feet, they must be operated at 15 instead of 5, or 10 instead of 10. Every pound of pressure is very important to the temperature needed inside the canner for producing safe food, so accurate gauges and adjustments are essential when a gauge reads higher than it should.

Gauges may be checked at many places including Fleishman Food or contact the pressure canner manufacturer for other options. It is advisable to have a dial gauge canner tested yearly. Weighted gauge types of pressure canners do not require testing for accuracy, but if the weighted gauge is damaged in any way, it must be replaced.

**IMPORTANT:** A pressure canner is not the same as a pressure cooker and should not be used for canning. For boiling water canner, the amount of TIME used to process a food is increased as altitude increases. In general, for every additional 1,000 feet of elevation, one minute is added to the boiling time.

The altitude for Lancaster County, Nebraska ranges from 1,200 to 1,700 feet above sea level.

**Question:** Which of these ingredients may be safely adjusted in amount when canning salsas? (a) Tomatoes (b) Peppers (c) Vinegar (d) Cumin (e) Onions

**Answer:** (d) Cumin. Changing the proportions of ingredients in a tested salsa recipe can be unsafe. Salsas are usually mixes of acid and low-acid ingredients; they are an example of an acidified food. The specific recipe, and sometimes preparation method, will determine if a salsa can be processed in a boiling water canner or a pressure canner. A process must be scientifically determined for each recipe.

The acid ingredients in the foods used in salsas, such as peppers, tomatoes, and onions, help preserve it. However, you also must acid to canned salsas because the natural acidity may not be high enough. Commonly used acids in home canning are vinegar and commercially bottled lemon juice.

Spices add flavoring to salsas. The amounts of spices and herbs typically can be altered in recipes.
Shepherd’s-purse flowers working against you in the spring. In the
fall, however, the weather is usually more conducive to weeds.
Environmental Focus

September 2011

What’s Eating You?

Barb Ogg
UNL Extension Educator

Those of us who grew up in Nebraska and other northern states look forward to changing seasons and cooler temperatures of fall and winter (although I must admit, winters today seem much longer than when I was a youth). After a summer of struggling with ticks, mosquitoes, and chiggers, it seems unfair to have to deal with insects which feed on us during the rest of the year.

We humans have a natural aversion to insects that feed on us. Insect bites can be itchy and make us uncomfortable, but a better reason to dislike biting insects is, some of them transmit disease organisms when they feed. The most important disease vectors worldwide are mosquito; we are fortunate malaria, yellow fever, or dengue fever are not a problem in the U.S. And, despite the concern about West Nile encephalitis, relatively few people in Nebraska have been adversely affected the last few years.

Ticks, mosquitoes, and chiggers live outdoors and people are exposed to these biters when they spend time outside. People can also become outdoor biting arthropods by using insect repellents, staying away from infested locations, or staying indoors during times when biters are active.

But, some biting insects, like head lice and bed bugs, are so closely connected with humans, they live on our bodies or in our homes. Others, like fleas, are associated with domesticated pets. Because these biters live where temperatures are warm, they are not affected by changing seasons or outdoor temperatures. Yes, there are some insects which are year-round blood suckers.

Head Lice vs. Bed Bugs

Many people confuse head lice and bed bugs. Both of these species are ectoparasites (which means they live on the outside of our body, rather than inside) and feed on blood. Both of these species are resistant to pyrethroid insecticides and can be challenging to control. But head lice and bed bugs live in different circumstances, which means the methods of control are different as well.

Head Lice

Head lice are found on the head, usually close to the scalp. They must feed frequently (every hour or two). Female head lice lay eggs on individual hairs about 1/4-inch from the scalp, where temperatures are ideal for hatching. Head lice do not survive well off the head. If they fall off the host, researchers have found they begin to desiccate quickly, usually within 12 hours. Many experts believe head lice do not move to another person primarily through head-to-head contact and only infrequently through intermediate objects.

Because head-to-head contact is the primary method of transmission, few head lice will be found on bedding, clothing, carpets, or furniture. This is why activities like laundering of bedding or clothing, vacuuming, or insecticidal treatments in the home environment, are of little value. We don’t recommend parents spending a lot of time doing these time-consuming activities.

Instead, parents should focus on removing lice and eggs from the child’s head. Because head lice move to Nix, Ro, and other over-the-counter (OTC) pyrethroid products, these products are not going to be very good at treating head lice. Parents who do not understand this may buy these products, treat their child, and erroneously believe the treatment will kill all the head lice. A few weeks later, parents will find head lice still there in even greater numbers.

For OTC products, we recommend using combing, saturated hair with a louse comb, and in doing these time-consuming activities.

Would it be Better to Have Head Lice or Bed Bugs?

Yes, I have actually been asked this question. Neither one of these insects has been shown to be a disease vector so that isn’t a consideration.

My answer is...it would be much better to have head lice. Because head lice live on the head, it is easier to control them than it is to control bed bugs found in many places around the building.

A nict comb is very inexpensive, is reusable, and combing can be done by family members. No chemical treatments are needed. Getting rid of head lice with a nit comb is not complicated, but takes time and persistence.

For research-based information about head lice or other insect problems in and around the home, go to UNL Extension in Lancaster County’s website at http://lancaster.unl.edu/pest/.

Barb Ogg
UNL Extension Educator

The multicolored Asian lady beetle (MALB), Harmonia axyridis, is a well-established predatory insect in many parts of the United States, including Nebraska. By capturing non-native lady beetle populations, the MALB successfully controls aphids, scale insects, and other soft-bodied insect pests in garden and field crops. Despite its beneficial status during the summer, this insect becomes a serious nuisance pest to homeowners during the fall, winter, and early spring.

Problems with MALBs begin during late summer when they aggregate in large numbers around homes in search of an overwintering site. In their native lands, the Asian lady beetle populations are about 1/3-inch long and have tremendous color variations within the species (above, approximate size). They are winged (at left, magnified) shaded from afternoon sun are less likely to attract beetles. Dwellings near woods or fields are especially prone to infestation.

Beetles are most active on warm, sunny days following a period of near freezing temperatures. They find natural overcrevices and protected places to spend the winter, often congregating in large numbers in attics, crawl spaces, and other protected locations. Buildings in poor condition with many cracks and openings are most vulnerable to infestation.

When temperatures warm in the late winter and early spring, the beetles become active and often come inside the structure. Because the beetles are coming into the home from wall voids, little can be done to prevent this winter invasiveness.

The easiest way to eliminate beetles indoors is to remove them with a vacuum cleaner. Place a knee-high nylon stocking into an extension hose or wand and secure it with a rubber band. As soon as the vacuum cleaner is turned off, be sure to remove the stocking so that the captured beetles cannot escape. As you remove it, the rubber band closes around the stocking, effectively “bagging” the lady beetles.

Sealing Cracks and Crevices

Sealing cracks and openings is the most permanent way of preventing lady beetles from entering buildings. The time to do this is now, before beetles begin flying. Check around windows, doors, doors, softfics, fascia boards, utility pipes, and wires, etc. and make sure they are sealed with caulk or other suitable sealant.

Tips for Non-Toxic Cricket and Spider Control

Current indications show we will have large numbers of crickets and spiders invading homes this fall. The best way to prevent entry into homes is to seal entry points, like cracks and crevices, with caulk. However, it is difficult to seal all entry points.

To eliminate crickets and spiders that have found their way into the house, try sticky traps (insect glue boards work great) in the corners of rooms. To catch a “singing” cricket, put a rubber band around the conceptual in the middle of a glue board and place the glue board near where the cricket is hiding. The cricket will be attracted to the conceptual and get caught in the glue board.

—Barb Ogg, UNL Extension Educator

Adult bed bug is (hightly magnified view above) are 1/10 to 1/20 inch long and tan to gray. (At right, approximate size) Adult head lice is (hightly magnified view above) are 1/10 to 1/20 inch long and tan to gray. (At right, approximate size)
State Fair 4-H Tickets

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 results, and more, go to http://4h.unl.edu/nebraskastatefairbook.

The Lancaster County extension office is selling $4 exhibitor tickets on a first come, first served basis. These can be purchased at the office at 444 Cherrycreek Road (cash or check only, no credit cards). Exhibitor tickets are for fair-ers and their immediate family only.

Public gate admission will be $8, with $3 days Aug. 29–31. Children 6 and under will be free every day and children 5 and under will be free every day.

General parking on the fairgrounds is free this year.

Ak-Sar-Ben 4-H Stock Show, Sept. 22–25

The 84th Ak-Sar-Ben 4-H Stock Show will be held Sept. 22–25 at the CenturyLink Center in Omaha. More than 2,000 4-H families from an eight-state area participate in this all 4-H Expo. Categories of this 4-H only competition are dairy, feeder calf, breeding heifers, market beef, market broilers, meat goats, market lambs, market swine, and rabbits. For more information, go to www.rivercityrodeo.com.

Schedule of Events

SATURDAY, SEPT. 17
Racing, Pole Bending, Barrel Racing: 3:30 p.m.

SUNDAY, SEPT. 18
English classes: 8:30 a.m. Western classes: 2 p.m.

THURSDAY, SEPT. 22
Market Dairy Steer Show: 5 p.m.
Ak-Sar-Ben Rodeo: 7 p.m.

FRIDAY, SEPT. 23
Dairy Show: 7:30 a.m.
Feeder Calf Show: 2 p.m.
Meat Goat Show: 3 p.m.
Ak-Sar-Ben Rodeo: 7 p.m.

Level Testing, Oct. 1
The final 2011 4-H group level testing will be held Saturday, Oct. 1 beginning at 9 a.m. at the Lancaster Event Center – 444 Cherrycreek Rd, Lincoln. A veterinarian health check is required within 15 days of the exhibition date.
For more information, go to www.rivercityrodeo.com.

Horse Awards Night, Oct. 6
Mark your calendars! The annual Lancaster County 4-H Horse Awards Night will be Thursday, Oct. 6, 7 p.m. at the Lancaster Event Center – 444 Cherrycreek Rd, Lincoln. Awards presentation includes Incentive Awards, Horsemanship Levels, Course Challenge, All-Around Awards, Herdsmanship, Top County Fair Judging buckles and ribbons, and a few surprise awards! Come help celebrate the outstanding accomplishments of the 2011 Lancaster County 4-H horsemen. More details to follow.
Top Static Exhibits

PLANT SCIENCE
Horticulture Contest: Anna Greff
Tree Identification Contest: Mary Dowd

PRESENTATION
Senior Presenter & Premier Presenter: Jacob Rusman
Junior Presenter: Addison Waner

STYLE REVUE
Grand Ch Style Revue: Sadie Hammer
Res Grand Ch Style Revue: Renee Sieck
Grand Ch Shopping in Style: Renee Sieck
Clothing 1: Make One/Buy One: Sarah Albin
Make One/Buy One: Jessica Albin
Attention Shoppers: Chloe Hammond
Recycled Garment: Miranda Gunnesson

TABLE SETTING
Junior Picnic: Valerie Gabel
Junior Casual: Eric Vander Woude Jr
Junior Birthday: Sophia Swanson
Junior Formal: McKenzie Kapperman
Senior Picnic: Emily Stebbich
Senior Casual: Liza Christensen
Senior Birthday: Victoria Garza
Senior Formal: Madeline Gabel

Top Animal Exhibits

BEEF
Ch Supreme Breeding Heifer: Renee Sieck
Res Ch Supreme Breeding Heifer: Kyle Gana
Ch Supreme Feeder: Renee Sieck
Res Ch Supreme Feeder: Caitlyn Walbrecht
Grand Ch Market Heifer: Caitlyn Walbrecht
Grand Ch Market Steer: Brett Heinrich
Res Ch Grand Ch Market Steer: Brandon Sieck
Ch Senior Showmanship: Brandon Sieck
Ch Intermediate Showmanship: Taylor Lieneman
Ch Junior Showmanship: Kylee Gana

DAIRY CATTLE
Grand Ch & Senior Holstein Ch: 3 Year Old: Liza Christensen
Grand Ch & Res Senior Jersey Ch - Dry Cow: Liza Christensen
Ch Senior Showmanship: Ben Rice
Ch Intermediate Showmanship: Liza Christensen
Ch Junior Showmanship: Kaleb Kempes

BUCKET CALF
Ch Bucket Calf Junior Division: Jordan Nielsen
Res Ch Bucket Calf Junior Division: Rachel Lange
Ch Bucket Calf Intermediate Division: Brady Zobel
Res Ch Bucket Calf Intermediate Division: Gus Woeppeu

SHEEP
Grand Ch Market Lamb: Riley Scott
Res Grand Ch Market Lamb: Madelyn Scott
Supreme Ch Breeding Ewe: Alesis Spalth
Ch Senior Showmanship: Kasie Bruss
Ch Intermediate Showmanship: Logan Sieck
Ch Junior Showmanship: Riley Scott

SWINE
Grand Overall Swine: Brett Heinrich
Res Ch Overall Swine: Brett Heinrich
Ch Senior Showmanship: Nicolette Larsen
Ch Intermediate Showmanship: Trevor Spalth
Ch Junior Showmanship: Caitlyn Wallbrecht

DAIRY GOAT
Ch Senior Showmanship: William Keen
Ch Overall Oberhashi Goat: Tyler Henshaw
Ch Overall Saanen Goat: Joshua Henshaw
Ch Overall Recorded Grade Goat: Adam Hill
Ch Junior Showmanship: Corrianna Kubecsk
Ch Mini Goat Showmanship: Susana

MEAT GOAT
Ch Grand Ch Meat Goat: Logan Sieck
Res Ch Meat Goat: Boyne Sieck
Ch Meat Goat Showmanship: Boyne Sieck
Res Ch Meat Goat Showmanship: Logan Sieck

LLAMA/ALPACA
Ch Senior Showmanship: Samantha
Ch Intermediate Showmanship: Alyssa Jensen
Ch Junior Showmanship: Olivia Waters

POULTRY
Best of 4-H Poultry Show: Jake Aberg
Ch Overall Poultry Pet Class: Carol Nabiety
Ch Senior Showmanship: Spencer Peters
Ch Junior Showmanship: Bayne Sieck

RABBIT
Best Fancy Breed: Kayya Green
Best Commercial Breed: Hannah Bellinghausen
Rabbit All-Around Showman Award Ch: Kayya Green

Top Contest Awards

BI CYCLE
Senior Ch: James Griess
Senior Res Ch: Jessica Stephenson
Junior Ch: Thad Lucask 
Junior Res Ch: Hayden Loll

LIFE CHALLENGE
Senior Ch: Sheridan Swatk
Senior Res Ch: Abbie Spencer
Junior Ch: Emma Larik
Junior Res Ch: Valerie Griess & Lucy Polk

Rabbit All-Around Showman Award Res Ch: Hannah Bellinghausen

HORSE
Ch Western Junior Showmanship: Bailee Peters
Ch Western Senior Showmanship: Bailey Peterson
Ch Western Elementary Showmanship:
Ch English Senior Showmanship: Chelsea Beach
Ch English Junior Showmanship: Morgan Chippas
Ch English Elementary Showmanship:
Ch Groom & Care: Kenzy Hayes
Res Ch Groom & Care: Aubrey Hayes
Grand Ch Halter Pony: Ashley Colburn
Res Grand Ch Halter Pony: Katelyn Wolf
Res Grand Ch Halter Horse Ages 4 & up: Sydney Swant
Grand Ch Halter Horse Ages 4 & up: Sydney Scow
Grand Ch Halter Horse Ages 15 & up: Tracy Heinbran
Res Grand Ch Halter Horse Ages 15 & up: Tracy Heinbran

DOG
Ch Senior Showmanship: Jessica
Ch Junior Showmanship: Sam Schuster
Ch Obadine: Beginning A: Mason Franke
Ch Obadine Beginning B: Logan Kosta
Ch Obadine: Novice: Hope Ellen Wahlng
Ch Beginning Showmanship: Ella
Ch Intermediate Showmanship: Cassie
Ch Advanced Showmanship: Paige Roach
Ch Trophy Showmanship: Hope Ellen Wahlng
Ch Level 1 Pre-beginning Agility A: Ivy Crest
Ch Level 2 Beginning Agility A: Cassie Meyer
Ch Level 3 intermediate Agility: Hope Ellen Wahlng

CAT
Best in Show: Samantha Duffy

HOUSEHOLD PETS
Ch Mammal: Addison Waner
Ch Fish, Reptiles/Amphibians: Holly Hillebran

GENERAL AREAS
Fitter: McKenzie Kapperman
Club Banner: All American Kids
Quilt: Sheridan Swatk
Home Environment: James Griess
Safety: Nathan Becker

FOOD & NUTRITION
Yeast: Brook Kraukemer
Quick Bread: Jared Nielsen
Food Preservation: Molly Noel
Cake/Pie: Brandon Sieck
Cookie: Nathan Gabel

HOME ENVIRONMENT
Home Environment: Carie Reineke
Home Environment: Tyler Hattan
Home Environment: Carol Nabiety

CHILD DEVELOPMENT
Child Development: Molly Kasparek

PHOTOGRAPHY
Unit 1: Ashley Dewall
Unit 2: Dylar Nordstrom
Unit 3: Nicki Everding
Nebraska Theme: Ben Harms

CLOTHING
Clothing Level 1: Chloe Hammond
Decorate Your Duds: Ellen Friessen
Knitting: Nicki Everding
Crochet: Abigail Babcock
Clothing Level 2: Renee Sieck
Clothing Level 3: Sadie Hammond

HORTICULTURE
Vegetable Exhibit: Valerie Gabel
Herb Exhibit: Hannah Rohda
Annual Flower Exhibit: Jared Nielsen
Perennial Flower Exhibit: Abigail Hassard
Rose Exhibit: Koral Gunnesson
Specimen Plant: Kyle Hurt

CONSERVATION & WILDLIFE AND FORESTRY
Conservation and Wildlife Exhibit: Thani Nelson
Forestry Exhibit: Abigail Babcock

Top Contest Awards

Ch Grand 2 & 3 year old Hunter/Saddleseat Horse: Alex Scheidler
Res Grand 2 & 3 year old Hunter/Saddleseat Horse Ages 4 & up: Ashley Bradbury
Grand Ch Hunter/Saddleseat Aged Horse Ages 15 & up: Alyssa Fakbe
Res Grand Ch Hunter/Saddleseat Aged Horse Ages 15 & up: Anna Wehling
Res Grand Ch Hunter/Saddleseat Horse Ages 15 & up: Blake Preston

Ch Grand 2 & 3 year old Hunter/ Damsel Seat Horse: Brittany Albers
Other top horse awards will be announced at 4-H Horse Awards Night.
Dr. Gail (Thurber) Rohlfing
Board Certified Pediatric Dentist and Co-owner of Spongel & Rohlfing
Pediatric Dentistry

Dr. Gail (Thurber) Rohlfing, a Lancaster County 4-H member from 1974-1984, enjoys working with children to make what some people think of as a scary experience into a fun and exciting trip to the dentist. Rohlfing’s practice is located in Greensboro, NC.

Her favorite 4-H project, 4-H clothing construction, led to a B.S. degree from UNL in Textile Science degree, followed by a DDS from the University of Nebraska, and a MS in Pediatric Dentistry from North Carolina Chapel Hill.

Rohlfing says, “Leadership, communication, public speaking, and self-confidence are skills acquired through 4-H which help my career. My parents taught me a strong work ethic and I was able to achieve anything I wanted to achieve. Extension professionals Twyla Liedolph and Lorene Bartos encouraged me to stretch my abilities and try new things.”

“I enjoyed my participation as the 1983 State Leadership winner to National 4-H Congress in 1984 and National 4-H Convention in Washington DC. The opportunity to see the United States and meet other 4-H’ers from around the country inspired me to see the world.”

Rohlfing says, “My career in dentistry came from my interest in the math and science field but also incorporates my artistic side.”

Jill Jank, MS, RD, LMNT
Registered Dietitian in Private Practice (24 years)

Jill Jank, a Lincoln County Nebraska 4-H alumni, finds it most rewarding to see the health of clients improve and see they are feeling better.

Jank says “4-H foods gave me a solid foundation. At UNL, one of my favorite classes was food science. Although I realize the need for standardized recipes, I adapt nearly every recipe I personally use. I help my clients adapt them when they have special needs.”

Andrea Nisley [extension educator] has been there for me before 4-H helped me open up at a young age. Spanish was my first language so I didn’t feel comfortable speaking. I gained confidence by modeling my 4-H projects in front of public at a young age. Competing in the state fair was so exciting.”

In high school, Marcela participated in the UNL Big Red Textile Design Camp and lived on campus for a week. She was a National Make It With Wool winner and also represented Nebraska at the National 4-H Conference in Washington D.C. this past spring. “We had a chance to share how 4-H has impacted our lives. For Nebraska Congressmen to listen to us was amazing,” she says.

Marcela’s major, U.NL Fashion Merchandising, integrates the application of management principles, the science of chemistry, and the perspective of history in a rich, challenging learning environment. State-of-the-industry software including inventory control information systems, spread-sheet analysis, and 3D Visual Merchant prepare students for a career in a technology-dominated workplace.

Spencer Farley
UNL Freshman, Honors Program & Computer Science Major; Software Developer Apprentice, Nebraska Global

Spencer Farley sees software as a puzzle with near infinite possibilities. “As an apprentice at Nebraska Global, I get to solve puzzles that makes people’s lives easier. Nebraska Global has a wealth of people who are willing to take the time to teach me new things and walk me through problems to help me understand them.” Nebraska Global is a venture capital fund that invests in startup software companies in order to build a vibrant, competitive technology environment in Nebraska.

As a 12 year Lancaster County 4-H member, Spencer says “Having interview and speaking skills from 4-H gave me confidence in obtaining my apprenticeship with Nebraska Global. Working on a team and pitching products and product ideas requires the ability to see SCIENTISTS on next page
SCIENTISTS

continued from preceding page

clearly communicate ideas. Also, my various leadership roles in 4-H have helped me work with groups in an orderly and encouraging manner.

His favorite 4-H experiences include a woodworking project in which he made stilts and a cooking project creating a community of a museum. For more information, call Tracy at (402) 441-7180.

Experience the Power of Red

An open house for high school students and their families

Saturday, Nov. 12 9 a.m.–2 p.m. • Nebraska East Union

• Learn more about how we prepare students for careers in everything from animals to plants, soil to climate, golf to business, mechanization to leadership, food to forensic science
• Meet current students, faculty and staff
• Experience East Campus
• Register for a scholarship and other cool prizes

To register or more information, (800) 742-8800, ext. 2541 or go to http://casnr.unl.edu/openhouse

Registration deadline: Nov. 4

Make It With Wool Deadline Oct. 29

The Make It With Wool contest offers youth and adults the opportunity to promote the beauty and versatility of wool fabric and yarn. Personal creations in sewing, knitting, crocheting, spinning and weaving of wool fabric, yarn is encouraged. Categories are Preteen, Junior, Senior, Adult, and Made for Other Home Accessories. The District III contest will be held in Lincoln on Nov. 19, Entry deadline is Oct. 29. For more information, call Tracy at (402) 441-7180.

4-H Teen Council Invites New Members!

The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7–12. Meetings are held the second Sunday of each month at 3 p.m. at the Lancaster Extension Education Center, 444 Cherry creek Road, Lincoln. 4-H Teen Council members: • participate in several community service activities • plan, set up, and facilitate the annual 4th and 5th grade Lock-In • are involved in other leadership activities The next meeting will be Sunday, Sept. 11 at 3 p.m. For more information or to join, call (402) 441-7180.

The Nebline

The Nebline is published monthly (except December). Mailed to more than 12,000 households in Lancaster County and can be read online at http://lancaster.unl.edu/nebline.

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Order subscription ☐ Change of address ☐

Name ____________________________________________________________

Address __________________________________________________________

City ________________________________________________________________ Zip

Phone ____________________________________________________________

We will only use your phone number in case there is a problem with your mailing address.

Mail to: UNL Extension in Lancaster County 444 Cherry creek Road, Suite A • Lincoln, Nebraska 68528-1507
Did you guess it? Find out at http://lancaster.unl.edu

Did you guess it from the July Nebraska?
The answer was: Flooded Road Near Pickrel, Nebraska

**Can You Guess It?**

During interview judging, 4-H’ers talk to judges about their static exhibits. 4-H’ers also learn what the judge looks for and how to improve skills.

The 4-H horse shows included 33 events over six days.

Twenty-three 4-H’ers participated in the Pick-a-Pig Project which give urban youth an opportunity to help raise and show a pig. The project is now in its third year. In June, the program received a Governor’s Agriculture Excellence Award.

Twenty-seven summer sites participated in 4-H county fair exploration activities using a curriculum developed by UNL Extension in Lancaster County, and many toured the fair. Youth at some afterschool/summer sites exhibited projects at the fair. Campbell Family Service Program youth sewed quilted articles such as hot pads, purses, and quilt blocks (pictured).

The 4-H “Corner Stop” food booth at the fair is 4-H Council’s primary fundraiser. Funds support 4-H youth programs, activities, and scholarships. This year, more than 110 youth and adults volunteered at the food booth! The “walking taco” (pictured above) is very popular.

Three $1,000 college scholarships were presented at the Youth Livestock Premium Auction. The Lancaster County 4-H/FFA Livestock Booster Club presented scholarships to Erica Peterson and Alexis Spoth. The Husker Auto Group (Lance Koll, at right) presented a scholarship to Maci Lienemann. This is the first year the Livestock Booster Club has presented college scholarships, using proceeds from the Youth Livestock Premium Auction, now in its second year.

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

Learn about 4-H!

**4-H Kick Off**

Tuesday, Oct. 4

6 p.m.

Lancaster Extension Education Center

444 Cherrycreek Road, Lincoln

Prizes!

Come Find Out How to Join 4-H!

* Help form a new 4-H club
* Be an independent member
* Join an existing 4-H club (limited availability)
* Participate in 4-H activities such as camps

4-H’ers will share completed projects!

4-H is a community of young people across America who are learning leadership, citizenship and life skills.

(402) 441-7180 • lancaster.unl.edu/4h

Nebraska 4-H Foundation

Looking for 4-H Alumni to “Tell Us Your 4-H Story”

The Nebraska 4-H Foundation has a campaign this summer, “Tell Us Your 4-H Story.” They are looking for 4-H Alumni to tell about their experiences in 4-H. How has 4-H made an impact on your life? It is very easy for alumni to tell their stories by going to the Web site www.ne4hfoundation.org or by stopping at the Nebraska 4-H Foundation booth at the Nebraska State Fair. Once you have told your story, you are entered into a drawing to win $1,000 for the county 4-H program of your choice! Stories may be used in a future 4-H publication or online. Winner will be drawn at the Nebraska State Fair on Sept. 5.

Celebrating 4-H Youth Achievement at Super Fair

Many 4-H youth choose to exhibit their project(s) and participate in contests at county and state fairs. The 2011 Lancaster County Super Fair was held Aug. 4–13 at the Lancaster Event Center. This was the second year the Lancaster County Fair was ten days. 4-H & FFA exhibits and events were held Aug. 4–7. Nearly 700 exhibitors showcased more than 5,400 4-H/FFA exhibits (includes static exhibits, Clover Kids, animals, and contest entries). New this year was the 4-H Meat Goat Show. Complete 4-H/FFA ribbon results, more photographs, and some videos are at http://lancaster.unl.edu/4h. See top exhibits on page 9 of this issue.

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