4-H Food Booth at Super Fair
Volunteers Have Fun, Rewarding Experience

The 4-H Food Booth at the Lancaster County Fair is a long-standing tradition. In the 1960s, 4-H Council operated the “Snack Shack” in the 4-H building on the State Fair grounds. In 1992, when the Youth Complex was built, 4-H Council then also operated a full-service “Rock Cafe.” In 2001, when the county fair moved to the Lancaster Event Center, the 4-H food booth became the “4-H Corner Stop.”

All proceeds from the food booth go to 4-H Council. More than 183 youth and adults volunteer at the 4-H food booth during last year’s Lancaster County Super Fair.

David Swotek, 9-year-old 4-H member, says, “Working at the food booth is fun. You get to hang out with your friends. It’s work, but it’s fun work.” A 4-H Council member is at or near the food booth at all times during the fair. Council members also volunteer time before the fair on preparations, such as purchasing food and supplies.

Kent Froshie, 4-H Council member, says, “The 4-H food booth is a wonderful example of 4-H at its best. It goes way beyond the money raised for 4-H.”

Working at the food booth allows 4-H kids the opportunity to serve the public and learn valuable business skills.

Colleen Nielsen, 4-H parent and volunteer, says, “I think having the kids help work the 4-H food booth teaches them several things: customer service, money management, how to work together as a team, time management, importance of community service, and leadership skills.”

The food booth follows health standards and a certified food manager oversees operations. Volunteers are trained in safe food handling procedures such as checking food temperatures and keeping the booth clean. The Health Department gives an unannounced inspection at each fair.

Anne Greff, 15-year-old 4-H member says, “Working in the 4-H food booth gives us time to spend with our friends and meet interesting people at the same time. It isn’t always easy. You have to do things right, like washing your hands every time you touch anything other than the food.”

Ann Pickett, president of 4-H Council, says, “I would say the best experiences I have had have come from working in the food booth side by side with the 4-H kids. They are some of the hardest workers and easiest learners you can have. They are courteous even with some of the most cantankerous customers. They get a chance to work with their friends and family and have a great time while doing it. I’ve seen kids up to their elbows in cotton candy and snow cone syrup but begging their parents or 4-H leaders to come back for another shift!”

Adults and youth work together at the food booth.

Youth gain practical experience, such as handling food safely, and life skills such as responsibility and social skills.

Volunteers Needed
4-H Council asks clubs and independent members to help by staffing a shift. At any given time, 5-6 youth (age 8 & up) are needed with 2 adults supervising.

• Wednesday, Aug. 1, 8:30-11:30 a.m.; 11:15 a.m. – 3:15 p.m. or close
• Thursday, Aug. 2, 3:30-6:30 p.m.; 6:30-9:30 p.m.
• Friday, Aug. 3, 8:30-11:30 a.m.; 11:15 a.m. – 3:15 p.m. or close
• Saturday, Aug. 4, 8:30-11:30 a.m.; 11:15 a.m. – 3:15 p.m. or close
• Sunday, Aug. 5, 8:30-11:30 a.m.

Sign up by June 30 by calling Lynnette Nelson at 402-796-2686.

Food Booth Training
All volunteers are strongly encouraged to attend the Food Booth Training on Thursday, July 26, 6–7 p.m. at the Lancaster Event Center.

Booth Funds 4-H Council Activities
The 4-H food booth at the Super Fair is Lancaster County 4-H Council’s primary fundraiser.

Lynnette Nelson, treasurer of 4-H Council, says, “The 4-H Food Booth income is vital to the sustainability of our 4-H program. Those four days provide the main source of income for the year.”

4-H Council financially supports several 4-H programs, activities, and scholarships. Here is a partial list:
• Achievement Night
• 4-H Kick Off
• College and camp scholarships
• Support for state and national contest registrations
• Volunteer recognition
• 4-H promotional activities

The 2012 Lancaster County Super Fair will be Aug. 2–11 at the Lancaster Event Center, 84th & Havelock. 4-HFFA exhibits and events will be Aug. 2–5.

The 4-H Corner Stop will be open Thursday, Aug. 2 through Sunday, Aug. 5, 10 a.m. to 9 p.m., located near the main entrance. Orders can be taken from the Lincoln Room or Multipurpose Arena.

GREAT FOOD!
Support 4-H by Supporting 4-H Corner Stop

The 2012 Lancaster County Super Fair will be Aug. 2–11 at the Lancaster Event Center, 84th & Havelock. 4-HFFA exhibits and events will be Aug. 2–5.

The 4-H Corner Stop will be open Thursday, Aug. 2 through Sunday, Aug. 5, 10 a.m. to 9 p.m., located near the main entrance. Orders can be taken from the Lincoln Room or Multipurpose Arena.

A popular item is the “Walking Taco,” a bag of corn chips with seasoned meat and cheese.

To go to our home page on your smartphone, scan this code with a QR reader app.
Calibrating Hand-Held Sprayers

Tom Dorn
UNL Extension Educator

Do you need to spot spray weedy patches in the lawn or pasture with a hand-held sprayer? With a simple step-by-step calibration procedure that ensures you apply the correct amount of chemical to comply with the product label and so you will achieve satisfactory results. In order to apply the recommended amount of chemical through a sprayer, you need to know two things:

1. The quantity of total spray output you will be applying per unit of area, e.g., gallons per acre (GPA); and,
2. The recommended amount of product to apply per acre.

I recently came across a simplified method of calibrating hand-held sprayers. This methodology works for calibrating either compressed air (pump-up) sprayers or sprayers with a motor-driven pump to create pressure (hand guns). The following procedure illustrates the steps required to properly calibrate hand-held sprayers. Most of the procedure is the same whether you are using a compressed-air or powered sprayer. Italized text applies only to compressed-air sprayers.

Measure Spray Output

1) Note the “full” mark on the spray tank. There will be space above the mark for compressed air.
2) Determine the useful volume of the spray tank by measuring the volume of water needed to fill an empty tank to the full mark.
3) Using only water, fill the container to the full mark. Start the motorized pump or pressurize the tank, then test the spray pattern. Add pressure and/or adjust the spray tip until you are satisfied with the spray pattern.
4) Measure and mark a test area 18.5 feet x 18.5 feet square.
5) Spray the test area in the manner you would normally spray when controlling the target pest, and record the time in seconds to treat the test area.
6) Pour the water from the tank, rinse, and dry the tank. The measured water volume will be the volume of water used to fill the tank.
7) Divide the useful capacity of the tank (step 2) by the spray output, GPA (step 5) to determine the gallons per acre (GPA) you will be applying per unit of area, e.g., gallons per acre (GPA). This will be the number of gallons per acre (GPA) you will be applying per unit of area.

Determine the Amount of Chemical to Add to the Tank

Divide the useful capacity of the tank (step 2) by the spray output, GPA (step 6) to determine the actual amount of chemical you will be applying per unit of area, e.g., gallons per acre (GPA). The product label recommends 1 quart (32 fl. oz.) of herbicide per acre. The test tank was putting out the equivalent of 34 gallons per acre. (Step 6)

Each tank will cover 2 gallons/34 gallons/acre = 0.059 acres/applicator (Step 7)

The product label recommends 1 quart (32 fl. oz.) of herbicide per acre. (Step 8)

The amount of product to add to a full spray tank is 32 fl. oz. per acre x 0.059 acres per applicator = 1.9 fl. oz. per spray tank. (Step 9)

Answers to Questions About Liming Acid Soils

Tom Dorn
UNL Extension Educator

Question: My soil test report shows a number for pH and another number for buffer pH. What does pH measure and what is the difference between pH and buffer pH?

Answer: pH is a measure of the acidity or alkalinity of the soil solution (the water in the soil). The pH scale contains seven major hydroxyl (OH-) ions, the soil is neutral and the pH of the soil is 7.0. When there are more H+ ions than OH- ions, the soil is acidic and would have more OH- ions than H+ ions; the soil is alkaline. The scale is logarithmic. That is to say a soil with a pH of 6.0 is 10 times more acidic than a soil with a pH of 7.0. A soil with a pH of 5.0 is 10 times more acidic than a soil with a pH of 6.0 and 100 times more acidic than a soil with a pH of 7.0.

Soil acidity can be thought of as two types: active or soil solution acidity and reserve or exchangeable acidity. The active acidity of a soil is measured directly by a pH meter in the lab. Reserve acidity depends on several factors, such as amount and type of clay, amount of organic matter, and soluble aluminum in the soil.

The pH of a soil will not change unless the amount of hydrogen ions (H+) in the soil solution changes. A pH change results in a change in the amount of hydrogen ions (H+) in the soil solution. When the pH is changed, the cations (positively charged ions) and anions (negatively charged ions) react to maintain electrical neutrality. The active acidity of a soil is brought about by the hydrogen ions (H+) and the anions, such as OH-, that react with the cations. The active acidity of a soil is measured directly by a pH meter in the lab. Reserve acidity depends on several factors, such as amount and type of clay, amount of organic matter, and soluble aluminum in the soil. The pH of a soil will not change unless the amount of hydrogen ions (H+) in the soil solution changes. A pH change results in a change in the amount of hydrogen ions (H+) in the soil solution. When the pH is changed, the cations (positively charged ions) and anions (negatively charged ions) react to maintain electrical neutrality. The active acidity of a soil is brought about by the hydrogen ions (H+) and the anions, such as OH-, that react with the cations. The active acidity of a soil is measured directly by a pH meter in the lab. Reserve acidity depends on several factors, such as amount and type of clay, amount of organic matter, and soluble aluminum in the soil.

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Bat Bugs and Bat Ticks

Barb Ogg
UNL Extension Educator

This spring, we have had several bat parasites brought to the extension office for identification. These have been brought to us by homeowners, apartment dwellers, office workers, and pest control technicians. The presence of these parasites indicates there could be an active bat infestation inside or very close to the structure. It is also possible the bats were hibernating over the winter months and have left — leaving the parasites behind. Once there is no host, the hungry parasites begin moving, looking for food.

During the warmer months, the bats often roost during the daytime in the attic or wall void. Bats also may have a daytime roost behind shutters on the exterior part of the house. Bat bugs and bat ticks prey on bats, and they will feed on other animals, including humans, if bats are not available.

Bat Bugs
The bat bug is a close relative of the bed bug. The two species look so much alike that microscopic examination or a 10x hand lens is needed to confidently tell them apart. Bat bugs have much longer bodies than bed bugs. See photos. (One way to remember this is that bats are hairier than humans.) Bat bugs feed on blood from bats, but when they wander away from the bat roost area, they will feed on other warm-blooded animals, including people. This feeding is an annoyance but is not dangerous — they have not been found to transmit any diseases.

Bat Ticks
Bat ticks are a type of “soft” tick. Soft ticks look quite different from the more commonly recognized “hard” ticks prevalent in grasslands or wooded areas. Soft ticks prefer dry areas and are capable of living for many years in the absence of a host to feed on. One species of soft tick usually occurs on bats, which is why it is called bat tick. This tick has the scientific name Carios (formerly Ornithodorus) kellyi. These ticks are less common in Nebraska, but can be found in houses and buildings infested with bats. They hide in cracks and crevices in bat roosting areas and feed on blood from the bats they are roosting on.

In addition to eliminating the bats, it may be wise to directly control the bugs or ticks with residual insecticide applications to cracks and crevices in bat roosting areas and other places where the insects are observed. Spraying from the ground without eliminating the bats may provide short-term, temporary benefit but will not completely eliminate these insects.

Control
Controlling bat ticks and bat bugs requires eliminating bats present in the home or building. This can only be accomplished by exclusion techniques that seal entry cracks and holes (also known as “bat chutes”). There are no pesticides to control bats, in attics. The best time to seal bats out of a building is late summer and fall.

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Tips for Protecting Fish in Your Backyard Pond

Soni Cochran
UNL Extension Associate

From Raccoons
• Don’t waste your time with repellents, lights, sounds (audible or not), or odors. These won’t work.
• If you can, stock your backyard pond with native fish. They are harder for raccoons to see. Contact Nebraska Game & Parks for more information.
• Grow sedum or other sedge type plants around as much of the pond as possible. These plants make it difficult for the raccoon to feel he has a secure place to wade or walk. The plants can disrupt his balance as he reaches in to scoop up fish.

Insect devices designed to give fish more protection are also available. It is less likely for a raccoon to step in and wade in a deep pond. However, since the surface of the pond is balanced with the depth so the fish get sufficient oxygen.

Provide underwater structures so fish have more places to escape and hide if a raccoon is after them.

Bat bugs compared to a bed bug (highly magnified). Adult bat bugs are approximately 1/4-inch long.

Great blue herons feed on fish.

From Birds
Before you attempt any controls — know the law. All migratory birds are protected. This means even the ones attacking your fish like herons and kingfishers. They cannot be shot, trapped, or otherwise harmed, including their nests, without a permit from the U.S. Fish and Wildlife Service and your state’s division of wildlife.

Four options:
• You can try excluding the birds from the ponds by using netting over the ponds or motels, travelers can use laundering to destroy the larvae and prevent bringing bed bugs home with them.

The researchers sealed bed bugs or their eggs in small cotton bags which were added to stages of the bed bug life cycle. After each experiment using different laundering methods, they checked to see if stages of the bed bugs were still alive. The following results show how laundering can be used to disinfect clothing and linens. Bed bugs are susceptible to high temperatures. Stephen Kells, University of Minnesota, has found bed bug adults die at 122°F and eggs die at 130°F. Naylor and Boase found in order to reach these temperatures, clothing can be placed in a large tumble dryer at the HOT setting for at least 30 minutes (for a 7.7-pound load). A 10-minute HOT tumble dryer kills about 75 percent of nymphal bed bugs and 85 percent of adults. They found the COOL cycle killed almost no bed bugs.

Soaking clothes in cold water for 24 hours is an annoyance but is not dangerous — they have not been found to transmit any diseases.

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Very Versatile Veggies

Eating vegetables contributes to good overall health. They contain many beneficial nutrients and are low in fat, salt, and added sugar. Healthy food does not cost as much as you may think, with one cup of carrots costing less than a 12-ounce can of soda.

Search the "Word Search" below to find the missing words in the following statements. Answers are on next page.

1. Eating foods rich in dietary fiber (pinto, kidney, lima, and soy beans) decreases risk for __ __ __ __ __ __ __ __ disease.
2. Healthful diets with adequate __ __ __ __ __ __ __ __ (cooked spinach, asparagus, and great northern beans) reduce a woman’s risk of delivering a child with brain or spinal cord defect.
3. Vegetables rich in potassium (sweet and white potatoes, tomato products, and beet greens) may help maintain a healthy __ __ __ __ __ __ pressure.
4. Foods that provide vitamin A (carrots, spinach, greens, and winter squash) keep skin and eyes healthy and protect against __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __.
5. To keep your teeth and gums healthy, and heal cuts, eat foods with __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ (bell peppers, broccoli, and cauliflower).
6. Eating vegetables of different colors (onions, pumpkin, tomatoes, celeriac, and beets) give you a wide range of __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ 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FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President’s View – Marian’s Message

Marian Storm
FCE Council Chair

This is certainly been a different year for the flowers and flowering trees. Everything was so early in blooming. I have enjoyed going outside in the morning and have my coffee and listen to the birds. It’s a great way to start the day.

Remember to fly your flag on the 4th of July. It’s a day we should remember the freedom we have living in America. This is a good day for families to get together for good food and fun games.

Sizzling Summer Sampler is July 11, 6 p.m. A light meal will be served. We are asking each club and/or members to bring a basket for which we sell raffle tickets. This money is used for our scholarship fund. Our theme is Red, White, and Blue. We look forward to seeing you. Have a great summer. Happiness is not something you experience, it’s something you remember.

FCE News & Events

Reduce Energy!

Turn off these things when they are not being used:

- Lights
- Televisions
- Computers
- Radios
- Water coolers

Christa Grimpo’s poster earned 1st place in this year’s Family & Community Education (FCE) Poster Contest.

FCE News & Events

Baskets Needed

FCE clubs and individuals are reminded that baskets are needed for the Scholarship Raffle at the Sizzling Summer Sampler (SSS) on July 11 (see below). Each year a $400 scholarship is awarded to a college student majoring in Family and Consumer Science or a health occupation. Tickets for the raffle will be available at the SSS.

Essay Contest Winners

The FCE essay contest topic was “My Favorite Nebraska Produced Food.” Thirty 5th grade students from Norris School participated in the contest. The top five essays were:

• 1st — Emily Spaulding
• 2nd — Caitlyn Harvey
• 3rd — Annika Berggren
• 4th — Zoie Nielsen
• 5th — Evan Melcher

Emily’s essay was forwarded to the state for judging.

Poster Contest Winners

Third grade students from Christ Lutheran School participated in the FCE Poster Contest. The theme was “Reducing Energy Use.” Christa’s poster was sent to state for judging.

• 1st — Christa Grimpo
• 2nd — Paige Davis

Summer and Fireworks Safety Tips

Summer is a time for picnics, outdoor parties, swimming, and 4th of July activities. While everyone enjoys getting together to celebrate or visit, one must remember to take safety precautions while participating in these activities.

Statistics show two thirds of injuries from fireworks in the U.S. occur around the 4th of July holiday. It is estimated fire departments respond to over 50,000 fires caused by fireworks. The Consumer Product and Safety Commission (CPSC) suggest the following safety tips:

• Read and follow all warnings and instructions on fireworks.
• Do not allow children to play with fireworks. Sparklers considered safe by many, burn at a very high temperature and can ignite clothing.
• All children should have adult supervision around fireworks, swimming, and other activities around water.
• Light fireworks outdoors in a clear area away from houses, dry leaves, grass, or flammable materials. Be sure all people are out of the range.
• Keep a bucket of water nearby for emergencies and for pouring on fireworks that don’t go off.
• Kept unused fireworks away from firing areas.
• Store fireworks in a dry, cool place. Check instructions for special storage directions.
• Never throw or point fireworks towards people, animals, vehicles, or structures of flammable materials.
• Light only one firework at a time.
• Don’t forget about pets when doing fireworks. Many are frightened by the noise, etc. Keep pets inside so they are less stressed during this time.
• Other safety tips include:
  • Use gas and charcoal barbecue grills outside only.
  • Place grills far from siding, deck railings, and house eaves.
  • Follow manufacturer’s instructions when using grills.
  • Review safety precautions with your family and take the proper steps to ensure a safe and enjoyable holiday and summer.

Summertime and Fireworks Safety Tips

• Set your thermostat at the highest temperature comfortable for your family, 78–80°F is suggested.
• With central air conditioning keep the fan switch on “auto.”
• When leaving for at least four hours or more, set the temperature higher. The longer the period the more you save.
• Consider installing a programmable thermostat. This allows you to set different temperatures at different times.
• For each degree you raise the thermostat, you may reduce your cooling cost on average by 2–3 percent.
• Close blinds and/or drop to keep heat out.

Answers

Very Versatile Veggies (p. 4)

1. Coronary
2. Folate
3. Blood
4. Infections
5. Vitamin C
6. Nutrients
7. Season

Selected from "Hidden Gems of Nebraska" by Jane Gustafson, Nebraska Game & Parks Commission

GOOD OL’ DAYS OF RADIO

presented by Don Gill

HIDDEN GEMS OF NEBRASKA

presented by Jane Gustafson,
Nebraska Game and Parks Commission

SUMMER SAMPLER

Wednesday, July 11 • 6 to 9 p.m.

Light Supper at 6 p.m.

Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln

Cost $10. Make checks payable to FCE Council.

Lancaster County Association for Family and Community Education presents

Poster Contest Winners

Third grade students

1st — Christa Grimpo
2nd — Paige Davis

Summer and Fireworks Safety Tips

• Set your thermostat at the highest temperature comfortable for your family, 78–80°F is suggested.
• With central air conditioning keep the fan switch on “auto.”
• When leaving for at least four hours or more, set the temperature higher. The longer the period the more you save.
• Consider installing a programmable thermostat. This allows you to set different temperatures at different times.
• For each degree you raise the thermostat, you may reduce your cooling cost on average by 2–3 percent.
• Close blinds and/or drop to keep heat out.

Answers

Very Versatile Veggies (p. 4)

1. Coronary
2. Folate
3. Blood
4. Infections
5. Vitamin C
6. Nutrients
7. Season

Selected from "Hidden Gems of Nebraska" by Jane Gustafson, Nebraska Game & Parks Commission

GOOD OL’ DAYS OF RADIO

presented by Don Gill

HIDDEN GEMS OF NEBRASKA

presented by Jane Gustafson,
Nebraska Game and Parks Commission

SUMMER SAMPLER

Wednesday, July 11 • 6 to 9 p.m.

Light Supper at 6 p.m.

Lancaster Extension Education Center, 444 Cherry Creek Road, Lincoln

Cost $10. Make checks payable to FCE Council.

Lancaster County Association for Family and Community Education presents

Poster Contest Winners

Third grade students

1st — Christa Grimpo
2nd — Paige Davis

Summer and Fireworks Safety Tips

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Identifying Blossom End Rot

Sarah Browning
UNL Extension Educator

Blossom end rot (BER) is a common problem of tomatoes, but is also found on peppers, eggplant, squash, and watermelon. It appears as flat, dry, sunken, brown tissue on the blossom end of the fruit, opposite the stem end. The rot is first seen as a small, water-soaked spot on the base of half-developed fruits and continues to enlarge as the fruit matures. The size of the rotted area varies, but can cover 30 to 50 percent of the fruit when severe.

On peppers, the affected area is tan and often confused with sunscald, which causes a white lesion. Affected areas are often colonized by secondary fungi, which affect the remaining fruit making it unusable. This problem is not an insect or disease problem, but is a physiological disorder associated with a calcium deficiency in the developing fruit.

How Does Calcium Affect Fruit Development?

Calcium (Ca) is an important component for normal cell wall development. When inadequate levels of calcium are available, the rapidly developing distal tissues of the tomato, the result is blossom end rot. This condition is rare; the lack of calcium in the soil; but rather occurs when plants cannot pull up calcium quickly enough for the developing tissues. Calcium is a nutrient with limited mobility; it must be dissolved in water to move within a plant, so water deficits are a frequent contributing factor. The distal, or blossom end, tissues of the tomato fruit also contain fewer vascular bundles, which move water and nutrients from one part of the plant to another, so are more susceptible to a lack of calcium.

Is Calcium Deficient in Your Soil?

If a pre-plant soil test of calcium levels shows medium (80) to 1,200 lb Ca/acre) or high (levels greater than 1,200 lb Ca/acre), and soil pH measures 6.0 or higher, then the tomato plant is utilizing the available soil calcium is sufficient for good plant growth and additional calcium added to the soil will not correct the problem.

How Do Environmental Factors Contribute?

Bloom end rot can be increased by multiple factors that occur during the growing season. Drought stress, low daytime temperature, and high humidities favor BER development. High temperatures and low daytime humidity cause plants to lose large amounts of water through transpiration, resulting in more water being sent to the leaves and less to the developing fruits. High temperatures also cause faster fruit enlargement resulting in a greater demand for calcium. Low soil moisture early in the season results in slow plant growth and increased blossom end rot due to the lack of calcium movement in transpirational water. Nitrogen (N) and potassium (K) fertilization also effects BER development. Research has shown excessive shoot growth resulting from over fertilization of N and K during early bloom and fruiting is a major contributor to BER development. In this situation, calcium again ends up in the new shoots, instead of in the fruits, because the shoots are the area of greatest demand for transpirational water due to the rigorous growth stimulated by N and K fertilization. At the early bloom stage, bell pepper and tomato leaf tissue analysis should show N and K levels both within the range of 4.0 to 6.0 percent.

Management

Cultural techniques that can be used to reduce the incidence of blossom end rot include the following:
- Prevent drought stress on plants by providing at least 1 inch of water per week. Greater amounts will be needed for plants in sandy soils or during very hot, dry conditions. The critical period for water management to avoid BER starts at blooming through fruit development to about golf ball sized fruits.
- Keep soil moist enough to form a ball when squeezed in your hand that will not break apart.
- Use an organic mulch like wood chips, clean straw, pine straw, peat moss, compost, herbicide-free grass clippings to preserve soil moisture.
- Reduce fertilization if excessive top growth occurs. Commercial growers could consider switching their nitrogen fertilizer used from ammonical nitrogen to calcium nitrate (CaNO3).
- Foliar applications of calcium have little effect on this condition, due to the poor absorption and movement of calcium from the leaves to the fruits. Use of products claiming to stop BER by application of foliar calcium are not recommended.

Additional Information

For a full listing of current products available, along with additional information for buyers and sellers, go to www.nebrakafood.org.

A small charge (as a percent of sales) is deducted from producer sales invoices to cover the expenses of the cooperative. For example, on a $100 order with a 10% sales and handling charge, the consumer would pay $110, the producer would receive $90, and the cooperative would receive $10. The goal of the cooperative is to provide a sustainable food marketing and distribution service for consumers and producers; thus it strives to break even on its operating costs.

Higher levels may indicate excess fertilizer.

AN HERBAL AFFAIR

Saturday, Aug. 4 • 9:30–11 a.m.
Pioneers Park Nature Center - Prairie Building
Fee: $10/person • Register by Aug. 2
For more information and to register: 402-441-7895

Ideas for refreshing entertaining. We will make infused syrups to create aromatic beverages and explore savory snacks, all using herbs. Recipes and tastes included.
Perennials with Interesting Flowers

Columbine

Jack-in-the-Pulpit

Bleeding Heart

Sea Holly

Home gardeners can choose from many species and varieties of perennials. Perennials differ in growth habit, size, leaf shape, and other characteristics. Sometimes what sets one perennial apart is its interesting flower. Below is a list of perennials with unusual flowers.

For interesting late spring bloom, try Columbine (Aquilegia hybrids). The foliage is blue-green and softly hairy. The flower is composed of five petals and five sepals. The petals have backward projecting spurs. The sepals are shorter than the petals and may be the same color or a contrasting color. Colors for the sepals and petals include red, pink, yellow, blue, white, and purple. This plant grows to 1–3 feet tall by 1 foot wide. It prefers full sun to partial shade and well-drained soil.

Jack-in-the-Pulpit (Arisaema triphyllum) has a very unique flower structure. What most people think of as the flower is really an inflorescence, a cluster of flowers. We see a cylindrical structure inside a deep cup with what looks like an overhanging roof. The leaves are glossy green and are divided into three leaflets. This wildflower blooms April to June. It prefers shade and moist soils.

Old-fashioned Bleeding Heart (Dicentra spectabilis) has blue-green foliage. Flowers hang down from arching stems in late spring to early summer. The outer petals are rose-red with reflexed tips. The inner petals are white. Bleeding heart gets its name from the flowers that resemble pink broken hearts. This plant grows 2–3 feet with a graceful arching effect and a rounded growth habit. Bleeding heart performs best in well-drained, moist soils in partial shade.

Sea Holly (Eryngium amethystinum) has rigid, deeply cut, spiny, silvery foliage. The blue flowers appear in heads that are 1/2 inch–3/4 inch in diameter. Long, spear-like bracts surround the heads. Blooms appear in midsummer. Sea holly prefers full sun and sandy, dry areas. This perennial is tolerant of dry, sunny conditions and infertile soils. It can be used as a single specimen or in groups of three. Sea holly can also be used as a dried flower.

To add bright colors to the perennial garden, incorporate specimen plantings of Red-Hot Poker (Kniphofia hybrids). The foliage is linear or sword-shaped, and gray-green with rough edges. Tubular flowers appear massed in the top 6–10 inches of the flower scape in the summer. Flower colors include red, yellow, coral/orange, and combinations. The plant has a mature height of 2–4 feet and a width of 3 feet. Red-hot poker prefers a site with full sun and well-drained soil. Avoid planting this perennial in heavy, wet soils. The flowers can be used as cut flowers. Mulch heavily in winter.

Beebalm (Monarda didyma) has foliage that is aromatic and stems are square. Two to three inch, tubular flowers occur in dense heads from late spring to summer. Deadheading promotes new blooms. This plant grows to a height of 2–4 feet with a spread of 3 feet. Beebalm prefers full sun and good soil moisture. If beebalm is to be used in the perennial bed, divide plants every 2–3 years as it spreads rapidly. Beebalm can be used in naturalized areas and to attract bees and butterflies. For late summer bloom, try Obedient Plant (Physostegia virginiana). The spear-like, serrated leaves are green in the growing season. The stems are square. The flowers appear in spikes spaced in four vertical rows. Flower colors include rose, purple, and white. The plant grows to a height of 2–4 feet and a width of 3 feet. The ideal site includes sun to partial shade and moist soils. Because of its height, staking may be required. The obedient plant spreads vigorously. The obedient plant requires little or no fertilizer. Heavy fertilization promotes rampant growth and increases the plant’s invasive tendencies. Obedient plant is heat tolerant. The bloom may be used as a cut flower. Obedient plant gets its name from the ability of individual flowers to be twisted on the stem and then remain as arranged.

Balloon Flower (Platycodon grandiflorus) has serrated, dark green leaves that are 1–3 inches long with short petioles. The saucer-shaped flowers appear in summer in lavender, blue, pink, and white. Several double-flowering varieties are available. The plant has 2–3 foot upright growth. Balloon flower prefers sun to part shade and well-drained soil. The plant does well as a cut flower, in rock gardens and in perennial beds.

For the perennial border, try Pincusion Flower (Scabiosa caucasia). For three to four weeks in the summer, light blue or pink, flattened flower heads appear on long stems. Cultivars such as ‘Butterfly Blue’ and ‘Pink Mist’ can bloom for 2 months. The flower head consists of an outer ring of flattened petals and a tufted, cushion-like center. The shape of the flower gives pincushion flower its name. Plants are 1½–2 feet tall and 1½ feet wide with a rounded growth habit. Full sun and well-drained, fertile soil are necessary for optimum growth. To promote flowering, spent blooms should be removed. For the best effect, plant this perennial in the perennial bed in groups of three or more. In addition, the blooms can be used as cut flowers.
4-H & Youth

4-H & FFA Exhibits & Events August 2–5

4-H & FFA Fair Books have complete information about entering 4-H/FFA exhibits and contests. Fair Books are available at the extension office and at http://lancaster.unl.edu/4h/fair.

4-H & FFA Parking — 4-H/FFA families can get a free 4-H/FFA car pass from the extension office (available July 2–August 1). The car pass allows a vehicle to enter the fairgrounds each day August 2–7 and park in designated areas. It does not cover admission for each individual in the vehicle (see exhibitor admission passes). 4-H/FFA families are asked to enter Gate 3.

4-H & FFA Individual Exhibitor Admission Passes — Individual exhibitor admission pass allows one individual exhibitor to enter the fairgrounds each day August 2–11. You will be asked to fill out an admission form and submit it with your entry tags, etc. MUST be attached at this time.

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. 1 through Sunday, Aug. 5.
- Static exhibit set-up on Thursday, July 26 from 6:30 p.m. and Saturday, July 28 at 8 a.m. in the Lincoln Room.
- During judging of static exhibits on Wednesday, Aug. 1.
- Teen tour guides are needed for Fair Fun Day for child care groups on Friday, Aug. 3 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 at 402-441-7180.

Static Exhibit Check-In Tuesday, July 31, 4–8 p.m.
Static exhibits do not preregister, but MUST be physically checked in during Static Exhibit Check-in on Tuesday, July 31 between 4–8 p.m. at the Lincoln Room. An adult — such as a club leader or parent(s) — should assist 4-H members in entering exhibits. All entry tags, additional information, recipe cards, data tags, etc. MUST be attached at this time.

Interview Judging, Aug. 1
Interview judging is Wednesday, Aug. 1 starting at 9 a.m. in the Lincoln Room. 4-H’ers have the opportunity to talk to judges about their fair static 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 5 and 27. If slots are still available, may sign up during Static Exhibit Check-in on Tuesday, Aug. 1, 4–8 p.m.

Clover Kids Show & Tell, Aug. 5
All Clover Kids, youth age 5-7 by January 1, 2012, are invited to show & tell their 4-H exhibits at the Lancaster County Fair, Sunday, Aug. 5, starting at 1 p.m. Clover Kids Show & Tell is held in the Lincoln Room at the Lancaster Event Center. Youth are also invited to do a skit or song at this time. See page 10 of the Fair Book for more information. To register, call 402-441-7180 between July 5 and July 27, or sign up at the static exhibit area Tuesday, July 31, 4–8 p.m.

A WORD ABOUT SPORTSMANSHIP
Celebrating the accomplishments of our youth, the spirit of our community, and the bounty of our agriculture is a long standing tradition at the Lancaster County Super Fair. Lasting friendships and memories are often based on positive experiences and add to the strength of our community.

All of us have a stake in making the 2012 fair the best ever. Practicing good sportsmanship and making ethical decisions isn’t just for our youth. Parents, volunteers, and officials are expected to practice good sportsmanship and make ethical decisions as well. Why? Because our youth learn from adults. While watching adult actions and listening, youth learn how to deal with conflict, disappointment, and competition.

So, during the 2012 Super Fair, let’s practice good sportsmanship and demonstrate honest and ethical behavior. Everyone’s effort will teach our youth the right thing to do and make this fair a real “Super Fair” for all to enjoy.

General Public Gate Admission — General public gate admission tickets will be available at participating sponsor locations July 2–August 11. Gate admission without the FREE ticket will be $2. Pick up gate admission tickets FREE at Casey’s General Store (over 35 locations), Russ’ Market (6 locations), and Super Saver (4 locations).
Fun With Healthy Food! Workshop, July 12
All ages 8 and up are invited to participate in a "Fun with Healthy Food!" workshop on Thursday, July 12, 8:30 a.m.-3:30 p.m. at the Lancaster Extension Education Center. Making healthy food choices can be fun and tasty! Youth will make their breakfast, lunch, and supper; create a centerpiece; practice napkin folding; create a home pedometer; and more! Please bring 5–10 favorite recipes. Call 402-441-7180 by July 9 to register. Fee is $10.

Zipper Workshop, June 30
The Art of the Zipper sewing workshop will be held on Saturday, June 30, 10 a.m.–Noon, at the Berninia Sewing Studio, 1501 Pine Lake Rd. Workshop is open to anyone. No cost and no preregistration. It will cover invisible, center, and lapped zippers.

Textiles Careers Workshop for 4-H’ers, July 10
A workshop, “How to Start an Amazing Career in Textiles” for 4-H’ers ages 12 and up will be held Monday, July 10, 8–9:30 a.m. at the International Quilt Study Center and Museum, 1523 N. 33rd St. Highlights include hands-on activities and tours of the International Quilt Study Center and UNL Department of Textiles, Merchandising, and Fashion Design. Registrations are due by July 1. Cost is $25 per participant (including 4-H’ers and adult leaders) which includes the admission to the Quilt Center and pizza party buffet. For more information, contact Janet Hanna at 308-346-4200.

4-H Sewing Help
If you or your club would like help sewing your 4-H project, contact Tracy at 402-441-7180. We have volunteers who are exceptional seamstresses and have many years of experience helping 4-H’ers with their sewing projects.

Horse Show
Entries are due to Lancaster County 4-H Extension office by Monday, July 2. LATE ENTRIES will be accepted. Reminder — you must have passed all Walk-Trot or Level I Horsemanship requirements and have all forms turned into the extension office before July 2 to show at the fair. You must have passed Level II to participate in open and reserve ribbons for all horse categories. Barback Equitation requires passing Level III.

4-H/FFA Livestock Booster Club Scholarships Due July 5
Applications for the Lancaster County 4-H/FFA Livestock Booster Club $500 college scholarship are due July 5. Open to any Lancaster County 4-H/FFA seniors, but preference to those who have exhibited production livestock in 4-H or FFA. The application is at the extension office and online at http://go.unl.edu/59g. For more information, contact Cole Meador at 402-441-7180.

Opportunity for 4-H’ers to Practice Dog Skills
The Canine Companions 4-H club offers FREE dog obedience, agility, and showmanship lessons for Lancaster County 4-H’ers ages 8–18 and their dogs. Bring yourself and your dog to learn all you will need to know — or just brush up on your skills — before Fair. Lessons are held at 5511 Johanna St., Lincoln (5511-50RD Cornhusker Highway). Practice is every Tuesday evening 6–7 p.m. However, if the heat index at 5 p.m. is over 95°F there will not be practice. During the month of July, there will be practice every Tuesday regardless of temperature. For more information, call Donna Bundy at 402-429-0866 or Sue Taylor at 402-314-6502.

Contest Information
Junior Life Challenge, July 7
The junior division Life Challenge will be held Saturday, July 7 at 9 a.m. at the Lancaster Extension Education Center. Open to all 4-H’ers ages 8–11 (need not be enrolled in a specific project). Contact Tracy for study packet. Preregister by July 5 by calling 402-441-7180.

Plant Science, July 10
Three Plant Science Contests will be held Tuesday, July 10, 1 a.m.–Noon at the Lancaster Extension Education Center. Open to all 4-H’ers ages 8–18 — need not be enrolled in a horticulture project. Youth choose which of the following portions of the contest to participate in:
• Tree identification
• Grass-weed identification
• Horticulture contest
Preregistration is not required — enter the day of contest.

Presentations, July 21
This year’s Presentations Contest will be Saturday, July 21, 9 a.m. at the Lancaster Extension Education Center. Open to all 4-H’ers ages 8–18 — need not be enrolled in a horticulture project. Youth choose which of the following portions of the contest to participate in:
• Tree identification
• Grass-weed identification
• Horticulture contest
Preregistration is not required — enter the day of contest.

Super 4-H Horse Entry Forms Due July 2
All Lancaster County Super 4-H Horse Entry Forms are due on the 15th of July. Entries received after July 15th will not be accepted. Reminder — you must have passed all Walk-Trot or Level I Horsemanship requirements and have all forms turned in to the extension office before July 2 to show at the fair. You must have passed Level II to participate in open and reserve ribbons for all horse categories. Barback Equitation requires passing Level III.

Horse Show
The Fonner Park State 4-H Horse Exposition will be held July 15–18 at Fonner Park in Grand Island. Information is at http://go.unl.edu/state4hhorsehow.

Health Papers
A 14-day health certificate will be required. No Coggins Test is required.

Policy on Horse Drugs
No 4-H Horse exhibitors and/or owner shall exhibit a horse at the Fonner Park State 4-H Horse Exposition that has been given, in any manner whatsoever, internally or externally, and narcotic, stimulant, depressant, analgesic, or any type of drug or medication, including those that are forbidden, unless a specific exemption has been granted by the State Fair 4-H & FFA State Fair Board and the Nebraska State Fair, or for prescribed treatment of phenylbutazone and/or aspirin-like products.

4-H Riding Level Testings, June 26 & July 3
Group level testings will be held 3:30 p.m. at the Lancaster Event Center, Great Plains Equipment Group Pavilion—Amy Countryman Arena. Please RSVP at least one week in advance to the test at Marty at 402-441-7180 or mcruickshank2@unl.edu.
Increased attention has been given to the importance of grandparenthood. This emphasis on grandparenthood and step-grandparenthood is a reflection of the increased life spans adults are living longer and four- and five-generation families are more common. It’s also a reflection of the importance of grandparents to grandchildren.

Grandparents and step-grandparents influence their grandchildren both directly and indirectly. Direct influences come from face-to-face interaction, and indirect influences are realized through a third party. Consider the phrase, “It’s important to be there for your grandchildren.” Being there is a concept that can mean physically being present (direct) or emotionally being there (indirect).

When you make phone calls, attend concerts together, or take them places, you are directly influencing your grandchildren. New technologies such as Facebook, Skype, and email also make it easier to connect than in the past.

When your grandchildren have been confronted with a situation and think about you, knowing you will be available to support them and you’re on their side, you are indirectly influencing them by emotionally being there. You are a role model to your grandchildren. It’s interesting to note that the variety of terms used to refer to the many roles grandparents or step-grandparents play are:

- teacher
- mentor
- supporter

One national survey of grandparents reported a variety of activities were engaged in with grandchildren such as:

- joking and kidding
- giving money
- talking about growing up
- giving advice
- discussing problems
- helping with church/synagogue
- providing discipline
- taking a day trip
- teaching a skill or game
- watching TV together
- talking about parent/child disagreements

Several writers have emphasized grandparents are very important to grandchildren. They are described as “significant others who have a great deal to do with one’s view of life.” The inter-generational contact reflects a high value for family connection. Grandchildren exposed to such contact are less fearful of old age and the elderly. They feel more connected to their families.

The Nebraska State Fair is Nebraska’s premier family event. This year, it will be held Aug. 24–Sept. 3 at Fonner Park in Grand Island. Volunteers are a very vital part of the success of the Nebraska State Fair. Volunteers needed before, during, and after the fair! From hospitality to helping out with educational and children’s programs, there truly is something for everyone who wishes to be a part of the Nebraska State Fair. Volunteers must be at least 18 years of age, or be assigned to work with a parent/guardian, or involved in a group with adequate supervision. Each volunteer shift will be four hours in duration. The option to sign up for multiple shifts is available and encouraged! However, shifts cannot overlap or be counted as two at one time. Free fair gate admission will be provided for your daily commitment. A comprehensive, mandatory training program will be held for all volunteers.

Benefits include:

- Free fair gate admission for your daily commitment.
- Park in a restricted and convenient parking area during the fair.
- Volunteers who make a commitment of more than 20 hours receive two single admission passes to be used at the volunteer’s leisure, plus an exclusive volunteer service provider lapel pin.
- Access to Volunteer Headquarters throughout the fair — whether you are working or not. Come in, take a load off, have a snack and relax!
- Receive a FREE official volunteer souvenir shirt.

For more information or application forms, go to www.statefair.org/fair/aboutus/ documents/ApplicationBrochure.pdf.

4-H State Fair Volunteers

The Nebraska 4-H program is seeking volunteers to help with entry 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 Li’l 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.

A complete list of 4-H volunteer opportunities and sign up information is online at http://4h.unl.edu/becomevolunteer. If you have questions, contact Cathy Johnston at cjohnston1@unl.edu or 402-472-1762.
4-H District Speech/PSA Results

The 2012 4-H Southeast District speech and Public Service Announcement (PSA) contest was held May 24 at the UNL East Campus. Lancaster County 4-H had a strong showing and all who participated earned a purple ribbon! Congratulations to these 4-H’ers!

Regional contest winners in the senior division in Speech and PSA advance to the State contest which will be held during the Nebraska State Fair.

Speech Contest:
• Junior division — Claire Strong (purple), Addison Wanser (purple)
• Senior division — Holly Hillhein (purple and 2nd place medal), Elli Dearmont (purple)

Public Service Announcement (PSA) Contest:
• Junior division — Addison Wanser (purple and 1st place medal), Nathan Becker (purple and 4th place medal), Colter Tietjen (purple)
• Intermediate division — Emma Lanik (purple and 2nd place medal), Taylor Nielsen (purple and 3rd place medal)
• Senior division — Elli Dearmont (purple and 2nd place medal), Paige Roach (purple and 3rd place medal), Sheridan Swotek (purple and 4th place medal)

The Lancaster County 4-H horse judging team of Vanessa Butterfield, Ashley Holms, Hailey Hula, Sierra Nelson, and Bailee Sobotka placed first in the senior division of the Pitzer Horse Judging Contest held May 30 at the Pitzer Ranch in Ericson, Neb. The competition was made up of four halter classes, three performance classes, four sets of questions, and two sets of oral reasons. Bailee, Vanessa, and Sierra all placed in the top ten with Bailee finishing as high point individual. 4-H volunteer Roger Bell is their coach. Congratulations to these youth!

UNL Husker Equestrian Team Places 3rd Nationally

The 2012 Intercollegiate Horse Show Association (IHSA) National Championships were held May 3-6 at the Hunt Horse Complex in Raleigh, N.C. UNL’s Husker Equestrian Team competed with six teams and three individual entries to finish 3rd in the nation amongst other elite equestrian programs. The Nebraska team placed third behind 1st place Oregon State University and 2nd place Ohio State University.

The Husker Equestrian Team included Brandon Essink, Hallie Johnson, Kallie Kayton, Blake Preston, Brooke Preston, Dustin Renken, and Amanda Young.

Freshman Blake Preston, former Lancaster County 4-H’er, was named National Champion in beginning western intermediate Western pleasure. Junior Brooke Preston, also a former Lancaster 4-H’er, placed 4th in intermediate western horseman.

Husker Equestrian Team Head Coach Lori Jaiyen said, “I was proud of the team for their hard work, positive attitude, competitive spirit, sportsmanship, and class. They represented UNL in a strong and positive manner.”

Lancaster County 4-H Horse Judging Team Places 1st at Pitzer Contest

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Watch Out for Poison Ivy

Anyone who has ever experienced the blisters, swelling, and extreme itching from an unfortunate encounter with poison ivy, learns quickly to avoid it whenever possible. It grows in non-cultivated sites, such as along stream banks, roadways, railroad tracks, fence rows and woodlands. It can even make an appearance in your home landscape. Therefore, knowing how to identify and control it are the best defenses against accidental contact.

**Identification**

The best way to identify poison ivy (Rhus radicans) is by its characteristic compound leaf consisting of three leaflets. The leaflets are two to four inches long, dull or glossy green with pointed tips. The middle leaflet is generally larger than the two laterals. The margins of the leaflets are variable, appearing irregularly toothed, lobed, or smooth. The leaves are positioned alternately on the stems. There are three leaflets per leaflet cluster. A non-poisonous vine often mistaken for poison ivy, has five leaflets radiating from one point of attachment.

Poison ivy can be found in one of three forms; as an upright woody shrub, a trailing shrub running along the ground or a woody vine. The vine is usually seen growing on trees or other objects for support. Yellowish-green flowers occur in compact clusters in leaf axils, and are produced in June or July. The wasy, berry-like fruit is grayish-white, with distinct lines marking the outer surface and is about 3/16-inch in diameter.

**Control**

There are three methods that can be effective in eradicating poison ivy in ornamental beds. They include pulling, severing the vine and then treating the regrowth with an herbicide, or applying an herbicide to individual leaflets. Hand pulling is most successful when the soil is moist. The roots can be dug and pulled out in long pieces. Care should be taken to remove the entire root because the plant can regrow from sections of root left in the ground. Avoid skin contact by wearing gloves while you work and washing clothing and gloves immediately after.

The washing machine should be rinsed thoroughly afterward to eliminate the possibility of contaminating other clothing.

Vines growing on trees can be difficult to pull out of the ground because their roots may be entangled with the tree’s roots. Sever the vine at the base and carefully pull it out of the tree. Glyphosate (Roundup or KleenUp), a non-selective, translocated herbicide, can be applied to the new shoots that will soon emerge from the base of the old plant. This herbicide is most effective if applied to actively growing foliage. Another herbicide that may be used is triclopyr (Brush-Be Gon Poison Ivy Killer). Poison ivy is difficult to control even with herbicides. Neither glyphosate nor triclopyr will provide complete control from a single application, and repeat applications to treat regrowth may be necessary. Other herbicide brands or formulations may be found at your local garden center. Be sure to read the label to ensure poison ivy is listed on the label, then follow the manufacturer’s directions.

When poison ivy is found in the midst of your prized landscape plants, special care should be taken to eliminate it. Paint the individual leaflets with a non-selective herbicide like glyphosate (Roundup) to avoid harming desirable plants.

**Things to Know**

The blistering rash caused by poison ivy is the direct result of contact with the oily toxicant, known as urushiol. Urushiol is found in resin ducts within the plant’s phloem. These ducts are found throughout the plant, including the roots, stems, bark, leaflets and certain flower parts. The plant has to be crushed, broken, or in some way injured to release the resin.

Once urushiol is released, it can find its way to your skin by direct contact with the plant and then spread by touching other parts of the body. Because the sticky, oily substance is easily transmitted, there are indirect ways to contact it, for instance, from the fur of the family pet, garden tools, garden gloves, clothing, golf balls, or other objects that have come in contact with an injured plant. Contrary to popular belief, the rash from poison ivy cannot be transmitted from touching the oozing blisters.

If you know you have contacted poison ivy, wash the area as soon as possible with soap and cool water. Warm water may cause the resin to penetrate the skin faster. Because urushiol can penetrate in a matter of minutes, you may still get a rash, but at least you have contained the infected area. A visible reaction, redness, and swelling may be apparent within 12 to 24 hours. Contact your family physician or pharmacist for recommendations for effective non-prescription medication.

One additional caution — people can contract a rash by exposure to smoke of burning poison ivy; be careful not to burn wood with the poison ivy vine attached to it. Take extreme caution to avoid inhaling smoke or contact of smoke with skin and clothing.

If you have experienced the blisters, swelling, and extreme itching from an unfortunate encounter with poison ivy, learn quickly to avoid it whenever possible. It grows in non-cultivated sites, such as along stream banks, roadways, railroad tracks, fence rows and woodlands. It can even make an appearance in your home landscape. Therefore, knowing how to identify and control it are the best defenses against accidental contact.

Did you guess it? Find out at http://lancaster.unl.edu

The answer was: Baby Cottontail Rabbits

Source: Ohio State University Extension