The NEBLINE, July 2012

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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 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 Frobish, 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 preparing 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 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.

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–Sunday, Aug. 5, 9:30 a.m.–1 p.m.; 12:45 a.m.–3:45 p.m.; 3:30–6:35 p.m.; 6:30–9:30 p.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 4-H Corner Stop is 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.

Many 4-H clubs staff a shift at the 4-H food booth at Lancaster County Super Fair.
Calibrating Hand-Held Sprayers

Tom Doran
UNL Extension Educator

Do you need to spot spray weedy patches in the lawn or pasture with a hand-held sprayer? With a little preparation, this can be 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. Italicized text applies only to compressed-air sprayers.

Measure Sprayer 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 pressure 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. This spray tank holds 2 gallons when full.
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 pressure again and spray into a container for the same number of seconds as in step 5 to “treat” the test area (step 7) and measure the fluid ounces (fl. oz.) caught in the container.
7) Divide the useful capacity of the tank in seconds to treat the test area. 8) Read the label to determine the volume of product recommended per acre. 9) Multiply the volume of product per acre (step 8) by the fractional acre covered per tank (step 7) to determine the amount of product to add per tank of spray.

Example
1) Note the full mark. (Step 1) 2) Measure the useful volume of the spray tank and found it to be two gallons. (Step 2) 3) Test spray pattern. (Step 3) He measured and marked a test area 18.5 x 18.5 feet. (Step 4) 4) He sprayed the test area and found it took 12 seconds. (Step 5) 5) He caught the output in a container for 32 seconds and measured 34 fl. oz. (Step 6) This meant putting out the equivalent of 34 gallons per acre. (Step 6) 6) Each tank will cover 2 gallons/34 fl. oz. = 0.095 acres (Step 7) 7) The product label recommends 1 quart (32 fl. oz.) of herbicide per acre. (Step 8) 8) The amount of product to add to a full tank is 32 fl. oz. per acre. 9) 0.095 acres x 32 fl. oz. = 3 fl. oz. per tank. (Step 9)

This methodology works because the test area (18.5 feet square) is 1/128 of an acre. A U.S. gallon is 128 fluid ounces. The fluid ounces of spray required to treat the test area, therefore, is equivalent to the gallons of spray output that would be applied to a full acre, provided the operator maintains a consistent pattern of spray output and spray coverage.

Answers to Questions About Liming Acid Soils

Tom Doran
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 a soil solution (the water in the soil) that contains equal numbers of hydrogen ions (H+) and hydroxyl ions (OH-). The soil is neutral and the pH of the soil is 7.0. If the soil is more acidic, it is said to have a lower pH. If the soil is more basic, it is said to have a high pH.

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 the amount and type of clay, amount of organic matter, and soluble aluminum concentration in the soil. Therefore, two soils may have the same measured pH, but will require different amounts of lime to change the pH value and therefore require different quantities of lime to reach a particular pH.

A chemical test using a buffer, is performed in the laboratory to determine the amount of calcium carbonate equivalent (CCE) necessary to raise the soil pH to a desired level. This buffer solution reacts with the soil to neutralize both the active and reserve acidity. The change in the pH of the buffer can be measured and correlated to the amount of lime needed per acre to obtain the same results in the field. This is reported on the soil test report as buffer pH. A rule of thumb for buffer pH is that for every 0.1 point below pH 7.0, it takes about 1,000 pounds of lime per acre to bring the pH value up to 6.5. If the lime is incorporated deeper than seven inches, larger amounts of lime are required to neutralize the acidity because you are affecting a greater mass of soil.

The pH of a soil is affected by the pH of the soil in two ways. First, the pH affects the availability of nutrients such as phosphorus, sulfur, and other nutrients. Also, the bacteria that decompose organic matter are more active in the pH range of 6.0 to 7.0, which is considered to be the most productive range for crop production as well. Bacteria in the soil are more active in this range, the major plant nutrients are more available to plants as pH drops below 6.0 and P, K, Ca, Mg, S, and Mn.

Conversely, at very low pH values (below 5.2), aluminum enters the exchangeable ion complex. Aluminum is toxic to plants and further depresses yields if pH is allowed to get this low. Therefore, two soils can have the same pH but have different buffer pH values and hence different lime requirements.

Nitrogen, when in the ammonium form (NH4+), is held as a cation in the soil and is obtained through the cation exchange process as well. The pH also affects the availability of the nutrients which are present in the soil. A pH range of 6.0 to 7.0 is ideal, because in this range, the major plant nutrients are most available for use by plants. Nutrients less available to plants as pH drops below 6.0 are P, K, Ca, Mg, S, and Mn.

Nitrates are toxic to plants and further depresses yields if pH is allowed to get this low. Besides the effect pH has on the purely chemical processes in the soil, pH also affects the microbiological processes as well. Bacteria in the soil are more active between pH 6.0 and 7.0, thus mineralization of organic matter is better (increasing the availability of nitrogen and other nutrients such as phosphorus, sulfur, and other nutrients). Also, the bacteria that decompose organic matter are more active in the pH range of 6.0 to 7.0 pH range. Therefore, it is important to maintain the soil pH at values above 6.0. A pH of 6.5 is considered ideal. However, because it is expensive to apply lime and because it takes several years for the lime to fully react in the soil, liming should be considered an 8-year investment. Remember the same thing that passes through the soil in the first place are going to continue to occur, requiring periodic applications of lime in the future.

Question: Are there differences in lime quality?
Answer: There are differences in lime quality due to the chemistry and particle size distribution of the product used. The ag lime commonly used in eastern Nebraska is a mixture of calcium carbonate and magnesium carbonate plus impurities. Both calcium carbonate and magnesium carbonate are effective in neutralizing pH. Limestone is not very soluble and, therefore, needs to have a small particle size to dissolve into the soil solution quickly enough to be considered effective. UNL Extension NebGuide “Estimating Ag Lime Needed” is a good reference. Lime effectiveness is expressed as lime equivalent (CCE). Most labs will recommend lime requirement as pounds per acre of CCE. Lime suppliers in Nebraska must register with the State Department of Ag and the minimum CCE value must be specified. Most ag lime in Nebraska runs between 60-65% CCE. Therefore, if a lab recommends 3,000 pounds of CCE to raise the pH to 6.5 in a given source having 60% CCE is used, it would take: 3,000 x 0.60 = 1,800 pounds of that particular lime to meet the recommendation.

Question: Could I apply less than the recommended amount of lime?
Answer: University of Nebraska lime recommendations are for the amount needed to raise the pH of seven inches of soil up to pH 6.6. Less lime will not bring the pH level up as much but will prevent it from going lower for a time and may raise it some (depending on the amount applied). An analogy would be the decision to fill the gas tank on the pickup truck. Take $40 or only to see LIMING ACID SOILS in next page
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 parasites 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 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 prefer to feed on bats but 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 wings 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 Ornithodoros) kelleyi. 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 while they are roosting. If bats are present, these ticks usually do not wander far from them. However, if the bats abandon a roost, are removed, or if populations decline for some other reason, the ticks become hungry and start to wander in search of something to feed on. This is when they are usually noticed.

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 cracks and holes (also known as “bat-proofing them out”). There are no pesticides to control bats in attics. The best time to seal bats out of a building is late summer and fall.

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 for either bats or ticks may provide short-term, temporary benefit but will not completely eliminate these insects.

Lime Acid Soils
Continued from preceding page
put $25 worth of gas in the tank. Either decision will help you get down the road, but you won’t go as far on $25. Remember also, operators charge by the acre to spread lime. If, for example, you apply one-third of the recommended amount but then must do it three times as often, the total cost will be higher than if it were applied in one operation.

The Internet Center for Wildlife Damage Control and the University of Minnesota have several websites that discuss wildlife and pest control. There is no way around the laws of chemistry. It takes a given amount of lime to neutralize the active and reserve acidity in the soil and bring the measured pH up to an acceptable level.

Question: I am in a no-till system where the soil is never mixed by mechanical means. Will lime be effective if it is spread on top and left there?

Answer: Soil scientists say lime applied in a no-till system does eventually neutralize the top three to six inches of soil. While lime’s solubility is low, it increases with water. The plants can disrupt his balance as he reaches in to scoop up fish.

Insecticides or other chemicals should give fish more places to escape and hide if a raccoon is after them. There are several methods of disinfecting clothing and linens is the simple use of a clothes washer and dryer. In 2010, two British scientists, R. A. Naylor and C. J. Boase, studied laundering methods to kill bed bugs and clothing. Their goal was to find temperatures and conditions which ensured 100 percent mortality of adult, nymph, and egg stages of bed bugs. Disinfecting clothing is important, because bed bugs may hide in clothing stored near the bed or in linen boxes and cannot be treated with chemical applications. After staying in potentially bug-infested hotels or motels, travelers can use laundering to destroy garments and prevent bringing bed bugs home with them. The researchers sealed bed bugs or their eggs in small cotton boxes which were added to luggage. 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 killed almost 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 (unlike the hot [sterilizing] gent) killed all adults and nymphs, but killed no eggs. These researchers did test whether soaking clothes in cold soapy water for 24 hours would kill eggs, which might be an alternative for delicate fabrics.

Dry cleaning killed all life stages of bed bugs, and would be an appropriate treatment for delicate and temperature-sensitive fabrics.

When washing clothes, wash water at 140°F on 30-minute wash cycles killed 100 percent of all life stages at all times. Wash water at 100°F killed all adults and nymphs, but only 25 percent of eggs. For 100°F, all eggs and nymphs hatched. For 140°F, all eggs and nymphs died. This means cold water will not work, but hot water may kill bed bugs in a home with no domestic hot water supply.
Eating vegetables contributes to good overall health. They contain many beneficial nutrients and are low in fat, salt, and added sugar. Healthy foods do 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) gives you a wide range of valuable ____________ ____________.

7. Buy fresh vegetables (July: cucumbers, zucchini, corn, and green beans) in ____________ ____________ ____________ ____________ ____________ ____________ ____________ to cut costs.

Word Search

Y M K P E P P E R S R B X
R Y N G T O M A T O R T I
E T O R R A C N D O C L B
L D I S T E E B C K S P F
E U N O E I E C P I U U J
C Y O I R A O N V D G M G
U R Z T N L S Z B N A P R
C A U L I F L O W E R K E
U N O R T H E R N Y A I E
M O I N H C U Z P N N
B R M F O L A T E S X S
E O H S A U Q S N I A B B
R C U P O T A T O I O V Y
L I M A Z P I N T O P N U
C O R N O I O V E W Y S S

Asparagus Beet Broccoli Carrot Cauliflower Cucumber Green Beans Greens Onions Peppers Spinach Tomatoes Zucchini

Nutrients

SALSA SALAD

(8 one-cup servings)

1 mango peeled, seeded, and diced
1/2 cup diced cucumber or avocado
4 medium tomatoes, diced
2–4 tablespoons seasoned and minced jalapeno pepper (optional)
1/2 cup chopped fresh cilantro
3 cloves minced garlic (or 1 teaspoon garlic powder)
2–4 tablespoons lime juice
2–4 tablespoons chopped red or green onion
3 tablespoons olive oil
15-ounce can corn, drained
15-ounce can black beans, rinsed and drained

Combine all ingredients in a medium bowl. Refrigerate for 20–30 minutes for flavors to blend. Serve with baked tortilla chips, as a side salad or main dish, or over fish.

Many herbs, such as chives, can easily be grown in a container or garden.

Mary Abbott, RD
UNL Extension Associate

Alice Henneman, MS, RD
University of Nebraska–Lincoln
Extension Educator
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Whether you plant them or pick them up at the grocery store or farmers’ market, adding fresh herbs is a quick way to transform ordinary meals into extraordinary meals.

Besides helping flavor foods when cutting back on salt, fat and sugar, herbs may offer additional benefits of their own. Researchers are finding many culinary herbs (both fresh and dried) have antioxidants that may help protect against such diseases as cancer and heart disease.

A snap of a fresh herb into a dish instantly kicks up the appearance a notch! Unless directed otherwise by your recipe, add the more delicate herbs — basil, chives, cilantro, dill leaves, parsley, and mint — a minute or two before the end of cooking or sprinkle them on the food before it’s served. The less delicate herbs, such as oregano, rosemary, and thyme, can be added about the last 20 minutes of cooking.

Experience what a difference in appearance and flavor fresh herbs can make. Better yet … they do this without adding extra calories! For example, top a baked potato with a dollop of yogurt and a sprinkling of chives or parsley.

Substituting Fresh Herbs for Dried Herbs

A general guideline when using fresh herbs in a recipe is to use 3 times as much as you would use of a dried herb. When substituting, you’ll often be more successful substituting fresh herbs for dried herbs, rather than the other way around. For example, top a baked potato with a dollop of yogurt and a sprinkling of chives or parsley.

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How to Store Fresh Herbs

Fresh herbs can be stored in an open or a perforated plastic bag in your refrigerator crisper drawer for a few days. If you don’t have access to commercial perforated bags, use a sharp object to make several small holes in a regular plastic bag. If you have more herbs than you can eat, enjoy herbal bouquets throughout your house. You can use either single herbs, combinations of herbs, or you can use the herbs as greenery mixed in with other flowers. To help preserve the aroma and color of your herb bouquets, place them out of direct sunlight.

If you have extra herbs, enjoy herbal bouquets.

Popular Herb and Food Combinations

Use this chart to get started using fresh herbs.

BASIL – a natural snip with in tomatoes; terrific in fresh pesto; other possibilities include pasta sauce, peas, zucchini

CHIVES – dips, potatoes, tomatoes

CILANTRO – Mexican, Asian, and Caribbean cooking; salsas, tomatoes

DILL – carrots, cottage cheese, fish, green beans, potatoes, tomatoes

MINT – carrots, fruit salads, parsley, peas, tabbouleh, tea

OREGANO – peppers, tomatoes

PARSLEY – The curly leaf is the most common. But the flat-leaved or Italian parsley is more strongly flavored and often preferred for cooking. Naturals for parsley include potato salad, tabbouleh, egg salad sandwiches

ROSEMARY – chicken, fish, lamb, pork, roasted potatoes, soups, stews, tomatoes

THYME – eggs, lime beans, potatoes, poultry, summer squash, tomatoes

Quick tip: cutting fresh herbs with kitchen scissors is a fast way to add herbs to foods.
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

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 — Caithlyn Harvey
3rd — Annika Berggren

Essay Contest was "Reducing Energy Use." Christa Grimpo's poster earned 1st place in this year’s Family & Community Education (FCE) Poster Contest.

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.

Poster Contest Winners

• 4th — Zoe Nielsen
• 5th — Evan Melcher

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

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

Summer Energy Saving & Conservation 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 drapes to keep heat out.

Summertime and Fireworks Safety Tips

Summertime 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.
• Keep unused fireworks away from furring 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.

Answers

Very Versatile Veggies (p. 4)

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

| A | M | Z | P | I | N | T | O | D | V | Y | C | E | R | N | T | O | V | W | V | Y | S |

Lorene Bartos, UNL Extension Educator

Summer Energy Saving & Conservation 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 tissue of the tomato, the result is blossom end rot. This condition is rarely the result of a 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, tissue 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 (greater than 1,200 lb Ca/acre), and soil pH measures 6.0 or higher, then soil testing should be performed. Good growing 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 temperatures, 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 affects 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 vigorous 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 ammoniacal 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.
Perennials with Interesting Flowers

By Mary Jane Frogge, UNL Extension Associate

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 1–2 feet wide and 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 roof. The leaves are glossy green and serrated, dark green leaves that are square. The flowers appear in square. The flowers 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. 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.

Balloons have 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 feet 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 Pincushion 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 1/2–2 feet tall and 1/2 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.

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Mary Jane Frogge
UNL Extension Associate

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The Nebraska Horticulture Guide

Perennials with Interesting Flowers

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. Obedient plant gets its name from the ability of individual flowers to be twisted on the stem and then remain as arranged.

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Mary Jane Frogge
UNL Extension Associate
A WORD ABOUT SPORTSMANSHIP

Celebrating the accomplishments of our youth, the spirit of 4-H/FFA, 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.

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 at 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 Lancaster Event Center, Lincoln Room. An adult — such as a club leader or parent(s) — should assist 4-H members in entering exhibits. All entry tags, additional information, recipe cards, 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.

Clever 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 Super 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.

Premium Payouts Procedure

No checks will be issued (except for Horse Hunter and Pigsage exhibitors)! No changes or corrections will be made on premium amounts after 14 days.

- 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.

- Premium payouts will be made to 4-H members, their parents or their 4-H leaders on Monday, Aug. 6, 7–11 a.m. in the Fair Board Office. The entire 4-H club must have removed all bedding from each stall in order for premiums to be received. Signatures from all representatives receiving payments will be required.

- Excerpt — 4-H exhibitors riding in the Hunter Show and/or Dressage Show will have their payments mailed to them.

- Premium payouts will be made to 4-H exhibitors, their parents or their 4-H leaders on Monday, Aug. 6, 7–11 a.m. in the Fair Board Office. The entire 4-H club must have removed all bedding from each stall in order for premiums to be received. Signatures from all representatives receiving payments will be required.

- Excerpt — 4-H exhibitors riding in the Hunter Show and/or Dressage Show will have their payments mailed to them.

Livestock Information

Animal Entries Due July 2

All 4-H and FFA Super Fair animal entry forms are due by extension Monday, July 2, 4:30 p.m. or postmarked by July 2. No late entries will be accepted. One New Exhibitor Entry Form MUST be completed for each exhibitor entering livestock. Bedding fees ($6/head) for beef, dairy, and bucket calf exhibitors are due with entry forms — bedding for other animals must be purchased at the fair. Entry forms are available at the extension office or online at http://lancaster.unl.edu/4h/Fair.

Junior, Senior Pygmy Goat Showmanship

There was a class not listed in the Fair Book. For 4-H pygmy goat showmanship at the Lancaster County Super Fair there are now two classes, Junior and Senior. In the past there was only one class of pygmy goat showmanship. Please spread the word and let others know there are now two classes.

Livestock Reminders

- Market beef and breeding heifers are now being checked in separately. Market beef are 10 a.m., breeding beef are 11 a.m. on Thursday, Aug. 2.
- All registered breeding heifers must have current registration papers and tattoos presented at check in. If registration papers are not shown at check in, heifer will be shown as a commercial breeding heifer.
- New! Club or chapter group class for the swine show.
- No swine will be allowed in the wash racks for one hour after paint branding, the paint needs time to dry. All hogs must be washed and dry at time of reaching the check in area.

New Fair Board Rule — No Evaporative Coolers

Absolutely no evaporative coolers (also known as swamp coolers, desert coolers, wet air coolers — or any other cooling device which cools air through the evaporation of water) will be allowed. This is a new Fair Board rule because these coolers take up more space, water, and electricity than needed.

Livestock Judging

Contest: Aug. 5

New this year, a 4-H/FFA Livestock Judging Contest will be held Sunday, Aug. 5, 1–4 p.m. in Pavilion 1-East Arena. Preregister by Thursday, Aug. 2, 6 p.m. in the Livestock Office at the fair.

Come join the fun judging livestock and bring your parents! There will be a short orientation before the contest, outlining how to fill out the judging cards and where to answer questions for those who have never judged before.

Youth may judge as individuals or teams. Teams will consist of four youth and one adult.

- Seven classes shall consist of two beef, two sheep, two swine, and one meat goat. Classes will be decided day of contest and could consist of market and/or breeding animals. Contestants will have 12 minutes to judge each class. No reasons will be given, however questions will be asked on three classes.

- Winners will be announced at the end of the Lancaster County Youth Livestock Premium Auction.

Youth Livestock Premium Auction Donations

Please remember to talk with your community businesses to see if they would like to donate food for our auction to support scholarships for the youth of this county! For more information, call Scott Heinrich, Auction Committee Chair at 402-540-0597.
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 8–18 (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 (4-H age). There are three methods in which 4-H'ers may present: 1) Presentation using Audio Visual; 2) presentation using posture; or 3) multimedia presentation. See Fair Book page 12 for complete contest information. A handout is available at http://lancaster.unl.edu/4h/Fair and the extension office. All participants are strongly encouraged to read the handout. Must preregister by July 16.

Style Revue Judging, July 24

Public, Aug. 2

New this year: Style Revue judging will be Tuesday, July 24, 8 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. The public Style Revue will be Thursday, Aug. 2 at 7 p.m. at the Lancaster Event Center, Exibit Hall. A handout and entry forms are available at the extension office or online at http://lancaster.unl.edu/4h/Fair. Must submit entry forms by July 16.

Table Setting Contest, Aug. 3

Table Setting Contest will be Friday, Aug. 3, 5 p.m. at Lancaster Event Center, Exhibit Hall. After all contestants have been judged, an announcement will be made for the public (approximately between 7:45 and 8:15 p.m.). Open to all 4-H'ers ages 8–18 (4-H age). 4-H'ers use their creativity to plan a healthy menu, set a table, and present their table setting to a judge. A handout is available from the extension office or online at http://lancaster.unl.edu/4h/Fair. All participants are strongly encouraged to read the handout. Must preregister by July 23 by contacting the extension office (there is no entry form).

Fun With Healthy Food! Workshop, July 12

All youth ages 8 and up are invited to participate in a “Fun with Healthy Food!” workshop on Thursday, July 12, 8:30 a.m.–4:30 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; set a home panorama; 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, 9 a.m.–Noon, at the Bermini 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 Tuesday, July 10, 6–7 p.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 $5 per participant (including the extension office and adult leaders) which includes the admission to the Quilt Center and pizza party buffet. For more information, contact Janette 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.

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 all 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/5bg. For more information, contact Cole Meador at 402-441-7180.

Oppportunity 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 South 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.

State Fair 4-H & FFA Animal Entries Due Aug. 5

4-H & FFA animal exhibitors ages 10–18 are eligible to participate at the Nebraska State Fair regardless of county fair placing. State Fair 4-H & FFA animal entry forms are due to Lancaster County 4-H staff no later than Sunday, Aug. 5 (the last day of Super Fair). No late entries will be accepted. Registration fees must be paid with entries. For more information, contact Cole Meador at 402-441-7180.

Ak-Sar-Ben 4-H Show Entries Due Aug. 5

The Ak-Sar-Ben 4-H Stock Show will be held Sept. 27–30 at the CenturyLink Center in Omaha. Categories of this 4-H only competition are dairy, feeder calf & breeding beef, market sheep, market hogs, market goats, market lamb, market swine, rabbit, and dairy steer. Stock Show exhibitors must be at least 10 years of age by Jan. 1.

The Ak-Sar-Ben 4-H Horse Show will be held Sept. 15–16 at the Lancaster Extension Education Center in Lincoln. Horse exhibitors may be 12 years of age by Jan. 1.

All 4-H Ak-Sar-Ben 4-H Stock Show and Horse Show entries are due to extension staff no later than Sunday, Aug. 5 at Super Fair. Forms will be available online or for pick up in the livestock and horse offices at fair. Registration fees must be included with entries.

For more information, entry forms and tentative schedule, go to http://www.4yhorse4show.org.

4-H Riding Level Testings, June 26 & July 3

All Lancaster County Super Fair Horse Entry Forms are due in the extension office by Monday, July 2. NO 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 off-the-back riding classes. Bareback Equitation requires passing Level III.

Horse Course Challenge, July 26

For a fourth year, the 4-H Horse Course Hippology Challenge will be a part of the Lancaster County Super Fair. The Challenge will be held Thursday, July 26 (note: date in Fair Book is incorrect), 10 a.m. at the Lancaster Extension Education Center.

There will be three age divisions, elementary (8–11), junior (12–14), and senior (15–19). Premiums and ribbons will be awarded at the fair. Top ten placings and Reserve and Champion trophies will be awarded at the 4-H Horse Awards Night on Tuesday, Oct. 2.

All Lancaster County 4-H’ers are welcome and encouraged to attend! No pre-registration required. All age divisions will compete from the 2011/2012 entry Horse Course. The testing will include identification stations and a written test.

If you did not sign up for the email Horse Course, but would like to participate in the challenge, email mcruickshank2@unl.edu to have the lessons sent to you, or sign up for the email Horse Course. Practice will be served at the end of the contest at a charge of $1 a slice.

ORSE BITS

Super Fair 4-H Horse Entry Forms Due July 2

All Lancaster County Super Fair Horse Entry Forms are due in the extension office by Monday, July 2. NO 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 off-the-back riding classes. Bareback Equitation requires passing Level III.

Horse Show

The Fonner Park State 4-H Horse Exposition will be held July 15–19 at Fonner Park in Grand Island. Information is at http://go.unl.edu/state4hhorsetest.

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, anesthetic, local anesthetic, or drug of any kind or prescription within 24 hours before the first scheduled event of each show day a 8 a.m.

Horses on prescribed treatment of phenylbutazone and/or aspirin-like products must file a statement in the 4-H Horse Show office before the horse can be shown. This statement must describe the treatment reason and be signed by an accredited D.V.M. If you did not sign up for the email Horse Course, but would like to participate in the challenge, email mcruickshank2@unl.edu to have the lessons sent to you, or sign up for the email Horse Course. Practice will be served at the end of the contest at a charge of $1 a slice.

4-H Riding Level Testings, June 26 & July 3

Group level testings will be held 3-5 p.m. at the Lancaster Event Center, Great Plains Equipment Group Pavilion—Amy Countryman Arena. Please RSVP at least one week in advance of the test to Marty at 402-441-7180 or mcruickshank2@unl.edu.

State Fair 4-H & FFA Animal Entries Due Aug. 5

4-H & FFA animal exhibitors ages 10–18 are eligible to participate at the Nebraska State Fair regardless of county fair placing. State Fair 4-H & FFA animal entry forms are due to Lancaster County 4-H staff no later than Sunday, Aug. 5 (the last day of Super Fair). No late entries will be accepted. Registration fees must be paid with entries. For more information, contact Cole Meador at 402-441-7180.
The Influence of Grandparents and Step-Grandparents on Grandchildren

Increased attention has been given to the importance of grandparents. This emphasis on grandparents is a reflection of the increased life spans of adults and the rise in the number of four- and five-generation families. Grandparents and step-grandparents are important figures in the lives of grandchildren, and their influence is felt through both direct and indirect relationships. Direct influences come from face-to-face interactions, whereas indirect influences are realized through grandparents or step-grandparents. The importance of grandparents to their grandchildren has been recognized for years, and their presence can have a significant impact on the lives of their grandchildren.

Grandparents and step-grandparents are important figures in the lives of grandchildren and play a role in shaping their lives. They are described as having a great deal of influence on the lives of grandchildren, and they are often involved in a variety of activities, such as teaching a skill or game, providing discipline, going to church/synagogue, or discussing problems. The Nebraska State Fair has a premier family event, and the Nebraska 4-H program is seeking volunteers who can help with exhibit entry and other activities. Volunteers must be at least 18 years of age, be assigned to work with a parent/guardian, or involved in a group with adequate supervision. Each volunteer shift will be four hours long, and volunteers will receive training before the fair. The Nebraska 4-H program is seeking volunteers to help with exhibit entry and other activities. Volunteers must be at least 18 years of age, be assigned to work with a parent/guardian, or involved in a group with adequate supervision. Each volunteer shift will be four hours long, and volunteers will receive training before the fair.

Nevada State Fair Volunteer Opportunities

The Nebraska State Fair is Nevada’s premier family event. The fair 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 long, and volunteers will receive training before the fair. The Nebraska State Fair is Nevada’s premier family event. The fair 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 long, and volunteers will receive training before the fair. The Nebraska State Fair is Nevada’s premier family event. The fair 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 long, and volunteers will receive training before the fair.

Nevada State Fair Volunteer Opportunities

The Nebraska 4-H program is seeking volunteers to help with exhibit 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.
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 Hillebran (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 — Elii Dearnart (purple and 2nd place medal), Paige Roach (purple and 3rd place medal), Sheridan Swotek (purple and 4th place medal)

The Nebraska Library Commisioner’s Talking Book and Braille Services can be read online at http://lancaster.unl.edu/nebline.

The Nebraska Library Commisioner’s Talking Book and Braille Services reports for assistance contact UNL Extension in Lancaster County at 402-441-7180.

EXTENSION EDUCATOR & UNIT LEADER
Gary C. Bergman

EXTENSION EDUCATORS
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The 2012 Intercollegiate Horse Show Association (IHSAA) National Championships were held May 3–6 at the Hunt Horse Complex in Raleigh, N.C. The competition was made up of four halter classes, three performance classes, four sets of questions, and two sets of oral reasons.

The Husker Equestrian Team Places 1st at Pitzer Contest

The Nebraska Library Commisioner’s Talking Book and Braille Services reports for assistance contact UNL Extension in Lancaster County at 402-441-7180.

EXTENSION EDUCATOR & UNIT LEADER
Gary C. Bergman

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Andy and Suzi Dearmont

Lancaster County
4-H is proud to announce Andy and Suzi Dearmont as co-winners of July’s “Heart of 4-H Award” in recognition of outstanding volunteer service.

The Dearmonds have volunteered for more than five years with the South Prairie 4-H club (Lancaster County 4-H’s largest club with 67 members and an Outstanding 4-H Club for four years). Suzi is the club’s dog project leader, Andy assists with the horse project, and Suzi was a previous photography project leader.

Both are members of the Lancaster County 4-H Dog Volunteers in Program Service (VIPS) Committee and Suzi was a previous member of the Rabbit VIPS Committee. Both have helped at the 4-H Spring Rabbit Show the past five years. The Dearmonds have also helped in many club community service projects such as Kiwanis Karmival, food drives, painting trash barrels for the Lancaster Event Center, and more. Andy helped present a 4-H Speech/Public Service Announcement workshop this year.

“We like being 4-H volunteers because it is a joy to have a hand in helping children develop life skills through the many project areas 4-H offers,” they said. “It is a gift to see these youth hand in helping children develop life skills through the many project areas 4-H offers.”

Watch Out for Poison Ivy

Congratulations to Andy and Suzi. Volunteers like them are indeed the heart of 4-H!

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.

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 waxy, berry-like fruit is grayish-white, with distinct lines marking the outer surface and is about 3/15-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 Kleen’P), 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 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 must not 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.

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